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The Priebe Post

Volume 50



** ANNOUNCING **

You don't have to wait until Sunday to listen to Walter Priebe of Priebe Investment Plans on the radio anymore. **You can tune in to WSBR 740 on your AM dial every Wednesday from 10am – 11am.** He is on twice a week now, Wednesdays and Sundays. Walter is very excited for the weekday audience opportunity. ***So tune in to Walt of Priebe Investment Plans from 10am-11am every Wednesday on 740AM and 8am-10am every Sunday on 1230AM.***

Priebe Investment Plans invites you to a



**On Tuesday,
November 21st
at 12 noon**

We invite you to join us in our Fort Lauderdale office for an educational presentation.

Topic: Charitable Giving, LTC & Alzheimer's

Join us for a friendly discussion. Bring your spouse, neighbor or friend. Walter Priebe will have a short presentation and will be available to take any questions. Seating is limited. Lunch will be served.

Please call our office, 954.974.3266 to reserve your seat

**** A second session will be given at 7pm for your convenience ****

Office Address:

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Fort Lauderdale, FL 33309

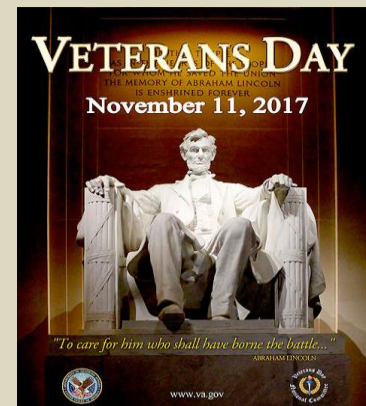
What are You Thankful For?

"I'm thankful every day for the success that Priebe Investment Plans has had over the years"

–Walter Priebe

"I'm thankful for coffee in the morning" – Rosie Kilkenny

Honoring the Military



Each year the Department of Veterans Affairs' (VA) National Veterans Outreach Office, in conjunction with the Veterans Day National Committee, publishes a commemorative Veteran Day poster. The poster (above) is selected from artwork submitted by artists nationwide and is distributed to the VA facilities, military installations around the world, across cities and towns in our nation. It also serves as the cover of the official program for the Veterans Day Observance at Arlington National Cemetery.

Alzheimer's Disease

The mere sound of the word can make anyone cringe. It is one of the most challenging things anyone has to endure including family members of those who are diagnosed with Alzheimer's.

November is Alzheimer's Disease Awareness Month. The following are a few risk factors:

AGE

Increasing age is the greatest known risk factor Alzheimer's. Alzheimer's is not a part of normal aging, but your risk increases greatly after you reach age 65. The rate of dementia doubles every decade after age 60. People with rare genetic changes linked to early-onset Alzheimer's begin experiencing symptoms as early as their 30s.

FAMILY HISTORY AND GENETICS

Your risk of developing Alzheimer's appears to be somewhat higher if a first-degree relative – your parent or sibling – has the disease. Scientists have identified rare changes (mutations) in three genes that virtually guarantee a person who inherits them will develop Alzheimer's.

But these mutations account for less than 5% of Alzheimer's disease.

Most genetic mechanisms of Alzheimer's among families remain largely unexplained. The strongest risk gene researchers have found so far is apolipoprotein e4 (APOE4), though not everyone with this gene goes on to develop Alzheimer's disease. Other risk genes have been identified but not conclusively confirmed.

DOWN SYNDROME

Many people with Down syndrome develop Alzheimer's disease. Signs and symptoms of Alzheimer's tend to appear 10 to 20 years earlier in people with Down syndrome than they do for the general population. A gene contained in the extra chromosome that causes Down syndrome significantly increases the risk of Alzheimer's disease.

SEX

Women seem to be more likely than are men to develop Alzheimer's disease, in part because they live longer.

MILD COGNITIVE IMPAIRMENT

People with mild cognitive impairment (MCI) have memory problems or other symptoms of cognitive decline that are worse than might be expected for their age, but not severe enough to be diagnosed as dementia. Those with MCI have an increased risk – but not a certainty – of later developing dementia. Taking action to develop a healthy lifestyle and strategies to compensate for memory loss at this stage may help delay or prevent the progression to dementia.



TRIVIA QUESTION

Which President is attributed with the origin of the quote, *"In this world nothing can be said to be certain, except death and taxes?"*

PAST HEAD TRAUMA

People who've had a severe head trauma seem to have a greater risk of Alzheimer's disease.

LIFESTYLE AND HEART HEALTH

There's no lifestyle factor that's been definitively shown to reduce your risk of Alzheimer's disease. However, some evidence suggests that the same factors that put you at risk of heart disease also may increase the chance that you'll develop Alzheimer's. Examples include:

- Lack of exercise
- Obesity
- Smoking or exposure to secondhand smoke
- High blood pressure
- High blood cholesterol
- Poorly controlled type 2 diabetes
- A diet lacking in fruits and vegetables

Please refer to following link for more information.

www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447

Client Celebrations!

Client Birthdays

Don Bilder
 Joan Ball-Curran
 Lester Breslauer
 Margrit Billeter
 David Barnes
 Walter Cotter
 Rose Cullen
 Kimberley Conley
 Randall Clyde
 Estelle Dorn
 Pat DeGasperis
 Jeffrey Felner
 Arthur Forte
 Julie Farbarik
 Ron Giddens
 Eli Hall
 Rich Hostler
 Eddie Kaye
 Anna Mejia
 John Holt Merchant
 Virginia Ober
 Sonia Rodriguez
 Ray Schlichte III
 Rob Seltzer
 Susan Seltzer
 W. Donald Turner
 Martha VanHook
 Lorena White
 Karen Wells



Wedding Anniversaries

John and Kimberley Conley
 David and Sandy Kraus
 Jose Lara and Sonia Rodriguez
 Don and Terry Turner
 Bruno and Carol Zupp



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Rosie's

RECIPE CORNER



Pumpkin Soup

Ingredients:

2.4 lb pumpkin, unpeeled weight
 1 onion, sliced
 2 garlic cloves, peeled whole
 3 cups vegetable or chicken broth
 1 cup water
 Salt and pepper
 ½ - ¾ cup cream

Cut the pumpkin into slices. Cut the skin off and scrape seeds out. Cut into chunks. Place the pumpkin, onion, garlic, broth and water in a pot – liquid won't cover all the pumpkin. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender. Remove from heat and use a stick blender to blend until smooth. If you don't have a stick blender, use a blender (make sure soup is cooled for this step). Season to taste with salt and pepper, stir through cream. Serve with a drizzle of cream, sprinkle of pepper and parsley.

TRIVIA QUESTION

Answer:

In a letter to French scientist Jean-Baptiste Leroy November, 1789, Benjamin Franklin penned the quote. However, Christopher Bullock, an English actor and dramatist, was also credited with the saying. His version, which was recited during *The Cobler of Preston* in 1716, was quoted as:

'Tis' impossible to be sure of anything but Death and Taxes."

Source: www.mightytaxes.com