



LIVE WELL

ROOTED IN COMMUNITY - COMMITTED TO EXCELLENCE

Winter 2020 Issue
Welcome to Live Well!
Women In America Are Underinsured
St. Valentine's Day
The Wellness Corner
Mark Your Calendar

"20 years from now you will be more disappointed by the things that you didn't do than by the ones you did do... Catch the trade winds in your sails. Explore. Dream. Discover."
—Mark Twain



Welcome To *live well*

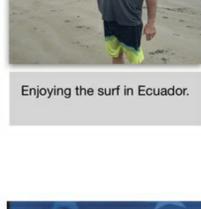
I want to welcome you all to the first edition of my newsletter, "Live Well". The idea for this newsletter comes from my philosophy that while we should all be smart and plan for our future we also need to learn to include the present in our planning. After all, we live in the present and we need to make the most of it.

As a financial planner, I work to create financial planning strategies for my clients, but more importantly I bring real-life experience to living those financial strategies. None of us are immune to the potholes of life we have to navigate. That's why I want this newsletter to be about learning to live well now *and* plan intelligently for the future.

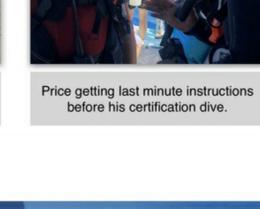
Let me share a story. A friend of mine has a cousin who was in a very happy marriage. Both the cousin and her husband had healthy careers and were smart about planning for their future. Their only point of contention was that the cousin's husband wanted to travel to exotic places during their working years, while she felt they should travel less and save more. But she gave in to her husband and they and their children had lots of fabulous adventures. Just weeks before the husband was set to retire at age 65, he died unexpectedly. My friend's cousin is so grateful that they had taken the time to enjoy their lives and now she and her children have wonderful memories.

As you know, I've been focusing on living well for years, savoring life today while keeping a wise eye on the future. In 2019, I checked off three bucket list items. I traveled to Ecuador and St. Lucia – two more stamps on the passport! And I earned my PADI scuba certification; I see a lot of diving in my future. What is on your bucket list for 2020? My wish for you is that you look back on 2020 and feel like you lived the year well.

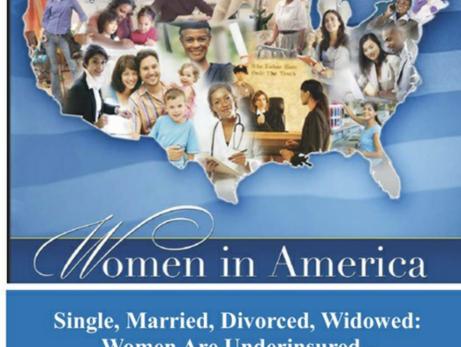
So again, welcome to my first issue, I hope you find it of value as we all navigate through life.



Enjoying the surf in Ecuador.



Price getting last minute instructions before his certification dive.



Women in America

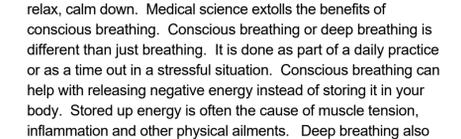
Single, Married, Divorced, Widowed: Women Are Underinsured - What If Something Happens?

Woman in America are woefully underinsured compared to men. Only 67% of women versus 79% of men have life insurance. And they tend to purchase only half the amount that men do.* That means not only is the woman at risk for a financial crisis, their families are equally at risk. Look at some scenarios:

- If you are a woman who is staying home to take care of young children what happens if you die or are disabled. How much money will it cost to hire someone to do all the things you do?
- If you are a working mother and something happens to you, how will your spouse replace your income? Mortgages and bills will still have to be paid.
- If you are single or divorced and become disabled, how will you pay your bills and take care of yourself?
- If you are single but responsible for a family member's care and you die or become disabled, where will the money come from to continue that care?

Women, just like men, need to be prepared to handle the "What ifs" in life to protect themselves and the people they love. My professional and personal experience can help you prepare for the "What ifs" in your life. Please call me with any questions or concerns about your insurance needs.

Havenlifer.com, "Is there a life insurance gender gap", Burgett, Brittany, September 19, 2019



Take a Deep Breath. . .

We've all heard it at one time or another – take a deep breath, relax, calm down. Medical science extolls the benefits of conscious breathing. Conscious breathing or deep breathing is different than just breathing. It is done as part of a daily practice or as a time out in a stressful situation. Conscious breathing can help with releasing negative energy instead of storing it in your body. Stored up energy is often the cause of muscle tension, inflammation and other physical ailments. Deep breathing also increases alertness and focus through increased oxygen flow and allows your body to rid itself of toxins. It is a great tool to combat anxiety and best of all it's free.*

The key is to make it a practice, part of your everyday routine. Deep breathing is *different* than just breathing. While there are many techniques, *Box Breathing*, is a very simple way to practice conscious breathing. Here is a link to get you started.

<http://www.healthline.com/health/box-breathing>

*Mayo Clinic Newsletter, "Decrease Stress by Using Your Breath", Laura A. Peterson, R.N. mayoclinic.org

St. Valentine's Day: Thank You Geoffrey Chaucer!

It's true. Without the poetry of Geoffrey Chaucer (High School English – The Canterbury Tales) we would not be sending out cards or buying flowers. While dates are never certain prior to the printing press, it is widely acknowledged that it was in 1382, the height of the era of "courtly love", that the English poet wrote a love poem celebrating many things, including the engagement of King Richard II to Anne of Bohemia. The line that started it all:

"For this was on St. Valentine's Day, when every bird cometh there to choose his mate."

Chaucer's work was widely read and the connection between St. Valentine's Day and courtly love grew.*

The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London after being captured at the battle of Agincourt.

By the 18th century in England, February 14th was the day for sweethearts to exchange small gifts. By the 19th century, the sending of cards and notes became so popular it evolved into a commercial enterprise. In the 1840's, Esther Howland began selling the first mass-produced valentines in America using real lace and ribbon. According to the Greeting Card Association, an estimated 145 million Valentine's Day cards are sent each year.**

Happy Valentine's Day!

* <http://www.ox.ac.uk/news/arts-blog/love-lessons-medieval-literature>

** History.com

It's Not Too Late!

Take Advantage of 2019 Changes to Retirement Accounts

Did you know that you can make contributions to your 401(k), IRA accounts, and Health Savings Accounts until April 15 of 2020 for the 2019 tax year? That extra time and the fact that tax deferred contributions were raised in 2019 make this a good time to think about maxing out your contributions for 2019. Here is a reminder about the new contribution amounts for retirement accounts.*

Individual Retirement Accounts (IRAs):

The amount you can contribute to an IRA is now \$6,000 – up from \$5,500

Catch up contributions for those over age 50 remains at \$1,000

401(k) Plans:

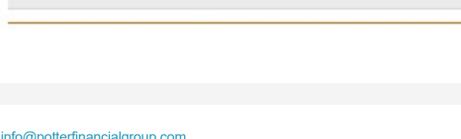
The amount you can contribute to a 401(k), 403(b), most 457 plans and the federal government's Thrift Savings Plan is now \$19,000 – up from \$18,500.

Catch up contributions for those over age 50 remains at \$6000

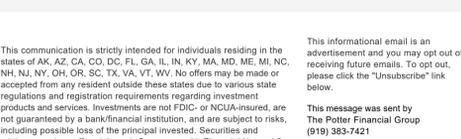
Health Savings Accounts

The contribution limits for HSAs increased from \$3,450 to \$3,500 (single) and from \$6,900 to \$7,000 (family). The age 55 catch-up contribution limit remains the same for 2019 at \$1,000.

* Internal Revenue Service: www.irs.gov/retirement-plans/ira-year-end-reminders



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