

# Wise and

# Wonderful



Good news and information for our friends and families

## Change Your Life

Achieving a healthy balance between work and life sounds easy enough, but it can be easier said than done for everyone, especially entrepreneurs. Getting an idea to come to life involves spending countless amounts of time and energy investing in that idea, and can become all-consuming to the expense of everything else. Fortunately, there are some pieces of advice you can take that can help to keep things in perspective and ensure a degree of work/life balance is still maintained.



One such piece of advice is to never let yourself be defined by your business. Entrepreneurs are often beset with fears of failure, but it is important to realize that you can have failures, as well as successes, and that your friends and family define you just as much – if not more – as your business.

It is also a good idea to make sure you have conversations with people, including your partner, about something other than work. Regardless of the nature of the conversation, it is vital to stop thinking about work all the time, if only for the sake of your – and your partner’s – sanity!

## Small Things to Do To Improve Health

Improving your health does not always have to involve major decisions and dramatic changes – sometimes just taking small steps that you barely notice can have a major cumulative impact on your overall health and wellbeing.

One smart move is to measure out your breakfast cereal in order to help cut down on the amount of calories you consume. Ordinary bowls tend to hold a good deal more than just the one serving, which makes it very easy to over eat cereals. Try to pay more attention to serving sizes and measure them out every couple of weeks in order to get a reminder of what the correct portion amount actually looks like. Eating berries and nuts is another small thing you can do to get healthier. Berries and nuts contain healthy bacteria that assist with controlling your weight while also keeping your heart and brain healthy, so a mid-afternoon snack of fresh berries or a handful of nuts is actually really good for you.



Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

## Monthly Joke



### The Secret to a Winning Team

A Little League team seeking sponsors asked a prominent businessman for a donation. “We need bats, gloves, and new uniforms,” the team manager explained.

The business leader gave the manager \$100, and promised to come to the team’s next game.

A week later he came out to the local ballpark to find his team practicing with the same worn-out equipment and ripped uniforms. Angry, he walked out onto the field.

“What happened to that \$100 I gave you for new equipment?” he demanded.

“Well, we’re playing the best team in the league,” the manager replied. “So we thought we’d put the money where it would do the most good.”

“And where’s that?”

“Bribing the umpire.”

## Monthly Quote

*“Whenever you are asked if you can do a job, tell ‘em, ‘Certainly I can!’ Then get busy and find out how to do it.”*

—Theodore Roosevelt

## Help Your Child to Love Learning

School vacations sometimes go on forever, and children can actually even fall back a learning level if they do not have enough physical or mental stimulation during a long break. The good news is that families, including those with children of different ages, can have fun together while also learning a great deal.

There are lots of ways to involve kids in opportunities for informal learning and to create fun and memorable family activities that also stimulate the brain. One good idea is to try and organize a concert with family and friends. Make popcorn, divide the responsibilities, create dance numbers and music you can perform for one another, and even print up a program. Another fun, and simpler, idea is just to decide on some fun books you can all read together – reading aloud to smaller children – and never forget to make use of any educational games that may be in the home. Even watching television or a movie can be educational, as you can help them to develop their critical perspectives by discussing the plot, characters, acting, and themes that are present in the entertainment.

## April Calendar...

**Month of the Military Child.** More than 2 million children in grades K-12 have parents who are serving in our military. Make a difference in the life of a military child by seeking out opportunities to acknowledge their sacrifice, volunteering for organizations that support them, and recognizing their contribution to the nation.

**National Autism Awareness Month.** A nationwide effort to promote autism awareness, inclusion, and self-determination for all and to ensure that each person on the autism spectrum is provided the opportunity to achieve the highest possible quality of life.

**National Garden Month.** Gardening grows fun for the whole family, and a delightful way to celebrate the coming of spring.

## Fun Indoor Activities For Rainy Spring Days

Spring is a great time of year to start getting colorful and to create beautiful artwork of all types. There are lots of simple, low-cost options for parents to consider, and these projects can easily be completed with simple ideas and in a short period of time. Some important supplies



to have on hand will include low-cost watercolor paints, craft glue, colored paper and old magazines, yarn and fabric scraps, recyclable plastic containers such as large and small yogurt containers or even plastic soda bottles.

### Spring Vases

Vases are always a great option to make in the spring, and they can be as simple or as creative as your child likes. Start with a plastic container and apply a layer of craft glue with a paintbrush to create a layer over the plastic that will make it easier to work with.

Allow this to dry completely and then provide kids with markers, paints, fabric scraps, yarn and even sparkles and decorative shapes and allow them to design their own vase.

There are lots of videos online about making paper flowers, but you can always just use tissue paper that is gathered in the middle and fluffed out around the edges. Use a green pipe cleaner to hold the base of the "flower" and create a stem. A bouquet of these flowers will look amazing in the kid's own vases.

### Egg Shell Planters

Start by hard boiling eggs and allowing them to cool. Draw a line around the top pointy end of the egg about a third of the way down. Using markers and paint, allow the kids to decorate below the line to give their egg planters faces or spring scenes.

A parent can then use a very sharp knife to cut off the top of the decorated egg and scoop out the egg, leaving just the decorated shell. Fill almost to the top with a few tablespoons of potting soil, sprinkle in some sprout seeds and just a dusting of soil. Place in an egg holder or create your own with by cutting up an egg carton, kids can decorate the base as well. Place on a windowsill with sunlight and water just to moisten the soil. In three to five days you will have sprouts, and within about a week they will be ready to eat.

## The Danger of Lead for Kids

Doctors the world over say that lead has no safe level, with exposure able to have an adverse impact on almost every part of the human body and frequently left undiagnosed, and thus, untreated until too late because it often takes place with no discernible symptoms.

Particularly vulnerable to the danger of lead poisoning are children under the age of six years old, as it can have a serious effect on both their physical and their mental development.



Lead is a potent and irreversible neurotoxin, and is dangerous because symptoms and signs may not appear until long after the exposure, even years in some cases. Children who may appear to be completely healthy can have a high level of lead in their blood.

Parents need to watch out for learning difficulties, loss of appetite, fatigue and sluggishness, vomiting, hearing loss, developmental delays, irritability, weight loss, abdominal pain, and constipation.

If a child is suspected to have had any kind of exposure to lead, they should be tested immediately.

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## Talk So Kids Will Listen

Most parents complain, at least from time to time, that their children don't listen to them. Shouting doesn't help, and chances are it will only aggravate the problem. Try these tips for forging better communication with your kids:



- **Get their attention.** Don't start talking if they're focused on something else. You may have to do something unusual—to reach a toddler having a tantrum, for example, trying giving his or her back a few pats or a tickle. For older children, singing a song may break through their wall of boredom or inattention.
- **Be brief.** Most kids don't want to listen to long lectures. When you have something to say, get right to the point. They'll get the message without feeling patronized or growing bored.
- **Write a note instead.** If your message isn't time-sensitive, try writing a note to your kids. They can read it at their convenience, and you'll be able to put more detail into it than you would in a brief conversation.
- **Stay positive.** Don't just assign chores and tell kids what they're doing wrong. Praise them and thank them so they won't automatically tense up when you ask, "Can I talk to you for a few minutes?"
- **Set the right example.** When your kids have something to say, give them your full attention. If you ignore them when they're trying to talk, they may do the same to you.

## Financial Advice for Divorcees



People can be somewhat distracted after the emotional trauma of going through a divorce, yet unfortunately, this is a time when people need to make vital decisions and pivotal moves about their lives, including their finances.

An important piece of advice is to put your goals down on paper.

This helps you to gain clarity.

Set aside some free time and think about what really matters to you, and then write those things down.

Once you know what it is you really want, this will then have an impact on how you budget for that lifestyle.

You also need to work out exactly how your cash flow works.

Closely examine your earned monthly income, and then figure in expenses such as taxes, health care, and alimony.

Once you have figured out the number, you can then work out the kind of lifestyle you can afford and/or how much you can save.

Wise and

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Good news and information for our friends and families

[company name]

[address one]

[address two]

[city]

[state]

[zip]

[telephone]

[Web site or e-mail]

GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

APRIL 2016

## April Fool's Day Trivia

April Fool's day originates in the French change to the Gregorian calendar ordered by King Charles IX of France in 1582. Before that, New Year was celebrated from March 25 to April 1. It took some a while to realize the change, and those that forgot were called fool's and then were run on 'fool's errands' and practical jokes were made.

The butts of these pranks became known as a "poisson d'avril" or "April fish" because a young naive fish is easily caught.

In Portugal, April Fool's Day falls on the Sunday and Monday before lent. In this celebration, many people throw flour at their friends.

Picture box for  
photo or  
company logo

**From the desk of**

*[sender's name]*

*text box for client's personal message*

## Health and Fitness Tips

Everybody wants to live a healthier life, and the good news is that getting and staying fit and healthy is not all that difficult providing you follow a few simple tips.



Everyday things you can do to make sure you stay healthy include getting a good night's sleep, eating more vegetables, drinking plenty of water all day long, and getting lots of exercise, be it a gym visit, biking, or just walking to and from your workplace.

It is also a good idea to try and laugh as much as you can, as laughter has been proven to be very good for both mental and physical health.

Good relationships are also important for our emotional well-being, so it is crucial to make sure we work on those, while simple relaxation is also much underrated.

Taking the time to do something we find relaxing, be it reading a book, going to a spa, or watching a movie, is also a good idea.

**Bold Headline for Monthly Offer**

***Bold text for details of monthly offer***