

**JULY
AUG
2023**



NEWS YOU CAN USE

Credit Reporting Change May Take the Sting Out of Some Medical Debt

When you're sick, you visit the doctor, but what happens when the bills roll in and it's more than you can afford? Medical debt can affect anyone, even if you have great medical insurance. Many people find themselves struggling to pay their medical debt, which ultimately can impact their credit score.

The Consumer Financial Protection Bureau (CFPB) estimated that as of 2021, \$88 billion in medical bills were represented on consumer credit reports and medical debt made up 57% of all collections on credit reports.¹

Recently, the three major credit bureaus made a change that could help those with smaller medical debt no longer feel the squeeze on their credit rating. Equifax,

Experian and TransUnion will no longer include medical collections of \$500 or less on consumer credit reports.²

Medical debt isn't something to be ashamed of, but the reality is it can sometimes be challenging to make payments if unexpected emergencies arise. Things like insurance delays and billing errors can be frustrating, but this shouldn't deter you from proper care. You also shouldn't have to avoid receiving care because of the cost of medical attention.

We can help you look at your financial picture and keep your health needs in mind as you craft your financial strategy for retirement and beyond, to help ensure you're prepared for whatever the future may hold.



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Sources: ¹ John McNamara. Consumer Financial Protection Bureau. Feb. 14, 2023. "Debt collectors re-evaluate medical debt furnishing in light of data integrity issues." <https://www.consumerfinance.gov/about-us/blog/debt-collectors-re-evaluate-medical-debt-furnishing-in-light-of-data-integrity-issues/>. Accessed April 26, 2023.

² Michelle Singletary. The Washington Post. April 12, 2023. "Finally, medical debt under \$500 has been removed from credit reports." <https://www.washingtonpost.com/business/2023/04/12/medical-debt-credit-reports/>. Accessed April 26, 2023.




- MILESTONE BIRTHDAYS -

<u>July</u>	<u>August</u>
James K	Alessandro DS
Gary E	David D
JoAnn B	Rolanda W
Robert M	Gladys C
Laura W	Virginia C
Cameron H	Mary RP
Christina K	Judy R
Katy H	Jocelyn A
Laura C	Kathy B
Charlsie G	Ken M
Jerry D	
Bernie H	
Ronald C	







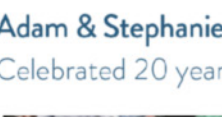



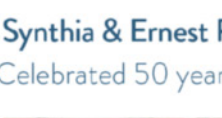




Thank You for your Referral

Rita Baldwin	Vivian Chambers
Linda Crays	Martha Coleman
Frank Herrera	Christy Brown
Pam & Bernie Hobson	Pam Johnson
Nancy Piwonka	

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*Happy Anniversary
& Congratulations*
ON ACHIEVING THESE MILESTONES

	Duane & Bobbie L. Celebrated 50 years together on June 1st	
	Jennifer & Bobby R Celebrated 20 years together on June 7th	
	Richard & Vicki L Celebrated 10 years together on June 10th	
	Adam & Stephanie R Celebrated 20 years on June 14th	
	Levi & Linda D Celebrated 50 years together on June 16th	
	Synthia & Ernest P Celebrated 50 years on June 22nd	
	Martha & Bryan H Celebrating 50 years on July 7th	
	Beatrice MF & Jessie F Celebrating 50 years on August 11th	

Make Your Car Feel Brand New

Many people consider their car a second home because they spend so much time in it. Whether you have a brand new car or one that is racking up miles by the minute, you deserve to feel good about what you are driving. Keeping up your car's maintenance will keep it driving longer and make you feel like you have a new ride.

One of the best ways to make sure your car is safe and looking its best is checking on the smaller details. Regularly check your tire pressure, windshield wipers, air filters and oil.¹

Not only does having good tire pressure give the car better fuel efficiency, but it keeps you safe.² Drivers can avoid accidents by checking their tires regularly. Wipers need replaced every six



months to ensure you can see during unforeseen weather.³ Look at your air filters annually, and check your oil levels monthly if you're driving regularly and your car has less than 100,000 miles on it — or twice a month if it has more than 100,000 miles on it.⁴

Aside from these maintenance tasks, you may want to invest in professional detailing to make your car sparkle like new. Professionals will thoroughly clean the inside and outside of your car, but even without professional help, you can keep your car clean and uncluttered to make your drive more appealing.⁵ With summer travels beckoning, take the time now to make your car look and feel new!

Sources: ^{1,2,3,4} Gabrielle Horton and Sylvie Douglis. NPR. July 29, 2022. "Simple DIY maintenance tasks that will keep your car running smoothly — and save money." <https://www.npr.org/2022/07/01/1109431302/car-maintenance-tips-checklist>. Accessed April 26, 2023.

⁵ Chaya Milchtein. AAA. Sept. 20, 2022. "Make Your Car Feel New Again." <https://mwg.aaa.com/via/car/how-to-make-car-feel-new-again>. Accessed April 26, 2023.



HOW TO ...

How to Reduce Food Waste

Summer means get-togethers with friends and family, which sometimes can result in leftovers galore. Figuring out what to do with uneaten food can be a hassle, but don't throw it away! Instead, learn how you can reduce food waste and help the environment.

The Freezer is Your Friend. Leftovers can go in the fridge for three days, but if you know it will take longer to eat them, store the food in the freezer. Organize your freezer so you can find the food easily, and label it so that you can eat the oldest items first and avoid freezer burn over time.

Start Composting. Food scraps can be easily composted in your backyard. Add the scraps to a compost pile in your garden or buy a small compost bin for inside your kitchen.

Think Outside the Box. Making things like vegetable stock or soups are some great ways to use up leftover food. Use food in dishes that are easy and delicious, then store them for later!

Source: Romi Londre. Mayo Clinic Health System. June 4, 2021. "7 ways to reduce food waste in your kitchen." <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/7-ways-to-reduce-food-waste-in-your-kitchen>. Accessed April 26, 2023.



DOLLARS & SENSE

Your Choices Today Can Impact Your Family For Generations

What does it mean to pass down wealth? If you have invested in stocks, bonds or other assets, or are building equity in real estate or a business you own, then generational wealth can look like many different things. One Federal Reserve estimate suggests that over 2 million households receive some inheritance¹.

When planning for the future, it can be good to remember ways you can pass down your wealth if you choose and do so with confidence.

Generational wealth refers to financial assets passed from one generation of a family to another.² Many families tend to pass down assets and other valuable items when a death occurs, but this doesn't have to be the only time you make such transfers.

A creative way to transfer generational wealth is through gifts. As of 2023, individuals may gift up to \$17,000 and couples up to \$34,000 annually in either money or property without incurring the federal gift tax.³

Tuition paid directly to an educational institution is also exempt from gift taxes, so this is another way to help the next generation. Like tuition, eligible medical expenses paid directly to the provider are also exempt from gift tax.⁴

Building generational wealth takes time but can benefit your family and loved ones. Here are several ways to start building generational wealth:⁶

Improve Your Financial Literacy. Once you have a strong understanding of your finances, budgeting, credit score and savings, you will be able to make better choices when building your generational wealth.

Pay Down Your Debt. There are various options for paying back debt, and understanding how your debt impacts your finances is one of the first steps. It may be time to look into setting aside an emergency fund for the unexpected and getting on track with a debt-repayment strategy.

Focus on Budgeting. Knowing how much money is coming in and how much money is going out is a great starting point for building your budget. By planning ahead, your budget can accommodate wants, needs and unexpected expenses.

Create Goals. Consider your short-term and long-term financial goals to set a reasonable timeline. These goals may include retirement savings, insurance policies, investments and emergency funds. We can help you look at where you stand in relation to your goals and help you craft a financial strategy.

Plan for the Next Generation. Keep the next generation in mind while you plan, determining which vehicles you'd like to use to pass wealth to heirs, for example educational savings accounts or tuition payments; wills or trust funds; or insurance policies.

Take Your Financial Pulse. Financial plans aren't permanent, so revisit your budgets and plans regularly, especially if you experience a life change. This will help you build toward your generational goals.

Generational wealth can open many doors for your family, but planning ahead is key. If you are considering giving valuable items, property or funds to family members, remember that there are options for those transitions. Whether you are just starting to think about generational wealth, just starting to build it or you've been growing your assets for years, a plan can help keep you on track.

Sources: ¹⁵ Capital One. Jan. 5, 2023. "What is generational wealth?" <https://www.capitalone.com/learn-grow/money-management/what-is-generational-wealth/>. Accessed April 26, 2023.

²⁴ Greg Daugherty. Investopedia. Dec. 21, 2022. "Generational Wealth: Overview, Examples and FAQs." <https://www.investopedia.com/generational-wealth-definition-5189580>. Accessed April 26, 2023.

³ IRS. Oct. 27, 2022. "Frequently Asked Questions on Gift Taxes." <https://www.irs.gov/businesses/small-businesses-self-employed/frequently-asked-questions-on-gift-taxes>. Accessed April 26, 2023.

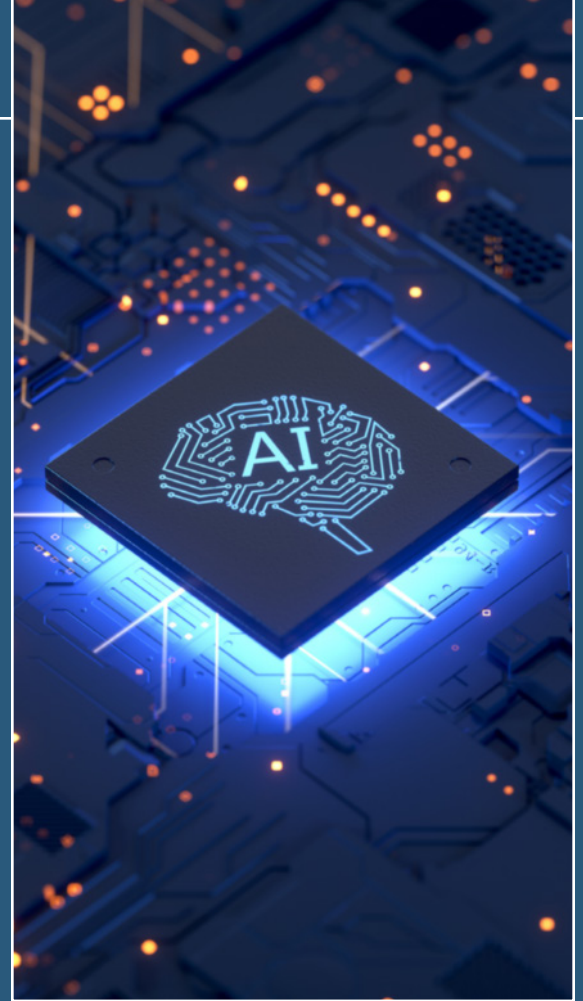
AI: The Technology of the Future

Technology has advanced in big ways in such a short time. One of the most recent developments has been artificial intelligence (AI). The possibilities become endless with this type of technology, which is now benefiting people in various ways.

AI mimics human intelligence and is essentially a computer simulation of human behavior. Though the movies can make it seem like AI could backfire and take over the world, that is far from the truth. This technology is used to maximize efficiency, productivity and profit. AI-powered programs will be able to take on more dangerous jobs as well as jobs that are detail-oriented or repetitive.

AI can be found in a wide range of industries, including health care, machine operation, finances, gaming, user assistance and data analysis. Each of these industries is different, but AI enhances each in its own way. From helping with medical diagnoses to powering self-driving cars to telling you the weather each morning, AI has made people's way of life easier in many ways.

One of the biggest upsides to artificial intelligence is the fact that human error is significantly decreased. The programs don't break or make mathematical errors as often as humans, which can be essential for detail-oriented and routine tasks. Though this technology is a great enhancement, one of its current downsides is its expense and the need for staff with the expertise to leverage it. Though it is a great tool that holds a world of potential, AI is still being developed and evolving.



Source: *Entrepreneur*. Dec. 27, 2022. "What Is Artificial Intelligence (AI)? Here Are Its Benefits, Uses and More." <https://www.entrepreneur.com/science-technology/what-is-artificial-intelligence-ai-here-are-its/441570>. Accessed April 26, 2023.

			4					
	7							1
	9	3					1	
9	1			7		3		8
7				9	2			
		9						4
4			7	8				5
		1	9			6		
								6

© 0 Syndicated Puzzles

BRAIN GAMES

Str8ts

Game Rules

Rows and columns are divided into compartments of white squares. Use single numbers to complete a straight for each compartment. A straight is a set of numbers with no gaps and in any order. No single number can repeat in any row or column. Clues in black cells remove that number as an option in that row and column, and are not part of any straight.

Going Live!

FIND EVENTS THAT MATCH YOUR INTERESTS

Comedians, musicians, magicians and other live performers are always traveling the country to bring their talents to new places. Attending live events is not only fun, but it allows you to explore new interests, meet new people and make memories that will last a lifetime. Whether your favorite musician is playing near you or a traveling circus is passing through your city, be ready with these tips.

PLAN IN ADVANCE

Though the thought of spontaneously attending a live event sounds fun, it can actually become a hassle before the event starts. To avoid any stress and enjoy the event to the fullest, you have to start planning! Once you know what kind of event you want to attend, research ticket prices and locations.¹ Consider if you want to splurge on VIP tickets, if they are offered. Research key details like the venue's parking options, whether the venue will have air conditioning and what you're allowed to bring.² It's also a good idea to know how much money you are going to bring with you for food, merchandise and in case of an emergency.³ If there won't be food at the venue, make plans to eat before the event.

KNOW BEFORE YOU GO

Each live event is different, but knowing a few general guidelines beforehand will make all the difference. Plan ahead for the weather and the traffic and — to avoid long lines and the stress of feeling rushed — plan to arrive early.⁴ Popular events are usually crowded, so it's also important to be respectful. For events where you are primarily seated, be mindful of those around you and try to keep your personal items in your area.

LIVE IN THE MOMENT

The biggest trick to enjoying whatever event you attend is remembering to live in the moment. Take a minute to put away your phone and listen to the music, laugh with others about a joke, be amazed by a magic trick or reflect on the speaker's inspirational words. Live events can make you feel alive again, so be sure to soak in the experience and make great memories!

SOURCE:

^{1,2,3,4} Akshay Bhanawat. Nov. 21, 2021. "5 Tips and Tricks Every Music Concert Goer Should Know." <https://themusicessentials.com/editorials/tips-and-tricks-every-music-concert-goer-should-know/>. Accessed April 26, 2023.

Money and Your Emotions

When you spend money on yourself, do you ever feel guilty about it afterward? Turns out that the way you handle money and how you feel about it are closely related. There's no reason to feel dread over your finances, it just means it's time to build a healthier relationship with money.

Many people find that negative emotions can arise when they deal with money. Consider any debts you have; do they make you anxious or upset? It is perfectly normal to feel like you are fixated on how much you owe, but you also have to remember how far you have come.

When it comes to financial decisions, examine your emotions to know what you want, need, fear and value. Becoming more well-versed about your finances can help to ease these emotions. If you aren't able to understand a topic dealing with money, it can be scary but that's why we're here to help you navigate any questions or concerns. Money can also be a great motivator. It offers opportunities to give to others and show them you care.




How you handle money often depends on the household you grew up in. Think of your first interactions with money in your family and how it impacts your feelings toward money today. Your relationship with your money doesn't have to be frustrating or disheartening. With the right understanding, it can be fun to build your knowledge and grow your confidence.

Source: Rakshitha Arni Ravishankar. *Harvard Business Review*. Aug. 16, 2021. "Why Are We So Emotional About Money?" <https://hbr.org/2021/08/why-are-we-so-emotional-about-money>. Accessed April 26, 2023.

BRAIN GAMES

ANSWER KEY:

	8	7		4	3	1	2	
	7	6	5			2	3	1
8	9	3	4	5	6		1	2
9	1		6	7	5	3	4	8
7	6	8		9	2	4	5	3
	5	9	8	6	7			4
4	3		7	8	9		6	5
3	2	1	9		8	6	7	
	4	2	3			7	8	6

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RECIPE

HONEY MUSTARD PEPPERJACK CHICKEN WITH FRESH PICO DE GALLO

This easy chicken dinner is so delicious and easy to make. coming together in just about 30 minutes, it's full of flavor and fresh summer flavor perfect for the warmer months!

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 cup honey mustard marinade (see note #1)
- Salt & pepper
- 2/3 cup shredded pepperjack cheese, divided
- 1 recipe for easy pico de gallo (or buy your favorite fresh salsa at the store!)
- For serving: fresh avocado, roasted potato or chips

HOW TO MAKE IT:

1. Add chicken breasts to a ziploc bag with honey mustard and allow to marinate for a minimum of 30 minutes.
2. Preheat oven to 400° F and line a baking sheet with foil.
3. Drizzle 1 teaspoon olive oil over the foil and lay marinated chicken onto it, sprinkling with salt and pepper
4. Bake for 30 minutes then remove chicken and cover each breast with the pepperjack cheese
5. Place back in the oven and bake for a final 5 minutes (or until chicken has an internal temperature of 165° F)
6. Remove, top each breast with fresh pico de gallo and serve with avocado, roasted potatoes or chips

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*Operations &
Client Service*



SARI ENRIQUEZ
Marketing & Events



KRISTINA KIENG
Client Care



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UPCOMING DATES

JULY

04 Independence Day (LKJ Office Closed)

12 Sari Enriquez - LKJ Birthday

23 Parent's Day

AUGUST

21 Senior Citizens Day

22 Amelia Weber - LKJ Birthday

26 Women's Equality Day