

CRITICAL TRANSITIONS WEALTH ADVISORS

Financial Fitness During The Holidays

The holiday season is fast approaching! Again this year the holidays may look a bit different for many families, but you can still participate in the season of giving with the help of 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.



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 a Traditional or Beneficiary Roth IRA paid to a qualified charity that is tax-free for the IRA owner. Individuals age 70½ 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 in 2021. Satisfy your RMD by making a gift to your church or favorite charity!

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, South Carolina there are over 4,000 children in foster care. Take time this November to honor adoptive families, 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!

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” -Melody Beattie

Pumpkin Snickerdoodle Cookies ... to enjoy this Thanksgiving!

Ingredients:

- 2.5 cups all purpose flour
- 1/2 cup granulated sugar
- 1 tablespoon arrowroot powder
- 1 egg
- 1 teaspoon baking soda
- 1 tablespoon vanilla
- 3/4 teaspoon kosher salt
- 1 teaspoon cinnamon
- 1 stick of butter, room temperature
- *additional half cup of sugar + 1 tbsp cinnamon to coat your cookies
- 3/4 cup brown sugar

Preheat oven to 350F and line a baking sheet with parchment paper. In a bowl whisk together flour, arrowroot powder, baking soda, cinnamon and salt and set aside. Using a stand mixer mix butter, brown sugar and sugar. Add in the egg, vanilla, pumpkin puree and combine until smooth. Slowly add the dry mixture in batches and combine on a low setting. The dough will be pretty doughy, just be aware. In a small bowl, mix together additional sugar and cinnamon to coat cookie. Scoop dough and roll into a ball. Plop cookies into sugar and cinnamon mixture and roll until coated. Place onto baking sheet with a good amount of space between each cookie. Bake for 8 minutes, remove and slap the pan on the counter to flatten cookies and release any air pockets. Cook for an additional 4-5 minutes. Once out of the oven, sprinkle with a little extra cinnamon sugar on top. Let cool and enjoy!

Holiday Hours

- November 25th & 26th, Office closed for Thanksgiving
- December 24th, Office closed for Christmas
- December 31st, Office closed for New Year's



Stephanie Y. Vokral
AIF®, CFP®, CDFIA®

Jessie R. Faircloth
Director of Client Relations



111 Stonemark Lane, Suite 104 / Columbia, SC 29210 / T: 803.749.7012

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