

April brings brighter mornings, warmer days, and that unmistakable sense that things are starting to bloom again. Spring has a way of lifting our energy and reminding us to slow down just enough to notice the good things unfolding around us.

Below are a few highlights we're excited to share — little touches of inspiration, perspective, and connection to enjoy as we settle into the heart of spring.

A 60-Second Reset

Earlier this month, we marked Good Friday with a simple reminder to pause. We shared a 60-second reset focused on small, intentional moments like stepping outside, reaching out to someone, stretching, or unplugging briefly to help recharge even on the busiest days.

No tracking, no apps. Just quick resets that took a minute and made a meaningful difference.




A Note to Your Future Self

We also spent some time this month reflecting on the future. We provided a simple prompt encouraging you to write a short message to your future self dated April 2027. It was a chance to capture what matters most right now, what you hoped would stay the same, and a reminder you might appreciate reading down the road.

There was no right or wrong way to do it. Just a thoughtful moment to reflect and put a few meaningful words aside for the future.

A Letter to my future self

Today's date is: _____



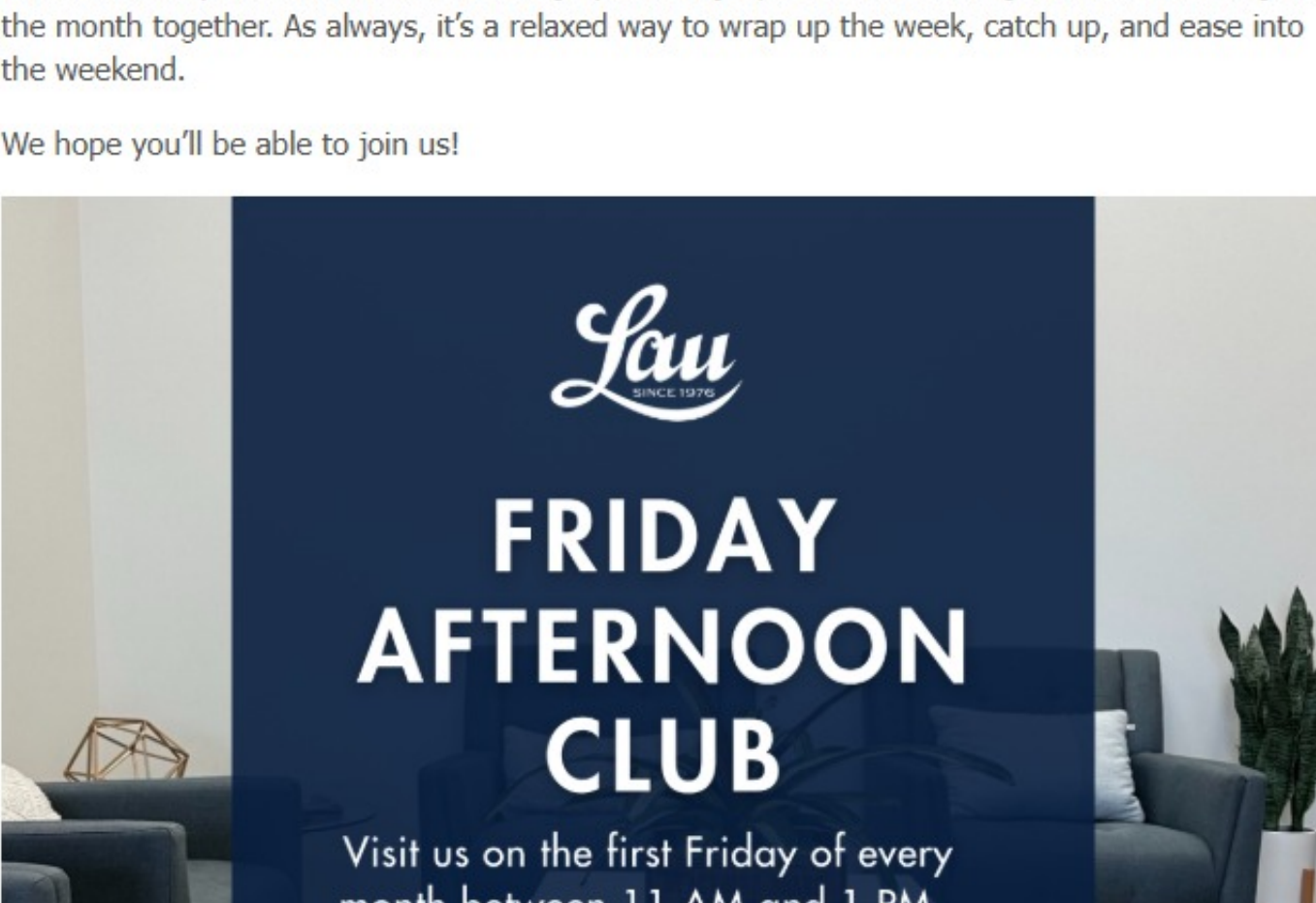


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Earth Day and the Places That Ground Us

With Earth Day landing on April 22, we spent some time reflecting on the outdoor places we return to again and again. The parks, trails, and familiar spots that quietly become part of our routines and give us space to slow down and reset.

Caring for the outdoors shows up in everyday moments like enjoying shared spaces, appreciating what surrounds us, and staying connected to the places that ground us season after season.




Let's unite in celebration for the health of our planet. Small actions create big changes!

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Let's make every day Earth Day!

Don't Miss Friday Afternoon Club on May 1!

Our next Friday Afternoon Club is coming up on **May 1**, and we're looking forward to kicking off the month together. As always, it's a relaxed way to wrap up the week, catch up, and ease into the weekend.

We hope you'll be able to join us!



FRIDAY AFTERNOON CLUB

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

OUR NEXT FAC IS: MAY 1, 2026

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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Community Spotlight: A Day for Pet Lovers

The Capital Humane Society Pet Festival is coming up on **Saturday, May 16** at Glacial Till Vineyard and offers a fun way to enjoy the outdoors, connect with the community, and support a great cause.

Jo, Royce, and Scout will be there handing out pet treats and would love to see some familiar faces. Stop by, say hello, and enjoy a relaxed afternoon with fellow pet lovers.



Early Bird registration is open until April 30. If you'd like to check out the event page and learn more, please click the button below.

[READ MORE](#) 

Growing Older with Confidence

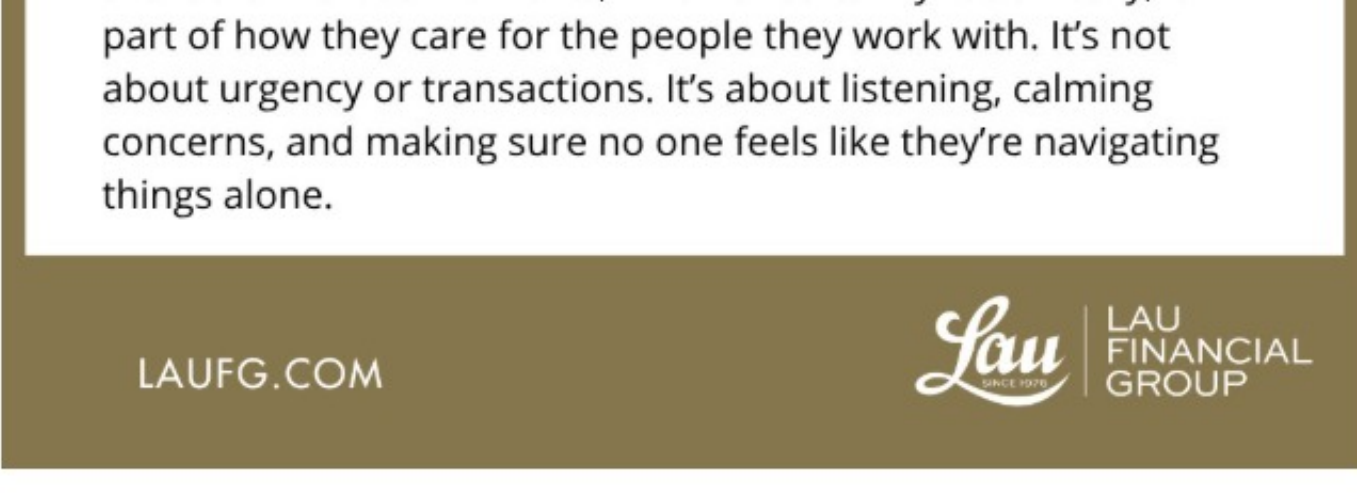
Aging often gets framed around what we lose, but many people discover that getting older brings meaningful gains too. Deeper relationships, greater emotional steadiness, and a stronger sense of what truly matters tend to grow with time. Stress often softens, priorities become clearer, and everyday moments feel more grounded.



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Health-Conscious Corner: Grilled Teriyaki Mango Skewers

This month's recipe features grilled teriyaki mango skewers, a bright and flavorful dish that feels perfect for spring. Sweet honey mango paired with colorful vegetables and a simple homemade teriyaki glaze, making it an easy, fresh option for a weeknight meal or outdoor gathering.



[Get the Recipe](#)

🎉 50 Years, 50 Stories. A Year of Celebration. 🎉

Some of the most meaningful moments happen outside of scheduled meetings and business hours. This open-door approach reflects how Hugh and Jo show up for clients when reassurance matters most.



Being There When It Matters Most

For Hugh and Jo, helping people has always been at the heart of what they do. That means if something doesn't sit right, if a question comes up late at night, or if a weekend brings unexpected worry, they hope clients feel comfortable picking up the phone.

Sometimes peace of mind can't wait until Monday. Being available in those moments, when uncertainty feels heavy, is part of how they care for the people they work with. It's not about urgency or transactions. It's about listening, calming concerns, and making sure no one feels like they're navigating things alone.



Whether you're opening windows for the first time in months, getting outside a little more, or simply enjoying the renewed sense of momentum this season brings, April feels like a gentle reset. It's a month for fresh perspectives, simple joys, and finding positivity in everyday moments.

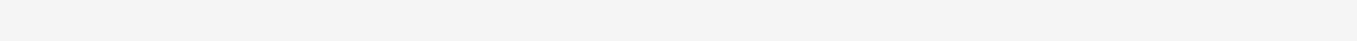
Kind regards,

Hugh and Joek

Additional Insights

Travel in 2026: What U.S. Travelers Need to Know

Geopolitical tensions, airport disruptions, rising airfare costs, and long TSA lines have made traveling in 2026 more complicated. Some keys to a safe and successful trip are to stay informed, plan ahead, and remain flexible.



The Unexpected Joy of Talking to Strangers as I Get Older

Having a connection with another person—even a momentary one—is worth the risk of appearing foolish to the people around you.

What really controls our appetite – hunger, stress or habit?

Knowing the difference between hunger and appetite, and understanding the sensory cues behind them, can help us make better decisions about what we eat.

Make Financial Etiquette Part of Fundraisers

When kids are involved, it's easy for parents to overspend—whether on fundraisers, birthday parties, or every little thing that comes home from school—but thinking ahead about those awkward money moments can help avoid stress, embarrassment, and hurt feelings. Here are some tips.

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