



Connections.... a newsletter from **The Springboard Group™**

Expert Guidance Through Life's Transitions

www.LaunchingNewLives.com

(804) 381-4008

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Dear Subscriber,

Our first Spring Workshop, “**Responding to Critical Decisions in Life Transitions**” was held April 22nd, [sponsored by Owen and Owens, PLC](#). Thirty guests quickly discovered connections and friendly support as well as expert advice. Several attendees were there to support a friend or co-worker, and were surprised to also learn some tips that they could apply in their own lives, even without a pending transition. Close friends, relatives, co-workers, or advisors can be instrumental in helping someone take an action step to begin the journey through a transition. Offering to accompany them to a workshop, (and completing the simple registration process too) is a concrete way to demonstrate your support during a difficult time.

So, reach out and encourage someone! Registration is easy – from our home page, <http://LaunchingNewLives.com>, or [register now](#), before we reach seating capacity!

Please forward this complimentary newsletter to friends and colleagues.

We are here to help !

Ann, Greg, & Janice
Your Springboard Partners

What's New... ?

- We welcome our **newest Springboard Connects Sponsor**, Patrick McAleer, CFP, of Ameriprise. Pat has contributed an article ([available on our website](#)) and recently participated as a speaker in our first workshop of our Spring Series. Pat is not new to our Network; in fact, he was our first professional services provider! Now he has chosen to expand his commitment to serving those in transition by becoming a **Springboard Sponsor**. Thank You, Pat!

- The Richmond Chapter of the Military Officers Association of America (MOAA), with over 650 members in the greater Richmond area, has engaged The Springboard Group to assist military widows in navigating the confusing and overwhelming transition to life on their own. The full article on this new program "Launching New Lives" explains the benefits available to these surviving spouses ([click here to read](#)). The *Springboard* Group's Military Liaison, [Suzanne Burke](#), will be facilitating this exciting new program to help military widows restore and renew their lives.

Did You Know . . . ?

- Here are some tips and "take aways" from our April Workshop:
- Mary Owens of Owen and Owens shared the following information with the attendees: Following a divorce in the Commonwealth of Virginia, any legal documents that contain a beneficiary designation must be revised in order to remain in force! *This includes life insurance policies.*
- Pat McAleer of Ameriprise has a suggestion for how to review inherited assets. Consider if you had received the same value in cash, would you, today, purchase that asset? An example was given of a large number of shares of a single stock. Would it make sense to duplicate that purchase today? Many times, the answer is no, and to make the most of that inherited asset, consult a trusted professional financial advisor.
- Blair McIlwain of Hometown Realty offered a closing story of inspiration, reminding us to make sure we are aligning our lives with our enduring values and true priorities. For a parable similar to Blair's "full jar" story, [click here](#) and enjoy! p.s., Blair's version suggested a slightly different beverage!

Upcoming Events . . .

- **Our Spring Workshop Series** sponsored by [Owen and Owens](#) , LPC continues in May and June at Bottega Bistro, on Huguenot Rd. in Midlothian. Admission is free, but seating is limited, so [register now!](#)
- **Workshop Series II: Restore: Expert Guidance As You Rebuild Your Life. May 22, 4-5:30pm**

During the period surrounding a life transition, information, guidance, and support is critical. Decisions initially postponed, such as housing, career, legal, and financial issues, may still need to be made, and can shape the rest of your life. For insight and knowledge from experts to help you rebuild your life, join our Speakers: Joe Owen, Partner, Owen and Owens, and Workshop Sponsor

Meredith Briggs, AXA Advisors, and
Martha Durnett, Keller-Williams Realty

- **Workshop Series III: Renew: Inspiration & Tools to Design Your New Life. June 5, 4-5:30pm**

Many hard decisions and changes may be behind you, but now you begin to wonder, "what next?" Major life changes can inspire us to reevaluate, and decide to make even more of our own lives. Combine your life experience with new information and skills and begin creating the next chapter of your life! Speakers: Mary Owens, Partner, Owen and Owens, and Workshop Sponsor

Ann Deaton, Partner, The Springboard Group

Patrick McAleer, CFP, Ameriprise

Sheri Polignone, Owner, Rituals Salon and Spa

- **May 19, 7-8:30 pm:** The *Springboard* Group will present "*From Overwhelmed to Opportunities - The Life Transition Journey*" as part of the continuing education program of the Stephen Ministry of Crestwood Presbyterian Church (6627 Jahnke Road, Richmond, VA 23235). This program will be open to the general public and all are welcome! For additional information, or if you plan to attend, please email Greg@launchingnewlives.com.

Focus on Community Resources...

- *Reaching out, connecting to others, serving the greater good....* [Hands On Greater Richmond](#) offers one-time volunteer projects with local non-profit agencies and believes that the compassion of one individual can make a difference in the community. Started by three Richmond women who wanted a way to volunteer with friends and co-workers, it has grown into an online resource featuring a calendar of volunteer events and simple methods for signing up. Hands On projects address a wide range of community needs, typically involve 5 – 15 volunteers, and are "hosted" by volunteer team leaders who introduce volunteers to the local non-profit and work to ensure a successful volunteer experience. To see the calendar of projects and learn more, please visit their [website](#)

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