

Senior Solutions

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Let's Talk Retirement \$'s

This Month's Money Tip

Revisit Your Estate Planning Documents

It's surprising how many senior adults don't have essential estate planning documents. Along with a will, you should have a durable power of attorney that appoints someone to take over your financial affairs if you become incapacitated, and a health care proxy that empowers your designee to make decisions regarding your care if you are unable to make them yourself.

If you don't have all these documents safely tucked away somewhere, make an appointment with us and we will explain the necessity of these documents as well as direct you to a reliable local estate planning attorney when necessary.

With estate planning documents, when it's too late, it really is too late!

(excerpts from Reader's Digest "New Choices" June 2001)

**Growing old is easy,
maturing is the
hard part!**

**Just a thot: Before credit
cards we always knew exactly
how broke we were!**

Avoid Financial Abuse

by Peter Weaver

excerpt from "Secure Retirement"

May/June 2001

Physical abuse of seniors has gotten a lot of attention. But another kind of abuse--financial--is not so well known.

Here are some tips, supplied by government and private experts, on how individuals and families can prevent financial abuse:

•LOOK FOR EARLY WARNING SIGNALS. Is a caregiver taking over by isolating the victim through mail and phone call interception? Have there been sudden changes in gift giving, will writing, and personal spending?

•SCREEN AND HIRE HELP. Even if a home-care agency says its employees have been screened, do your own checking for references, police reports, and court activity. Have a licensed geriatric care manager do an evaluation and recommend a caregiver.

•CREATE FINANCIAL SAFEGUARDS. Take advantage of banking services such as direct deposit of Social Security, pension, and other checks. Have the bank set up an automatic bill-paying service for mortgage, rent, utilities, and other regular outlays.

•CREATE FAMILY SAFEGUARDS. Have trusted family members get monthly bank statement copies. The family member may have to be on the account, depending on local banking rules and practices. Do the same for brokerage to avoid "churning," the constant buying and selling of stocks to generate commissions for the broker.

TAKE ACTION. If you suspect a caregiver of thievery, get in touch with your local adult protective services or law enforcement agency.

Trivia

During World War II, sugar was sent overseas for U.S. troops, which meant there wasn't much sugar left in the States to produce candy. Because of this unusual situation, Americans ate three times as much popcorn as usual.

Recipe for the Month:

Apple Custard Pie



2 tbsp. unsalted butter • 1 cup firmly packed light brown sugar • 1/2 tsp. plus 1/8 tsp. ground cinnamon • 2 lbs. Granny Smith apples, peeled, cored, and cut into 1/4 inch thick slices • 1 large egg, lightly beaten • 1 cup heavy cream • 1 large egg yolk • 1/2 tsp. pure vanilla • 1 tbsp. confectioners' sugar • Sweetened Whipped Cream and • 1 recipe for pie shell (keep refrigerated)

Preheat the oven to 350 degrees. • In a large skillet over medium heat, melt the butter. Stir in the brown sugar and cook, stirring, for one minute. Add 1/2 teaspoon of the cinnamon and the apples. Cook, stirring to coat the apples with the sugar syrup, for three minutes. Remove from the heat and turn into a 9-inch deep-dish pie pan. • Remove the dough from the refrigerator and let stand for about five minutes. • Lightly flour a work surface and roll out the dough into a circle twelve inches in diameter and 1/8 inch thick. Place it over the apples in the pie pan; crimp the edges around the rim of the pan. Brush the dough with the beaten egg. • With a sharp knife, make a one-inch circle in the center of the pie. Bake for 15 minutes. Remove from the oven. • In a mixing bowl, whisk together the remaining 1/4 cup granulated sugar, the cream, egg yolk, vanilla, and the remaining 1/8 teaspoon cinnamon. Pour the custard through the hole in the piecrust. return to the oven and bake until the custard sets, about 30 minutes. Remove from the oven and let cool completely. • Sprinkle the top of the pie with the confectioner's sugar, spoon onto serving plates, and garnish with the whipped cream to serve. *Enjoy*

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OUR MISSION is to bring information to you so that you will be able to take action to achieve your financial goals. The plan is yours...only you can implement it. We can only accomplish OUR MISSION by:

- meeting with you
- helping you define your goals
- helping you create a plan to achieve your goals
- monitoring your progress regularly
- adjusting your plan with you, as needed, through changing markets

OUR ROLE is that of counselor and guide.

OUR CLIENTS have the ability to enjoy increased income using proven tax strategies and products

that offer leveraged purchasing power and tax deferred accumulation of assets.

To each client relationship we bring educational expertise and critical financial experience. By helping the client focus his or her goals, we can help them:

- avoid paying unnecessary income taxes
- reduce or eliminate taxation of Social Security Benefits
- increase the benefits of compound interest
- make things less complicated
- guarantee a lifetime income
- avoid Medi-Cal spend down
- stretch their IRA's to their children and grandchildren

John

I ASKED

I asked for strength...
And God gave me difficulties to make me strong.
I asked for wisdom...
And God gave me problems to solve.
I asked for prosperity...
And God gave me a brain and brawn to work.
I asked for courage...
And God gave me danger to overcome.
I asked for love...
And God gave me troubled people to help.
I asked for favors...
And God gave me opportunities.
I received nothing I wanted...
And I received everything I needed.