



SPRING ISSUE 2026

Tidbits about Life, Health and Wealth

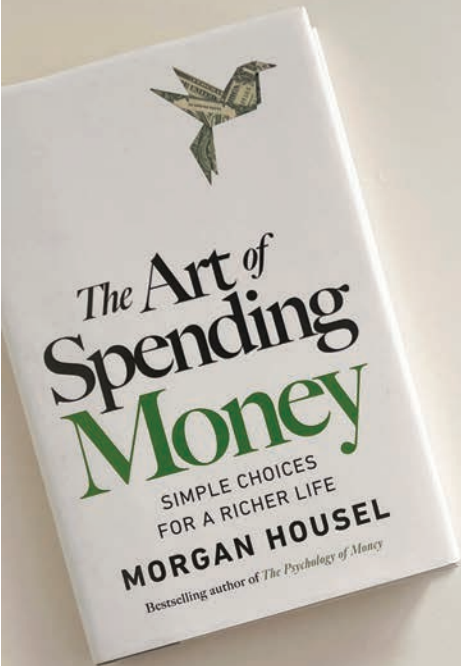
- The Art of Spending Wisely
- Social Security Updates for 2026
- Team News
- Smart Money Questions
- Wars Come and Go. Markets Keep Climbing.
- AI: Practical Ways It Can Improve Your Life
- More About PMWVG

THE

PARR McKNIGHT

WEALTH MANAGEMENT GROUP

CLARITY. CONFIDENCE. STRUCTURE.



Spend Smarter, Live Better: A Refreshingly Human Take on Money

by Tony Parr, CFP®, Partner

In *The Art of Spending Money*, the central message is simple but powerful: how you spend matters just as much as how you save. The book challenges the idea that financial success is only about accumulation and instead encourages intentional spending that supports the life you actually want to live. Its author, Morgan Housel, also known for *The Psychology of Money*, is one of Tony's favorite authors.

I was recently talking with a client who felt guilty about planning a meaningful family trip. On paper, the numbers worked. Emotionally, it still felt indulgent. That conversation perfectly captured the book's core idea. Money is a tool meant to serve your values, not just grow quietly in the background.

Thoughtful spending isn't about being reckless. It's about being clear. When your financial decisions align with what matters most — family time, experiences, peace of mind — money starts to feel less stressful and more purposeful.

At Parr McKnight, these are the conversations we enjoy most. Because the real goal isn't just building wealth. It's helping you use it in ways that make life richer, more meaningful, and fully your own.

Sometimes the most confident financial decision isn't to spend less, it's to spend with intention. When you give your dollars a clear job, they tend to work much harder for your long-term happiness.

Curious to read it for yourself? I would love to send you a complimentary copy.

Simply email me at tony@pmwmg.com and I'll make sure a book is on its way to you.

It's a quick, thoughtful read that might just change how you think about spending — and why it matters.

Social Security Updates for 2026 and the Implications for Retirement Planning

by John Rudi, CFP®, Partner

Each year, Social Security makes several technical adjustments tied to inflation and wage growth. While these updates may appear incremental, they can influence retirement income planning, tax strategy, and claiming decisions over time.

In 2026, Social Security benefits will increase **2.8%** through the annual cost-of-living adjustment (COLA), adding roughly **\$56 per month** to the average benefit. The program's taxable wage cap will rise to **\$184,500**, meaning higher earners will pay Social Security tax on more income. For individuals born in 1960 or later, the full retirement age remains **67**, the final step in a long-scheduled increase enacted decades ago.

While these annual updates are modest, the more meaningful opportunity often lies in how Social Security fits into a broader retirement strategy.

Planning Considerations

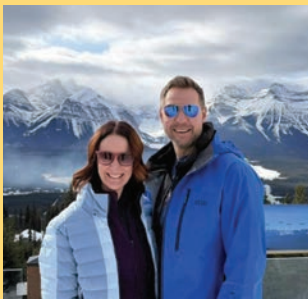
For many households, the most important Social Security decisions include:

- Whether delaying benefits to age 70 increases lifetime household income
- How Social Security interacts with Roth conversion and tax planning strategies
- Managing retirement income levels to avoid unnecessary Medicare premium surcharges (IRMAA)
- Optimizing spousal and survivor benefits for married couples

At Parr McKnight Wealth Management Group, we view Social Security as one component of a broader retirement income strategy. Claiming decisions interact with tax planning, portfolio withdrawals, Medicare premiums, and estate considerations. Our role is to help clients look beyond the headlines and integrate these decisions into a coordinated long-term plan.



Fresh
Perspectives:
SPRING
Team News



▲ *Brian and Heather enjoying some time away together to ski at Lake Louise in Canada.*



▲ *Tony claims this Utah powder shot is real, unedited, and definitely not AI. We're still investigating... but the face suggests the snow (and the bragging rights) are legit.*

SMART MONEY QUESTIONS

In conversations with clients, certain questions tend to surface repeatedly. While the answers are always specific to each situation, a few guiding principles often help frame the right decision.



Q1: Should I avoid selling an investment just because I'll have to pay capital gains tax?

Not necessarily. While taxes are an important consideration, they shouldn't always prevent a thoughtful portfolio decision. In certain planning windows—such as unusually low-income years—it may even make sense to realize gains intentionally. In the right circumstances, doing so can reset cost basis at a favorable tax rate and potentially reduce future tax exposure. Situations like this tend to be opportunistic and are best evaluated in the context of your broader tax picture.

Q2: Should I do a Roth conversion now in case taxes go up in the future?

The key question is often less about where tax rates broadly may go and more about how your personal tax rate may change over time. For many households, the most attractive conversion window can occur after earned income declines but before required distributions begin, though that isn't always the case. Because a Roth conversion involves paying a known tax today for a potential future benefit, it's an area where careful analysis can make a meaningful difference.

Q3: How much cash should I really keep on hand?

During working years, many households maintain roughly three to six months of expenses in readily available cash because employment income provides stability. In retirement, some prefer holding closer to one to two years of spending needs in cash or short-term reserves. The appropriate amount ultimately depends on factors such as income reliability, spending flexibility, and overall portfolio structure.

No matter the question—strategic, tactical, or deeply personal—we're always happy to help think it through with clarity, structure, and perspective.



▲ John is on the sidelines this season, coaching JJ's 4th grade basketball team and the boys are bringing the hustle. It's been fun watching them hit their stride.



▲ Nelson teed it up in Banff, Canada, enjoying incredible mountain views, cool alpine air, and a golf course so pretty it almost distracted from the score.



▲ Patti moved to Japan to rescue Punch. If you know, you know. <https://www.rd.com/article/everyones-talking-about-punch-the-monkey/>

ARTIFICIAL INTELLIGENCE:

Practical Ways It Can Improve Your Life

by Tony Parr, CFP®, Partner

Artificial intelligence is arriving in our lives much the way the internet did thirty years ago—quietly at first, then suddenly everywhere.

While many people assume AI is mainly for programmers or technology companies, tools like ChatGPT, Claude, and Google Gemini are quickly becoming practical tools for everyday life.

Used thoughtfully, AI can save time, sharpen thinking, and simplify tasks that once required hours of searching.

One of the most interesting ways to use AI is as a **personal research assistant**. Instead of digging through dozens of articles, you can ask a question and receive a clear explanation in seconds. People are using it to better understand medical topics before a doctor's appointment, summarize economic trends, or revisit subjects they haven't studied in years.

Out of curiosity, I recently asked AI to compare Stoic philosophy with Christianity—two traditions that explore many of the same questions about virtue, suffering, and purpose. The response helped frame both perspectives in a thoughtful way and gave me a few ideas

worth reflecting on.

AI can also be surprisingly helpful as a **writing partner**. Whether drafting an email, refining an invitation, or shaping an article, it offers a useful starting point. The final message still requires your voice and perspective, but the blank page disappears.

It can even help with **experiences**. My wife recently used AI to help plan what turned out to be an epic trip to Maui. It suggested activities and locations we might not have discovered on our own—almost like having a knowledgeable travel guide helping us design the adventure.

Artificial intelligence will never replace human wisdom. But used thoughtfully, it can become something quite practical: a modern assistant that helps us learn a little faster, think a little more clearly, and spend more time on the things that matter most.

In the end, the real power of AI may be how it encourages us to keep asking better questions.



▲ Emily N and family celebrated her niece's first birthday, proof that the tiniest family members can steal the show!



▲ Joe was able to escape the cold by taking a family golf trip to AZ. Too bad he couldn't escape all the bunkers!



▲ Mindy and her mom kicked off the day bright and early, catching a beautiful sunrise together. Hard to beat a start like that.

WARS COME AND GO. MARKETS KEEP CLIMBING.

by Nelson Moen, CFP®, ChFC®, Jr. Partner

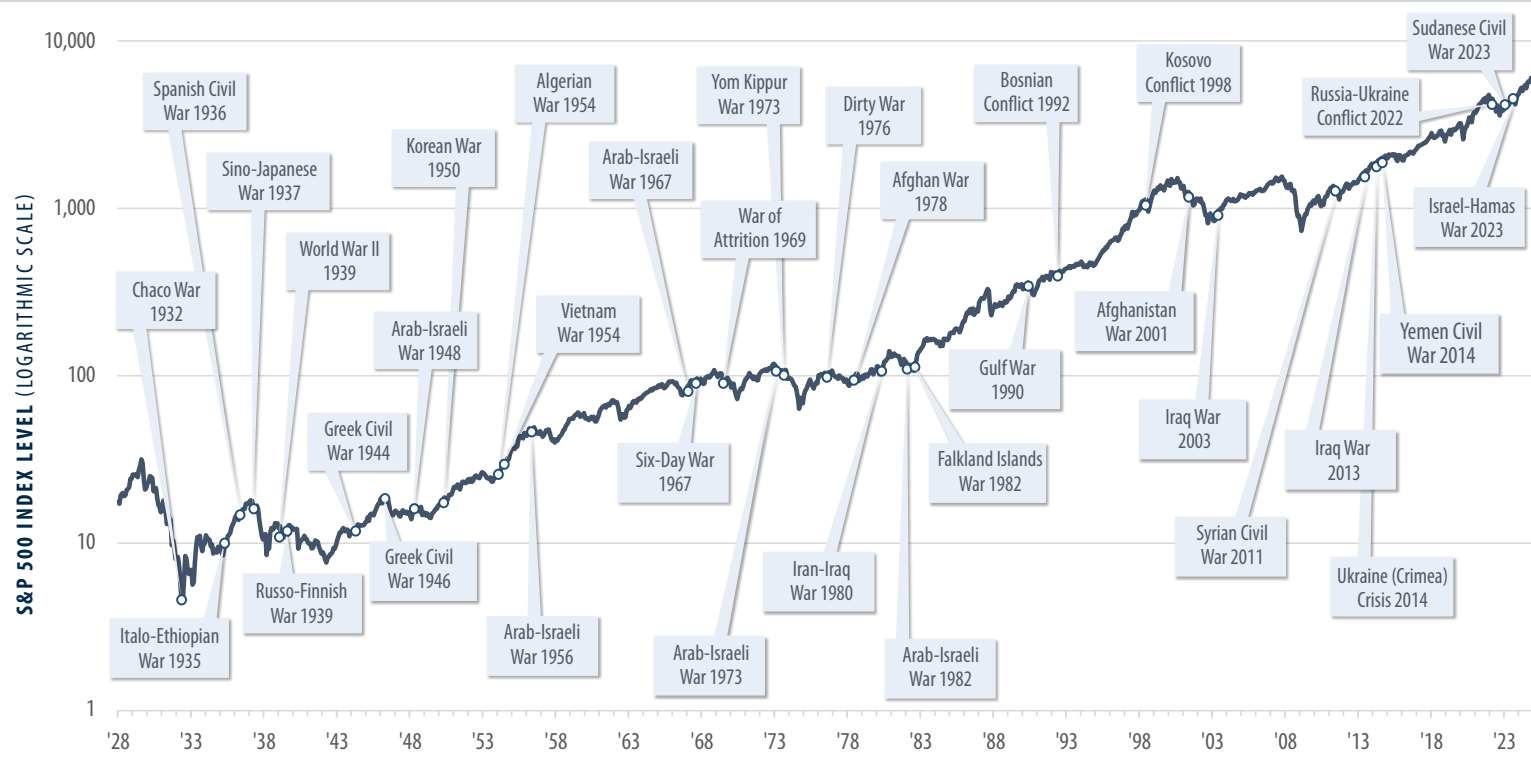
The escalating conflict with Iran has dominated headlines, and many of our clients have reached out asking the same question: should I change my portfolio because of this?

The Short Answer Is No

The chart here plots the S&P 500 on a logarithmic scale from 1928 through 2023, annotated with every major war and conflict along the way. World War II, Korea, Vietnam, the Gulf War, Afghanistan, Iraq, and the recent conflicts in Ukraine and Israel. Through all of them, the long-term trajectory of the market has been overwhelmingly upward.

Short Term Volatility Is Normal

Geopolitical shocks often trigger sharp, short-term sales. The Gulf War saw a roughly 20% drawdown before recovering within months. The early days of the Afghanistan and Iraq wars produced similar knee jerk reactions. But in nearly every historical case, patient investors who stayed on the course recovered their losses and then some.



What You Should Actually Do

- Resist the urge to sell.** Locking in losses during a panic is the single most destructive decision an investor can make.
- Review your allocation, not your headlines.** If your portfolio was properly diversified before the conflict, it still is.
- Consider rebalancing into weakness.** Market dips driven by fear rather than fundamentals can be opportunities to buy quality assets at a discount.

The pattern across nearly a century of data is clear: uncertainty is temporary, but market growth is persistent. Stay disciplined, diversified, and let history work in your favor.

Source: First Trust, S&P CapIQ, Bloomberg. Monthly index levels from 1928 - 2025. Past performance is no guarantee of future results. This chart is for illustrative purposes only and not indicative of any actual investment. The S&P 500 Index is an unmanaged index of 500 companies used to measure large-cap U.S. stock market performance. Investors cannot invest directly in an index. The information presented is not intended to constitute an investment recommendation for, or advice to, any specific person. By providing this information, First Trust is not undertaking to give advice in any fiduciary capacity within the meaning of ERISA, the Internal Revenue Code or any other regulatory framework. Financial professionals are responsible for evaluating investment risks independently and for exercising independent judgment in determining whether investments are appropriate for their clients.



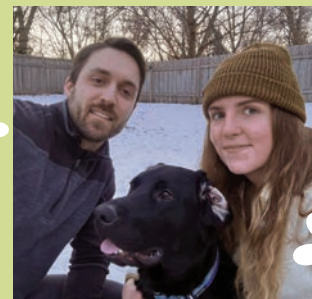
▲ Weekend after weekend, gym lights and squeaky shoes — Emily Dolan wouldn't trade a single moment coaching her daughter and the Orono basketball team.



▲ Jack and his wife Mary recently celebrated their son Liam's first birthday because turning one is a pretty big deal!



▲ Allie is making the most of maternity leave, spending her days at home with baby Hayes and enjoying all the sweet moments of new family life.



▲ A great winter moment with Zac, Andrea, and Willy enjoying the snowy Minnesota scenery and proving a little cold never stops the fun.



▲ Melissa and her fiancé, Armin, are enjoying the final stretch of engagement life before wedding bells ring and they say "I do" this summer.



▲ Madison and Herb are trading free time for framing time as their new home comes to life.



CLARITY. CONFIDENCE. STRUCTURE.

CLARITY.

The clarity to see your situation in fresh and revealing ways in order to identify issues often overlooked.

CONFIDENCE.

Know with confidence that you have a road map toward achieving your life's goals, guided by an ensemble of multi-generational trusted advisors.

STRUCTURE.

Achieve a seamless and well-structured financial plan that is monitored by on our step-by-step proven process and delivered by a team with diverse specializations and perspectives.

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JOE ENZLER, CFP®, Wealth Advisor; **MELISSA DEMIROVICH**, Marketing and Business Development Manager;
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NICHOLAS KRAHN, Financial Services Intern (until May 2026); **ETHAN ANDERSON**, Financial Services Intern

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Available for download on the **Apple App Store** and **Google Play Store** – simply search *Parr McKnight Mobile*.

Need login credentials? Call our team to get set up.

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▲ *This winter, Sydney has been enjoying traveling, hiking, spending time with family, and playing pickleball.*



▲ *Nicholas and his girlfriend Courtney got a behind-the-scenes look at the Minnesota Vikings locker room during Courtney's work event.*



▲ *Ethan and his family are celebrating his mom's incredible milestone: earning her doctorate after years of dedication and hard work.*



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“ IF YOU HAVE A GARDEN AND A LIBRARY,
YOU HAVE EVERYTHING YOU NEED. ”
— CICERO

