



Best Reasons for Long-Term Care?

Weekly Update - 3/6/18

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Not the most exciting topic, long-term care (LTC) is often avoided or overlooked by people when planning their retirement years. However, it can be one of the most important things to have later in life. Having an LTC policy in place can save your family a lot of time, stress, and money if you were ever to need assistance. Here's three reasons to give LTC a serious look.

1. You get freedom of choice.

When you first buy LTC insurance, you're in a solid state-of-mind where you will be able to choose the quality of care you receive, as well as how and where you receive it. Without LTC or substantial resources, you simply won't have these choices.

2. Get access to quality care quickly.

As you age, you'll likely start needing assistance with at least a few of the [six activities of daily living](#). Usually, your family or spouse will help you perform these tasks until they're unable to provide the level of care you need. Without LTC at this point, you'll start spending your other assets or need to go on a government program.

With an LTC plan, you'll be able to access care faster, while knowing you have the funds to pay for it. That peace-of-mind is something that's tough to beat.

3. You could end up with a long, costly claim.

It's not something we like talking about, but the reality is that some people may have a costly claim that they could have never afforded without LTC. The executive director of the American Association for Long-Term Care Insurance, Jesse Slome, pointed out one specific case where a woman paid \$12,000 in premiums over a few years, and ended up getting \$1.2 million in LTC benefits over the next 15 years.^[1]

In a nutshell: Let's hope you don't need LTC - but if you ever do - you'll be glad you have it.

Questions? Give us a call at [618-398-6861](tel:618-398-6861) and we can help you decide if long-term care is right for you and your situation.

QUOTE OF THE WEEK



"Truth is ever to be found in simplicity, and not in the multiplicity and confusion of things."
- Isaac Newton

RECIPE OF THE WEEK



Lentil Soup



Hearty. Nutritious. Delicious. This lentil soup is great on its own-but serving it with warm cornbread adds another dimension. Gather the ingredients, put them in a pot, and enjoy!

[Forward to a Friend](#)

Here's what you'll need:

- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 can, crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- 1/2 cup spinach (rinsed and sliced)
- 2 tablespoons vinegar
- Salt and pepper

Directions:

1. In large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
2. Stir in lentils and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour.
3. When ready to serve, stir in spinach and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper. Add more vinegar if desired.

Recipe adapted from All Recipes^[2]

TAX TIPS

Department of
U.S. Individual



Report Income Earned from a Hobby

Across the country, millions of people have passions they pursue on the side, earning money from their hobbies and interests. Even if you haven't officially formed your hobby as a business, you still must claim the income you make through these efforts. Here are some tips to help you report your income.

1. Identify if you have a hobby or a business

- **Hobby:** You earn income but do not do so to make a profit, rather for your pastime recreation
- **Business:** You purposefully work to make a profit.

You can [explore the 9 factors](#) that the IRS lists to help clarify if you have a hobby or business.

2. Manage your hobby's allowable expense deductions

When claiming hobby-earned income, you can typically deduct your expenses - but only if they are ordinary and necessary.

- **Ordinary expense:** Considered common and acceptable for the hobby you engage in
- **Necessary expense:** Considered appropriate for participating in your hobby

3. Report expenses up to the allowable limit

You can report hobby expenses, but the limit is the amount of income you make from it. If your expenses exceed your income, then you have a loss - however, the IRS doesn't allow you to deduct hobby-income losses.

Other details may apply, and you can find more information on the IRS website.

*This information is not intended to be a substitute for specific individualized tax advice. We suggest that you discuss your specific tax issues with a qualified tax advisor.



Say No to Duffing Short Shots

Just as short putts give golfers fits, so too do short shots. When confronted with a shot that's 30-60 yards, many golfers tend to take too big of a backswing, and then in fear of hitting the ball too far, slow the club down significantly on their downswing. This often leads to hitting it "fat" or duffing the ball. With that in mind, here's three quick tips to help you avoid that unwanted outcome.

1. Stand narrow. Promoting a shorter and more balanced swing, and a narrow stance (heels a few inches apart) will help you make crisper contact.

2. Shorten up. You don't need a full swing to hit the ball 60 yards. Instead, try stopping your backswing once your lead arm is parallel to the ground, then accelerate through to finish the shot.

3. Choose wisely. Use the wedge that's right for the shot. For most lies, a wedge with a bounce of 10 degrees should be suitable (though less is needed for firm or wet turf/sand). Bounce refers to the feature that helps wedges produce crisp shots, no matter the lie. Knowing your exact club specifications will tell you which wedge you should use.

Tips adapted from Golf Digest^[4]



Enjoy Ginger

Ginger has been used for thousands of years as a popular ingredient in world cuisines and for medicinal purposes alike. Chocked full of vitamins, minerals, and numerous metabolites that contribute to health and healing; ginger can be used for a variety of purposes. Here's four clear benefits of consuming ginger:

1. Nausea relief. Drinking ginger tea or chewing on the root itself has been found to remedy nausea for people undergoing cancer treatment, who have motion sickness, or are pregnant.

2. Cold and flu relief. During the winter months, drinking ginger tea is a great way to keep warm and stave off illness. Its diaphoretic nature promotes sweating, so the body warms itself from within. If you're sick already, drink ginger tea with a slice of lemon or a drop of honey for added benefits.

3. Inflammation and pain reduction. Ginger is known to decrease inflammation in the human body. In addition, a study found that daily ginger consumption can "reduce exercise-induced pain by 25 percent".

4. Cardiovascular health. Consuming ginger can also lower your cholesterol and the risk of blood clotting, as well as maintain healthy blood sugar levels. It could even assist in treating heart disease and diabetes, although more research is needed to confirm this.

Tips adapted from Medical News Today^[5]



Keep Vegetables Fresher for Longer

How you store your vegetables can affect how long they stay fresh. Eventually, those carrots and zucchinis will start shriveling or rotting, making the trash can their best option. You can keep your vegetables fresher for longer by following these tips for specific foods.

Carrots: Cut off their tops and then refrigerate them in a closed container that allows for plenty of moisture.

Celery: Fill a shallow cup or bowl with water. Place the celery stalks into the container, and store on a counter or in the refrigerator.

Eggplant: Store these at room temperature on your counter instead of in the refrigerator. And only wash the eggplants right before you cook with them.

Beets: Cut the tops off each beet and place them in a container without a lid. Dampen a cloth and lay on top of the container.

Tip courtesy of Care2.com^[6]

Share the Wealth of Knowledge!

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- [1]<https://www.thebalance.com/buying-long-term-insurance-2388604>
- [2]<http://allrecipes.com/recipe/13978/lentil-soup/?internalSource=hub%20recipe&referringId=84&referringContentType=recipe%20hub>
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- [6]<http://www.care2.com/greenliving/8-tips-for-keeping-vegetables-fresh-longer.html>

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