

As October comes to a close and the pumpkins glow a little brighter, we're feeling grateful for all the moments that made this month special. From cozy fall vibes to meaningful conversations, we've loved being part of your season.

Before the costumes come out and the candy disappears, we wanted to share a few highlights from our October—no tricks, just treats!

And speaking of treats, something extra special is coming soon: our final Friday Afternoon Club of the year will be a luncheon celebration for **RB's 80th birthday!** Mark your calendar now!

We Like to Move it!

We kicked off a lighthearted wellness challenge to help us stay active, mindful, and connected. Whether it's walking, stretching, or simply standing up more often, every little bit counts, and yes, costumes totally count as cardio! It's all about finishing 2025 with energy, laughter, and a little extra movement.

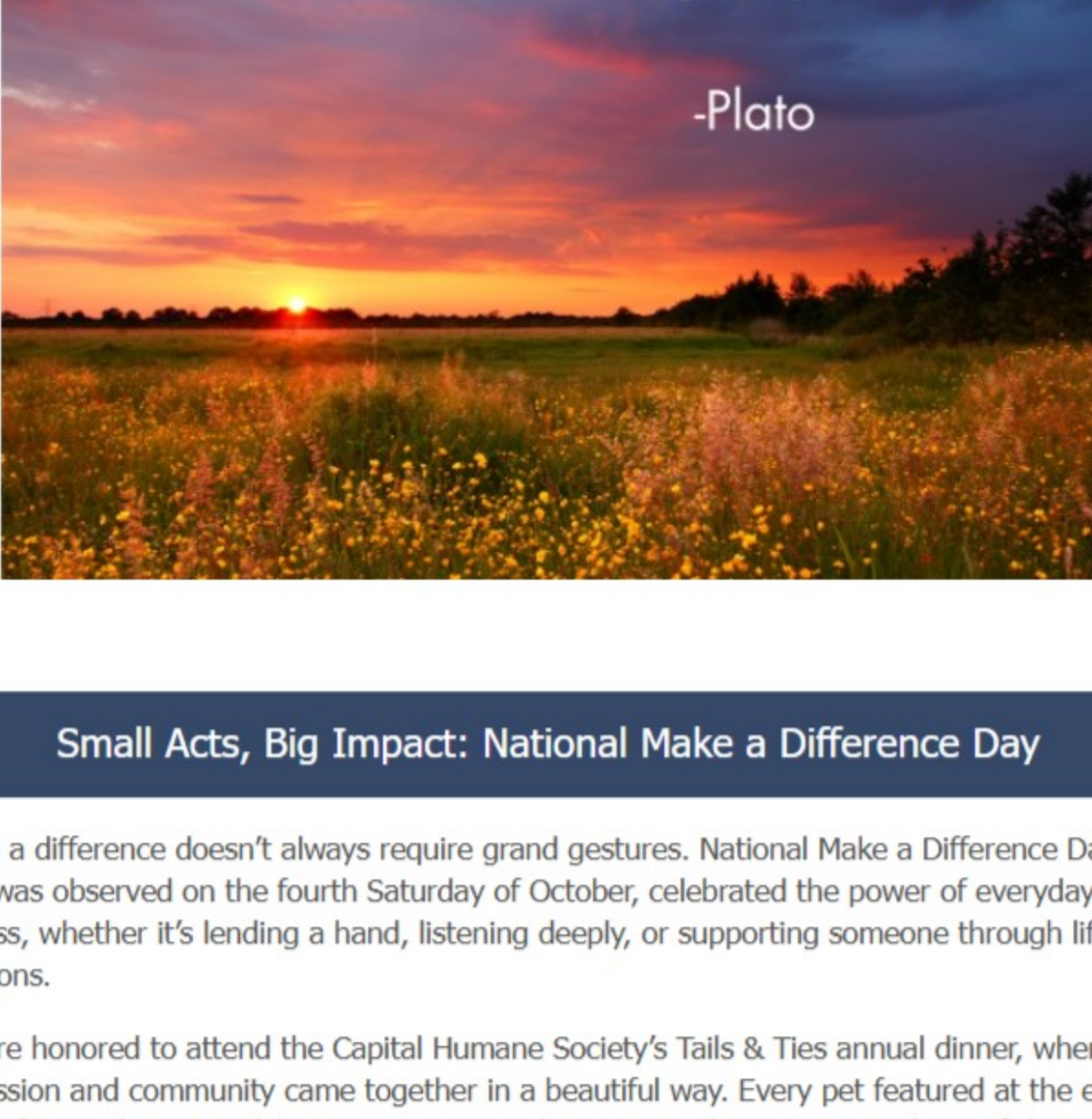
Let's head into the holidays feeling our best, together. Keep those wellness photos coming!



Howl-O-Ween Fun with Capital Humane Society

We had a blast teaming up with the Capital Humane Society for their annual *Tails & Treats* event on October 24! From trunk-or-treating and a festive vendor market to adorable pet costumes and community smiles, it was a night full of tail wags and warm hearts.

Scout showed up in costume (naturally), joined by Royce (dressed as animal control), Jo (who brought back the legendary crazy cat lady costume), and Brody, who handed out treats and soaked up the Halloween spirit. Thanks to everyone who came out to support a cause close to our hearts.

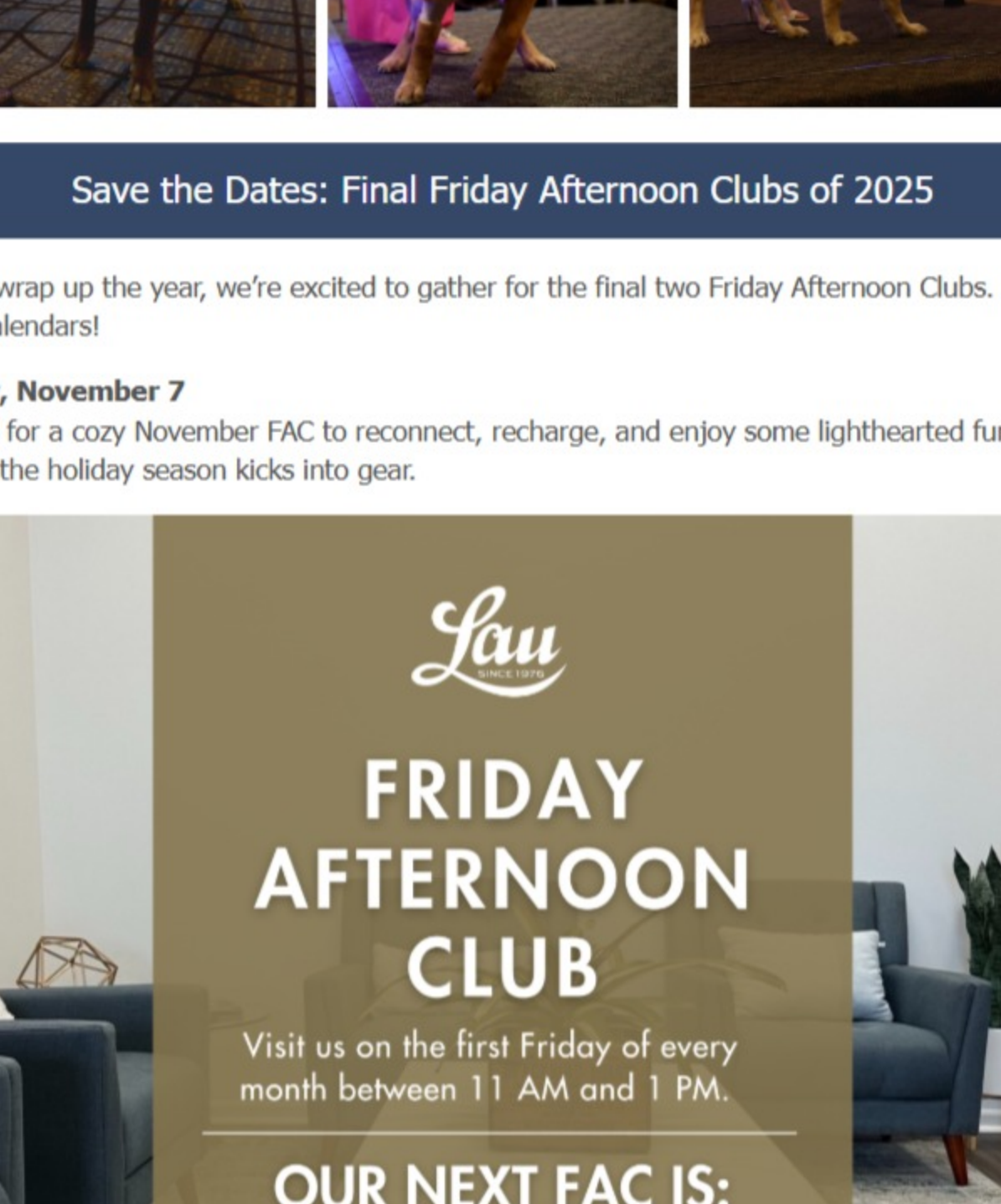


Scout: Proud CHS Alum!

Caring Together: Medicare Conversations

Medicare Open Enrollment is more than a deadline; it's a chance to ensure you and your loved ones are supported in ways that truly matter. We're here to help you make sense of how healthcare choices fit into your broader financial picture.

If you're unsure where to start, the official Medicare website—[Medicare.gov](https://www.medicare.gov)—offers tools to compare plans, understand coverage changes, and get personalized help.

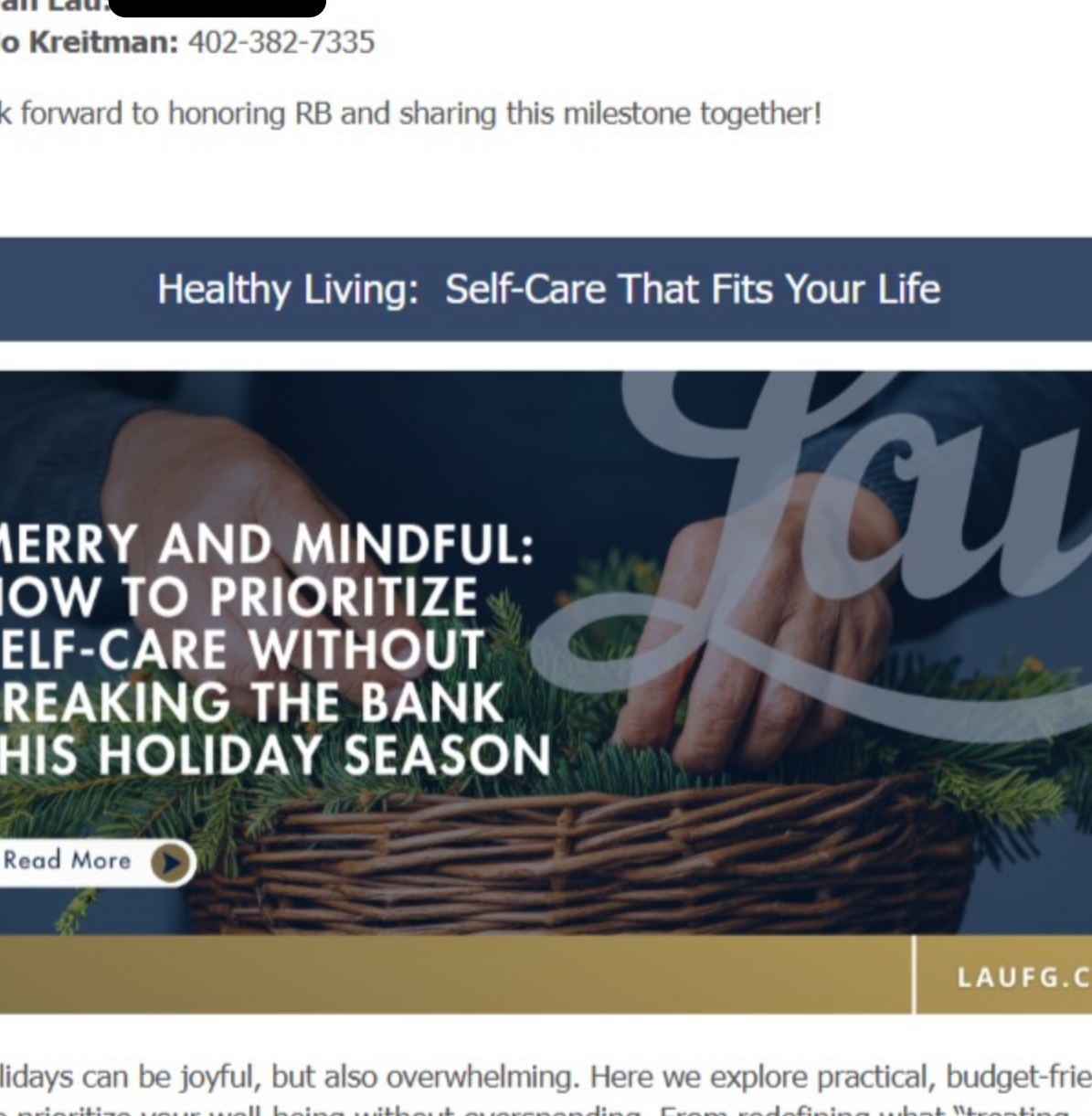


Small Acts, Big Impact: National Make a Difference Day

Making a difference doesn't always require grand gestures. National Make a Difference Day, which was observed on the fourth Saturday of October, celebrated the power of everyday kindness, whether it's lending a hand, listening deeply, or supporting someone through life's transitions.

We were honored to attend the Capital Humane Society's Tails & Ties annual dinner, where compassion and community came together in a beautiful way. Every pet featured at the event found a forever home, and \$160,000 was raised to support their mission. It's proof that when we show up, both individually and collectively, lives change.

Let's keep making a difference, one moment at a time.



Save the Dates: Final Friday Afternoon Clubs of 2025

As we wrap up the year, we're excited to gather for the final two Friday Afternoon Clubs. Mark your calendars!

Friday, November 7
Join us for a truly special luncheon to reconnect, recharge, and enjoy some lighthearted fun before the holiday season kicks into gear.

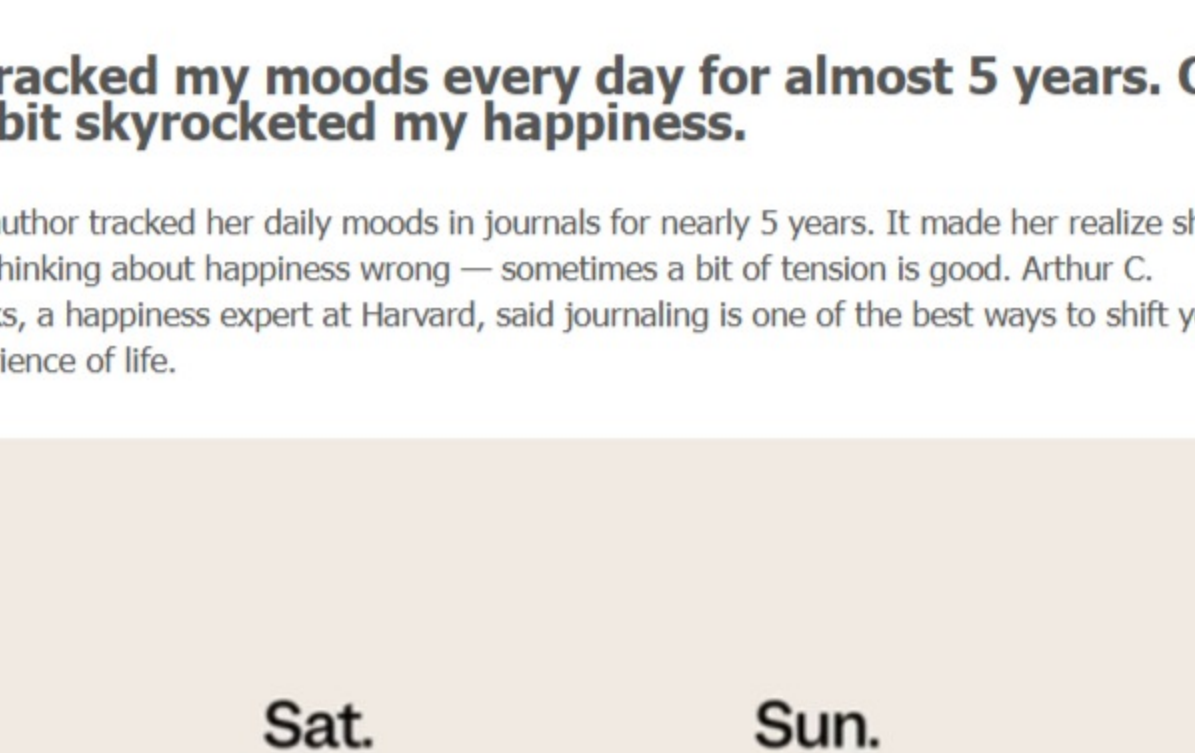
FRIDAY AFTERNOON CLUB

Visit us on the first Friday of every month between 11 AM and 1 PM.

**OUR NEXT FAC IS:
NOVEMBER 7, 2025**

We would be thrilled to have you come and meet with us! Come enjoy a delicious meal, dessert, and great conversation!

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Friday, December 5
Join us for a truly special luncheon as we celebrate RB's 80th birthday. RB's legacy is woven into everything we do, and this gathering is a chance to raise a glass, share stories, and reflect on the impact of a life dedicated to service, family, and community.

Time: 11:00 AM

Please RSVP for location information:

- **Jan Lau:** [Redacted]
- **Jo Kreitman:** 402-382-7335

We look forward to honoring RB and sharing this milestone together!

Healthy Living: Self-Care That Fits Your Life

**MERRY AND MINDFUL:
HOW TO PRIORITIZE
SELF-CARE WITHOUT
BREAKING THE BANK
THIS HOLIDAY SEASON**

[Read More](#)

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The holidays can be joyful, but also overwhelming. Here we explore practical, budget-friendly ways to prioritize your well-being without overspending. From redefining what "treating yourself" means to setting a self-care budget and creating festive fun without financial stress, these tips help you stay grounded and financially smart. Remember, self-care isn't selfish, it's essential. With a little planning and creativity, you can enjoy the season without burning out your body or your budget.

[Read More Blog Posts](#)

Health-Conscious Corner: Butternut Squash Soup

Warm up your fall with a quick, flavorful classic! This creamy butternut squash soup combines sautéed onion, garlic, and fresh thyme with tender squash simmered in chicken broth. A hint of cumin and allspice adds depth, while blending creates a silky finish. Ready in just 20 minutes and perfect for cozy gatherings. Comfort food made simple!

[Get the Recipe](#)

We hope your Halloween is filled with fun, laughter, and maybe a little chocolate. Thank you for being part of our community and for sharing in the moments that matter, big and small.

Kind regards,

Hugh and Joek

Additional Insights

I tracked my moods every day for almost 5 years. One habit skyrocketed my happiness.

The author tracked her daily moods in journals for nearly 5 years. It made her realize she was thinking about happiness wrong — sometimes a bit of tension is good. Arthur C. Brooks, a happiness expert at Harvard, said journaling is one of the best ways to shift your experience of life.

The 25 Best Halloween Movies For 2025

From funny Halloween films to spooky movies to slasher classics, find the top Halloween movies of 2025 and how to stream them.

Can bright light banish winter depression?

The benefits of light therapy during winter months appear to be significant enough that a good deal of research has been done into whether it can help patients with other, non-SAD forms of depression.

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