

MFS QUARTERLY

SPRING 2024

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MFS

HOW DOES YOUR GARDEN GROW?

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METROPOLITAN DEVELOPMENT COUNCIL

MFS SPOTLIGHT

THE GROWTH MINDSET

MFS—HOW DOES YOUR GARDEN GROW?

If you live in Zone 9a, you probably planted your corn and peas in April. The month of May is the time to plant tomatoes, Brussels sprouts, bell peppers, pumpkins, parsley, eggplant, and strawberries. June is time for chili peppers, sweet potatoes, squash, and beans. In July it's time to plant carrots and beets. Chad and his family (Berkley, almost four, and Chandler, nearing two) recently planted tomatoes, green beans, carrots, beets, and peas in their raised garden bed.



May is the perfect time to plant roses, daylilies, azaleas, and dianthus. (Click [here](#) to see the sweet-smelling Raspberry Truffles dianthus.) Climbing roses - Blaze and Quicksilver are striking - also do well when planted in May, as do climbers honeysuckle and clematis. (Check out the Viva Polonia clematis [here](#).) The perennial Marshmallow Shasta daisy blooms all summer and likes full sun.

Another sun-lover is the hollyhock, which can grow nine feet tall and adds height to your summer garden. (Check out the Blacknight hollyhock [here](#).)

Hydrangeas love full sun in the morning and afternoon shade. They bloom all summer and into the fall and are easily propagated! Some pretty hydrangeas with interesting names are the Wee Bit Giddy, the Wee Bit Grumpy, and the Wee Bit Innocent. Don't miss the Vanilla Strawberry or the Little Lime Punch Panicle hydrangeas.

Rose of Sharon (a type of hibiscus that can grow in colder areas) likes full sun to part shade and grows the most blooms when it gets six or more hours of direct sunlight. Beloved by hummingbirds and pollinators, some stunning rose of Sharon varieties include Pink Chiffon, White Chiffon, Red Pillar, Azurri Blue Satin, and the Sugar Tip, with fluffy double light pink flowers.

Columbine are enchanting perennial spring-to-summer bloomers that love part sun/part shade. There are 70 varieties, every color you can imagine, and Native Americans used the crushed seeds as a love charm.

Hostas and Coral Bells (Heuchera) are shade-lovers. The 31 different types of Hosta cultivars include Hope Springs Eternal, with blue-green wavy leaves edged in cream; Love Story, with green, chartreuse, and creamy white leaves; Stained Glass, lime-colored leaves with dark green margins; Wiggles & Squiggles, a mini hosta with long and thin bright yellow-to-chartreuse leaves; Mini Skirt, another mini hosta with wavy blue-green leaves with creamy yellow margins; and Waterslide, with wavy ruffled blue leaves, a perfect companion to Whee!, another rippled green and white variety.

The more than 50 species of the perennial Coral Bells, with an array of color, textures, and shapes, include Peachberry Ice, Wildberry, Berry Smoothie, Wild Rose, Red Lightning, and Caramel.

IN OUR COMMUNITY

MORTENSON FINANCIAL SERVICES is giving back this quarter by donating to the Metropolitan Development Council (MDC). MDC, since 1964, has fought poverty by empowering the community and integrating social services and support to help people find stability. MDC assists people with affordable housing, provides nutritious meals, helps pay power bills, and addresses substance abuse and mental health.



[Please click here to join us in improving the health and well-being of very low income individuals.](#)



CONNIE will participate in the May 18, 2024 Bowl-a-noma fundraiser to help fund research into the diagnosis, treatment, and prevention of melanoma. [Click here for more information](#)

[Please click here to donate. Strike out cancer. Spare a life.](#)

MORTENSON FINANCIAL SERVICES' mission is to empower individuals and businesses with comprehensive financial planning solutions that help pave the way to financial well-being and prosperous futures. We're dedicated to the highest quality client service delivered with professionalism and warmth, and we're passionate about partnering for the long-term with clients to tailor financial solutions that make a valuable difference in their lives. Whatever your priorities are, we're your partner with the expertise, advice, guidance, and support to empower you throughout and beyond your lifetime to plan for the future you want, decide how you'll care for your loved ones, and determine the way you choose to give back and the legacy you'll leave.



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SPOTLIGHT

A GROWTH AND LEADERSHIP MINDSET

A growth mindset (conceived by Stanford psychologist Carol Dweck and colleagues) is the belief that a person's intelligence, talents, and skills can be developed and improved over time through effort, persistence, and dedication. A growth mindset creates and fosters a love of continuous learning and the resilience and adaptability that's essential for growth and a sense of accomplishment.

When the going gets tough, the tough get growing

A growth mindset is also how a person approaches challenges, processes failures, and adapts. People with a growth mindset see effort as a path to mastery, they learn from criticism, and they find inspiration in others' success. Having a growth mindset helps a person embrace challenges and persist in the face of setbacks.

The growth and development of people is the highest calling of leadership.

Harvey S. Firestone

A leader with a growth mindset can use the following intentional actions to create an environment worthy of people's best effort.

Assume the best. What you say and how you say it matters. Assuming the best allows you to be curious about a situation and ask for clarity.

A person who feels appreciated will do more than just what's expected. Catch your spouse, child, or team member doing something good, and reward what you want repeated. Rewards and appreciation come in many forms, so find out what's important to your family or team member and use that knowledge to make that person feel valued.

Communicate communicate communicate. Communication empowers people to feel connected. Communicate your values, expectations, and priorities and watch your family and workplace fall into alignment, follow direction, and join you in committing to growth.

*Smart is something you get,
not something you are*



🌿🌿🌿 *Speaking of a growth mindset, we invite you to join our Webinar June 14 at 1:00 PM.* 🌿🌿🌿

Retain Your Brain How to Age-Proof Your Most Valuable Asset

Key lifestyle changes may prevent, slow, and sometimes reverse brain aging. Take control over your cognitive health by tuning in to our Webinar to find out more. *Watch for your invitation in a few weeks!*

MFS SUPPORTS NORTHWEST HARVEST



MORTENSON FINANCIAL SERVICES made a meaningful cash contribution and donated canned and other non-perishable goods to Northwest Harvest in February. Northwest Harvest supports a statewide network of more than 400 food banks, meal programs, and high-need schools to improve equity in our food system, because food should be available, accessible, adequate, and appropriate to all people.

[Please click here to join us in feeding hungry people.](#)

DATES TO REMEMBER

- May 1:** May Day
- May 4:** Star Wars Day. May the fourth be with you.
- May 5:** Cinco de Mayo, a Mexican holiday commemorating the victory over the French in 1862.
- May 12:** Mother's Day
- May 27:** Memorial Day, a Federal holiday and day of service and reflection when we remember and honor those who lost their lives in service of our country. The Market, and our office, will be closed.
- May 29:** Education Planning Day (Contact us to open a 529 college savings plan or other education savings vehicle.)
- June 15:** Father's Day
- June 19:** Juneteenth, a US federal holiday commemorating the end of slavery in the US. Our office will be closed.
- June 20:** Summer Solstice, at 1:50 PM June 20, occurs when the sun is at its highest position in the sky and marks the longest day of the year and the beginning of summer in the Northern Hemisphere.
- July 4:** Independence Day, a US federal holiday commemorating the ratification of the Declaration of Independence in 1776, establishing the United States of America. Our office will be closed.

THINGS TO DO

- Tune up your portfolio:** Call us to provide up-to-date income, asset, expense, and liability information so we can update your portfolio.
- Create an account with SSA.gov:** Check your earnings history for accuracy and review your expected benefits. If you're close to retirement, discuss with your advisor when and how you should file to maximize benefits.
- Review your estate plan:** Check the beneficiaries of your IRAs, insurance policies, trusts, and other accounts, and update information that's no longer relevant.
- Assess insurance needs:** Periodically review coverage to ensure proper protection, especially if you've recently experienced major life events; your advisor can help as part of your larger risk management plan.

If you have questions or would like to discuss these topics further, please call the office to set an appointment. If you have friends or family who might benefit from our services, please share our contact information, below.



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