



As January comes to an end, many of us are carrying both hope and a heightened awareness of the world around us. Recent events have reminded us how fragile life can feel at times, and how important it is to continue showing up for one another with empathy, steadiness, and kindness.

In moments like these, it becomes even clearer that community isn't just something we participate in, it's something we actively create through the way we treat each other, listen to one another, and offer support where we can. Small gestures, thoughtful conversations, and simple check-ins can make a meaningful difference.

Take a look at some of our highlights from earlier this month, we hope they bring a little brightness to your weekend. ✨

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

This year marks 50 years of partnership, trust, and shared success. This milestone isn't just about time, it's also about the people who shaped our journey and the relationships and memories built along the way.

To honor this anniversary, we launched a year-long campaign highlighting client stories that reflect the values, experiences, and connections that define who we are. Every spotlight reminds us why our work matters.

We hope you enjoy this week's spotlight from Charles and Jane which continues to set the tone for a year of genuine appreciation and gratitude for our clients.



*\*This statement is a testimonial by a client of the financial professional as of 01/28/2026. The client has not been paid or received any other compensation for making these statements. As a result, the client does not receive any material incentives or benefits for providing the testimonial. These views may not be representative of the views of other clients and are not indicative of future performance or success.*

Starting the Year with Intention

We took a moment to acknowledge the pressure many people feel to do more or fix everything at once. Instead, we offered something gentler—affirmations as simple reminders of how we want to show up in the year ahead. Not resolutions, not perfection, but intention.

Here are a few ideas to get you started:

"This year, I choose to \_\_\_\_\_, even when things feel uncertain."  
 "I am practicing \_\_\_\_\_ with myself."  
 "I am allowed to let go of \_\_\_\_\_."



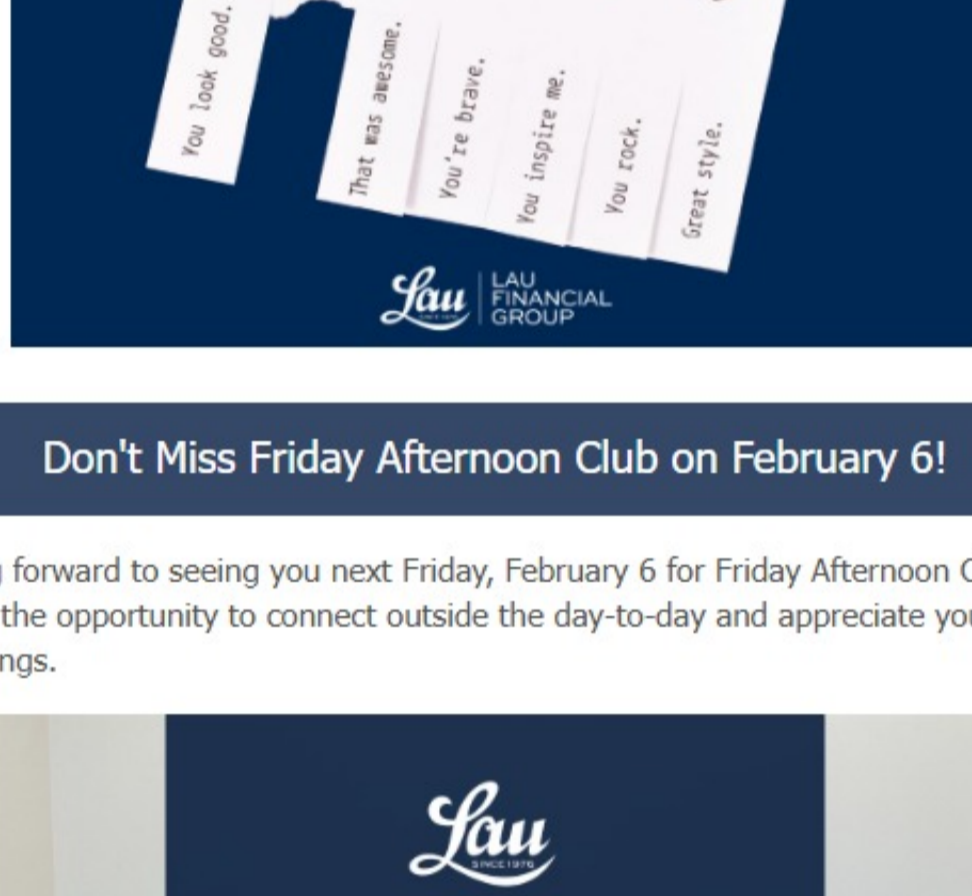
Reclaiming Connection in a Digital World

We highlighted Universal Letter Writing Week as an invitation to slow down in a world that's constantly buzzing. Handwritten notes may feel rare these days, which is exactly why they make such an impact. Taking a few minutes to jot down a thought, share a memory, or send a smile on paper can create a moment of connection that goes beyond a quick text.



A Little Positivity Goes a Long Way

Last week we celebrated National Compliment Day. It was a fun reminder of how powerful a simple, genuine compliment can be. With this thought in mind, we continue to encourage you to offer one sincere compliment to someone you interact with. A simple gesture like this can brighten someone's day and spark meaningful moments of connection.



Don't Miss Friday Afternoon Club on February 6!

We're looking forward to seeing you next Friday, February 6 for Friday Afternoon Club. We always value the opportunity to connect outside the day-to-day and appreciate you being part of these gatherings.



Fostering Healthy Conversations About Legacy

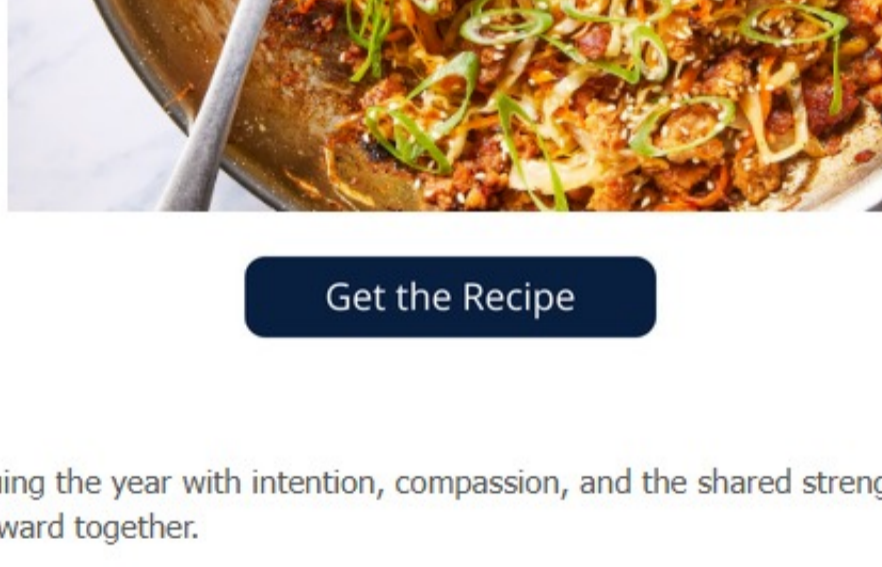
Open, thoughtful conversations about inheritance can support healthier family dynamics. Talking about estate planning early, and in a way that aligns with your family values, helps children build confidence, develop strong financial habits, and understand the intentions behind your planning. The article offers practical ways to start these conversations at different ages, along with guidance on creating a positive, grounded approach to money that strengthens both financial wellness and family unity.



Health-Conscious Corner: Egg Roll Bowls

Looking for a quick dinner that *feels* like takeout but *eats* like a healthy weeknight win? These Egg Roll Bowls have you covered. All the flavor-packed goodness of an egg roll minus the deep fryer and the wrapper gymnastics.

With a mix of ground pork, tastes even better the next day. A little soy sauce, a little sriracha, and suddenly you've got a cozy, colorful meal that's equal parts fun and feel-good.



Get the Recipe

Here's to continuing the year with intention, compassion, and the shared strength that comes from walking forward together.

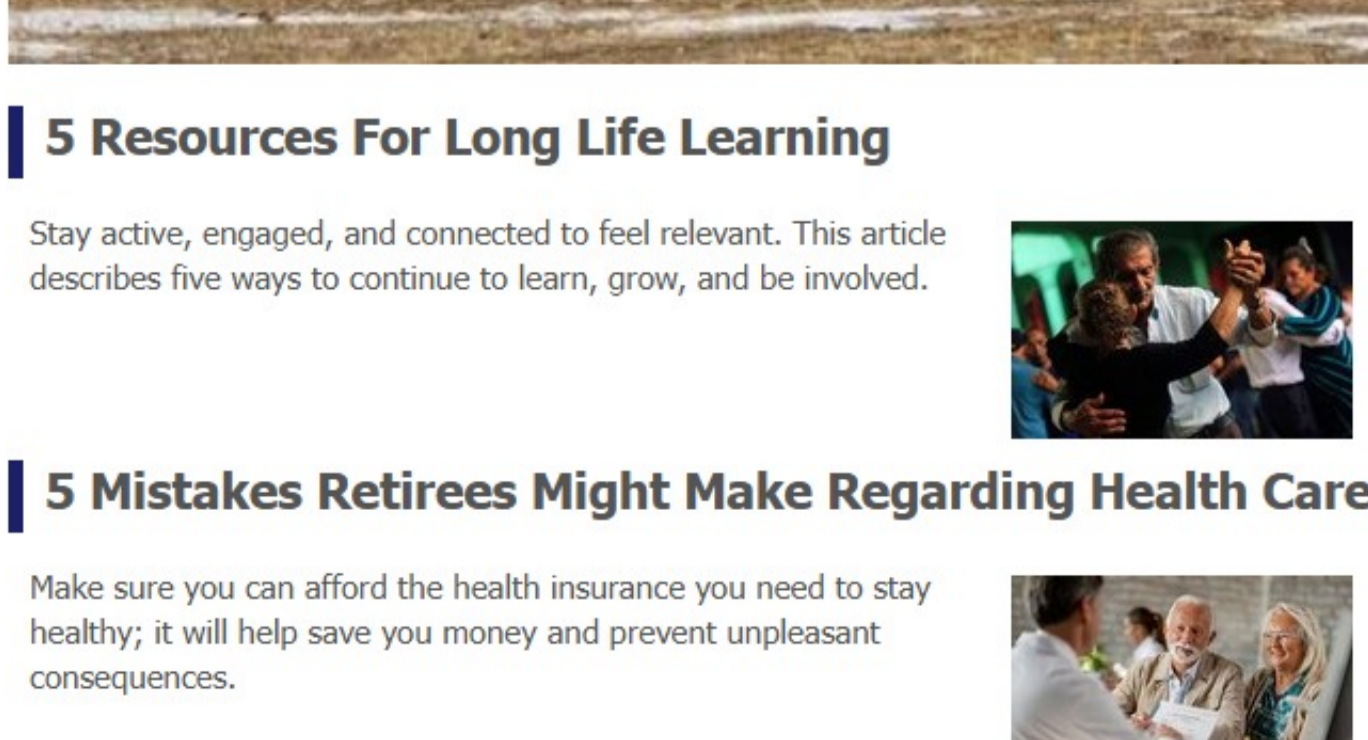
Warm regards,

*Hugh and JoAnn*

Additional Insights

Why Yellowstone Is Better in the Winter

Summer at Yellowstone National Park usually means gridlocked traffic and booked-up lodges. A winter trip takes effort, but rewards visitors with uncrowded trails and serene landscapes.



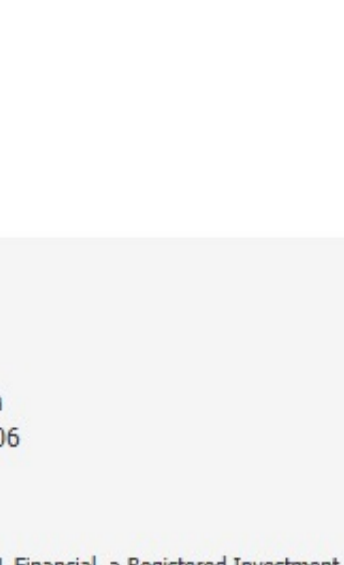
5 Resources For Long Life Learning

Stay active, engaged, and connected to feel relevant. This article describes five ways to continue to learn, grow, and be involved.



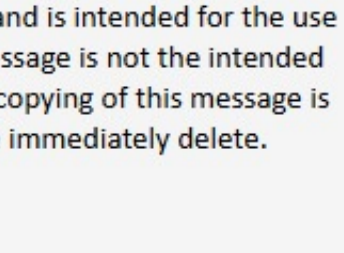
5 Mistakes Retirees Might Make Regarding Health Care

Make sure you can afford the health insurance you need to stay healthy; it will help save you money and prevent unpleasant consequences.



Flight Canceled By Winter Storm? How To Benefit From Travel Insurance

Many affected passengers will now be looking to travel insurance for compensation. Here's what travelers need to know.



Visit Our Website

Lau Financial Group

Financial Advisors  
[hugh@laufg.com](mailto:hugh@laufg.com)  
 Office : (402) 243-1200  
 Fax : (402) 243-1201  
 Learn More About Me  
[www.laufg.com/](http://www.laufg.com/)

