

JUL
AUG
2024



IN THE
KNOW

FIRM AND FAMILY UPDATE

Swinging into Summer!

We kicked off Summer with a Client & Friends Night watching the Charleston RiverDogs. Everyone enjoyed a delicious meal, beverages, and dessert in the air-conditioned comfort of the exclusive Segra Club while watching the RiverDogs defeat the Carolina Mudcats 5-4. Our next event promises to be just as fun, as we will hit the Cooper River for a Sunset BBQ & Blues Cruise. Stay tuned for details!

In May, Cheyanne spent two weeks studying abroad in London, Brussels, and Amsterdam. She had a blast exploring each city, eating new foods, watching many dance performances, and the play "Wicked" on London's West End. Carissa traveled to Austin, TX with her husband, Aubrey. They spent time exploring the city and attending comedy shows. She also traveled to Charlotte, NC to watch the Wells Fargo Golf Championship where she had fun watching one of her favorite golfers, Rory McIlroy. Paul attended two Spoleto concerts, one with Diane, and one with his daughter, Ally, who was in town for a short visit.

Paul started June with a trip to Florida for his father's memorial. His father, Bob, passed

away on May 17th after a period of declining health. Bob is survived by Paul's Mom (Betsy), Paul, and his sister, Beth. Paul was fortunate to be able to visit his Dad in early May for a weekend together before he passed. A beautiful service was conducted, complete with military honors, followed by a reception. Bob was remembered as someone who gave much of himself and always had a wonderful smile to greet you.

Later in June, Paul & Diane ventured to Myrtle Beach for the Carolina Country Music Festival. The four-day event featured country stars Carrie Underwood, Morgan Wallen, Old Dominion, Lady A, Diamond Rio and Parmalee, along with many up & coming country music artists. The weather was perfect, and Paul & Diane enjoyed the beach and pools at their resort along with all the music. Paul also traveled to CT for the Travelers Golf Championship at TPC River Highlands. His high school friend, Ann Marie, hooked him up with VIP tickets for Saturday and Sunday for a most memorable experience.

We hope you are enjoying your Summer, and we look forward to visiting with you soon!



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THAT TIME OF YEAR

Cruel Summer: Avoid Getting Crushed by a Heatwave

Summer is in full swing, and as temperatures soar, it's crucial to remember that the season's warmth can pose significant health threats and quickly turn into a scorching hazard.

HIDDEN DANGERS

During the summer, heat-related illnesses, including heat exhaustion and heatstroke, rank among the top health hazards, sending more than 65,000 Americans to the emergency room each year.¹

Children and older adults are especially at risk during extreme heat events. Their bodies do not regulate temperature as efficiently, making them susceptible to overheating and dehydration. Recognizing key signs such as excessive sweating, weakness, dizziness, nausea and high body temperature is crucial for timely intervention.

BEAT THE HEAT

Fortunately, proactive steps can minimize risks:

1. Stay Hydrated: It's crucial to prioritize adequate water intake throughout the day, especially when the temperatures soar. Opt for water over sugary drinks, alcohol or caffeinated beverages, as these can exacerbate dehydration.

2. Dress Appropriately: Selecting proper clothes can make a significant difference. Choose lightweight, breathable fabrics in light colors to reflect sunlight and loose-fitting garments to allow for air circulation.

3. Seek Shade: Shielding yourself from direct sunlight is key to avoiding heat exhaustion and sunburn. If you must be outdoors, try to stay in shaded areas, particularly during the peak heat hours between 10 a.m. and 4 p.m.

4. Use Sun Protection: Sunscreen is your best defense against harmful UV rays. Use a broad-spectrum sunscreen with an adequate SPF and reapply it every two hours, especially if you're swimming or sweating. Don't forget to wear sunglasses and a wide-brimmed hat, too.

5. Take It Easy: On sweltering days, listen to your body and avoid overexertion. Limit strenuous outdoor activities, schedule them during cooler parts of the day, and give yourself time to acclimate to higher temperatures.

6. Cool Your Home: Keeping your living space comfortable is essential. Use fans, air conditioning or strategic ventilation to maintain a cool indoor environment. Closing blinds or curtains during the day also can prevent excess heat.

7. Check on Vulnerable Loved Ones: Stay connected with friends and family members who may be more susceptible to heat-related illnesses. Regularly check on the elderly, individuals with chronic health conditions or those living alone to ensure their well-being during hot weather spells.

FUN IN THE SUN

While summer brings much fun, it's important to protect ourselves and our loved ones by drinking plenty of water, dressing appropriately and taking precautions. Remember, the best way to enjoy the sunshine safely is to stay cool and hydrated.

¹ Sophia F. Gottfried. *Everyday Health*. July 1, 2022. "How to Avoid 9 Summer Health Hazards, According to Experts." <https://www.everydayhealth.com/healthy-living/health-hazards-to-avoid-this-summer/>. Accessed March 26, 2024

The Art of Doing Nothing

In the constant hustle of our daily lives, where every minute seems accounted for, and our devices keep us perpetually connected, the art of doing nothing has become a lost luxury. Yet, as the summer sun casts its long, lazy shadows, it invites us to slow down and rediscover the joy of leisure.

PERMISSION TO PAUSE

Our culture often equates busyness with productivity, success and even worth. Recognize that taking time to relax isn't lazy; it's a vital practice for mental and emotional well-being. Like a field left unplanted to restore its fertility, our minds, too, need downtime to rejuvenate.

THE BENEFITS OF BOREDOM

Boredom can be a fertile ground for creativity and self-discovery. When we allow our thoughts to wander without a specific goal, we open ourselves up to new ideas, reflections and even solutions to problems lingering at the back of our minds.



FINDING JOY IN SIMPLICITY

The beauty of doing nothing is that it doesn't require an exotic destination or elaborate plans. It can be as simple as listening to the symphony of nature in your backyard or losing yourself in the pages of a book.

CREATING YOUR LEISURE RITUALS

Whether it's a morning walk to watch the sunrise, an afternoon siesta or an evening spent stargazing, create rituals that celebrate the art of leisure. Let these rituals be your daily touchstones, reminders of the richness that comes from simply being.

In the quiet spaces between activities and the stillness that we often rush to fill, there is an invitation to reconnect with ourselves and the world around us. Embrace it.



HOW TO ...

A Fresh Look for Old Finds: Upcycling Furniture for Beginners

Transforming old furniture into stunning, refreshed pieces is an eco-friendly choice and a fantastic way to add a personal touch to your home decor. Thrift stores, garage sales and even your own home are great places to find pieces begging for a makeover.

TECHNIQUES FOR TRANSFORMATION

- **Painting:** A fresh coat of paint can dramatically change the appearance of your furniture. Consider using stencils or creating patterns with painter's tape for an added effect.

- **Distressing:** For a vintage look, try distressing your painted furniture by gently sanding edges and high points to reveal a bit of the original finish or wood beneath.
- **Decoupage:** Applying fabric or wallpaper with a decoupage medium is an excellent way to add attractive patterns and textures.
- **Reupholstering:** Chairs and sofas can be given a new lease on life with new fabric. Choose durable upholstery fabric that complements your decor.

Happy upcycling!



DOLLARS & SENSE

Smart Shopping: Leverage Technology for Better Deals

In an age where every penny counts, becoming a savvy shopper isn't just an option — it's a necessity. The rise of e-commerce has brought a tidal wave of opportunities to save money, but only for those equipped with the right tools.

Today, browser extensions and price comparison tools are revolutionizing how we shop. These tech solutions are not just about saving a few dollars; they're about transforming your shopping experience, ensuring you get the best value for every dollar spent.

BROWSING FOR DEALS

Browser extensions have emerged as the secret weapon for savvy online shoppers. These small software programs add functionality to your web browser, automating the discount-hunting process and applying the best deals directly to your cart. Here are two must-have extensions:

Honey: Honey automatically searches for and applies coupon codes at checkout. With a single click, Honey scans its database of promo codes and applies the one that offers the biggest savings. It's like having a personal assistant who ensures you never miss a deal.

CamelCamelCamel: Specifically designed for Amazon, CamelCamelCamel tracks price changes and alerts you when your desired item drops to your target price. By installing its browser extension, Camelizer, shoppers can view historical price data directly on Amazon product pages.

WHO PRICED IT BEST?

In a market flooded with options, price comparison tools stand out by aggregating data from various retailers to help you

find the lowest price. These tools provide a comprehensive overview of where to find the best deals.

Google Shopping: This powerful tool compares prices across thousands of online retailers. Simply search for your item, and Google will present you with a list of options, allowing you to make the most cost-effective choices.

ShopSavvy: This app goes beyond simple price comparison. By scanning a product's barcode, the app provides real-time pricing data from online and local retailers. This ensures you're getting the best deal, regardless of where it's sold.

SHOP IT LIKE IT'S HOT

1. **Be Proactive:** Set up price alerts. Many comparison tools allow you to set a desired purchase price, and they'll notify you when a retailer hits that target.
2. **Combine Tools for Maximum Savings:** Use browser extensions and price comparison tools to ensure you're getting the absolute best deal. While extensions can apply coupons, comparison tools ensure you start from the lowest base price.
3. **Check the Fine Print:** Sometimes, the lowest price comes with strings attached, such as longer shipping times or no return policies. Ensure you're comfortable with the retailer's terms.
4. **Stay Informed:** Prices can fluctuate based on demand, season and stock levels. Regularly check trends to anticipate the best time to shop.

The Peas' Knees: The Rise in Plant-Based Proteins

The global food industry is witnessing a significant shift toward alternative protein sources in an era marked by rapid population growth and evolving dietary preferences. This transition is propelled by various factors, including environmental concerns, health considerations and the quest for sustainable food systems.

THE PIONEERS

Beyond Meat emerged as a trailblazer in the plant-based protein sector, offering products designed to replicate the taste, texture and nutritional benefits of animal meat without the associated environmental impacts.

Tofu stands as one of the earliest and most versatile plant-based protein sources, celebrated not only for its nutritional profile but also for its low environmental footprint.

CHALLENGES AND OPPORTUNITIES

Consumer acceptance remains a significant hurdle, with taste preferences and dietary habits deeply ingrained in cultural norms. Moreover, scaling up production to meet global demands poses logistical and technological challenges, necessitating considerable investment in research and development.

However, alternative proteins offer a pathway to more sustainable and resilient food systems, capable of mitigating some of the environmental impacts associated with traditional livestock farming, such as greenhouse gas emissions, land degradation and water overuse.



As we navigate the challenges and harness the opportunities, the shift toward more sustainable, nutritious and equitable food solutions appears not only possible but imperative for the well-being of our planet and its inhabitants.

Frontiers. "Alternative protein innovations and challenges for industry and consumer: an initial overview." <https://www.frontiersin.org/articles/10.3389/fsufs.2023.1038286/full>.

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

BRAIN GAMES

15 Up

Game Rules

Each puzzle must be divided into regions totaling 15. The regions can be any shape as long as all the cells touch each other. Use a pen or pencil to draw the boundaries around groups of cells all adding up to fifteen.

ESCAPE WITHOUT LEAVING:

STAYCATION IDEAS THAT FEEL LIKE A GETAWAY

In an age where wanderlust is often quenched by distant travels and exotic destinations, the concept of a staycation — taking time off to enjoy your local area and home — can seem quaint. Yet, as many have discovered, especially in recent summers, there's a unique charm and many benefits to rediscovering the world just outside your doorstep (or inside it). Here's how to craft a memorable staycation that rivals any getaway.

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EMBRACE LOCAL ADVENTURES

Start by becoming a tourist in your own town or city. Often, we overlook the attractions closest to us, chasing experiences far and wide. Visit local museums, parks and landmarks you've never visited or haven't explored in years. Many places offer special summer events, like outdoor concerts, art exhibits and food festivals. Engage in these activities with the fresh eyes and enthusiasm of a visitor.



BACKYARD CAMPING

Who says you need to travel far to camp under the stars? Turn your backyard into a campground for an evening or two. Pitch a tent, roll out the sleeping bags and prepare a campfire (a fire pit or even a barbecue grill can serve as a stand-in). Roast marshmallows, tell stories and enjoy the night sky from the comfort of your own home. It's a fantastic way to disconnect from digital screens and reconnect with nature — and each other.



CREATIVE PROJECTS

Use this time to dive into projects you've been putting off or explore new hobbies. Whether it's painting, gardening, crafting or writing, dedicating time to creative pursuits can be incredibly fulfilling and a great way to make the most of your staycation.



LEARNING SOMETHING NEW

Finally, use your staycation as an opportunity to learn something new. Online courses and workshops can help you learn new skills, from cooking classes and photography tutorials to language learning and musical instruments.

A staycation doesn't have to be a second-choice option. With a bit of creativity and an open mind, you can turn your summer at home into an enriching, enjoyable and memorable experience. Embrace the art of the staycation and discover the joys of making the most of your home base this summer.

CENTER STAGE

BELOW:

Smiles all around at our Night @ The Joe Client and Friends Event.



RIGHT:
Carissa and Cheyanne, as part of our PGI Cares initiative, dropping off 600 pounds worth of dog food at the local animal shelter, Pet Helpers.



ABOVE:

Cheyanne in Amsterdam during her study abroad trip!



BRAIN GAMES

ANSWER KEY:

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



RECIPE SWEDISH PANCAKES

cut here ✂

Are you tired of your usual weekend pancake routine?
Try this delicious Swedish pancake recipe.

INGREDIENTS

- 2 cups milk
- 3 large eggs
- 1 teaspoon vanilla
- 2 tablespoons melted butter (plus some for cooking)
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 cup flour

HOW TO MAKE IT:

1. Mix milk, eggs, vanilla, melted butter salt and sugar together.
2. Slowly incorporate flour and mix until smooth
3. Melt 1 teaspoon unsalted butter in a non-stick pan over medium heat. Pour in 1/3 cup of the batter. Cook until the pancake has browned on the bottom. Carefully flip and cook the second side for another 15-30 seconds. Place pancake on a wire rack or plate.
4. Continue the process with the rest of the batter, adding more butter as needed to the pan to keep the pancakes from sticking.
5. Serve them flat, rolled or folded, topped with whatever you prefer!

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UPCOMING DATES

JULY

- 04 Independence Day
- 09 Workshop at Hall's Signature
- 11 Workshop at Hall's Signature
- 28 Parent's Day

AUGUST

- 13 Workshop at Hall's Nexton
- 15 Workshop at Hall's Nexton
- 21 Senior Citizens Day
- 26 Women's Equality Day