

NEWSLETTER  
September 2025

As the seasons begin to shift, we're taking a moment to reflect on the meaningful moments that shaped this past month. September was filled with highlights that remind us why we do what we do. We invite you to explore this month's newsletter and revisit the moments that brought us closer—to each other, and to the values we share.

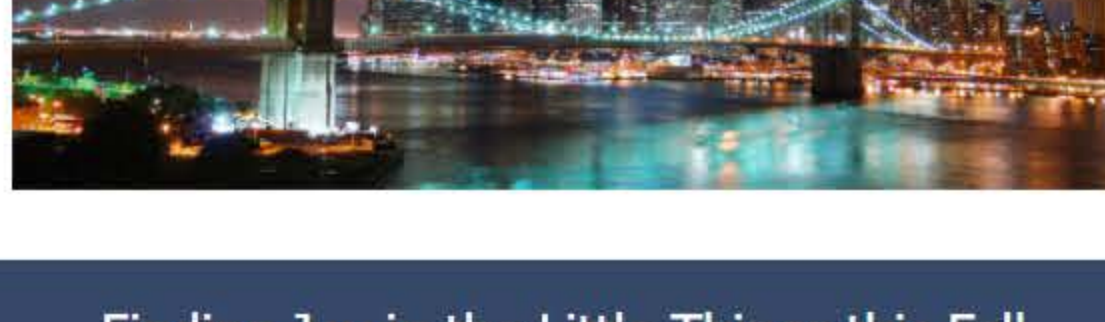
Celebrating the Love of Grandparents

In celebration of Grandparents Day on September 7, we took a moment to recognize the wisdom, warmth, and traditions that grandparents bring into our lives. Whether you're a grandparent yourself or lucky enough to have one close by, this heartfelt message was a gentle reminder to cherish those connections.



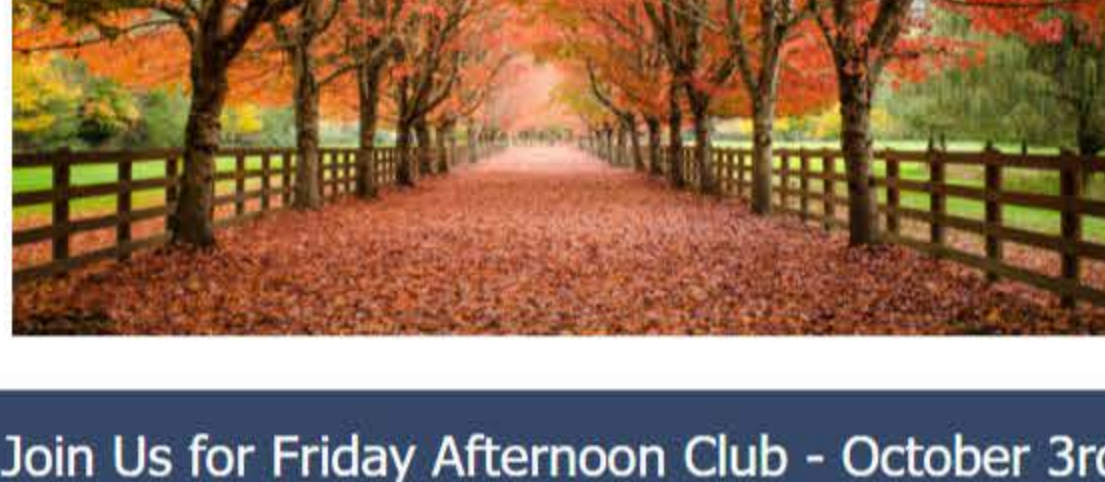
Honoring Unity, Courage, and Compassion

The unity that emerged in the wake of tragedy from the tragic events on September 11 reminded us that even in the darkest times, the human spirit shines brightest when we come together. Continue to lead with love, check in on one another, and embrace the power of kindness in your daily lives.



Finding Joy in the Little Things this Fall

Hugh and Jo shared their favorite fall traditions—from football weekends and chili soup to cozy fires and colorful leaves. Their message reminds us that even in busy seasons, small moments of comfort and connection can bring lasting joy and fun!

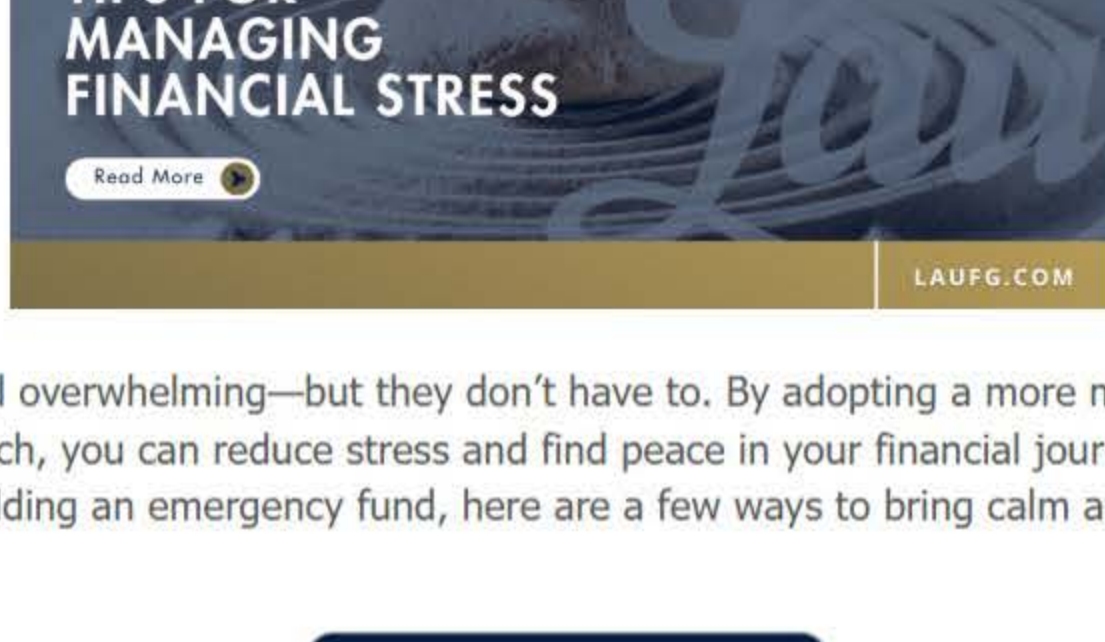


Join Us for Friday Afternoon Club - October 3rd

We're keeping the tradition going with Friday Afternoon Club on Friday, October 3rd. Whether you're swinging by for a quick hello or staying to catch up, we'd love to see you.



Healthy Living - A Calmer Approach to Money and Life



Finances can feel overwhelming—but they don't have to. By adopting a more mindful and balanced approach, you can reduce stress and find peace in your financial journey. From simple budgeting to building an emergency fund, here are a few ways to bring calm and clarity to your money matters.

[Read More Blog Posts](#)

Health-Conscious Corner: Fall Harvest Bowl



Otherwise known as comfort in a bowl, this dish is packed with roasted sweet potatoes, chickpeas, quinoa, and a creamy balsamic dressing. It's a warm and wholesome way to celebrate autumn's flavors.

[Get the Recipe](#)

As we wrap up September, we just want to say thanks for being part of our community. Whether you join us for Friday Afternoon Club, try a new recipe, or simply take a moment to reflect with us—these little moments matter. We're looking forward to more connection, more stories, and more reasons to smile in the season ahead.

See you soon!

Hugh & Jo

Additional Insights

**I'm 81 and still working. It's not for the paycheck — it's my secret to aging well.**

This as-told-to essay is based on a conversation with Mike Plummer, an 81-year-old REI employee in Jacksonville, Florida. Business Insider has verified Plummer's current employment. He has worked at REI for 13 years. Plummer does not work out of financial necessity, but doesn't have any plans to retire soon. The following has been edited for length and clarity.



**Splurging? In This Economy? Here's How to Do It Right.**

In turbulent financial times, splurging on expensive vacations or fine dining may feel unwise. But people can still find ways to indulge.



**The New Apple Watch Has Longer Battery Life and Other Perks. Should You Upgrade?**

The Apple Watch Series 11 and Ultra 3 pack in more, but WatchOS 26 brings hypertension alerts, sleep scores and other new features to older models.



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