

# April 2020

Helping to take  
the confusion  
out of retirement!



## Welcome aboard Ashleigh Norton

### 20 things about Ashleigh:

1. I have 3 beautiful girls- Hayden, Paisleigh and Penny and a loving husband, Jake.
2. I love doing crafts and art in my spare time.
3. I enjoy reading books: Actual bounded paper books.
4. I was born in Arizona.
5. I have lived in 6 states: AZ, IA, FL, AR, DE & WI
6. I'm a social butterfly.
7. I have 9 siblings.
8. I enjoy taking family adventures around Wisconsin parks and trails.
9. We go to as MANY festivals as we can throughout the year.
10. Summer is my favorite time of year.
11. I really, REALLY dislike cold weather.
12. I have my degree in Surgical Nursing.
13. I love listening to music and can often be found jamming in my car.
14. I was once a National Champion Gymnast in the USAG.
15. I was an NCA & UCA Cheerleader through high school and college.
16. Most weekends are spent with extended family- finding adventures or festivals.
17. My family and I are HUGE Disney fans.
18. I've had 14 knee surgeries on one leg- including a total knee replacement.
19. I've spent 17 years in the financial industry and still love it.
20. It's a goal of ours to go on a family vacation annually.

## Quarantine Activities

Here are some activities to do while being quarantined in this time of social distancing:

1. Try cooking new meals
2. Start doing DIY crafts and projects
3. Do online exercises via YouTube or Google
4. Read more books
5. Binge TV shows on Netflix, Hulu, etc.
6. Do a puzzle, play board games or card games

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### **Special Reminders:**

Do you need a referral for anything? Call us, we would love to help!

If you have any changes to your personal information, please call us at 262-408-5820 and we will be happy to assist you!

Would you like to schedule a progress appointment with Jay? Call Pauline or Ashleigh at 262-408-5820 to set up an appointment.



**Wishing all our  
clients born in  
April a splendid  
birthday.  
Cheers to another  
great year!**

The celebs celebrating ...  
4/3 Eddie Murphy turns 59  
4/6 Paul Rudd turns 51  
4/7 Emma Watson turns 30  
4/21 Queen Elizabeth II turns 94  
4/22 Jack Nicholson turns 83  
4/25 Al Pacino turns 80  
4/28 Jay Leno turns 70  
4/29 Jerry Seinfeld turns 66

# Caribbean Chicken Salad

- 2 skinless, boneless chicken breast halves
- ½ cup teriyaki marinade sauce
- 2 tomatoes, seeded and chopped
- ½ cup chopped onion
- 2 teaspoons minced jalapeno pepper
- 2 teaspoons chopped fresh cilantro
- ¼ cup Dijon mustard
- ¼ cup honey
- 1 ½ tablespoons white sugar
- 1 tablespoon vegetable oil
- 1 ½ tablespoons cider vinegar
- 1 ½ teaspoons lime juice
- ¾ pound mixed salad greens
- 1 (8 ounce) can pineapple chunks, drained
- 4 cups corn tortilla chips



1. Place the chicken in a bowl, and cover with the teriyaki marinade sauce. Marinate at least 2 hours in the refrigerator.
2. In a small bowl mix the tomatoes, onion, jalapeno pepper, and cilantro.
3. In a small bowl, mix the mustard, honey, sugar, oil, vinegar, and lime juice.
4. Place chicken on the grill, and discard marinade. Cook for 6 to 8 minutes on each side, or until juices run clear.
5. Arrange mixed salad greens on plates. Spoon some of the salsa over each salad, and sprinkle with 1/4 of the pineapple chunks. Break tortilla chips into chunks, and sprinkle over salads. Lay some of the grilled chicken strips on each salad. Finally, drizzle dressing over each salad, and serve.

## A Message From Jay

Welcome to April!

It's starting to warm up a bit. Well, the last three weeks have been interesting to say the least. Our lives have changed dramatically in many ways. We have all been forced to change our normal routine whether you are a student, in the workforce, or retired. I try to look for the silver lining when something bad happens. We are all pretty much in the same boat, so it is up to us to find the good in all of this.

One of the positive things that I have found that has come from this situation is increased family time. My daughter lives in Washington D.C., but we are able to Facetime with her on a daily basis. My two sons are at home and we share dinner every night which leads to good conversation. My wife Sara is an excellent cook and has been doing a great job of preparing a variety of healthy meals for us. My older son Jake was in charge of dinner a couple of Sundays ago and made a great Italian beef dinner. Last Sunday my younger son made shrimp and cashew chicken that was very tasty! I will be making Jambalaya next Sunday. We have put together 1,000 piece puzzles every weekend and have watched some past great sporting events to get our fix without live sports occurring. We've watched our share of Netflix as well.

My wife Sara has the house as clean as it's ever been! I have been keeping in touch with my close relatives and friends through phone calls, emails, group texts, and even a virtual cocktail party with local friends in Germantown.

I hope you too have been reaching out to family, friends, and those dear to you during this difficult time. I hope you have found time to do something positive such as finding a new hobby, getting your taxes done, early spring cleaning, or reading a good book.

Be well and wash your hands!

Jay

## April Fun Facts

- The birthstone for April is diamond
- April is the only month with an "I" in it
- The first usage of April fools was in 1693
- April is financial literacy month, jazz appreciation month, and national volunteer month.
- The daisy is the birth flower of April
- Earth day, April 22nd, was founded in 1970

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