

Team Updates | Traveling Securely | Rebalancing Portfolios | Thriving Together in Retirement
Staying Invested Through Volatility | The Joy of Grandparenting | In the Community

Summer 2025

Living Well

Newsletter



ASPIRE
WEALTH GROUP

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From the desk of **Jason Dugan**

As we step into the heart of summer, I'm reminded of how this season invites us to slow down, reconnect, and reflect. Whether it's a family vacation, a backyard barbecue, or simply enjoying longer evenings, summer offers a chance to recharge and refocus.

At Aspire, we've been doing just that—recharging our goals and refocusing our efforts to better serve you. The past few months have brought exciting developments, from celebrating team milestones to deepening our community involvement. We're especially proud of our recent Q2 donation to the ThinkBIG Pediatric Cancer Fund, a cause close to our hearts. Giving back continues to be a cornerstone of our mission, and we're grateful to do it alongside such a supportive community.

This issue of *Living Well* is packed with timely insights to help you make the most of the season. You'll find tips on traveling securely, staying safe in the heat, and navigating market volatility with confidence. We also explore the importance of rebalancing your portfolio—a key strategy for staying on track with your financial goals.

On a personal note, I've been reflecting on the joy of family time. Whether you're a grandparent planning summer adventures with the grandkids or simply carving out time for those you love, I hope this season brings you meaningful moments and lasting memories.

As always, thank you for your trust and partnership. We're honored to walk alongside you on your journey to living well.

Jason Dugan, CFP®, AIF®
President, Aspire Wealth Group



Welcome **Katherine Campbell**

Katherine joined our team in June as an Operations Assistant at the Central Pennsylvania office. In this role, she proactively supports our Wealth Advisors and plays a key part in delivering efficient, high-quality client service.

Before joining our team, Katherine worked as a Customer Service Representative II at Jersey Shore State Bank. She earned her Bachelor of Arts Degree in Communications from Slippery Rock University.

Outside of work, she enjoys hiking, kayaking and spending time with her friends and family.

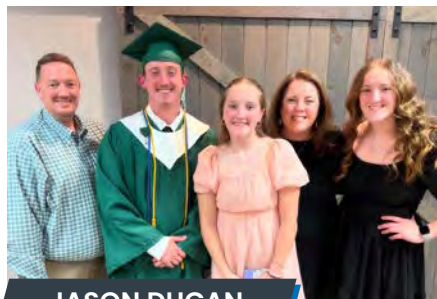


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Team Updates

It's been a season full of meaningful moments, so we asked our team to share the ones that made them smile. Here's what they had to say.



JASON DUGAN

"So proud of Josh—high school grad and now off to Bucknell University! Can't wait to see all the amazing things he'll do next!"



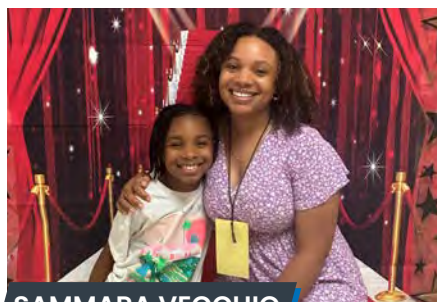
CHRIS JACKOWSKI

"My fiancé, Alley, and I recently enjoyed spending time in New Hampshire celebrating a lifelong friend's wedding."



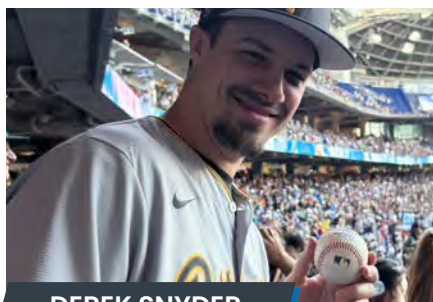
RENEE' HITCHNER

"We enjoyed our granddaughter's first recital in April. Madison did a wonderful job playing her flute in her first school concert at Pitman High School."



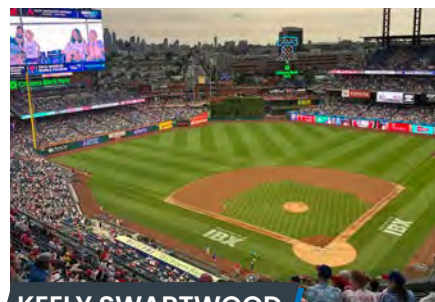
SAMMARA VECCHIO

"My daughter celebrated VIP Day at her school, a special event for all second graders the first Friday in June. She chose me as her VIP and shared heartfelt words about why I'm special to her and how much she appreciates me."



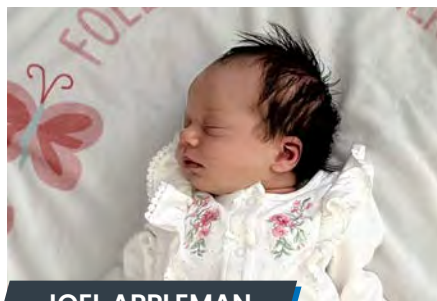
DEREK SNYDER

"Catching a foul ball on Opening Day. Let's Go Bucs!"



KEELY SWARTWOOD

"Hadyn and I attended a Phillies game at Citizens Bank Park on May 18th against the Pirates."



JOEL APPLEMAN

"In April, our family grew as my wife and I welcomed our second daughter, Maddi!"



CHASE SNYDER

"I was able to take Louie golfing for the first time!"



JO'NELLE FETZER

"Our recent trip to Knoebels to celebrate end of the school year and autism awareness day!"

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Travel Securely:

Keep Your Information protected On The Go

Travel can be one of life's great pleasures, especially when you're enjoying retirement. Exploring new-to-you countries or revisiting favorite spots is fulfilling, whether traveling by yourself or with family or friends. Regardless of who you travel with, there can be the risk of an unwanted guest—in the form of threats to your personal information.

In the age of smartphones and abundant Wi-Fi hotspots, it's important to remember that your information travels with you. That's why ensuring your devices, as well as your credit and debit cards, are secure when you travel abroad is vital. Fortunately, there are precautions you can take to help minimize the threat of your sensitive data being compromised.

Be mindful of your device settings

When traveling, consider disabling certain settings on your devices, like Bluetooth and your laptop's webcam. Use Wi-Fi only through a trusted source rather than a public or unknown source, and make sure your device doesn't try to automatically connect to networks when you aren't using it.

Think about using a virtual private network (VPN) while traveling. A VPN helps to keep your personal information, browsing history and location private so you can use your devices more securely on the road. There are numerous providers available for purchasing VPN services, so you can explore the features that will work best for your circumstances.

Limit your account access while traveling

It's also important to be mindful of the websites you're accessing while traveling. Even when using a VPN, try to avoid accessing web accounts that contain any sensitive information, such as your financial, personal or health

information. If you do need to access any such accounts, consider changing your passwords when you arrive home as an added security measure.

Keep in mind that any devices you might use that are not your own are especially unlikely to be secure. Public computers, such as those in a hotel common workspace or an internet café, pose an additional risk to your information. Looking up museum hours or directions to your dinner reservations is one thing, but it's best not to use any sort of public computer for anything you need to supply a password to access.

Think about what you're taking with you

Consider which of your electronic devices you're taking with you while you travel, and which you may be able to leave at home. For example, leave your laptop at home if you can, especially if you're traveling for pleasure rather than business. Likewise with your credit cards and any important documents—take only what you need, and make sure you're carrying them securely.

Be prepared to verify purchases if needed

It's always a good idea to make sure your financial institution knows that you'll be traveling so your purchases aren't flagged as fraudulent. You may still be notified about suspicious charges, however, as stolen or counterfeit cards are always a risk.

Check with your credit card company before you travel to learn the process for approving any charges the company may flag as fraudulent, so you know what to expect. Debit cards also often have daily limits on ATM withdrawals and point of sale purchases. Certain transactions at high-risk merchants or some transactions identified as potentially fraudulent may also require additional verification from the merchant. It's good to be aware of all of this before your trip.



How Rebalancing Helps Keep Your Portfolio on Track

Keeping your financial plan aligned with your goals, risk tolerance and time horizon.

When you start investing, your advisor builds a portfolio aligned with your personal investment objectives. Your target allocation takes into consideration your goals, risk tolerance and time horizon, among other things. Unless something in your life changes, your portfolio should continue to align with your objectives. However, this means revisiting your allocation and rebalancing when necessary to ensure you have a healthy mix of performance and risk level that align with your near-term and long-term goals for your wealth.

Out of Balance

First, rebalancing is a regular part of maintaining a portfolio. The investments in your portfolio each grow at different rates. Typically, best-performing asset classes will grow at a faster rate, therefore taking up a larger proportion of your portfolio over time. This alone can skew a portfolio to carry more risk than you originally intended.

Sometimes, market fluctuations can cause your portfolio to become imbalanced. When certain style investments are in favor relative to others (whether they're riskier or not), your portfolio allocation may start to drift and require rebalancing to restore the appropriate mix to achieve the diversification benefits initially designed.

Rebalancing Methods

There are several ways to rebalance your portfolio. Integrating factors such as personal preferences, tax implications and costs associated with monitoring and trading is the best way to determine which method fits with your investment style.

Buy and hold is one way to approach portfolio rebalancing. Once your assets are invested, you make no changes and allow them to move freely with the markets. This means the assets with the highest returns (most likely those with the highest risk) will take up a higher percentage of your portfolio. This may mean the overall risk of your portfolio increases over time and is more prone to momentum reversing at times of market shifts.

Time-based or constant mix calls for asset class proportions to be brought back in line at regular intervals, most commonly annually or semi-annually. Rebalancing more frequently, like monthly or quarterly, may reduce the unwanted portfolio shifts but also lead to more transaction

costs, paying taxes on short-term capital gains and a potential loss of returns if an asset class is not given sufficient time to appreciate.

Drift-based or contingent sets a threshold, known as a tolerance band, around each of the asset classes in your portfolio and rebalances whenever a threshold is breached. Bands can be relative or absolute. For example, setting a 10% relative band around a 40% allocation would trigger a rebalance at weights above 44% or below 36%, while a 10% absolute band would allow the allocation to drift up to 50% or down to 30% before rebalancing.

Common Pitfalls

Following a rebalancing process will keep your investment goals at the forefront and help you avoid common behavioral investment tendencies. Three common behavioral finance flaws include:

Herd mentality: This is when you follow what everyone else is doing, which means selling assets that are underperforming and buying those outperforming. This is usually counterproductive to achieve the optimal performance of the portfolio as the price of assets might be distorted the most with crowded positionings.

Loss Aversion: Investors tend to fear losses more than they value gains. This can lead them to hold onto losing investments for too long, hoping they will recover, rather than rebalancing the portfolio to cut losses and reallocate funds more effectively.

Overconfidence: Investors can sometimes overestimate their ability to predict market movements. This can result in frequent and unnecessary adjustments to the portfolio, increasing transaction costs and potentially reducing overall returns over the long term.

Mental accounting: A portfolio should be viewed as a whole, instead of compartmentalizing each piece. This can cloud an investor's judgement when it comes to making risk reduction decisions and prioritizing the portfolio's long-term performance.

To avoid falling victim to common behavioral tendencies and help ensure your portfolio is set up for long-term success, speak to your advisor about how and when to rebalance and which method matches your investment style.

Rebalancing a non-retirement account could be a taxable event that may increase your tax liability. Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation. Any information is not a complete summary or statement of all available data necessary for making an investment decision and does not constitute a recommendation.

Team Updates

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AMANDA BUTLER

"A quick weekend trip to the beach with my three sons and husband started our summer off with lots of smiles, laughter and quality time together."



CHRIS CONFER

"Spending Easter with my kids and my dad, who was visiting from Massachusetts."



We're grateful for your *Trust*

As always, thank you for the confidence you place in us.

When you introduce us to your friends or family, it's one of the most meaningful ways you show that trust—and we truly appreciate it.



Thriving Together in Retirement

Retirement brings a lot of exciting freedom—no more morning alarms, deadlines, or busy schedules. But for many couples, it also means something unexpected: a lot more time together and a few new challenges.

Whether you both retired at the same time or one of you is adjusting while the other already has, this shift in daily life can take some getting used to. The good news? With a little planning and communication, retirement can strengthen your relationship, not strain it.

Common Challenges

After years of having separate routines, it's natural to feel a little off-balance at first. Some common bumps in the road include:

- Different visions for how to spend retirement
- Feeling like you've lost personal space
- Clashes in daily habits or energy levels
- Financial stress or differing spending styles

These are all normal adjustments, and they're easier to navigate when you talk openly and often.

Tips for Retiring as a Team

Here are five ways to enjoy this new chapter together:

- 1. Talk About Your Vision:** Don't assume you want the same things. Talk about your hopes, from travel to hobbies to daily routines, and find common ground.
- 2. Balance Time Together and Apart:** It's healthy to have your own space. Whether it's time for separate hobbies, volunteering, or meeting friends, a little independence goes a long way.
- 3. Create Shared Routines:** From morning coffee on the porch to weekly lunch dates, small rituals help you reconnect and enjoy each other's company.
- 4. Align on Finances:** Retirement often brings a new financial rhythm. Stay on the same page with regular check-ins, budgeting discussions, and long-term planning.
- 5. Be Patient and Kind:** This is a big transition for both of you. Give each other grace and keep the lines of communication open.

A New Chapter, Together

Retirement doesn't mean just more time, it means more opportunity to rediscover each other. With intention and teamwork, this next chapter can be one of the best yet.

Staying Invested Through Volatility



Summer is in full swing—sunshine, cookouts, and maybe a few beach days. But while the weather might be calm, the markets don't always follow the same pattern. If recent headlines have made you feel like your portfolio's riding a rollercoaster, you're not alone. Market volatility can be unsettling, but it's also a normal part of investing—and one that can be managed with the right strategy and perspective.

What Is Market Volatility, Really?

Volatility simply refers to the market's tendency to rise and fall, sometimes sharply, in response to uncertainty. That uncertainty can come from all kinds of sources: economic data, interest rate changes, global events, or even investor sentiment. While it can feel chaotic in the moment, volatility is a natural part of how markets function, and grow, over time.

Why Staying Invested Matters

When markets dip, the instinct to “do something” can be strong. But history shows that trying to time the market often does more harm than good. In fact, missing just a handful of the market's best days can significantly reduce your long-term returns.



This chart illustrates the Impact of missing the market's best days over a 10-year period (2015–2024). Based on a \$100,000 investment in the S&P 500. For illustrative purposes only.

As the chart shows, missing even the 5 best days can cost you tens of thousands in potential growth. And those “best days” often happen close to the worst days—making them easy to miss if you pull out during downturns.

Smart Strategies for Choppy Waters

Here are some effective ways to stay on course:

- **Diversify Your Portfolio:** A mix of asset classes helps buffer your portfolio when one sector struggles.
- **Stick to Your Plan:** Your financial plan was built with your goals and risk tolerance in mind. Trust the process.
- **Rebalance as Needed:** Adjust your portfolio periodically to maintain your desired risk level.
- **Use Dollar-Cost Averaging:** Regular contributions allow you to invest steadily, buying more shares when prices dip.

Volatility Can Create Opportunity

Downturns can offer buying opportunities. Lower prices mean you may be able to pick up high-quality investments at a discount. And strategies like tax-loss harvesting can also add long-term value when managed well.

Lean on Your Advisor

You don't have to face volatility alone. Our advisors are here to help you make informed decisions and stay focused on your bigger picture. Even a short check-in can help ease concerns and keep you grounded.

Final Thoughts

Volatility is just one chapter in a much longer story. By staying invested, diversified, and in communication with your advisor, you're giving yourself the best shot at long-term success. So enjoy your summer—and rest easy knowing your plan is designed to weather the storms.



The Joy of Grandparenting: Making the Most of Summer with the Kids

There's something truly magical about summertime—especially when you get to experience it through the eyes of your grandchildren. Whether you're a full-time babysitter, a weekend playmate, or the "fun grandparent" who swoops in with treats and surprises, summer offers the perfect chance to build lasting memories with the little ones in your life—and the best part is, you don't need to spend a fortune to make it meaningful.

Simple Pleasures, Big Memories

Some of the best summer moments come from the simplest activities. Think backyard picnics, nature walks, crafting birdhouses, or baking a batch of cookies together. If you're lucky enough to live near a park, pack a lunch and plan a treasure hunt or bug safari. Kids love exploring, and you'll love watching them unplug and get curious about the world around them.

Looking to keep things cool? Host a "Grandkids Ice Cream Day" at your house—complete with toppings galore—or check out your local library's summer reading program.

Traveling with Grandkids? Plan Smart.

Planning a summer getaway with your grandkids? Whether it's a beach trip, a few nights in an RV, or just a sleepover at your house, a little preparation goes a long way. Make a checklist together (kids love to feel involved!), pack plenty of snacks, and build in some quiet time each day. It's okay if every minute isn't packed with excitement—sometimes the best memories come from the quiet moments in between.

Budgeting for Summer Fun

Did you know that, according to AARP, grandparents in the U.S. spend an average of \$2,562 annually on their grandkids? That can add up quickly over the summer. Consider creating a simple "grandparenting budget" to cover outings, ice cream stops, and surprise souvenirs. And if you're thinking ahead to their future, summer can

be a great time to contribute to a 529 college savings plan. It's a gift they won't outgrow.

Staying Close, Even from Afar

If your grandkids live out of town, you can still make the most of the season. Set up a weekly video chat, mail a "summer fun" care package, or read the same book and talk about it together. Little touches go a long way in staying connected.

Make It Count

Summer flies by—but the moments you create now will stick with your

grandchildren for a lifetime. Whether you're sharing a scoop of ice cream, teaching them how to bait a hook, or just sitting on the porch swapping stories, these are the memories they'll cherish.

So here's a challenge: before summer ends, plan just one special experience with your grandkids. It doesn't have to be big—just memorable. After all, the joy of grandparenting isn't about doing it all. It's about being there, and making it count.

Pennsylvania Adventures:

Knoebels Amusement Resort
Lake Tobias Wildlife Park
The Crayola Experience


New Jersey Adventures:

Adventure Aquarium
Cohanzick Zoo
Duffield's Farm

Staying Safe in *Hot Weather*

Older adults may be more likely to have heat-related health problems. Being hot for too long can cause hyperthermia—a heat-related illness. Learn more about the signs of hyperthermia and how to prevent hot-weather illness.

Watch for these signs of hyperthermia:




Dizziness

Muscle cramps


Swelling in your ankles and feet

Nausea and weakness

Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids

Limit caffeine and alcohol

Wear light-colored, loose fitting clothes

If it's too hot, try exercising indoors

Source: National Institute on Aging (<https://www.nia.nih.gov/health/safety/staying-safe-hot-weather>)

A Taste of Summer Celebration

SONGWRITERS IN CONCERT

Featuring Kelley Lovelace & Marv Green



Our Songwriters in Concert event at Blue Cork Winery & Vineyard in Williamstown, New Jersey, was such a fun and memorable evening! Nashville songwriters Kelley Lovelace and Marv Green performed some of their biggest hits and shared the stories behind them. Delicious food was provided by Big Pap Jai's BBQ, and Curbside Creamery treated guests to ice cream. Thank you to everyone who joined us!


ASPIRE
Cares

In the Community

In an effort to support and raise awareness for local non-profit organizations, Aspire CARES was established in 2021. Since then, our contributions have totaled over \$100,000 to a variety of organizations, enriching our communities.

ThinkBIG Pediatric Cancer Fund Inc.



In the second quarter of 2025, our team supported ThinkBIG Pediatric Cancer Fund Inc. in Bloomsburg, Pennsylvania. ThinkBIG's mission is to relieve the stress of everyday financial expenses so families who are battling pediatric cancer can concentrate on treatment and healing. Families of children with pediatric cancer struggle with unexpected out-of-pocket expenses due to

the significant amount of time that is spent in the hospital caring for their child and due to caregivers often having to take a leave of absence from work. ThinkBIG® is dedicated to minimizing this stress by providing financial support to these families for everyday cost of living expenses and unpaid medical bills. Learn more at: www.thinkbigpa.org.

4th Annual Stock up on Summer Client Appreciation Event



On June 6th, we hosted our annual Client Appreciation Event at The Potting Bench Greenhouse & Market in South Williamsport, PA. Our team had a wonderful time connecting with clients and admiring the creativity they brought to their planters.

Baked Crunchy Hot Honey Chicken

INGREDIENTS

- ✓ 6 cups cornflakes (use gluten free, if needed)
 - ✓ 1/4 cup grated parmesan cheese
 - ✓ 1 teaspoon smoked paprika
 - ✓ 1/2 teaspoon onion powder
 - ✓ 1/2 teaspoon garlic powder
 - ✓ 2 large eggs, beaten
 - ✓ 2 tablespoons hot sauce
 - ✓ 2 pounds chicken breast tenderloins
 - ✓ Extra virgin olive oil, for drizzling
- Hot Honey**
- ✓ 1/2 cup honey
 - ✓ 2-3 tablespoons hot sauce
 - ✓ 1-3 teaspoons cayenne pepper
 - ✓ 3/4 teaspoon chipotle chili powder
 - ✓ 1/2 teaspoon garlic powder
 - ✓ 1/2 teaspoon onion powder
 - ✓ sea salt
 - ✓ fresh thyme, cilantro, or parsley, for serving



MAKE IT (Servings: 6)

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. In a food processor, combine the cornflakes, parmesan, paprika, onion powder, garlic powder, and a pinch of salt. Pulse until you have fine crumbs. Alternatively, you can crush the crumbs in a ziplock bag. Dump the crumbs into a shallow bowl.
3. Beat the eggs in a bowl, add the hot sauce and chicken, and toss well to coat.
4. Dredge the chicken through the crumbs, covering fully. Place on the prepared baking sheet. For a thicker coating, dip the chicken back through the eggs, then through the crumbs a second time. Place on the prepared baking sheet. Drizzle with olive oil. Bake for 20-25 minutes, until crisp all around.
5. Just before the chicken is done cooking, make the sauce. In a sauce pot, warm together the honey, hot sauce, cayenne, chili powder, onion powder, and garlic powder, plus a pinch of salt.
6. Drizzle the warm sauce over the chicken. Top with herbs. If the sauce thickens, warm for 5 seconds in the microwave. Enjoy!

We'd Love to hear from *You!*

Many of the topics in our newsletters are inspired by the real questions and conversations we have with clients, friends, and family. Is there a financial topic that confuses you? A concern you'd like more clarity on? Or maybe something your advisor helped you with that others could benefit from? We'd love to hear about it.

You're welcome to share your ideas by emailing them to our Director of Marketing, Joel Appleman, at joel.appleman@raymondjames.com.

Please include "Topic for Newsletter" in the subject line, and let us know if you'd like your advisor to follow up with you personally. Your question might just be featured in an upcoming edition of our *Living Well* Newsletter or on our blog.



From left to right: Jo'nelle Fetzer, Sammara Vecchio, Joel Appleman, Keely Swartwood, Chris Jackowski, Jason Dugan, Derek Snyder, Renee' Hitchner, Chase Snyder, Chris Confer, Amanda Butler.

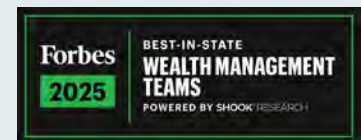
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2019-2025

Jason Dugan awarded for
the 7th consecutive year!



Jason Dugan awarded for
the 5th consecutive year!



Aspire Wealth Group awarded for
the 3rd consecutive year!



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The Forbes Best-in-State Wealth Advisors 2025 ranking, developed by SHOOK Research, is based on an algorithm of qualitative criteria, mostly gained through telephone and in-person due diligence interviews, and quantitative data. This ranking is based upon the period from 6/30/2023 to 6/30/2024 and was released on 4/8/2025. Those advisors that are considered have a minimum of seven years of experience, and the algorithm weighs factors like revenue trends, assets under management, compliance records, industry experience and those that encompass best practices in their practices and approach to working with clients. Portfolio performance is not a criteria due to varying client objectives and lack of audited data. Out of approximately 48,944 nominations, roughly 9,722 advisors received the award. This ranking is not indicative of an advisor's future performance, is not an endorsement, and may not be representative of individual clients' experience. Neither Raymond James nor any of its Financial Advisors or RIA firms pay a fee in exchange for this award/rating. Compensation provided for using the rating. Raymond James is not affiliated with Forbes or Shook Research, LLC. Please visit <https://www.forbes.com/best-in-state-wealth-advisors/> for more info.

The 2025 Forbes Best-In-State Wealth Management Teams, developed by SHOOK Research, is based on an algorithm of qualitative criteria, mostly gained through telephone and in-person due diligence interviews, and quantitative data. This ranking is based upon the period from 3/31/2023 to 3/31/2024 and was released on 01/09/2025. Advisor teams that are considered must have one advisor with a minimum of seven years of experience, have been in existence as a team for at least one year, have at least 5 team members, and have been nominated by their firm. The algorithm weighs factors like revenue trends, assets under management, compliance records, industry experience and those that encompass best practices in their practices and approach to working with clients. Portfolio performance is not a criteria due to varying client objectives and lack of audited data. Out of approximately 11,674 team nominations, 5,331 advisor teams received the award based on thresholds. This ranking is not indicative of an advisor's future performance, is not an endorsement, and may not be representative of individual clients' experience. Neither Raymond James nor any of its Financial Advisors or RIA firms pay a fee in exchange for this award/rating. Compensation provided for using the rating. Raymond James is not affiliated with Forbes or Shook Research, LLC. Please see <https://www.forbes.com/lists/wealthmanagement-teams-best-in-state> for more info.