



Wow, February flew by in no time! We embarked on a virtual adventure to New Orleans, enjoyed some thrilling football moments, celebrated love with family and friends on Valentine's Day, and launched our heartwarming "National Love Your Pet Day" campaign. Dive into all the highlights below!

**Culinary and Cultural Adventures in New Orleans**



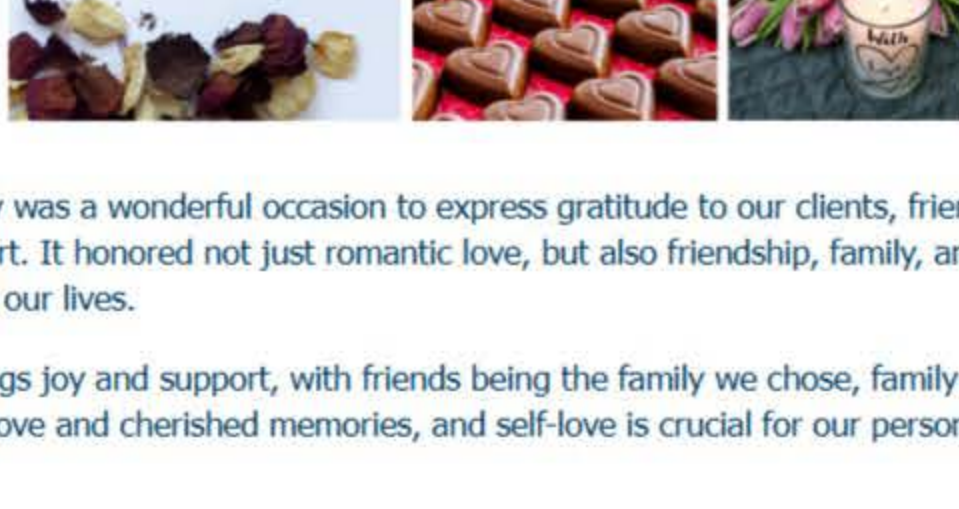
New Orleans is famous for its vibrant food scene and rich culture. Hugh and Shannon enjoyed delicious meals and lively music during their visit. Hugh was amazed by the diverse cuisine influenced by Creole, Cajun, and Southern flavors, particularly at Preservation Music Hall, where they experienced an unforgettable musical performance.

Although Shannon missed meeting Tony Goldwyn, Hugh had a brief chat with him, adding excitement to their trip. Both highly recommend New Orleans for its unique mix of history, music, and food.



Jo's culinary journey was adventurous; while some deep-fried dishes were overwhelming, she loved the local brew, Abita. She preferred the laid-back vibe of Frenchman Street for its blues scene and great restaurants. Jo also enjoyed a ride on the Steamboat Natchez, taking in the beauty of the Mississippi River, and celebrated the city's musical culture at the 2022 Jazz Fest. She highly recommends New Orleans for its vibrant atmosphere and unique experiences.

**A Celebration of Diverse Love**



Valentine's Day was a wonderful occasion to express gratitude to our clients, friends, and family for their support. It honored not just romantic love, but also friendship, family, and self-love—each enriching our lives.

Friendship brings joy and support, with friends being the family we chose, family provides unconditional love and cherished memories, and self-love is crucial for our personal growth and well-being.

May love, in all its forms, continue to bring you happiness and enhance your lives.

**Love Your Pet Campaign**

We celebrated "National Love Your Pet Day," which was on February 20th, by kicking off our *Love Your Pet Campaign!* Whether you're sharing your life with a furry friend, cherishing memories of a beloved pet, or dreaming of welcoming a new one into your family, we'd love for you to share a picture of your beloved pet on this post on Facebook or email it to us [HERE](#). For each photo received, we'll donate to the Capital Humane Society, helping countless animals in our community.

We're so excited to create another amazing poster like last year's to showcase our beloved animal family!



Thank you to all who supported our 2024 *Change a Pet's Life* campaign benefiting the Capital Humane Society.

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**Friday Afternoon Club**

We hope you can join our next Friday Afternoon Club on March 7th, where the spirit of St. Patrick's Day will be in full swing! Join us for an afternoon filled with delightful Irish-themed treats, lively conversations, and perhaps a sprinkle of good luck!



**Living Active**



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**Health-Conscious Corner**

**Baked Oatmeal with Berries**



[Get the Recipe](#)

If you're hunting for breakfast ideas, you're in for a delicious surprise with this baked oatmeal recipe! Overnight oats have been the reigning champ of meal prep, but sometimes you just need the warm hug of classic oatmeal. If the idea of firing up the stove or measuring anything before your first sip of coffee sounds like a Herculean task, these yummy baked oats are your morning savior. With juicy, tender fruit baked right in, this wholesome breakfast casserole is like having a berry crisp for breakfast—minus the guilt!

Best wishes,

Hugh & Jo

**Ranked: The 50 Best Cities In The World, According To Time Out**

Time Out has just released its 2025 report on the world's 50 best cities to visit—and live. This year, four U.S. cities made the list.



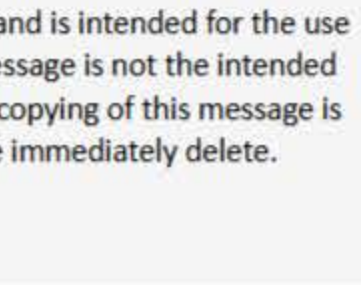
**In a world of great need there are more ways to donate money than ever. How should you give?**

With no shortage of worthy causes and the rise of new giving technologies, how should you donate?



**How Working After 62 Changes Social Security Benefits**

One of the most misunderstood Social Security issues is how working past age 62 affects retirement benefits.



**11 Amazing Places For Solo Female Travel In 2025**

An award winning TV host reveals the best places to travel for solo female travelers and her favorite solo trips for women as well as her top tips for solo female travel.



**How to Plan Your Retirement for a Life of Travel**

A retirement full of travel requires thoughtful planning, financial discipline, and a clear roadmap.

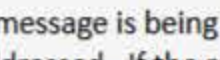
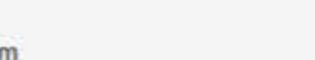
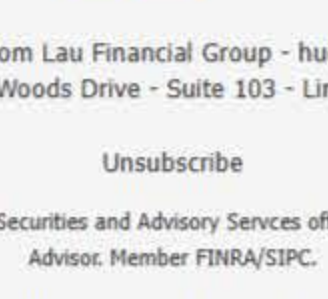


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