

SEPT  
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2025



IN THE  
KNOW

## FIRM AND FAMILY NEWS

### PGI's Summer Wrap-Up

The end of summer brought on some quality time and special moments for the PGI Team. In July, Paul and Diane traveled to Florida to support a friend's Navy change of command, an honorable event followed by a joyful gathering celebrating this new chapter. Upon leaving Florida, Paul and Diane headed to Long Island, New York, to visit a college friend of Paul's. The trip was filled with nostalgic stories, catching up with what's new, and sunny beach days.

August brought on many baseball games as the season slowly came to an end. Paul and Diane cheered on the Charleston RiverDogs during several of the last *Firework Fridays* of the season, enjoyed a Philadelphia Phillies game with friends, and Paul even made a trip to Boston for a classic Red Sox match. The ballpark visits made for the perfect way to savor the final innings of summer, while also enjoying some travel along the way.

Carissa made the most of the closing weeks of summer, spending time with those closest to her. In August, she headed to North Carolina, then to New York to celebrate her niece's and

nephew's birthdays, taking in some cherished family time before returning to Charleston. Shortly after her return, she was off again, but this time to Massachusetts, for a trip spending quality time with hometown friends. The getaway was the perfect chance to unwind and reminisce before heading into a new season. Apart from her travels, Carissa has been keeping busy at home, working on home renovation projects, painting, and landscaping with her husband, Aubrey. The two have made exceptional progress remodeling the new home that they moved into early this summer.

Cheyenne also enjoyed her last bit of summer, traveling to visit family, soaking up time at the beach, and spending time with friends. In August, she was delighted to have her grandparents in Charleston for a weekend visit. Together, they explored many Charleston landmarks and cooked delicious homemade meals. We hope you had a wonderful summer, and we look forward to stepping into the fall season with you.



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## THAT TIME OF YEAR

### Ways to Turn RMDs Into a Tax Win

With the right strategies, you can manage RMDs' tax impact, stay IRS-compliant and even turn them into opportunities.

#### STRATEGY 1: QUALIFIED CHARITABLE DISTRIBUTIONS (QCDs)

This strategy allows you to direct up to \$100,000 annually from your IRA to a qualified charity.<sup>1</sup> QCDs allow you to send funds directly to the charity, bypassing taxable income, lowering your adjusted gross income, which can provide tax benefits.

##### Ways to Get Started

1. Consult your tax professional for guidance.
2. Identify eligible charities meeting IRS qualifications as 501(c)(3) organizations.
3. Contact your financial advisor to initiate the transfer, specifying the amount and providing charity details.
4. Retain records for proof of the distribution for tax filing.

#### STRATEGY 2: ROTH IRA CONVERSIONS

If you're in a lower tax bracket this year, this might be a good time to convert.

##### Benefits of a Roth Conversion

- Once converted, Roth IRA funds grow tax-free, and withdrawals in retirement are tax-exempt.
- Unlike traditional IRAs, Roth IRAs are not subject to RMDs, allowing your money to grow untouched.
- Roth IRAs also offer tax advantages for your heirs, as withdrawals made after inheriting the account are typically tax-free.

Remember, converting an employer plan account to a Roth IRA is a taxable event. Consult with a qualified tax advisor before making any decisions regarding your IRA.

#### Possible Disadvantages of a Roth Conversion

- The amount converted becomes taxable income in the year it is withdrawn, potentially increasing your income tax, resulting in a higher tax bracket.
- The conversion could impact your Medicare premiums as they are income-dependent.
- There may be restrictions that apply on withdrawal from the Roth account.

#### STRATEGY 3: TIMING AND STRATEGIC WITHDRAWALS

Timing your RMDs can help you manage your taxable income for the year.

##### Plan to Distribute Withdrawals Throughout the Year

Consider spreading withdrawals throughout the year versus taking your RMD as a lump sum. This can make your income more consistent. Or take your RMD earlier in the year if you have predictable expenses or excess room in your current tax bracket.

##### Avoid Penalties

The penalty for not taking your RMD on time can be as high as 25% of the amount you should have withdrawn. So mark important RMD deadlines on your calendar or set reminders.

##### Combine Withdrawals With Life Goals

If you know you'll need funds for a major expense, your RMD can be a convenient way to fund it.

<sup>1</sup> IRS. "Qualified charitable distributions allow eligible IRA owners up to \$100,000 in tax-free gifts to charity." Nov. 16, 2023. <https://www.irs.gov/newsroom/qualified-charitable-distributions-allow-eligible-ira-owners-up-to-100000-in-tax-free-gifts-to-charity>. Accessed July 14, 2025.



## THE GOOD LIFE

### Stirring Up Memories: Easy Autumn Treats to Make With Your Grandkids

Cooking is more than just preparing food; it's a chance to create lasting memories with loved ones. With autumn's cozy warmth and abundance of seasonal flavors, this is the perfect time to bring your grandkids into the kitchen for a bit of foodie fun. Here are some quick and easy treats to whip up this season:

- **Apple Nachos:** Arrange apple slices on a plate and drizzle them with caramel or chocolate sauce. Add toppings like sprinkles, nuts or mini marshmallows for a colorful finish.
- **Pumpkin Spice Energy Balls:** Combine oats, canned pumpkin, honey and a pinch of pumpkin pie spice. Roll into bite-sized balls for a healthy, grab-and-go snack.
- **Cinnamon Roll "Pumpkin Patches":** Bake cinnamon rolls, then frost them with orange icing. Add green icing stems to turn them into adorable pumpkins.



- **Popcorn Balls:** Mix popcorn with melted marshmallow or caramel, shape into balls and wrap in colorful foil. This sticky treat is perfect for little hands.
- **Apple Cider Popsicles:** Pour apple cider into popsicle molds and use cinnamon sticks as handles. These are fun to assemble and even better to enjoy!
- **Mummy Pretzel Rods:** Dip pretzel rods in white chocolate and add mini chocolate chips for eyes. These spooky treats are as fun to make as they are to eat.

Cooking with your grandkids is more than just a fun activity; it's a way to share your love, pass down traditions and celebrate the simple joys of being together. Happy cooking!



## HOW TO ...

### Learn and Save With Medicare Seminars and Nonprofits

Informational seminars, workshops and nonprofit organizations are fantastic resources for understanding your Medicare options. These sessions can help you learn about savings programs, compare plans and spot benefits you might miss otherwise.

- **Knowledge is power:** Learning results in more confident decisions.
- **Potential hidden savings:** Uncover potential savings opportunities like free screenings or reduced premiums.
- **Personalization:** Local nonprofits often offer personalized guidance for your unique health care needs.

- **Little or no cost:** Many of these organizations offer free sessions online and in person.
- **Specific knowledge:** Organizations like The National Council on Aging focus solely on the needs of seniors.
- **Avoid scams:** In-person seminars and workshops decrease the possibility of your private information being exposed.

Navigating Medicare options can seem overwhelming, so don't hesitate to sign up and take control of your Medicare savings today!

*Our firm is not affiliated with the U.S. government or the federal Medicare program.*



## DOLLARS & SENSE

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# Tired of the Rough Market Waters? Here Are Ways We Can Get You to Calmer Seas

Market ups and downs can feel nerve-wracking, even for experienced investors. Volatility is usually sparked by things like changes in the economy, political events or even the collective mood of investors. For instance, the U.S. economy grew by 2.3% in late 2024, giving the market a big boost.<sup>1</sup> But fast-forward to early 2025, and an unexpected dip of -0.3% in the economy sent some investors into a panic.

But here's the thing: volatility isn't a sea monster. With the right strategy, you can not only protect what you've worked hard for but also find opportunities to grow your wealth — even when the market feels a little bumpy.

And you're not facing it alone. As your financial advisor, I'm the ideal captain to get you through those stormy seas. In fact, I'm already working to help you stay steady and move forward with confidence, no matter what the market throws your way.

### NAVIGATING THOSE STORMY SEAS

Here are three ways I'm making sure your financial plan is seaworthy — and focused on your long-term goals.

#### 1. Diversifying Investment Portfolios

By spreading investments across different asset classes and industries, I'm making sure you're not putting all your eggs in one basket. That may make your portfolio stronger over time and able to weather the ups and downs of different investment vehicles.

#### 2. Focusing on Long-Term Outcomes

Frequent trading during rough market seas might feel like taking control, but it can sink your returns in the long run.

Economic experts like UChicago Economics Professor Eugene Fama stress that trying to time the market often backfires.<sup>2</sup> It's usually better to ride out those fluctuations rather than making reactive changes. By focusing on long-term goals, we can make sure that temporary market dips don't throw your financial plans off track.

#### 3. Liquifying for Flexibility

Keeping some cash easily accessible is like having an extra sail during tougher economic times. Having liquidity offers the flexibility to jump on opportunities when they pop up. For example, if the market suddenly dips and stocks go on sale, having cash ready lets you dive in and buy, putting you in a great spot to profit when prices bounce back.

### PATIENCE PAYS OFF

Historical data supports waiting it out when the market looks low. Despite significant annual declines, markets often recover over time, rewarding disciplined investors who avoid knee-jerk reactions. Since 1950, the S&P 500 has taken a 20% dip 12 times, and if you'd jumped in at those low points, the average return over the next year would've been 19%.<sup>3</sup>

<sup>1</sup> U.S. Bureau of Economic Analysis. "Gross Domestic Product, Fourth Quarter 2024." BEA.gov, 2025. <https://www.bea.gov>. Accessed May 29, 2025.

<sup>2</sup> Fama, Eugene. "Efficient Markets and Long-Term Investing." *American Economic Review*, 2020. <https://pubs.aeaweb.org/doi/10.1257/089533003321164958>. Accessed May 29, 2025.

<sup>3</sup> Andrew Slimmon. Morgan Stanley. April 29, 2025. "Stock Market Outlook: Bull Market May Not Be Finished." <https://www.morganstanley.com/insights/articles/stock-market-outlook-2025-q2-update>. Accessed June 2, 2025.



# From Piggy Banks to Paradise: A Family Travel Fund Guide

Traveling as a family creates unforgettable memories, but coordinating trips across generations can sometimes be a financial puzzle. Enter the multigenerational travel fund: an easy and collaborative way to save for meaningful shared adventures. Here’s how to make it happen.

## HOW TO SET IT UP

- **Choose a Method:** Open a joint savings account or use digital tools like group wallets to make contributions simple.
- **Set Travel Goals:** Decide on a destination and create a realistic budget that includes travel, lodging and activities.
- **Keep It Flexible:** Allow for contributions based on individual financial situations, and don't forget non-monetary support like planning meals or researching activities.
- **Track Progress:** Use apps or spreadsheets to monitor savings and expenses, keeping everyone updated along the way.
- **Plan Regular Check-Ins:** Schedule group discussions to review the budget, adjust plans and keep everyone motivated.
- **Celebrate Milestones:** Acknowledge progress, such as reaching a savings goal, to keep the excitement alive.

## MAKE IT FUN FOR EVERYONE

- Host family gatherings to discuss trip ideas and savings progress.
- Use visual trackers like a jar or budget chart to stay motivated.
- For added engagement, introduce friendly savings challenges or fundraisers, such as bake sales or donation-based events.



## Start Planning Together!

Creating a family travel fund is more than just setting money aside; it’s about creating shared goals and excitement. Start the conversation today and take the first step toward a future filled with adventures everyone will treasure.

		9		3		5		2
			6		4			1
			2	5				
	3						1	
	8	4				2	3	
	6						8	
				7	9			
2			5		8			
7		8		4		3		

## BRAIN GAMES

### Sudoku

#### Game Rules

Fill in each square with one of the numbers 1 to 9 such that no number repeats in any row, column or 3 by 3 box.



# FALL FOLIAGE ROAD TRIPS WORTH TAKING

The road trip is a quintessential piece of Americana, blending adventure with the laid-back allure of hitting the open road. But since most road trips are taken in the summer, vacationers lose out on the opportunity to see gorgeous autumn landscapes. Whether you're seeking serene mountain views, charming towns or golden-hued forests, these five destinations offer the perfect backdrop for your next getaway.

## **Stowe, Vermont**

Nestled in the heart of New England, Stowe is a postcard-perfect village with breathtaking fall foliage, historic covered bridges and cozy local charm. Drive down the Green Mountain Byway or the Smugglers' Notch, grab a bite at the Topsy Trout and sample fresh maple syrup. It's a popular spot, so if you want to avoid crowds, visit in the middle of the week.

## **Blue Ridge Parkway, North Carolina and Virginia**

Dubbed "America's Favorite Drive," this 469-mile scenic route offers endless views of the Blue Ridge Mountains, glowing with vibrant reds, oranges and yellows during fall. Stop at Pounding Mill Overlook or hike trails like Looking Glass Rock, and stay in towns along the way including Asheville, North Carolina. Travel during weekdays for a quieter experience.

## **Michigan's Upper Peninsula**

Far from the hustle and bustle of lower Michigan, the Upper Peninsula offers peaceful forests, cascading waterfalls and stunning views of Lake Superior. The area's vibrant foliage and serene atmosphere make it a hidden gem for fall explorers. Visit Tahquamenon Falls State Park and the Lake Superior coastline. Early October is peak foliage season, so pack layers and enjoy the brilliant colors and quiet trails.

## **Aspen, Colorado**

Famous for its namesake aspens turning golden against the dramatic backdrop of the Rockies, Aspen offers a luxurious yet nature-filled fall escape. Hike to the Maroon Bells, at an elevation of over 14,000 feet, for breathtaking autumn views and stop by the White House Tavern when you're done for a delectable sandwich and beverage. Late September is prime time for viewing the aspens.

## **Columbia River Gorge, Oregon and Washington**

Straddling Oregon and Washington, the Columbia River Gorge transforms into a kaleidoscope of fiery maples, golden cottonwoods and dark basalt cliffs. Take a hike up Beacon Rock State Park, bask in the breathtaking view of Multnomah Falls or simply cruise down the Highway 14 Scenic Drive. Pack a jacket to prepare for the foggy Cascadian chill during peak foliage time in late September to mid-October.



CENTER STAGE

BELOW:  
Paul and Diane exploring Philadelphia.



RIGHT:  
Paul at a Boston Red Sox game.



ABOVE:  
Carissa celebrating her niece's and nephew's birthdays!



BRAIN GAMES

ANSWER KEY:

6	7	9	8	3	1	5	4	2
3	2	5	6	9	4	8	7	1
8	4	1	2	5	7	9	6	3
9	3	2	4	8	5	6	1	7
5	8	4	7	1	6	2	3	9
1	6	7	9	2	3	4	8	5
4	5	6	3	7	9	1	2	8
2	1	3	5	6	8	7	9	4
7	9	8	1	4	2	3	5	6

INGREDIENTS

- 1/2 cup uncooked orzo pasta
- 4 medium sweet peppers (any color)
- 1/4 cup water
- 1 pound ground beef
- 1/2 cup chopped onion
- 2 cups pasta sauce
- 1 cup frozen broccoli-cauliflower blend, thawed and chopped
- 1/2 cup grated Parmesan cheese, divided

HOW TO MAKE IT:

1. Cook orzo according to package directions; drain and set aside.
2. Cut and discard the tops from the bell peppers. Remove the seeds.
3. Place peppers in a 3-quart round microwave-safe dish. Add a little water, cover, and microwave on high for 7–9 minutes or until crisp-tender.
4. In a large skillet, cook and crumble the ground beef with the onion over medium heat until no longer pink, about 5–7 minutes. Drain excess grease.
5. Stir the pasta sauce, mixed vegetables, 1/4 cup cheese, and cooked orzo into the beef mixture. Spoon this filling into the prepared peppers.
6. Sprinkle with remaining cheese and microwave uncovered on high for 1–2 minutes, or until heated through.

cut here ✂



RECIPE  
STUFFED PEPPERS



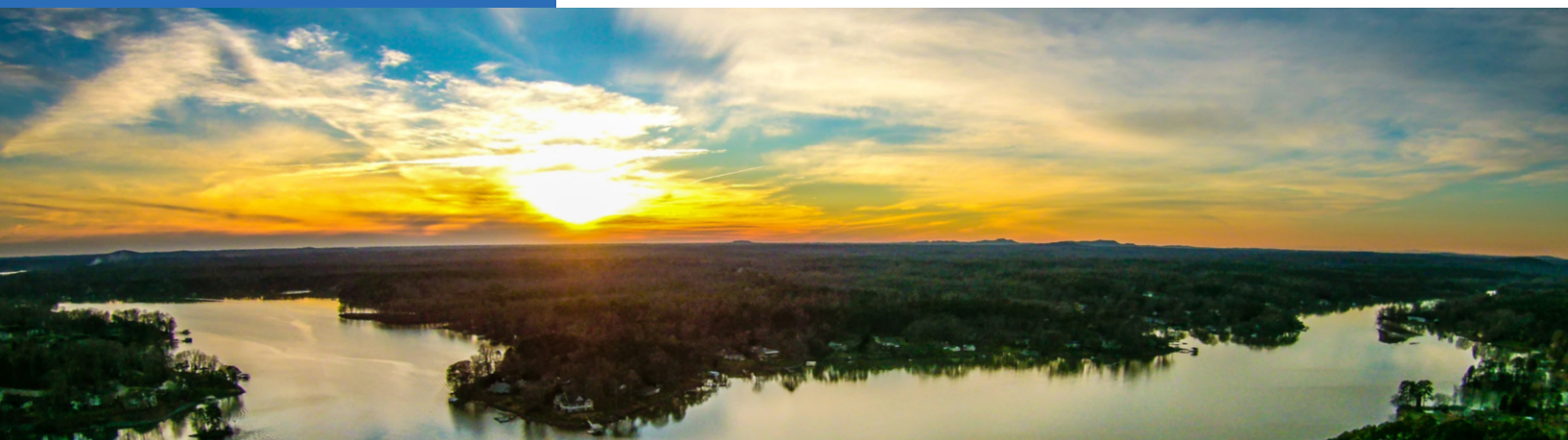
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## UPCOMING DATES

### SEPTEMBER

- 01 Labor Day
- 07 Grandparents Day
- 11 Patriot Day
- 16 Workshop at Hall's Chophouse  
Nexton
- 18 Workshop at Hall's Chophouse  
Nexton

### OCTOBER

- 13 Columbus Day
- 15 Medicare Open Enrollment  
Begins
- 16 Boss's Day
- 31 Halloween
- TBD Workshop at Hall's Signature