

The Redtail Financial Group Rundown

Redtail Financial Group

Perkasie Office

101 N. Fifth St., Ste. C
Perkasie, PA 18944

Richboro Office

1094 Second St. Pike
Richboro, PA 18954

P: 267-347-3477

F: 877-200-8813

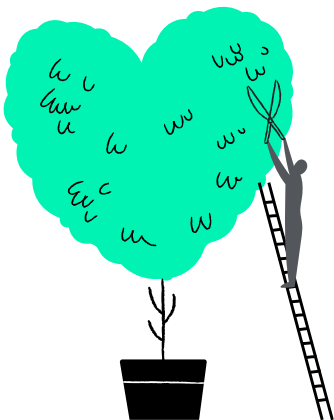


Photo taken by Redtail Financial Group's own John Roesinger.

There's so much to love about lemons

Summertime is often associated with fresh squeezed lemonade, but did you know lemonade doesn't include one of the healthiest parts of the lemon? The peel is considered to be extra nutritious because it contains pectin, a type of soluble fiber that helps with digestion.

But don't despair. Lemons in general offer several health benefits, including:

1. Heart health: Lemons are high in vitamin C. One lemon has 51% of the recommended daily allowance for vitamin C, which reduces the risk of heart disease and stroke. Additionally, the fiber and plant compounds in lemons may lower cholesterol.

2. Weight control: Theories suggest that lemon compounds may aid in weight loss, and animal studies show promising results.

3. Kidney stone prevention: The citric acid in lemons helps prevent kidney stones by increasing urine volume and pH, creating an unfavorable environment for stone formation.

4. Digestive health: Lemons' soluble fiber and essential oils promote gut health.

Financial Advisor John Roesinger is growing this lemon tree on his patio. Although it's not compatible with our Pennsylvania winters, he plans to place it in his back porch for the winter. Assuming it survives, the tree should bear fruit in its second year. Stay tuned!

[Learn more](#) about the benefits of lemons.



Welcome Jen to our team



We are thrilled to announce the newest addition to our team, Jennifer Carelli, is now our dedicated marketing coordinator.

Jen is a graphic designer and artist who thrives on creativity. She loves transforming blank canvases into something magical. When not designing, Jen enjoys spending time with family, reading psychological thrillers, meditating and painting in her studio. She is also passionate about advocating for underdogs and spreading kindness to make the world a brighter, more colorful place. Her zest for life and experience makes her a perfect fit for our team.

Please join us in welcoming Jen. She is handling all our social media and planning all our events, like the ones below.

Welcome aboard, Jen!



Upcoming events

For additional events, details or to RSVP, visit our website at connect.thrivent.com/redtail-financial-group.

Sept. 12

Estate Planning and Leaving your Legacy with Mike Frisbie, esquire, Frisbie Legal Solutions.

Sept. 26

Divorcing & Determined

This question-and-answer panel event will include the following panelists:

- Vicki Lilley, financial advisor
- Shelby Leight, associate broker, Keller Williams Realty Group
- Christina Maier, CPA, tax and accounting, Maier and Associates
- Christa Martin, senior loan officer, mortgage, Mortgage America
- Susan Gibson, attorney, Gibson Family Law

Oct. 7

Making the Transition to Retirement with Melissa Gattuso, president of HIP Group, LLC

Redtail recipe

Garlic and herb grilled pork tenderloin

One of Vicki's favorite grill recipes.

Prep 15 minutes | Cook 20 minutes
Serves six | 402 calories per serving

Ingredients:

- 3 pounds of pork tenderloin
- ¼ cup of olive oil
- 3 cloves of garlic, minced
- 1 tablespoon of salt
- 1 tablespoon of pepper
- ½ tablespoon of crushed rosemary
- ½ teaspoon of ground thyme

Directions:

1. Cut a slit lengthwise down the pork tenderloin.
2. In a large bowl, mix together olive oil, garlic, salt, pepper, rosemary and thyme; add tenderloin, turning to coat. Marinate 10–15 minutes.
3. Place tenderloin onto grill over medium heat, slit side up. Scoop garlic and remaining juices from marinade mixture and put inside slit. Grill 10 minutes.
4. Turn tenderloin over and grill another 10 minutes or until pork hits a minimum internal temperature of 145 degrees Fahrenheit. Let rest five minutes before slicing.



We hope you enjoy this recipe as much as Vicki does!

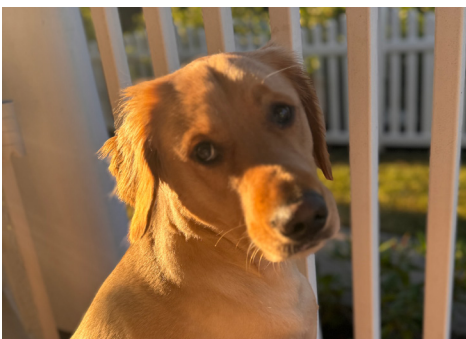
Summer happenings



John's family had a summer of "B"s: beaches, bees and bread.



Financial Advisor Vicki Lilley has been soaking up the summer with her kids. They took a family trip to Sight & Sound, went camping, attended concerts and visited the beach.



This summer, Jen Carelli and her family are enjoying relaxing with their pup, Archer, and cheering on her son's baseball team.



Office Professional Sara Grogan and her family are loving the outdoors this summer. They have gone on several hikes and took a trip to Belmar beach.

Office Professional Rebecca Dawson-Davis' beautiful ornaments are being sold at Dear Santa, a year-round Christmas store in Historic Bethlehem.

Summer happenings cont.



It's always great when we get together as a team.



Estate Planning with Suzanna Das at Water's Edge Winery in Doylestown.



Making Joy Jars at our Sip & UnWINEd event.



Our Client Appreciation Event at Tinicum Park Polo Club.



Vicki at our table at the annual Perkasio Pride Farmer's Market event.

Stay connected

Our websites feature financial insights, appointment request links, events and more. Like us on Facebook for a good balance of fun, family and educational posts.

facebook.com/redtailfinancialgroup/about | connect.thrivent.com/redtail-financial-group

instagram.com/vicki.lilley.thrivent | instagram.com/redtailfinancialgroup



Advice | Investments | Insurance | Banking | Generosity

No products will be sold at these events.

Michael Frisbie, esquire with Frisbie Legal Solutions, Melissa Gattuso, president of HIP Group, LLC, Shelby Leight, associate broker with Keller Williams Realty Group, Christina Maier CPA with Maier and Associates, Christa Martin, senior loan officer with Mortgage America and Susan Gibson, attorney with Gibson Family Law are not affiliated with or endorsed by Thrivent. The views expressed in these presentations by Michael Frisbie, Melissa Gattuso, Shelby Leight, Christina Maier, Christa Martin and Susan Gibson are their own and not necessarily those of Thrivent or its affiliates.

Not all team members may office at the above addresses.

Not all team members can provide all products, programs and services in all states.

Insurance products, securities and investment advisory services are provided by appropriately appointed and licensed financial advisors and professionals. Only individuals who are financial advisors are credentialed to provide investment advisory services. Visit Thrivent.com or FINRA's BrokerCheck for more information about Thrivent's financial advisors.