

MAY 2025 NEWSLETTER



MEMORIAL DAY

CELEBRATING OUR

★HEROES★

Faith, Health, Wealth and Happiness

May is packed with reasons to celebrate! From the thrill of the Kentucky Derby to honoring Mother's Day and Memorial Day, this month is all about appreciation, tradition, and the unofficial start of summer. Plus, with plenty of national and international holidays sprinkled throughout, there's always something to enjoy. So go ahead—mark your calendars and celebrate them all!



2025 Kern River Parkway Festival

Join the fun at the Park at River Walk from 11 AM to 5 PM! Enjoy live music, a beer garden, free bounce house, and plenty of food, vendors, and local nonprofits. Fun for the whole family!

Don't miss this chance to celebrate the season with the community!

Lilac Festival PMC, CA

Join us in celebrating the arrival of Spring in PMC — with dozens of art and craft booths, unique shops, tasty fare from local vendors and restaurants, live music, and more!

Bring your friends and family for a day full of fun, flavor, and local flair!





Why Long-Term Disability Insurance Matters

Long-term disabilities—responsible for 90% of disabling conditions—can have major physical and financial impacts. Yet, most people underestimate the risk. In reality, over 25% of today's workers will become disabled before retirement.

What is it?

Long-Term Disability Insurance provides income if you can't work due to illness or injury for an extended period. After a waiting period (30–365 days), most policies cover 50–66% of your income.

Who needs it?

Both physicians and medical residents should consider it. For doctors, it protects income; for residents, it safeguards years of educational investment. Younger buyers may also get better rates.

When to get it?

Start early—ideally at the beginning of residency. Look into graded premiums now and switch to level premiums once you're practicing.

Easy Strawberry Shortcake

This easy Strawberry Shortcake recipe transforms a classic favorite into a sturdy, fluffy cake layered with strawberries and homemade whipped cream—ready for the oven in just 10 minutes!



Ingredients:

- 1/2 cup sugar
- 1/4 cup melted butter
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 1-2 pounds fresh strawberries hulled, sliced, and sweetened to your liking
- 2-4 cups freshly whipped cream sweetened if you like

Instructions:

- Chill sliced strawberries with sugar and lemon juice for 30 minutes.
- Preheat oven to 350°F and grease a 9-inch pan.
- Mix sugar, melted butter, egg, and vanilla, then add dry ingredients and milk.
- Bake for 20–25 minutes until golden.
- Cool for 30 minutes, slice, and layer with strawberries and whipped cream.
- Serve immediately; store cake separately from toppings.