



LPL Financial
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 CERTIFIED FINANCIAL PLANNER™



AZTEC Financial Group Newsletter

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The dog days of summer are behind us, and now it's time for September. The ninth month of the year is synonymous with pumpkin spice lattes, light cardigans and the start of football season. There are three traditional flowers of the month of September: the aster, symbolizing love; the forget-me-not, representing memories and love; and the morning glory, symbolizing unrequited love. Special holidays in September include Labor Day, the September equinox (September 22nd), National Grandparents' Day.

Did you know that we do a monthly drawing for a gift card to a local business? All you have to do is find the answer in this month's newsletter to the question below and click the link below to email your answer! We draw a random winner from all the correct answers and award the gift card!

This month's drawing is for a \$25 gift certificate to **2 HOME COOKS** in Dover. 2 Home Cooks aims to bring to Dover a fresh take on breakfast and lunch. For more information, click [HERE](#).

Congratulations to Carolyn Ricker for being last month's winner with a gift card to The Flower Room.

And the question is...
 When does a living will go into effect?

[Click here](#) to submit your answer. Good luck!



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Did You Know?

The Centennial Light is the world's longest-lasting light bulb, burning since 1901. It is located in Livermore, California, and maintained by the Livermore-Pleasanton Fire Department. It also has its own webcam!

Local Events!

Phantom of the Opera at the Strand Theater, Dover

September 6

For more information click [HERE.](#)

Hampton Beach Seafood Festival

September 7 - 9

For more information click [HERE.](#)

Dover Farmers' Market

Seacoast Growers Association.

For more information click [HERE.](#)

Rochester 2018 Business & Community Expo

September 12

For more information click [HERE.](#)

19th Annual Portsmouth Maritime Folk Festival

September 29 - 30

For more information click [HERE.](#)

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[Caring for Aging Parents](#)

Thanks to healthier lifestyles and advances in modern medicine, the worldwide population over age 60 is growing. The United Nations estimates that by 2050 the number of people aged 60 and older will have more than doubled.¹ As our nation ages, many Americans are turning their attention to caring for aging parents.

For many people, one of the most difficult conversations to have involves talking with an aging parent about extended medical care. The shifting of roles can be challenging, and emotions often prevent important information from being exchanged and critical decisions from being made.

When talking to a parent about future care, it's best to have a strategy for structuring the conversation. Here are some key concepts to consider.

[Cover the Basics](#)

Knowing ahead of time what information you need to find out may help keep the conversation on track. Here is a checklist that can be a good starting point:

- Primary physician
- Specialists
- Medications and supplements
- Allergies to medication

It is also important to know the location of medical and estate management paperwork, including:

- Medicare card
- Insurance information
- Durable power of attorney for healthcare²
- Will, living will, trusts and other documents²

[Be Thorough](#)

Remember that if you can collect all the critical information, you may be able to save your family time and avoid future emotional discussions. While checklists and scripts may help prepare you, remember that this conversation could signal a major change in your parent's life. The transition from provider to dependent can be difficult for any parent and has the potential to unearth old issues. Be prepared for emotions and the unexpected. Be kind, but do your best to get all the information you need.

Keep the Lines of Communication Open

This conversation is probably not the only one you will have with your parent about their future healthcare needs. It may be the beginning of an ongoing dialogue. Consider involving other siblings in the discussions. Often one sibling takes a lead role when caring for parents, but all family members should be honest about their feelings, situations, and needs.

Don't Procrastinate

The earlier you can begin to communicate about important issues, the more likely you will be to have all the information you need when a crisis arises. How will you know when a parent needs your help? Look for indicators like fluctuations in weight, failure to take medication, new health concerns, and diminished social interaction. These can all be warning signs that additional care may soon become necessary. Don't avoid the topic of care just because you are uncomfortable. Chances are that waiting will only make you more so.

Remember, whatever your relationship with your parent has been, this new phase of life will present challenges for both parties. By treating your parent with love and respect-and taking the necessary steps toward open communication-you will be able to provide the help needed during this new phase of life.

1. United Nations Department of Economic and Social Affairs, 2017

2. Note: Power of attorney laws can vary from state to state. An estate strategy that includes trusts may involve a complex web of tax rules and regulations. Consider working with a knowledgeable estate management professional before implementing such strategies.

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Critical Estate Documents

Financial Documents

	<u>Joint Ownership</u>	<u>Durable Power of Attorney</u>	<u>Living Trust</u>
What does it do?	Enables you to own property jointly with another person	Authorizes someone to handle legal and financial decisions if you become incapacitated	Holds your belongings until your death
Can it authorize someone to handle your financial affairs if you are unable to communicate?	Generally, no	YES	Generally, no
Can it specify how you want your belongings transferred after your death?	But only those belongings owned jointly	Generally, no	YES
Is it private?	YES	YES	YES
When does it go into effect?	As soon as joint ownership is recorded	Either immediately or upon a specific trigger event (such as your incapacity)	When the document is signed and the trust is funded
Does it require court involvement?	No	No	No

Healthcare Documents

	<u>Living Will</u>	<u>Power of Attorney</u>	<u>Power of Attorney for Healthcare</u>
What does it do?	Provides specific instructions about medical care and artificial life support	Authorizes someone to handle legal and financial decisions on your behalf	Authorizes someone to make healthcare decisions on your behalf
Can it outline your medical wishes if you are unable to communicate?	YES	Generally, no	Not generally, but it does authorize someone to make medical decisions on your behalf
Can it authorize someone to handle your financial affairs if you are unable to communicate?	Generally, no	YES	Generally, no
Duration	No expiration; can be revised or revoked at any time	Depends on specifics in the document; can be revised or revoked at any time	Depends on specifics in the document; can be revoked or revised at any time
Is it private?	YES	YES	YES
When does it go into effect?	Upon your incapacity	Either immediately or upon a specific	Either immediately or upon a specific trigger

trigger event (such as your
as your incapacity) incapacity)

Tip: Delegation. When choosing someone to make healthcare decisions on your behalf, consider naming an individual who is trustworthy, level-headed in a crisis, and can make themselves available on short notice.

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Top New Digital Tools for Small Businesses

Technology has not only shrunk the tools we use, but it has also given small businesses the power to operate like big businesses. Technological tools can help small businesses get better organized, efficiently manage their finances, or support customer service and win new business.

New Digital Tools that Can...Organize You

- Evernote: For the creative mind, this app allows you to capture great ideas and track them to completion. This tool can help you collect, discuss, and present information important to you, your staff, and your clients.
- Tripit: This app consolidates all your disparate travel itinerary information in one place, regardless of what website you used, or how many you used, to plan the trip. Tripit also provides delay alerts, weather updates, maps, and directions.

Managing Finances

- Expensify: This app keeps track of business expenses and mileage and can file receipts and expense reports with the click of a button.
- InDinero: This tool syncs up your bank accounts and credit cards and provides a real-time financial dashboard to help

track cash flow and manage finances.

Build Your Business

- LocalVox: LocalVox is a marketing app that helps you build your brand online. It allows you to publish to online channels and optimizes organic searches.
- Perka: This app helps local businesses promote and reward customer loyalty.
- Desk.com: This site helps you keep a pulse on your customers and work with your staff to track and respond to customer issues.

And Stay Connected to Those Closest to You

- Couple: Business owners can sometimes forget about their first love. Use this app with your spouse or partner to stay connected and remember important events.

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