

7 Questions To Ask Retirees



We recently came across an article by Mark Patterson in *U.S. News & World Report* who had just returned from an AARP convention and was bursting with valuable intel about the methods and practices of the happy retirees he met.

He crafted his findings into what he found to be the seven most consequential questions for folks to ask themselves when planning for retirement. Our team decided to share five of these with the [Retire Sooner Facebook Group](#) for their thoughts and comments and some of the answers might surprise you.

[Find Out More](#)

Team Highlights

Capital's Favorite Recipes To Fill Your Holiday Table

Adria's
INSALATA DI FRUTTI DI MARE

"In my family, the biggest holiday we celebrate is Christmas Eve, and we do the Feast of the Seven Fishes. It is an old Italian Catholic tradition to incorporate seven fish in your meal which stems from 20th-century Italian American immigrants and being unable to eat any meat in observance on the eve of a religious holiday."
-Adria DeMeo

INGREDIENTS

- 10 pound (22kg) dry packed bay or sea scallops, cut into 1/2 inch pieces
- 2 pounds (900g) prawns and 1 lb dry-packed scallops (to be 30 minutes, drained)
- 2 pounds (900g) large shrimp, peeled and deveined
- 2 dozen garlic, crushed
- 4 cups (1L) extra virgin olive oil (2 cups for sautéing of oil)
- 2 pounds (1kg) mussels, (in shells and scrubbed) (use the fish manager to do this for you)
- 2 pound (900g) cleaned appet bottles and bottles, broken cut into 1/2 inch rings, large tomatoes halved lengthwise
- 1/2 cup (120ml) minced flat leaf parsley, basil, and tender stems (to taste 2%)

The lights are up, the ornaments are hung, and although Home Depot has displayed Christmas decorations since well before Halloween, the official holiday season is finally upon us. Assuming the Thanksgiving feast has had time to digest, we wanted to help you gear up for some delicious yuletide gluttony, so we've asked our team to share their favorite recipes. No matter how religious or secular your celebration, these dishes are sure to make it tasty.

[Learn Our Favorite Recipes](#)

CIA Quarterly Meeting



We love the holiday season! This past week our team hosted an office decorating contest, wore our Christmas sweaters, and turned one of our trainings into a fun competition.

Our Team Is Growing



Meet our new Investment Associate, Thomas Collins! We are thrilled to have Thomas at Capital and look forward to working with him.

[Meet Thomas](#)

CIA Florida's Networking Event



Huge thank you to all of the meaningful leaders in the Tampa area who were able to make it to our networking event! It was great to see everyone and share some of the things that are top of mind for us right now at Capital Investment Advisors.

Client Spotlight

Hidden WWII Letters Help This Retiree Discover More About His Family



When finding happiness in retirement, our clients take many different paths. From time to time, we like to shine a light on the road a particular person has traveled. We've covered a lot of territory, but today's spotlight illuminates more hallowed ground.

Rather than a passion for golf or a yearning to hike across multiple state lines, Frank Pringham's story is a search for truth.

Now a Sandy Springs resident, the first leg of Frank's quest began in Detroit, where his grandmother, Helen Sebba, lived in a retirement community until 1989. After she passed away, a community employee named Tim Mallad purchased her unwanted family desk. Tim didn't know at the time that there was a hidden compartment containing a passport, old photos, and letters that would eventually lead him to Frank and change both of their lives forever.

[Learn More](#)

Retire Sooner Podcast

KEN HONDA
One Trick To Change Your Relationship With Money

RETIRE SOONER

#133 - One Trick To Change Your Relationship With Money From Ken Honda

Is your relationship with money holding you back from finding financial success? Many of us have a rocky relationship with money, but if we looked at our capital from a different perspective this could possibly change our outlook and relationship with money.

To aid us in improving our connection with our funds and uncover the trick we need to change our relationship with money, Wes sits down with Ken Honda, a worldwide, well-known author whose books have sold more than 8 million copies, including his latest book called *Happy Money: The Japanese Art of Making Peace With Your Money*. Ken shares how the Japanese look at retirement, explains happy money versus unhappy money, and talks about fairness when it comes to how much money you possess. He also reveals two ways to find peace and happiness with money, how appreciating your funds can help you appreciate other things in your life, and defines invisible and visible assets. To wrap up the episode Ken and Wes touch on teaching children about money, happy money for senior citizens compared to children, and a problem he sees with poverty.

[Listen to the Full Podcast Episode](#)

More News

Wes Moss Featured On The Military Money Show Podcast: The Habits To Practice To Be A Happy Retiree

Wes Moss joins Podcast Host, Lacey Langford, on episode #208 of the Military Money Show Podcast where he shares what habits you can practice right now to become one of the happiest retirees on the block.

[Read More](#)

Wes Moss's What The Happiest Retirees Know Featured On Retirement Daily's 2022 Reading List

The team at Retirement Daily has chosen Wes Moss's *What The Happiest Retirees Know: 10 Habits for a Healthy, Secure, and Joyful Life* as one of their top picks and features on their 2022 Reading List.

[Read More](#)



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