



HOW MONEY CAN LEAD TO BETTER HEALTH



There Is A Direct Correlation Between Your Money And Your Health



Clearly, we all know that tribute to reduced stress over-work, lack of sleep levels, which in turn can and over-exhaustion in the pursuit of the almighty dollar can certainly be detrimental to your health. I'm personally a big believer in maintaining a balanced lifetsyle. Work, Sleep, Play, Healthy Eating, all should be part of a fulfilling, rounded and rewarding life.

Sacrificing any one of those things, solely in the pursuit of money is never a good idea, when it's truly our health that is THE MOST IMPORTANT THING!

But thoughtful financial planning can absolutely lead to better health. Here are a few examples....

1. Stress Reduction – Financial Stability can con-

2. Access to Healthcare – Unfortunately, many Americans just don't have adequate access to good healthcare. Having sufficient financial resources can make it easier to access quality healthcare services, like regular check-ups, screenings, treatments and prescription medicine. Your health often times, demands a financial investment.

3. Healthy Lifestyle – While leading a healthy lifestyle doesn't necessarily require a lot of money, having financial stability can make it easier to afford nutritious foods, fitness classes, gym memberships and other resources that support your well-being.

4. Long-Term Planning – Both money management and physical and mental health require long term planning and certain uncomfortable commitments. Saving for retirement is similar to investing in your health through a systematic plan that you intentionally implement for the long-term benefits. Regular exercise, balanced nutrition and preventative care are all investments that will help you live your best, healthiest life, so when retirement does come, or already is here, you're able to fully enjoy all of the fruits of your labor.

Like I've said many times, "Money may not make you Happy, but the lack thereof WILL make you

Continued on page 2



July 1st marks the half-way point of 2024! Every year seems to go by just a little quicker. In keeping with last month's recognition of unusual and frankly some ridiculous holidays, July 3rd celebrates National Eat Beans Day. Which is ironic, because July 4th will be filled with explosions when we celebrate the birth of our Nation. Ka-Boom!. July 10th is Pina Colada Day, yummy. A nice frozen Pina Colada is always welcome this time of the year when the temps are so high. July 14th is National Shark Awareness Day and with the recent attacks, that's probably best to observe this one if you're planning to be in the water. July 20th, Ice Cream Soda Day which should reincarnate some memories from days past of the Old Time Soda Shops. July 26th begins the 2024 Summer Olympics in Paris. And finally, July 31st is Mutt's Day to pay homage to our furry friends we cannot live without! From Savannah Court Financial Advisors to you, we wish you and your family a wonderful month of July!

Respectfully,
Scott Weidman, CFP®

St. Croix

An Overlooked US Virgin Island



Recently we took a long weekend getaway to the US Virgin Island, St. Croix and I wanted to share some of our experience. This was our second time there and it's nice to get to visit a place like that again. You have a certain expectation of what to, and what not to expect. In my experience, St. Croix is not nearly as touristy as the island of St. Thomas, where most of the cruise ships dock.



As we approach Summer, St. Croix enters its slow season. During the time we were there, in early June, there were no cruise ships in port and we literally had the entire resort and most of the town of Frederiksted to ourselves, with only the occasional

traveler making an appearance. If you've never travelled internationally, this is the best of both worlds. It's technically a US territory, so no need for a passport or having to go through customs at the airport. In fact, while in St. Croix, the cell service was impeccable on most of the island, the locals speak English and the currency is the US dollar. So, it's sort of like you never even leave the country, other than being on a beautiful tropical island with crystal clear, warm Caribbean waters, oh yeah, and driving on the opposite side of the road!



This trip was full of physical exercise. We warmed up, stretched out, dug our heels in and explored a few hiking excursions. One, to the famous tide pools where, at low tide, you can relax in a 5 foot-deep nature made swimming pool surrounded

by rocky cliffs. Another hike led us to the top of a mountain to visit a decaying steel lighthouse overlooking the island, built in the early 1900's. And the final, was a visit to the Easternmost point, where a sundial was built to commemorate the first place the sun rises over the United States.



From here, we hiked down to the beach and to our surprise discovered a desolate hand made structure, right on the beach. Something you might find on the show of Survivor. So, we took advantage of the photo opp! If you're thinking of travel plans this year, St. Croix is just a few hour flight and a worthy destination to explore for relaxation, water activities and some rigorous hiking destinations.



Continued from page 1

miserable! ...and apparently unhealthy. So, if you haven't been living a well-balanced

lifestyle, give it some thought, just like you would your retirement plan and make small

decisive changes, daily to improve your long-term health. Good luck!



Our service offerings

Insurance

- Life Insurance (term, variable, universal and whole)
- Long Term Disability Insurance
- Long Term Care Insurance
- Buy / Sell Funding
- Business Overhead Expense Insurance

Services

- Hourly Consulting
- Retirement Projections and Evaluation
- Income Planning
- Asset Allocation and Risk Management

Investments

- Mutual Funds
- Variable Annuities
- Equity Indexed Annuities
- Fixed Annuities
- Stocks / Bonds

Account Types

- Fee Based Advisory Accounts
- Brokerage Accounts
- Third Party Money Managers
- 401k Rollovers
- IRA's and Roth IRA's

Contact the office

Phone: 386-308-5842
 Fax: 866-840-3866
 Mobile: 386-299-2893
 Email: scott.weidman@jwcemail.com
 157 Fairview Avenue
 Daytona Beach, FL 32114
 Mon-Fri: 9:00 AM - 5:00 PM
 Evenings and Saturdays available by appointment.



Flashback 50 Years Ago This Month



On July 4th, 1972 North Korea and South Korea

announced, simultaneously that the two nations had secretly negotiated an agreement to discuss reunification. I wonder how that went?



On July 11th, Apollo 15 astronauts, David Scott,

Alfred Worden, and James Irwin were reprimanded for carrying 400 stamped envelopes to the Moon and back as a favor for West German stamp dealer, Herman Sieger. The scandal was known as the "Sieger Covers:



On July 15th, this one made world news and infuriated many people. Jane Fonda, posed for photographs at a North Vietnamese anti-aircraft gun

at Hanoi, and the first images were printed in a newspaper in Poland. Pictures of the actress, gazing through the gunsite of a weapon used to shoot down American planes during the ongoing Vietnam War, ran worldwide the next day.



I'm not a disbeliever in the science behind global

warming. But on July 16, 1972 (50 years ago this month) the ground temperature in Death Valley at Furnace Creek reached a record high of 201 degrees Fahrenheit on a day where the air temp was 129 degrees!

Financial Tip Of The Month "Continued"

constructive, honest advice.

*<https://www.bankrate.com/mortgages/mortgage-rates/>

**<https://www.forbes.com/advisor/banking/cds/best-1-year-cd-rates/#:~:text=Current%201%2DYear%20CD%20Rates&text=Currently%2C%20the%20national%20average%20rate,rates%20today%20top%205.00%25%20APY.>

Savannah Court Financial Advisors
FRS Questions?
Call Scott
386.299.2893

Financial Tip Of The Month

Interest Rates Can Work FOR You or AGAINST You

Last year the Federal Reserve raised interest rates an historic 11 times in a cycle curbed to tame high inflation. In fact, benchmark rates set by the Fed are at their highest level since 2002, only 2 years after I started my career in financial services. Today the average 30-year mortgage is right around 7%* and the average 1 year CD rate today is 1.86% but many banks are now offering 1 year CD's in the upper 4 to 5% or more.

Sometimes I get the question, should I cash in my investment to pay off my mortgage? Well, taxes aside, the equation is relatively simple. Are you earning more on your investments than what the cost of the loan's interest rate is? In other words, let's say you could invest into a CD earning 5% or pay off your mortgage which is costing you 3% (assuming you locked in several years ago when rates were at 20 year lows)? Normally I would recommend investing, instead of paying down debt in that case. To make it even easier to understand, let's say the bank lent you money at 0% interest for 30 years. Why in the world would you give it back to them early, when you could be using it and earning interest on it. That's the way the banks make money. They borrow your money, when you buy a CD and then turn around and loan it out to the guy behind you in line at a higher interest rate and get to keep the "spread" (difference between what they are earning on the loan and what they're paying you on the CD interest). If you're thinking about paying down debt or investing, give us a call 386-299-2893. We will give you



Idiom Of The Month “The Dog Days Of Summer”



Whew it's hot out there! This July we chose “The Dog Days of Summer” as our idiom of the month to recognize just how muycaliente it is (That's Espanol for VERY HOT). The origin of this well-known phrase comes from ancient Rome, referring to

when the constellation Sirius – the DOG STAR- (What a great name for a dog that would be, “Sirius”) appeared to rise just before the sun, around July. With the Dog Days of Summer upon us, you don't want to get caught

working outside too late a heat stroke! And now otherwise you could have you know!

Heatstroke Kills

Know the signs*

*Dogs with flat faces (e.g., Pugs, Bulldogs, etc.), black dogs, and thick-coated dogs, along with elderly, overweight, and those with heart or lung diseases, are more susceptible to heatstroke.