



Greetings!

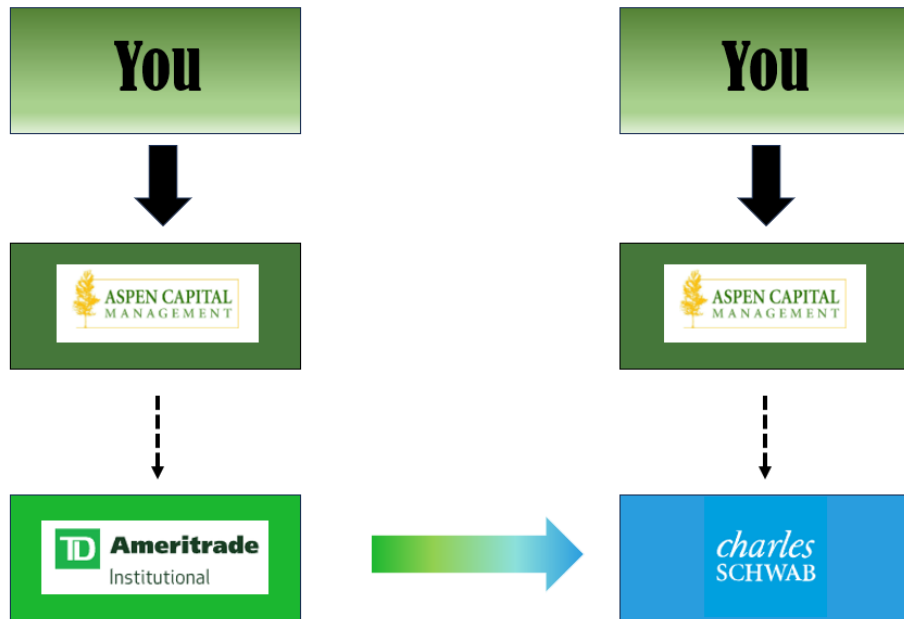
We hope you all are having a great summer and staying cool in this heat. In the coming weeks, we have a couple of important events scheduled. First is the TD Ameritrade to Charles Schwab transition, which will happen Labor Day weekend. In preparation, we are hosting a webinar August 15th to describe the transition details, answer your questions, and provide a recap of market events through the first half of 2023. All the details you need to register are below.

In addition, we have some intriguing investment and financial planning information for you to read. Be sure to read to the end, where we have two fun articles from our team about the importance of exercise and the ages at which people hit peak physical and mental performance.

Important Updates

TD Ameritrade & Charles Schwab Merger

As an independent advisor, we have historically used TD Ameritrade to custody client accounts. As a result of the merger, your accounts will be moving from the TD Ameritrade platform to the Schwab platform. **Your relationship with Aspen Capital Management and our independent role as your financial advisor will not change**, but your client login and a few other account details will change. An illustration of the transition is below and shows that you will still be working directly with us. Our relationship with TD Ameritrade is shown on the left, and will be transitioning to the relationship with Schwab shown on the right.



Here's what you need to know:

- You have received or will soon receive a Key Information Packet from Schwab in the mail for EACH account. These packets include your new account numbers.
- To access your transitioned accounts, set up your Schwab Alliance portal login **this month**. Instructions can be found in the Key Information packet or when you log into your TD Ameritrade accounts via advisorclient.com (easily accessed from the Client Center on our [website](#)).
- For bank links that you have set up at an outside institution to send money to your TD Ameritrade account (not a link we set up on your behalf), you will need to set up those instructions again with your new account information included in the Key Information Packet. All bank links set up at TD Ameritrade will transition over during the merger. If you have questions or need help setting up external links, give us a call!
- We will be covering more information in greater detail and answering questions during our webinar on August 15th!

Aspen Capital Webinar - August 15th

We invite you to join our team as we host our 2023 mid-year webinar! The first half of 2023 was filled with headlines prognosticating everything from a banking crisis to a U.S. government default to a full economic recession. Despite all of this, broad equity markets are up over 20% since October of 2022. In this webinar, we'll explore relevant, hot topics and focus on items we can control, like the upcoming Charles Schwab and TD Ameritrade merger. Join us for a jam-packed 60 minutes of education and fun (yes, we said fun!).

Topics Include:

TD Ameritrade/Schwab Merger
Recession Fears
Artificial Intelligence
Inflation
Global Diversification
And More!

When: Tuesday, August 15th from 12:00 - 1:00 PM MST

RSVP Details:

To reserve your spot, please RSVP by replying to this email or to Brynn at brynn@aspencapitalmgmt.com.

Your Investments

This is Why You Stay the Course

At the end of each calendar year, the largest money managers and investment firms make predictions about where the market will go in the coming year. Now, a little more than halfway through the year, where do you think these managers predictions fall relative to actual market performance? If you've been a reader long enough, you likely know where this is going...



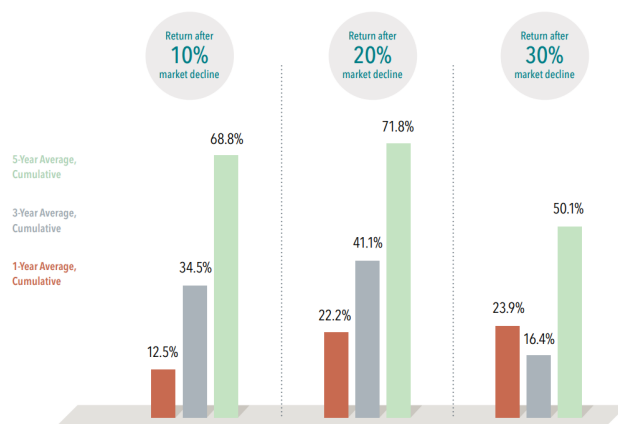
Take a look below at a quick but powerful article from advisor and blogger, Ben Carlson, to learn more.

[Read Here](#)

Your Financial Plan

What To Expect Following Market Declines

One of the main concerns we hear, and investors regularly fear, is the idea of a long-term, protracted market decline. How might that impact an investor's ability to retire? Might they have to change their spending in retirement? While those risks are certainly real, when armed with historical data and a financial plan that takes volatility into account, these risks can be mitigated.



The truth of the matter is the odds are in your favor, as long as you stay invested. Five year market returns following 10%, 20%, and 30% market declines - on average - look a lot like the total long-term historical market return. The one and three year market returns aren't bad either. If you know your plan and your odds of positive performance, planning around the market becomes much easier.

[Read More](#)

What the ACM Team is Reading & Watching

[Here's When We Hit Out Physical and Mental Peaks](#)

Katie's Thoughts: In a recent article that our team found very interesting, the Wall Street Journal recaps numerous studies done to determine when people reach their physical and mental peaks. Some of the results may surprise you - do marathon runners really not reach their peak until 40? What about chess players or equestrians? What is clear is that in many areas, people are sustaining their "peak" for longer than they used to. You can read the full article [HERE](#).

What if the Most Powerful Way to Live Longer Is Just Exercise?

Mike's Thoughts: Ice baths and cold plunges? Saunas? Medication? Diets? New theories on ways to increase longevity, and how to live healthier longer, are popping up every year. Each new practice seems to last for a while and dominate headlines before trailing off. At the end of day, consistent exercise is the one constant to increasing longevity. A recent study of 650,000 adults found those who exercised for roughly five to eight hours weekly gained an average of 4.2 years. I recommend [reading the whole article](#) for more good insights!

ACM Business Update

Serving Your Family & Friends

In Q2 2023, we welcomed 11 new families to Aspen Capital Management. Like many of you over the years, these individuals were looking for professional expertise as well as a tailored and thoughtful approach to building their long-term portfolio and financial plan. We love coming to work every day to serve you and your family. Thank you for the continued trust and introductions to those you think would benefit from working with us. To the 11 new families, welcome to Aspen Capital Management!

All the best,
Your Team at Aspen Capital Management

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