Retirement presentation set for March 11;

GLCAP Cookbook submissions still welcome

Whether you are a new or veteran employee, understanding how to plan and set goals for retirement is an important consideration in preparing for your future. Jennifer Hildebrand, principal and trust executive with the Trust Company of Toledo, will be at GLCAP Headquarters on March 11 for a noon presentation on retirement planning. Along with other topics, Hildebrand will focus on items that employees should consider as they near the retirement age.

Don’t forget to set your clocks forward one hour when daylight saving time begins 2 a.m. on Sunday, March 8. If losing that one hour of sleep feels rough, think about how your body may react if you consistently get poor sleep. The National Sleep Foundation recognizes the first week of March as Sleep Awareness Week. If you think you are not getting enough sleep or could have better sleep habits, visit the foundation’s website for advice on how to improve your sleep.

There is time left to submit a recipe to the GLCAP Cookbook! Click here to add up to 2 recipes to the book. Anyone that contributes recipes will receive a free cookbook. The username is GLCAP and the password is celery227. Recipes should be submitted before the end of March.

Lunch and Learn

The Trust Company will offer a seminar on the retirement planning on March 11, noon-1 p.m. in the board meeting conference room on the lower level of GLCAP Headquarters. For details, contact Kay Elfring at kkelfring@glcap.org.

Monthly Recipe

Cabbage slaw

This simple cole slaw is good as a stand alone dish or a topping on hot dogs, fish tacos or any other food you want.

Visit www.eatingwell.com for the recipe.