

CRITICAL TRANSITIONS WEALTH ADVISORS

Financial Fitness During The Holidays

The holiday season is fast approaching! Remember to participate in the season of giving but with a healthy holiday budget. Here are a few tips for maintaining financial fitness this holiday season:

- Determining the total amount of money that you want to budget for gifts.
- Make a list of people that you will be buying gifts for this year.
- Write down ideas for each person on the gift buying list, and set an amount that you will spend for each person on the list. Keep track of what is spent after the purchase is made.
- If you need to, hide your credit cards!
- Be creative and think of inexpensive gifts that have lots of meaning or ones that will create memories.

May you make a commitment to sharing holiday presents with family and friends, attending your place of worship, and giving to your favorite charity and avoid the credit card crunch!



Qualified Charitable Distributions

A Qualified Charitable Distribution is a distribution of taxable assets from an IRA paid to a qualified charity that is tax-free for the IRA owner. Individuals age 70 1/2 or over could exclude up to \$100,000 from gross income for donations paid directly to a qualified charity from their IRA.

Required minimum distributions (RMD) are required by year-end 2022. Consider satisfying your RMD by making a gift to your church or favorite charity!

Contributions to a traditional IRA may be tax deductible in the contribution year, with current income tax due at withdrawal. Withdrawals prior to age 59 1/2 may result in a 10% IRS penalty tax in addition to current income tax.

"No one has ever become poor by giving."
-Anne Frank

November is Long-Term Care Awareness Month

One of the greatest benefits of long-term care insurance is it allows loved ones to supervise your care and not have to provide your care. Caregivers are 50% more likely to have anxiety, increased health problems and become depressed than non-caregivers.

Long-term care (LTC) goes beyond medical care to include all the assistance you could need if you ever have a chronic illness or disability that leaves you unable to care for yourself for an extended period of time (longer than 90 days). While our elderly people generally require the most long-term care services, a young or middle-aged person who has suffered a debilitating illness or accident may also require care. You may require long-term care due to Dementia or Alzheimers, stroke, complications from diabetes or many other chronic conditions. Medicare does not cover these costs. You need a plan!

By allocating nothing for long-term care, you could be risking your retirement assets. With the help of your family and myself as your professional CERTIFIED FINANCIAL PLANNER™ you can create a plan to ensure care for yourself today and in the future. You need to think of things such as who you would want to care for you, where you would like to receive your care, and how you will pay for your care. By planning ahead, you could reduce much of the physical and emotional burden on your family and loved ones. Also, as you age and your health changes, it can be difficult to get coverage. It is important to start planning now. Use November as a time to have this conversation with your family, and let me help you create a plan of care.

Adoption Awareness Month



November is National Adoption Awareness Month.

According to federal data, there are more than 400,000 children in the United States in the foster system in need of a family. Per the Department of Social Services, in South Carolina over 400 children are adopted each year. Take time this November to celebrate families who have grown through adoption, and bring attention to the many children across our country still waiting on loving homes.

Happy Thanksgiving to You & Your Family!

We are so thankful for our clients and the opportunity to serve you and your families. We wish everyone a safe and happy Thanksgiving with your loved ones!

“The more you practice the art of thankfulness, the more you have to be thankful for.”

-Norman Vincent Peale



Sweet Potato Cookies ... to enjoy this Thanksgiving!



Courtesy of [delish.com](https://www.delish.com)

Ingredients:

FOR THE COOKIES

2 1/4 c. all-purpose flour
 1 tsp. baking soda
 1 tsp. ground cinnamon
 1/2 tsp. kosher salt
 1/4 tsp. ground nutmeg
 1 c. (2 sticks) butter, softened
 3/4 c. brown sugar
 1/2 c. granulated sugar
 3/4 c. sweet potato purée

2 tsp. pure vanilla extract
 1 1/2 c. toasted pecans, chopped

FOR THE MAPLE GLAZE

1 c. powdered sugar
 2 tbsp. maple syrup
 1 tbsp. milk
 Pinch kosher salt
 3/4 c. toasted pecans, finely chopped

- Preheat oven to 375° and line two large baking sheets with parchment paper. In a small bowl, whisk together flour, baking soda, cinnamon, salt, and nutmeg.
- In a large bowl using a hand mixer, cream together butter and sugars until light and fluffy. Beat in sweet potato, egg, and vanilla, then add dry ingredients and mix until just combined. Stir in chopped pecans.
- Scoop 1" balls onto prepared baking sheets, 2 inches apart, and bake until golden and just set, about 10 minutes. Cool on baking sheets 5 minutes then place cookies on a cooling rack and let cool completely.
- Make glaze: In a medium bowl stir together powdered sugar, syrup, milk, and pinch of salt. Drizzle glaze over cookies and sprinkle with chopped pecans.

Holiday Hours

- November 8, Office closed for Election Day
- November 23 - 25, Office closed for Thanksgiving
- December 22-23, Office closed for Christmas
- December 30-January 2, Office closed for New Year's



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