

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.
- Be creative and think of inexpensive gifts that have lots of meaning or ones that will create memories.



Inexpensive and creative gift ideas:

- Your loved one's favorite food/snack in a box: gather all of the necessary ingredients/ components of their favorite food item and place them in a box. Include a recipe or step-by-step guide for them to follow while they assemble the item. (For example, an Ice Cream Sundae in a Box would include ice cream cups/cones, toppings, and an ice cream scoop.)
- Homemade/handprint ornaments: Grab some clay from the craft store — you can even pick up some paint if you want to get really crafty! You can use cookie cutters to cut out the shapes you would like. Customize it however you want to make it a fun or meaningful gift.
- Make your loved one a scrapbook with your favorite pictures of you together and them with other loved ones. You can get even more sentimental and include detailed descriptions of your favorite memories with them!
- Print out your favorite photos together and gift them in frames. You can either run to the thrift store and find inexpensive frames there, or you can buy relatively inexpensive frames from the craft store!

We hope this helps you make a commitment to sharing holiday presents with family and friends and giving to your favorite charity while avoiding the credit card crunch!

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 those in our elderly population 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.

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 2023. 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.



Pecan Pie Brownies...to make this Thanksgiving!



Pecan Layer:

- 3/4 cup packed light brown sugar
- 1/2 cup light corn syrup
- 4 tablespoons unsalted butter, melted
- 1 tablespoon pure vanilla extract
- 1/2 teaspoon kosher salt
- 2 large eggs
- 1 tablespoon bourbon (optional)
- 3.5 cups coarsely chopped pecans

Brownie Layer:

- 4 large eggs
- 1 1/4 cups unsweetened cocoa powder
- 1 tablespoon pure vanilla extract
- 1 teaspoon kosher salt
- 1 teaspoon baking powder
- 1 teaspoon instant espresso (optional)
- 2 sticks unsalted butter
- 2 1/4 cups granulated sugar
- 1.5 cups all-purpose flour
- 1 cup semisweet chocolate chips

1. Preheat oven to 350 degrees. Line a 9x9 inch baking pan with parchment. Spray with nonstick cooking spray
2. In a stand mixer, combine eggs, cocoa powder, vanilla, salt, baking powder and espresso powder. Beat on medium-low until smooth (about 2 minutes).
3. Melt the butter in a small saucepan over medium-low heat. Add the sugar and stir until mostly dissolved (2-3 minutes).
4. Add butter mixture to the bowl. Mix until the batter is smooth and shiny (2 minutes). Reduce speed to low and carefully add flour and chocolate chips, mixing until the flour is fully incorporated. Pour batter into pan and bake for 32-34 minutes.

5. While the brownie layer is baking, whisk together brown sugar, corn syrup, melted butter, vanilla, salt, eggs, and bourbon (if using), in a medium bowl until well combined and the sugar is dissolved. Add the pecans and stir until the nuts are completely coated.

6. Gently Pour the pecan mixture over the baked brownie, using a spoon or small offset spatula to carefully spread all the way to the edges. Bake until the pecan pie layer is golden, set and no longer jiggly (30-35 minutes). Let cool completely (3 hours), before slicing into 9 squares.

Enjoy!

Source: (<https://www.foodnetwork.com/recipes/food-network-kitchen/pecan-pie-brownies-9380797>)

Happy Thanksgiving!

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



Holiday Hours

- November 22 - 24, Office closed for Thanksgiving
- December 21-26, Office closed for Christmas
- January 1-2, Office closed for New Year's



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