Collier Legacy Planning llc

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••• Ice Cream Poke Cake •••

Have you ever made a Jello Poke Cake? It was very popular in the 70s and 80s. Here is a new spin on a poke cake: an ice cream poke cake made without ice cream. Curious? Follow the recipe and see your frozen creation! Happy Poking!
—*Submitted by Barbara Schlaefer*

•••Ingredients:

1 box chocolate cake mix, ***and*** ingredients called for on box
2 cups chopped strawberries
1 tablespoon sugar
4-1/2 cups heavy cream, divided
14-ounce can sweetened condensed milk
2 teaspoons vanilla extract, divided
Pinch of salt
3 tablespoons cocoa powder
Chocolate sauce, for garnish
Sprinkles, for garnish
Maraschino cherries, for garnish

•••Directions:

1 Preheat oven to 350 degrees and grease a 9"x 13" pan with cooking spray. Prepare cake mix according to package instructions. Pour batter into prepared pan and bake until a toothpick comes out clean, about 25 minutes. Let cool.

2 *In a medium bowl*: Combine chopped strawberries with sugar and toss to coat. Set aside.

3 *In a large bowl:* Using a hand mixer, beat 2-1/2 cups heavy cream until medium peaks form. Fold in sweetened condensed milk and 1 teaspoon vanilla until totally combined. Gently fold in strawberries.

4 Using the bottom of a spoon, poke holes all over cake. Pour strawberry cream mixture into poke holes and spread with a spatula. Place in the freezer and freeze until firm, 5 hours.

5 Make the whipped cream: In a large bowl using a hand mixer, beat remaining 2 cups heavy cream with remaining teaspoon vanilla and a pinch of salt until stiff peaks form. Top cake with the whipped cream, drizzle of chocolate, sprinkles, and cherries.

Photo: Changhwan Han, Wikimedia Commons

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Photo by Ray Loth

Don't Worry About Risk

By Raymond Loth

Worry seems pervasive, and risk seems ever present. Managing worry, and controlling risk can be vital to success and happiness—both in general as well as respecting our finances. Our advice is to reduce the uncertainty of worry by mitigating risk in a way that works for you.

Regarding retirement and finances, one's view of "risk" is personal, subjective, and dependent on circumstances.* So, other than extremes, there aren't a lot of defined rights and wrongs. Let's consider two areas: (1) choices in asset placement and (2) personal budgeting.

Steps to manage, NOT WORRY, about risk:

1 • LEARN. Collect information regarding the company(ies), financial vehicle(s) and individual(s) you work with. Determine account-guaranteed features, range (and type) of growth and/or loss, as well as fees, etc. Ask questions. Don't be shy, it's your money and future.

"...the best possible way to prepare for tomorrow is to concentrate with all your intelligence, all your enthusiasm, on doing today's work superbly today. That is the only possible way you can prepare for the future."
—*How to Stop Worrying and Start Living* by Dale Carnegie

— Regarding budgeting: Know how much you're spending. If spending is a problem, address it quickly— to benefit yourself. Make a budget, track it, find the bleeding. This is basic, yet under-practiced.

2 • ACCEPT. We always have some type of risk. There is risk of losing money or missing out on gains; risk with keeping the status quo; and risk with change. Spending too much money is certainly risky, but so is missing out on enriching experiences.

What type of risk, and how much you are comfortable with will be different than for your neighbor, and that's okay.

"I don't have FOMO," says Michael McCowin, an investor in Madison, Wisconsin, I have FOGI: fear of getting in."
—"Why Some Investors Are Stuck on the Sidelines," by Jason Zweig, *Wall Street Journal (WSJ)*, 6/1/25

Trust YOUR OWN PERSONAL thought process, experience, professional resources, and maybe ultimately your "gut check" as you determine what works for YOU. When you understand, choose, and accept YOUR risk, you are now better able to—-do something about it.

"Don't Worry About Risk" continues on the next page.

"Don't Worry About Risk" continued...

3 • TAKE ACTION. Trust your conclusions, and follow through on what you've decided is good for you and your family. Doing so is empowering, liberating, and wise.

—Asset placement/portfolio changes are expected over time and appropriate for a variety of reasons. Remember that changes in allocation need not be all or nothing. If you feel that too much of your retirement savings is at risk, you may decide to keep some as is, but also move some to a more conservative account. A $500,000 account can be split in two.

The closer you are to retirement, the greater the need for prudence. If you can accomplish your objectives with conservative planning, why gamble with your retirement?

"'I just wondered, 'Why am I doing this?' the 58-year-old said. 'I don't want to be super exposed to the next bear market. I don't have time to ride it out…'" — "Investors Weary of Roller Coaster" by Hannah Lang, *Wall Street Journal (WSJ)*, 6/16/25

—If budgeting or spending too much is the issue, find satisfaction in gaining control, saying no to waste, and yes to your future. Closely monitor spending, debt reduction, and savings increase by keeping track of it in written form.

"Wealth is what you don't see. So wealth is created by suppressing what you could buy today in order to have more stuff or more options in the future. No matter how much you earn, you will never build wealth unless you put a lid on how much fun you can have with your money right now, today."
—*The Psychology of Money* by Morgen Housel

4 • EMBRACE. At this point, worry should start to decrease and peace of mind should be on the rise. Don't second guess your well-thought-out decisions or compare yourself to others.

—A good budget is not confining, but liberating—for the present and for your future.

—Adjusting asset placement to better harmonize with one's age, circumstances, feelings, and world conditions is empowering and rewarding. This can help us to more fully enjoy our hard-earned savings, and more importantly, our loved ones. Take satisfaction in your well-thought-out care for your current and future self.

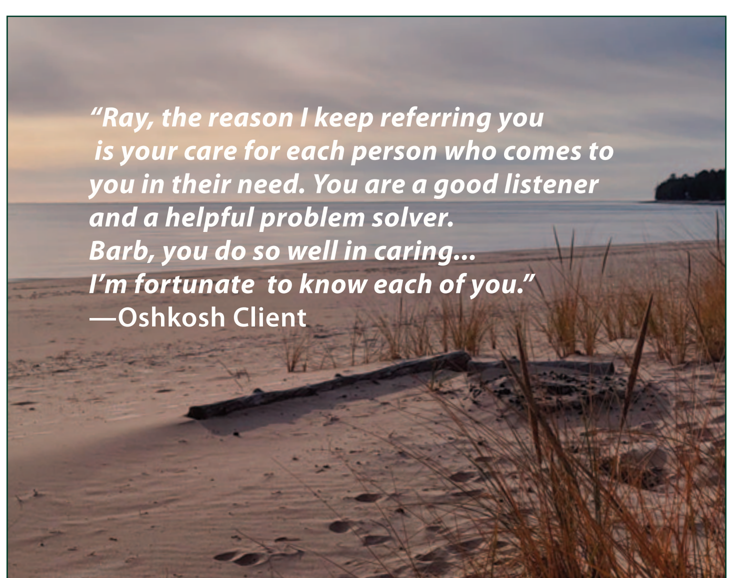

Photo: Ray Loth

As you contemplate your retirement **"Don't Worry About Risk."** Instead, **LEARN**, **ACCEPT**, **TAKE ACTION**, and **EMBRACE** your personal plan! Then, be sure to ***Enjoy the Journey!***
—*Raymond Loth*

Photo: Mark Milker, Wikimedia Commons

** This is not intended to offer specific advice or details on any particular asset type. While we do work with certain financial institutions, this is not intended to represent any specific company or account terms which are available only in company specific and approved materials. We also do not represent or claim to offer advice on securities. Annuities are long term financial products designed for retirement income and may not be suitable for everyone. They involve fees, expenses, and limitations, including surrender charges for early withdrawals. Some include optional riders and benefits that may come at additional cost. Annuity guarantees are backed by the financial strength and claims-paying ability of the issuing company. Annuity product and feature availability may vary by state. I am a licensed insurance professional. I am not affiliated with the Social Security Administration or any government agency. The information provided should not be considered as an offer of any product. You can use a variety of funding vehicles to plan for your retirement. You should consult with your financial professional to help you determine what is most suitable for your needs. This brief article cannot cover all important aspects of individual financial responsibility but seeks to highlight the? initial need for awareness along with some basic practical measures for follow through.*

"But the foundation of 'does this help me sleep at night?' is the best universal guidepost for all financial decisions.... there is no one right answer. There is no universal truth. There's only what works for you and your family…"
***—The Psychology of Money*, by Morgan Housel**

Case Study

*Find the Middle**

After we helped a referred man with his Medicare planning, he later inquired about financial suggestions for his retirement. His assets were split with about half in various bank accounts/CDs, and half in stock-market-based retirement accounts. His objectives were:

1• a higher return than bank options, but also. . .

2• a reduced market risk on the retirement accounts (due to past losses)

We presented a **Solution^ in the Middle** to serve both purposes…and provide certainty and peace of mind for a solid retirement plan.

After a couple of meetings, he decided:

1• to put $275,000 from bank accounts in a higher yielding, guaranteed, multi-year annuity at 5.5%. This could provide an immediate interest income of $1,260/mo. It also allows additional annual penalty-free withdrawals of 15% of principal starting in year two.

2• to also rollover about $200,000 from his 401k for future income.^ This account would guarantee lifetime income of $1,400-$5,400/mo. depending on the future start date.

Within a couple of months after his retirement, financial markets experienced significant volatility and decline.** Both of the accounts that we opened together were completely protected from market losses and continued growing as guaranteed despite this market volatility.

This client found the middle. The solutions we implemented together not only strengthen the financial stability of his retirement, but also provide confidence to enjoy this new chapter in his life. —*Raymond Loth*

Photo: Snowmanradio, Wikimedia Commons

** See footnote from main article on page 2.*

^ The examples shown are hypothetical only. Income payment amount results may vary. This is not intended to offer specific advice or details on any particular asset type. While we do work with certain financial institutions, this is not intended to represent any specific company or account terms which are available only in company specific and approved materials. Information and estimates are only intended to demonstrate concepts available and are incomplete and subject to company specific information. Some figures, while retaining accuracy, have been adjusted for purposes of confidentiality.

*** Having accounts like these also provides the added benefit of not needing to make withdrawals from other accounts during a market correction.*

Ask the Professional…

How Are Annuity^ Providers Able to Provide You Guaranteed Principal Protection, Growth, Interest Credits (Gains), and/or Income?

While not a simple subject, much has to do with the fixed annuity provider's **(1) approach**, **(2) relationship with you**, and **(3) oversight**.

1 • Approach.** Fixed (and indexed) annuities are not direct stock or equity market investments.^ Insurance providers invest assets for their overall portfolio in much longer-duration/less-volatile, assets such as government bonds, highly rated corporate bonds, and even private asset ownership. These investments can be more predictable and stable when held over time. Any actual losses are spread out over the companies very large portfolio, and are born by the insurance company, not by any individual policy holder.
Actuary departments base all client offerings and guarantees on broad historical data and the related "law of large numbers". *This allows them to project revenue and policy-holder benefits with a high degree of accuracy.* Guarantees are based on the financial strength of the carrier and are not guaranteed by any bank or insured by the FDIC.

2 • Relationship with you. Since insurance companies are actually managing their own assets, they have "skin in the game." Their long-term history of investment stability, performance, and financial strength enables them to follow through on their? *contractual promises to you*.

Some companies we represent started in the mid to late 1800s, others much more recently. We focus on industry leaders with high ratings who *demonstrate growing success and high degrees of integrity regarding customer service.*

3 • Oversight.
Insurance companies are highly regulated by various government agencies. They are required to maintain certain financial standings and liquidity in order to operate and receive licensing, approvals, and favorable ratings. These regulations are in part due to the large-scale industry legal guarantees for the transfer of risk that "insurance" provides to citizens.

"'Total annuity sales topped $100 billion for the sixth straight quarter, demonstrating the growing interest in principal protection and guaranteed income continues,' said Bryan Hodgens, senior vice president and head of LIMRA research. 'That said, too many consumers and advisors don't know enough about annuities and how they can help Americans achieve financial security in retirement.'"— Insurance NewsNet, 6/17/25

^ This article is not discussing "variable" annuities, which are securities based accounts—that we do not represent.

** Please see main article footnote on pg. 2.*

*** These products do participate in the markets—such as the S&P—although they aren't directly invested in them. The principal is protected, however, there are costs and fees associated with these products as well as growth limitations based on participation rates and caps. The funds insurance companies generally invest in are considered less volatile however they can still fluctuate.*