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## FIRM AND FAMILY UPDATE

### PGI Team Update and PGI Cares

We can't believe the year is nearly over and the holiday season is upon us. When you receive this, the elections will be over, and we will welcome in a new president and Congress. Regardless of the results, as Thanksgiving approaches, we should all give thanks for living in the greatest country in the world. We are also grateful for all of you who have helped our business to double over the past 12 months.

September was a busy month for travel. Paul & Diane spent Labor Day weekend in Wilmington, NC and Wrightsville Beach. They had the opportunity to visit the battleship North Carolina which brought back memories for Paul as he served on the battleship Missouri during his Navy career. Paul also traveled to Scottsdale, AZ and Salt Lake City, and in October, Paul & Diane attended the wedding of Paul's friend Bill & his new wife Jennifer on Amelia Island, FL. At the end of October, Paul & Diane took a 10-day cruise to the Caribbean on the Celebrity Eclipse, visiting Tortola, Antigua, Barbados, St. Lucia, and St. Kitts & Nevis. They had an amazing time visiting each island, eating lots of great food, and even finding time to play Pickleball

onboard! They are looking forward to spending Thanksgiving in Charlotte, NC with Paul's daughter, Ally.

We have some exciting family news to report! Carissa is now Auntie Carissa, welcoming a niece and nephew. Sister Megan gave birth to daughter Bentley in July, followed by sister Rebecca welcoming son Beckham in August. In addition, Paul's daughter Brittany will welcome baby #4 in late May of 2025!

With the disasters that happened in the Southeast in September, we want to highlight the charitable arm of our business, PGI Cares. We donate a portion of our revenue each year to charities, as we believe it is important to give back to our community. We supported a local church outreach to a small community in GA that was hit hard by Helene, as well as donating to the Red Cross to support western NC relief efforts. In the coming year, we want to hear from you about what charities are near and dear to you so we can support them as well. We wish you all Happy Thanksgiving, Merry Christmas, and joyous holidays. See you next year!



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## THAT TIME OF YEAR

# Season of Schemes: Beware of Holiday Fraudsters

As the holiday season approaches, the spirit of giving is in the air. Unfortunately, it also brings an increase in fraudulent activities designed to take advantage of unsuspecting shoppers and generous givers. The following are some of the more common scams to be aware of so you can protect yourself and your loved ones.

### CHARITY

During the holidays, many people are inclined to donate to charity. Scammers exploit this goodwill by creating fake charity websites or soliciting donations via email or social media. These fraudulent charities often mimic the names and appearances of legitimate organizations, making it difficult for donors to distinguish between real and fake causes.

Use resources like Charity Navigator or the Better Business Bureau's Wise Giving Alliance to verify the legitimacy of a charity before donating. Be cautious of high-pressure tactics often used by fraudulent organizations to elicit quick donations. Always research thoroughly, and don't give out your financial information over the phone or via email to protect yourself from potential scams.

### GIFT CARD

Scammers tamper with gift cards in stores by scratching off the security codes and tracking the balance using sophisticated techniques. Once an unsuspecting customer purchases and activates the card, the scammers quickly drain the funds, often using automated systems to ensure they get the money before the legitimate owner can spend it. This type of scam can be particularly frustrating and

difficult to resolve, leaving consumers with an unredeemable out-of-pocket expense and out of luck.

Always inspect gift cards for signs of tampering, such as scratched-off PIN numbers or altered packaging, before purchasing. Buy from reputable sources, like well-known retailers or official websites, to ensure authenticity. Register the card immediately after purchase, if possible, to protect against theft or misuse, and use it as soon as you can to minimize the window for fraud. Keep your receipt as proof of purchase in case any issues arise.

### PACKAGE DELIVERY

You receive a notification claiming there is a delivery issue with your package and instructing you to click on a link or call a number. These notifications often look very convincing, mimicking the language and style of legitimate delivery companies. However, these links and numbers are used to harvest your personal information, potentially leading to identity theft or financial loss.

Always verify the authenticity of such messages by contacting the delivery company directly through their official website or customer service number. Never click on unsolicited links or call unknown numbers. Regularly monitor your financial statements for any unusual activities.

Additionally, regularly monitor your financial accounts, use strong and unique passwords for your online shopping, and be cautious of unsolicited emails or messages. Taking these extra steps can help ensure you enjoy a holiday free from the worry of scams and fraud.



## Creating Traditions That Last Generations

Traditions are the threads that weave the fabric of family life, grounding us in our roots and enriching our relationships. These customs not only strengthen bonds between grandparents and grandchildren but also create something for your grandkids to pass down to their kids. So how do we craft these traditions?

### CHERISHED CUSTOMS

Traditions are more than routine activities; they convey values, stories and emotions. They can be as grand as family reunions or as simple as Sunday walks. What's crucial is their role in establishing connections.

### FIND SHARED INTERESTS

Find activities that resonate with both you and your grandchildren. Discuss interests and hobbies. You might discover a shared love for gardening, a passion for puzzles or a mutual interest in history.



### CREATE THOSE BONDS

Once you've found common interests, brainstorm activities related to those interests that everyone can enjoy. The magic lies in the details. Perhaps themed nights like "Pajama and Pancake Saturdays" or "Mystery Movie Fridays." The goal is to design moments everyone looks forward to, even the most reluctant family member.

### A LEGACY OF LAUGHTER

As these new traditions take root, document them for future generations to look back on. Snap photos or film them. Think about creative ways to keep the tradition alive. Maybe a family recipe book or a time capsule opened at major milestones. Begin small and simple. The beauty of traditions lies in their ability to evolve and adapt. Ultimately, what matters most is the time spent together and the memories created.



### HOW TO ...

## Mark Your Calendar With These End-of-Year Dates

Before you ring in the new year, be sure to wrap up any old business.

#### Nov. 1:

Health Insurance Marketplace Open Enrollment. The exact start date may vary by state, but it typically begins on November 1 and runs through mid-January.

#### Dec. 7:

Medicare Open Enrollment for 2025 ends.

#### Dec. 31:

- Last day to contribute to employer-sponsored retirement plans (e.g., 401(k), 403(b), etc.) for the 2024 tax year.

- Last day to make charitable donations to qualify for a 2024 tax deduction.
- If you're 73 or older, ensure you take your Required Minimum Distributions (RMDs) from retirement accounts to avoid penalties.
- Last day to use Flexible Spending Account (FSA) funds (some plans may have a grace period or allow a small carryover amount).
- For those with high-deductible health plans, ensure contributions to Health Savings Accounts are made to help maximize 2024 tax benefits.



## **DOLLARS & SENSE**

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# **Weathering the Storm: The Financial Impacts of Climate Change**

The relationship between climate change and financial markets is becoming increasingly evident. Extreme weather events like hurricanes, floods and wildfires can cause significant economic disruptions. These disruptions can lead to increased costs and reduced asset values, affecting everything from housing prices to stock market performance. The good news is there are steps you can take to help protect your nest egg.

### **SAVE MONEY BY WEATHERPROOFING YOUR HOME**

Ensuring your home is outfitted to withstand extreme weather can lead to significant savings. Properties in areas prone to flooding, wildfires or other severe weather events may face higher insurance costs and decreased values. Investing in resilient infrastructure and energy-efficient features could help reduce insurance premiums and maintenance expenses, offering better long-term value. This may include installing storm shutters, reinforcing roofs, upgrading windows and utilizing weather-resistant materials for construction.

Additionally, improving insulation and adopting renewable energy sources like solar panels can further enhance your home's resilience and efficiency. Conduct thorough research and consult with experts to make informed decisions that help protect your investment and enhance your home's sustainability.

### **SUPPORT LOCAL AND SUSTAINABLE BUSINESSES**

By choosing to buy from local farms, you help reduce the carbon footprint associated with long-distance transportation of goods, often resulting in fresher and more

affordable products. Additionally, supporting businesses that implement eco-friendly practices, such as using renewable energy sources or reducing waste, can lead to lower operational costs, which might translate to cost savings for customers. Every small step can collectively make a significant positive impact on both the economy and the environment, while also potentially reducing your expenses.

### **PLAN FOR INCREASED HEALTH CARE COSTS**

Climate change is expected to contribute to a rise in health-related issues, particularly for older adults. For instance, prolonged exposure to high temperatures can exacerbate chronic conditions like heart disease and diabetes, while poor air quality can trigger respiratory issues such as asthma and bronchitis. Additionally, the spread of vector-borne diseases, like those carried by ticks and mosquitoes, is projected to increase as warmer temperatures expand the habitats of these vectors.

To prepare for these potential spikes in medical costs, ensure that your financial plan accounts for these contingencies by considering long-term care insurance or setting aside additional savings for health care needs. Being proactive about your health-related financial planning can help ensure you are prepared for the unexpected.

### **ASK QUESTIONS**

Navigating the complexities of financial planning can be daunting, but you don't have to do it alone. Don't hesitate to reach out to us if you have any questions or concerns about your current financial strategy or just want reassurance you're still on the right track. Our office is here for you every step of the way.



## Chaptering Your Golden Years

For many retirees, their careers provided structure, social connections and a sense of identity. Without these aspects, it's easy to feel adrift and lose sight of one's purpose, but retirement can be the start of an exciting new chapter in your life. It's an opportunity for reinvention. These books can help you find the inspiration and guidance you'll need to start your retirement journey.

### 1. "THE SECOND MOUNTAIN: THE QUEST FOR A MORAL LIFE" BY DAVID BROOKS

David Brooks explores finding true fulfillment through service and community rather than personal success. He introduces the "second mountain" concept, where deeper connections and contributions bring meaning to your retirement.

- Learn to focus on community and service over self-centered goals.
- Enjoy building relationships and contributing to society.

**Buy "The Second Mountain"**

<https://www.amazon.com/Second-Mountain-David-Brooks/dp/0812993268>

### 2. "IKIGAI: THE JAPANESE SECRET TO A LONG AND HAPPY LIFE" BY HÉCTOR GARCÍA & FRANCESC MIRALLES

This book introduces the Japanese concept of ikigai, or "a reason for being." It provides steps for discovering your ikigai and integrating it into your personal life, acting as a blueprint for finding joy and meaning in daily activities.



- Find your unique ikigai through introspection and daily activities.
- Add simple joys to your routine for a fulfilling retirement.

**Buy "Ikigai"**

<https://www.amazon.com/Ikigai-Japanese-Secret-Long-Happy/dp/0143130722>

1	13	1	5	8	1	2	13	2
2	2	1	9	3	1	8	3	8
1	5	4	1	6	8	7	4	6
4	1	4	3	9	6	5	1	1
9	1	11	12	2	7	6	9	10
2	8	4	3	4	8	3	2	1
3	6	3	9	3	2	1	2	5
1	1	6	6	2	9	1	2	3
14	1	6	8	6	1	3	5	5

BRAIN GAMES

## 15 Up

**Game Rules**

Use a pen or pencil to draw the boundaries around groups of cells to make the region add up to fifteen exactly. The regions can be any shape as long as all the cells touch each other (but not diagonally). There is only one way to achieve this.

# Delightful Diversions

## Five Unique Hobbies to Explore

Retirement is the perfect time to dive into new hobbies that can bring joy, fulfillment and even benefit the community. With more free time and fewer responsibilities, retirees have the opportunity to pursue passions they may have set aside during their working years, while also engaging in activities that stimulate mental acuity. Here are five unique hobbies to explore:



### 1. *Urban Beekeeping*

Urban beekeeping is both fascinating and vital for supporting local ecosystems. By maintaining hives, you can enjoy fresh honey and help boost the populations of bees, which play a pivotal role in pollination and plant reproduction. To get started, research beekeeping associations and take an introductory course.

### 2. *Historical Reenactment*

Step back in time with historical reenactment groups. Whether you dress up as a Civil War soldier or Renaissance noble, you're immersing yourself in history and your community. Joining a group typically involves researching clubs, attending events to observe and acquiring period-appropriate attire.

### 3. *Geocaching*

Geocaching is a modern-day treasure hunt using GPS coordinates to find hidden caches. It's a fantastic way to explore new areas, stay active and enjoy the thrill of discovery. Geocachers use GPS coordinates shared on geocaching websites or apps to locate containers hidden by other players.

### 4. *Community Theater*

Unleash your inner actor by joining a community theater group. Whether you prefer performing on stage or helping behind the scenes, theater provides a creative outlet, offers a chance to make new friends and keeps you mentally engaged. Most groups welcome new thespians, crew members and volunteers.

### 5. *Charitable Crafting or Volunteering*

Combine creativity with philanthropy by crafting items for those in need or simply giving of yourself. Knit blankets for hospitals. Sew hats for shelters. Create toys for children's charities. Read to school children. Visit nursing homes. However you choose to give, your presents and presence can bring comfort and joy.



## CENTER STAGE

### BELOW:

Paul & Diane visit the battleship North Carolina.



### ABOVE:

Paul & Diane enjoy a beautiful sunset at Bill & Jen's wedding in Amelia Island, FL.



### RIGHT:

Carissa's new niece and nephew, Bentley and Beckham!

## BRAIN GAMES


### ANSWER KEY:

1	13	1	5	8	1	2	13	2
2	2	1	9	3	1	8	3	8
1	5	4	1	6	8	7	4	6
4	1	4	3	9	6	5	1	1
9	1	11	12	2	7	6	9	10
2	8	4	3	4	8	3	2	1
3	6	3	9	3	2	1	2	5
1	1	6	6	2	9	1	2	3
14	1	6	8	6	1	3	5	5



## RECIPE

### EASY BEEF STROGANOFF

cut here 

This rich and creamy beef stroganoff recipe is made with ground beef and served with egg noodles. It's super simple to prepare, and ready to serve in under 30 minutes.

### INGREDIENTS

- 1 (8 ounce) package egg noodles
- 1 pound ground beef
- 1 (10.5 ounce) can fat-free condensed cream of mushroom soup
- 1 tablespoon garlic powder, or to taste
- ½ cup sour cream
- salt and ground black pepper to taste

### HOW TO MAKE IT:

1. Sauté ground beef in a large skillet over medium heat until browned and crumbly; 5 to 10 minutes.
2. Meanwhile, fill a large pot with lightly salted water and bring to a rapid boil. Cook egg noodles at a boil until tender yet firm to the bite, 7 to 9 minutes. Drain and set aside.
3. Drain and discard any fat from the cooked beef. Stir condensed soup and garlic powder into the beef. Simmer for 10 minutes, stirring occasionally.
4. Remove beef from the heat. Add egg noodles and stir to combine. Stir in sour cream and season with salt and pepper.
5. Serve hot and enjoy!

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## **UPCOMING DATES**

### **NOVEMBER**

- 05 Election Day
- 11 Veteran's Day
- 12 & 14 - PGI Workshops @ Hall's Nexton Summerville
- 28 Thanksgiving
- 29 Black Friday

### **DECEMBER**

- 03 - PGI Workshop @ Hall's Signature Charleston
- 04 - PGI Workshop @ Hall's Signature Charleston
- 07 Medicare Open Enrollment Ends
- 25 Christmas
- 31 New Years Eve - Last day to take your RMD