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HOW THE INTERNET CAN HELP YOU WITH YOUR HEALTH

BY SOPHIE CHUNG



Health and the Internet. Probably not two things that you'd normally associate with each other, especially if you're someone who doesn't already spend a lot of time online.

However, in 2020 the Internet is capable of so much, and this includes having the ability to improve your health and well-being. Although this might sound a little bit surprising, it's one that's becoming increasingly commonplace today.

While the Internet is an amazing platform, it should be used with caution, especially when it comes to health-related issues.

Untrustworthy and unreliable sources are easy to stumble upon, but with some handy tips, it can play a great role in keeping you healthy. Below, I've outlined five useful ways in which you can use the Internet to help with your health.

An Empowering Research Tool

A 2013 study found that one in three Americans have used the Internet to research medical information. This figure is probably even higher today. The growth of online medical databases has played a significant role in the increasing number of people researching health topics online.

These websites are packed full of detailed information around hundreds of different healthcare-related topics. Reliable databases are great sources that you can use to keep track of and manage your health and well-being.

However, some online databases are more reliable than others when it comes to the accuracy of the information they provide. Simply googling a medical condition or a symptom can leave you swarmed with an overwhelming amount of unverified and scary information.

This can make you even more worried about your health ailments. I recommend having a couple of reliable sources saved, such as WebMD or PubMed, and sticking to these reputable databases when researching online.

This will help to ensure that the information you're getting is approved, saving you from being led down any wrong paths by inaccurate information.

But remember, you should always go to your doctor with any health worries. These websites can give you some extra information, but you shouldn't rely on them for medical diagnoses.

Using the Internet as a Support System

Simply put, the Internet makes it easier to find someone to talk to. Information and knowledge are great; however, support is one of the most important factors when it comes to maintaining health and well-being.

The Internet can help with this through its variety of easy-to-use supportive networks. Joining these can feel unnerving at first, though, dedicated support groups allow you to connect with others who may be in a similar situation to you and therefore who understand what it is that you're going through.

This is particularly useful for those suffering from chronic illnesses as you can use the Internet to connect with others who also have the condition. Whether you use the platform to ask questions, find out more information about the illness, or simply to share experiences, isn't really important.

What's important is that these communities can provide vital connections that can help you to feel supported and reassured during difficult times.

Handy Cost Comparisons to Avoid Overspending

Healthcare costs can be daunting. Thankfully though, the Internet is full of reliable resources when it comes to providing information on how much a treatment should cost. While low costs are good to have, it's important to ensure that the care you receive is high-quality.

Looking at dental implants for example – a common dentistry treatment for patients over 60 – prices can vary significantly depending on the specific dentist that you visit.

Therefore, using the Internet to find dental implant cost guides and comparisons, can help to give you an idea of how much the treatment should cost when it's performed by a highly-experienced, reputable dentist.

Contacting Your Doctor Online

An increasing number of doctors are using social media and other online platforms as a way to communicate with their patients. This has proved to be a vital resource throughout 2020, as lockdowns and restrictions have discouraged us from leaving our homes.

However, this can also be a useful tool during non-Covid times. Communicating with your doctor online is ideal if you're just looking for some advice or an answer to a quick question.

This is also a great solution if you live far away from your doctor or if you're unable to travel because of a medical condition for instance.

Doctors being reachable online is also something that ties into my first two points. For example, you can use a reliable medical database to find information and then have this quickly verified by your doctor through their social media or other online chat system.

Being available online can also help both doctors and patients to create a sense of community between each other, especially if the doctor is part of any support groups or networks.

However, while this is a great resource, it shouldn't replace face-to-face visits completely. Attending important doctor's appointments in person is still key for maintaining your overall health and well-being.

Boosting Your Brain

My last point may come as a surprise, but studies have shown that surfing the web can actually be good for the health of your brain. One UCLA study in particular, looked into a group of adults aged between 55-76.

It found correlations between those who were more "computer-savvy" and increased cognitive abilities. It was shown that browsing the Internet caused triggers in areas of the brain that are responsible for decision-making and complex reasoning.

Of course, too much Internet usage can have the opposite effect. So, like with anything done in moderation, surfing the web can be a great brain booster. Online puzzle games, chatting to people about shared interests, all of these activities can have a great effect on your physical and mental health.

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What Happened in 1949

Thepeoplehistory.com



What happened in 1949 Major News Stories include Mao Tse Tung Proclaims The Communist People's Republic of China, Geneva Convention agreed, First Volkswagen Beetle The Peoples Car sold in US, Apartheid begins in South Africa, RCA Perfects a system for broadcasting color television.

1949 After many years of misery through the depression and World War II postwar prosperity is starting to get underway with companies now able to supply the cars, Televisions and the other goods demanded in a consumer society. The cars got bigger, the TV's got bigger, with some 6.2 million new cars sold in the US and nearly 10 million Televisions in American homes, A new type of TV programme appeared we now call Soap Operas (the name came from the fact many soap manufacturers sponsored the shows to catch the stay at home mum with advertising).

Cost of Living 1949

How Much things cost this year
Yearly Inflation Rate U.S.A. -0.95%
UK 2.6%

Average Cost of new house \$7,450.00
Average wages per year \$2,950.00
Cost of a gallon of Gas 17 cents
Average Cost of a new car \$1,420.00
Minimum Hourly Wage Rate 70 cents per hour
Bacon per pound 50 cents
Dobbs Hat \$8.50
Kitchen Table and Chairs \$100.00
Bacon Sliced 59 cents per pound
Bananas 11 cents per pound
Bleach 21 cents 1/2 gallon
Cantaloupe 23 cents
Coffee 85 cents for 2 pound bag
Fresh Chickens 55 cents per pound
Below are some Prices for UK guides in Pounds Sterling
Average House Price 1,911

Berlin Blockade

Berlin Blockade officially comes to an end on May 12th and the airlift ends on September 30th

Communist People's Republic of China

The Communist People's Republic of China is proclaimed under Mao Tse Tung

The Geneva Convention

The Geneva Convention is agreed providing an agreement on the treatment of prisoners.

World - First Non-Stop Circumnavigation Flight

1. The Lucky Lady II airplane completes the first non-stop circumnavigation flight on March 2nd after 94 hours and 1 minute of travel time.
2. The Boeing B-50 Superfortress plane was piloted by Captain James Gallagher and had a crew of 14 men.
3. It was re-fueled in the air four times during the 23,452 mile journey.
4. It had taken off from Carswell Air Force Base in Texas on February 26th and successfully returned there.
5. It held the record for a round-the-world flight until 1957 when a B-52 bomber flew the journey in just 45 hours and 19 minutes.

The Goldbergs

One of the very first sitcoms, The Goldbergs, premieres on CBS. More Information and Timeline for The Goldbergs TV Show. One of the first long-running and successful sitcoms, "The Goldbergs," first aired live on CBS on January 17, . The Goldbergs was created by Gertrude Berg who wrote, directed, produced, and starred in the show which she had originally created for radio in 1929. The TV show was on the air until 1956 and in 1951 Gertrude Berg won an Emmy award for her portrayal of Molly, The Goldbergs' matriarch. The show was groundbreaking at the time and had focused on the daily lives of a Jewish family while also addressing their desire to maintain their cultural roots while trying to find a way to assimilate into American culture.

NATO Established

The North Atlantic Treaty Organization (NATO) was established during April. It was a collective defense pact meant to protect Europe from the Soviet Union which had been aggressively controlling much of Eastern Europe at the time. It also guaranteed US influence in the region, bolstering the status of the United States at the start of the Cold War. The pact originally included a total of 12 Western nations; the United States, Belgium, Great Britain, Italy, France, Luxembourg, the Netherlands, Denmark, Canada, Portugal, Norway, and Iceland. The Soviet Union countered with the Warsaw Pact in 1955.



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Healthy Holiday Eating for Seniors

by Marsha Fuller, RD, CDN



The holiday season is a time to celebrate with family and friends. Sometimes, for many it becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. And, unfortunately, most of us remain with that weight gain after the holidays.

For seniors, it's especially important to realize that they should accept their doctor's recommendations for diet and exercise during this time. Noncompliance can result in exacerbation of existing medical conditions that can ultimately shorten both quantity and quality of life. Happy holidays should focus on a healthy balance of food, activity, and fun, instead of weight gain. By implementing a few simple tips you can stay healthy through the holiday season.

HERE ARE MY SUGGESTIONS FOR SUCCESS THAT HAVE WORKED FOR SENIOR HOLIDAY REVELERS:

Be realistic. Shoot for weight maintenance, instead of loss, through the holidays. Plan time for exercise! There's 3500 calories to a pound, so a 1-2 pound average weight gain equates to about an extra 100-150 calories per day over a 6 week period. A half hour walk daily will help even the score as well as reduce that holiday stress!

Do you think sleep affects diet? Studies have shown that people who sleep less tend to weigh more. It could be metabolic or more probably, that people tend to make poorer food and exercise decisions when sleep deprived. When sugar gives you a short

burst of energy, it's easier to say yes to too many Christmas cookies! For seniors, it's difficult to acclimate to greater activity and change of schedule, including eating. So try to keep set schedules with ample rest time in between.

Keep regular meal schedules. Make it a habit to eat some fruit or vegetables before you go to a party. You will be less tempted to over-indulge. Bring a healthy dish to parties to help give everyone healthy options. Fill your holiday plate with greater portions of fruits and vegetables and smaller portions of calorie dense foods. If you overeat on one meal, go light on the next.

Eat slowly! It takes 20 minutes for your brain to signal your belly that it's full.

Cook only what you need. There are many of web sites, including www.talkabouthealthy.com, that will calculate recipes for the number of portions you need. Fewer leftovers mean you can get back to eating healthy quicker!

Eat your calories, don't drink them. Sugary beverages provide significant calories but do nothing to satisfy hunger. And alcohol reduces inhibitions that can make you more prone to other poor choices, as well.

Finally, take the focus off food and place it where it belongs, the spirit of the season and precious time with those we love. Enjoy food in the right portions, with a healthy frame of mind.
Happy, Healthy, Holidays!

A Profile of Carol Burnett

Hollywoodsgoldenage.com



Quick Facts

Birthday: April 26, 1933

Nationality: American

Age: 87 Years,

Sun Sign: Taurus

Also Known As: Carol Creighton Burnett

Born In: San Antonio

Famous As: Actress

Height: 5'7" (170 cm),

Family

Spouse/Ex-: Brian Miller, Don Saroyan, Joe Hamilton

Father: Joseph Thomas Burnett

Mother: Ina Louise Creighton

Siblings: Chrissie Burnett

Children: Carrie Hamilton, Erin Hamilton, Jody Hamilton

City: San Antonio, Texas

U.S. State: Texas

More Facts

Carol Burnett is a famous American comedian and actress. Best known for starring in the long-running television variety show 'The Carol Burnett Show', she is truly a leader in the world of television entertainment. Hers' is a perfect rag to riches story—from a period of distress in the early years to the all-gloss and glitter, later in her life. Undeterred by the sorrow, she in fact used the same for a life full of laughter, smile, comedy and entertainment. Burnett's entry into the world of entertainment was as a guest actor but soon, she affirmed her position and set sail for a glorious career. Over the years, she developed sloppy slapstick comedy style that has been highly lauded by the audience. While she did a number of shows, theatre and films, the best bit came with her eleven years and 286 episodes running show, 'The Carol Burnett Show'. The show not just allowed her to exhibit her multi-talented side but gave audiences a taste of an upgraded television variety show that included comedy sketches in the form of parodies, musical numbers, weekly guest stars and question-answer segment. In her five decades of career as a comedian and stage actor, she has literally ruled the domain and has been presented with numerous awards and honors



Childhood & Early Life

Carol Creighton Burnett was born to Joseph Thomas Burnett and Ina Louise on April 26, 1933 in San Antonio, Texas. Her father was a movie theatre manager and her mother worked as a publicity writer.

Burnett had a traumatic childhood. Both her parents suffered from alcoholism. After their legal separation, she was raised by her maternal grandmother, who instilled in young Burnett the love for movies.

She graduated from Hollywood High School in 1951. Subsequently, she enrolled at the University of California, Los Angeles for a course in journalism. However, following the freshman year, she switched her majors to theatre arts and English. Burnett longed to enter a playwright program but it required her to attend an acting workshop. Reluctantly she joined, but was so smitten that she decided to make acting her profession.

She performed for several university productions and theatre groups. With each performance, she discovered her natural comic timing and musical abilities. Though her mother did not approve of her acting career, she continued with her new-found passion.

It was her performance at a professor's private party during her senior year that sealed her fate of a glorious future. A patron was so much so impressed by her performance that he aided her with a \$1000 interest-free loan that allowed her to pursue her dream to going to New York and entering showbiz.



Career

In 1954, she left for New York City. After a couple of stints at local show, she eventually gained her big break in 1955 in the popular kids' television series, 'The Paul Winchell and Jerry Mahoney Show' as a girlfriend to ventriloquist's dummy.

In 1956, she bagged the role of Buddy Hackett's gawky girlfriend in the short-lived NBC sitcom, 'Stanley'. Its premature conclusion led Burnett to perform in the New York cabarets and night clubs. It was during this time that her outstanding performance in the novelty song, 'I Made A Fool of Myself' had spectators rolling with laughter.

In 1957, she made night-time variety show appearances on Jack Paar's 'The Tonight Show' and 'The Ed Sullivan Show'. Same year, she appeared in television's earliest game show, 'Pantomime Quiz'.

While Burnett earned a huge fan club with her performance in television, it was her Broadway debut that set the stage for stardom. She appeared as Princess Winnifred in the 1959 Broadway musical comedy 'Once Upon a Mattress' which earned her, her first Tony Award nomination.

In 1959, she became a regular player in the popular variety series, 'The Garry Moore Show' which lasted until 1962. For the show, she played a repertoire of characters, the most favourable being her act of a put-up cleaning woman that eventually became her alter-ego. Same year, she earned her first Emmy award in the category of Outstanding Performance in a Variety or Musical Program or Series.

The phenomenal success of the Moore Show made Burnett a household name. Taking her success story forward, she co-starred with Julie Andrews in 'Julie and Carol at Carnegie Hall', which won her, her second Emmy. During this time, she guest appeared in several shows.

In 1963, she made her official film debut with the movie, 'Who's Been Sleeping in My Bed?' A lightweight comedy, she starred opposite Elizabeth Montgomery and Dean Martin.

In 1964, she performed in the Broadway musical, 'Fade Out-Fade In' but her appearance was short-lived due to a neck injury. She returned temporarily but only to leave the show for the variety program, 'The Entertainers' which in turn lasted for one season only.

Her friendship with Jim Nabors earned her a recurring role in the latter's successful series, 'Gomer Pyle, U.S.M.C.', first as a tough corporal and later as a gunnery sergeant.

In 1966, she befriended Lucille Ball who soon became her mentor. She appeared in several episodes of the former's signature show, 'The Lucy Show'. In the show, her character journeyed from being a shy and inhibited person to a fashion bombshell.

The successful career of Burnett reached its peak in September, 1967 when her flagship show, 'The Carol Burnett Show', premiered on CBS. The show included a talented club of comedic actors and featured comedy sketches, musical numbers, weekly guest stars and question-answer section. They parodied films, television and commercials.



In its very first season, 'The Carol Burnett Show' became a huge success and garnered loyal viewership that lasted through all the seasons. During the eleven years that the show lasted, it bagged 23 Emmy Awards and several Golden Globe nominations.

Sensing that the show had run its course, Burnett decided to end the same on a high note.

The farewell episode was aired on March 17, 1978 and lasted for two hours during which it included a recap of classic footage of the show's run, guest appearances and favourite gimmicks that the long-standing characters played.

In the summer of 1979, four post-script episodes of the show were aired on ABC under the name, 'Carol Burnett and the Company'

Immediately following the end of her show, she ventured into the world of cinema. She stepped out of the comfort zone of comedy and tried her hand at drama with the television film, 'Friendly Fire'. Her other films released during this time include 'Life of the Party: The Story of Beatrice', 'The Four Seasons', 'Annie', 'Noises Off'

In the 1990s, she made a television comeback with the couple of variety shows including, 'Carol & Company', 'Magnum, PI', 'Touched by an Angel', 'Mad About You' (for which she won an Emmy) and 'Desperate Housewives'.

In 1995, she made her Broadway comeback with the show, 'Moon Over Buffalo'. For the same, she received a Tony Award nomination. In 1999, she made an appearance in the Broadway revue, 'Putting It Together'.

In 2002, along with her daughter Carrie, she co-wrote a play based on her best-selling memoir, 'One More Time' (1986). The play had renowned actors take up prominent roles. In 2010, she penned another memoir, 'This Time Together'.

From 2008 to 2012, she guest starred in a variety of shows, an animated series 'Horton Hears a Who!', drama 'Law & Order: Special Victims Unit', 'Glee' and voice role for 'The Secret of Arrietty'.

Till date, Burnett appears on television, her most recent outing being for 'Hot in Cleveland' and 'Hawaii Five O'.

Major Works

Burnett's talent and skill had earned her a lot of fan following for her television shows, but it was her Broadway debut that set the stage for her runaway success in films, television and theatre. Her performance in the 1959 Broadway musical, 'Once Upon a Mattress' earned her, her first award.

The highpoint in her career came with her flagship show, 'The Carol Burnett Show'. Ever since its launch, the show became a huge success and garnered loyal viewership that lasted through all the seasons. During the eleven years that the show lasted, it bagged 23 Emmy Awards and several Golden Globe nominations.

Other than acting in films, television and theatre, she has penned two memoirs: 'One More Time' (1986) and 'This Time Together' (2010).

Awards & Achievements

For her outstanding performance in films, television and theatre, she won Emmy Award six times, in various categories, apart from garnering several nominations.

- She won Golden Globe Award five times for her flagship show, 'The Carol Burnett Show'.

- She was inducted in the Television Hall of Fame in 1985 and the California Hall of Fame in 2009.

- In 2003, she was the proud recipient of Kennedy Center Honors.

- In 2005, she was presented with the prestigious Presidential Medal of Freedom.

- In 2013, she received the 2013 Mark Twain Prize for American Humor at the Kennedy Center. With this, she became the first woman to receive both Kennedy Center Honors and Mark Twain Prize.

Personal Life & Legacy

- In 1955, Burnett married her college sweetheart Don Saroyan but the couple divorced in 1962.

- In 1965, she married TV producer, Joe Hamilton. The couple was blessed with three daughters, Carrie Hamilton, Jody Hamilton and Erin Hamilton. The two divorced in 1984.

- In 2001, she married Brian Miller, who is 23 years her junior. He is the principal drummer in and contractor of the Hollywood Bowl Orchestra.

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Check us out on 

Fun & Practical Gifts for Elderly Friends This Holiday Season



Are you stumped when it comes to gift ideas for the senior citizens in your life? Whether you're searching for a fun present for an older neighbor or a practical gift for a good friend, you'll get some inspiration from this list. Check out these gift ideas for elderly people:

Brain games: Puzzles and games that engage the brain offer numerous health benefits for elderly men and women. Crossword puzzles, word searches, and sudoku books make great gifts for seniors who enjoy a mental challenge. You could even include a personalized pencil for an extra special touch.

Pill organizer with reminder alarm: Keeping track of medications and when to take them gets increasingly difficult as people age, but pill organizers can help. You can sort out a day's, week's, or month's worth of medications and set automatic alarms to alert your loved one when it's time to take their pills. Be sure to look for a model that has easy-to-open compartments.

Non-slip socks: How about a gift that combines fashion and function? Socks with rubber grips on the bottom can keep an older person's feet toasty warm while also preventing falls. You have your choice of a huge range of colors and styles, including some aimed at men.

Boot jack: Anyone who trudges through muddy fields or putters in the garden (or anyone who struggles with bending over) may appreciate a boot jack that makes it easy to take off boots and other footwear when coming into the house.

Key finder: This is one of the most useful gifts for the elderly people in your life who constantly misplace their house keys. Ranges vary, but some models work up to 300 feet away. Seniors who have smartphones may appreciate a finder that uses Bluetooth technology; those who are more old school may prefer the radio-frequency-based devices.

Homemade gift basket: When it comes to gift baskets, senior citizens often appreciate special treats or useful items that can make their lives more stimulating. Depending on your loved one's interests, good things to include might be books, games, puzzles, snacks, or specialty teas.

Massage pillow: Nothing soothes an aching back or neck like a warm massage. A heated massage pillow that attaches to an armchair can bring welcome relief to an elderly family member or friend who experiences the normal aches and pains that come with getting older.

Sleep sound machine: Sleep issues are a common complaint among elderly people, but a sleep sound machine may be a good solution. These devices generate calming white noise or nature sounds to help people re-

lax and fall asleep faster. Some models even adjust the sound level based on the surrounding noise.

Portable induction cooktop: Do you worry about the safety of your loved one in the kitchen? Induction cooktops can be good gifts for elderly women and men because they only heat the pot, not the stovetop, which means there is less chance of setting anything on fire. Note that only certain kinds of pots will work on these cooktops, so be sure to check into that before you buy.

Light therapy lamp: The dark days of winter can be enough to drag anyone down, but a lamp that mimics natural outdoor light can help brighten your loved one's day. Light therapy lamps can also be ideal for mobility-challenged seniors who find it hard to get outdoors.

Earthly's Unpaper Towels: Reusable Unpaper Towels are washable and can be used in place of paper towels for napkins, cleaning up spills, and wiping grandchildren's sticky hands and faces. The unbleached fabric is absorbent, durable and environmentally friendly. The cute, bright lemon design will look great on your kitchen counter.

Big button universal remote: A channel changer with large, easy-to-find buttons that works with all major televisions and cable boxes could be one of the most useful gifts for Mom and Dad this year. You may want to go the extra mile and pre-program it to their system so that they can start using it right out of the box.

Scratch map: Are your friends the active globetrotting type? A wall map that allows them to scratch off the places they've visited can be a unique way to document their adventures as well as a nice addition to the wall of a den or rec room.

Throw blanket: A soft, cuddly throw blanket for the bed or couch can be just what your parents need to stay comfortable while they relax, read, or watch TV. Many throw blankets are lightweight and easy to clean, and there are designs to suit every taste.

Weather monitor: Many elderly folks appreciate knowing what the weather is like before going outside, so a device that displays the current conditions, as well as the forecast, can make a great gift. Wireless systems require the installation of an outdoor sensor, so you may want to take care of that yourself. Look for a monitor with a large display that's easy to read.

Single-serve coffee maker: Forget having to dig around for coffee grounds and filters—these single-serve coffee makers make brewing a cup of joe easy and simple. Plus, they don't have to brew a whole pot if they're only going to drink a cup or two.

Adult coloring books: Who says coloring is just for kids? Adult coloring books offer senior citizens a fun way to relax and relieve boredom and stress. Coloring is also an excellent activity for grandparents and grandchildren to do together as a form of family bonding.

Gift cards for experiences: One way to bring a little cheer to your loved ones is to treat them to an outing you know they'd love but normally wouldn't do. Spas, cinemas, and restaurants are just a few of the places that offer gift cards your elderly loved ones might enjoy.

Housecleaning or yard-care service: Many elderly people who still live in their own homes appreciate having someone else take care of scrubbing floors, cleaning bathrooms, mowing lawns, and raking leaves. You could arrange these services for them as a one-time deal or on an ongoing basis. Grocery delivery service: Shopping for groceries is another one of those household chores that get harder as we get older. Services like Instacart can save your loved ones time and effort by bringing fresh food from local stores right to their doorstep.

10 Cybersecurity Best Practices for Older Adults

protectseniorsonline.com



Practicing cyber safety can go a long way toward protecting your identity and sensitive personal information. “Cybersecurity is about risk reduction,” said Michael Kaiser, executive director of the National Cyber Security Alliance. “It’s difficult to achieve perfect security. But you can work to make yourself a more difficult target.”

Consider these tips from the National Cyber Security Alliance, The Stop Think and Connect campaign’s online safety tips for older adults, Public Safety Canada and the Home Instead Senior Care® network.

Create passwords and make them strong. Half of seniors do not use the password feature on at least one of their internet-enabled devices, leaving it open to whomever may pick it up, according to research conducted by Home Instead, Inc., franchisor of the Home Instead Senior Care network. Lock all of your devices including computer, tablet and smartphone with secure passwords. That will keep prying eyes out and add a line of defense in case your devices are lost or stolen. A strong password is at least 12 characters long. Strong password tips include the use a mix of letters, numbers and symbols, and try not to include personal information.

Secure access to your accounts. Since passwords can be stolen, adding two-step authentication to accounts provides a second layer of protection. Many online services, including apps and websites, offer free options that could help you protect your information and ensure it’s actually you trying to access your account – not just someone with your password. Learn to “Lock Down Your Login” at www.lockdownyourlogin.com. And, for more information about two-step authentication, go to www.turnon2fa.com.

Think before you act. Emails and communication that create a sense of urgency such as a problem with your bank account or taxes is likely a scam. Consider reaching out directly to the company by phone to determine if the email is legitimate or not.

When in doubt, throw it out. Clicking on links in emails is often how scammers get access to personal information. If an email looks unusual, even if you know the person who sent it, it’s best to delete it. Remember that scammers can commandeer friends’ email addresses and send you messages posing as them. Turn on spam filters for your email account to help filter suspicious messages.

Share with care. Be aware of what you share publicly on social media sites like Facebook. Adjust your privacy settings to limit who can see your information. Avoid sharing your location.

Use security software. Install security software on your devices from a reliable source and keep it updated. It is best to run the anti-virus and anti-spyware software regularly. Be wary of security updates from pop-up ads or emails. They may actually be malware that could infect your computer.

Adjust your browser safety settings. You likely search for news, information and products by using an internet browser such as Firefox, Google Chrome, Internet Explorer and Safari. Adjust your settings in each of those browsers to set your options for optimum security. Those menus can often be found in the upper right corner of your browser. Consider clearing your browsing history at the end of your session so you don’t leave a trail of sensitive data.

Use the default firewall security protection on your computer. Your operating system (OS) likely has default firewall settings that will protect your computer without needing adjustment. If your antivirus software includes additional firewall protection that you can adjust separately, consider contacting a computer professional for assistance to ensure you’re safely protected without over-blocking sites and programs you use regularly.

Log out. Remember to log out of apps and websites when you are done using them. Leaving them open on your computer screen could make you vulnerable to security and privacy risks.

The Best Meal Delivery Services for Seniors

Healthline.com

As you age, following a nutritious diet is essential to reduce your chronic disease risk and maintain good health.

However, many older adults may find it difficult to prepare nutrient-dense meals themselves, which may lead to nutritional frailty — a condition characterized by loss of muscle mass and strength. This may make them more susceptible to injury and illness.

Plus, older adults who don't have the energy or ability to shop or cook may eat more convenience foods like fast food and frozen dinners. A high intake of these processed foods may harm health and shorten life span.

That's why healthy meal delivery services are a good option for some older adults. They deliver meals and ingredients straight to your door and are easy to prepare.

The meal delivery services on this list offer either nutritious, fully prepared meals or nutrient-packed meal kits that require little to no prep time.

Here are 7 of the best healthy meal delivery services for seniors.



Share on Pinterest

1–5. Best premade meal delivery services

Some older adults may prefer convenient, premade meals that only require heating before they're ready to eat.

The following companies offer tasty meals that are ready in just a few minutes.



1. Snap Kitchen

Snap Kitchen offers fully prepared meals that are perfect for older adults. The company's meals are created by registered dietitians, ensuring that each meal offers the nutrients you need for optimal health.

Unlike many other meal delivery services, Snap Kitchen offers a variety of breakfast, lunch, and dinner options, so it's easy to create a nutritionally complete menu. You can also add extras like hard-boiled eggs, oatmeal, soups, snacks, sides, and extra protein sources.

Meals can be refrigerated for 4–6 days or frozen and stored for future use. You simply heat them in the microwave or oven after transferring them to an oven-safe dish.

All Snap Kitchen meals are gluten-free. Furthermore, the company offers low carb and high protein meal plans, making them suitable for older adults with diabetes or those who need more protein. Its Total Custom meal plan allows you to choose from their entire menu.

It's easy to change your order, and you can cancel your subscription at any time. Plus, you can choose a delivery day that works best for you.

Currently, Snap Kitchen only delivers to certain U.S. states. More information can be found on their website.

For customers who live within 10 miles of a Snap Kitchen retail store, the company offers a Local Plan where you choose 3-, 5-, or 7-day meal plans and pick them up at your local Snap Kitchen store.

- Meals per week: 6 or 12
- Price: the 6-meal plan starts at \$11.67 per meal, and the 12-meal plan starts at \$9.58 per meal



2. Freshly

For older adults who live on their own, Freshly offers fully prepared meals that feed one person.

Its meals require no prep work or cooking and are ready to eat after heating. Meals typically last about 5 days in the fridge and can be frozen as well.

Because you don't have to order a lot of meals at once, it's a perfect choice for older adults who want a fully prepared dinner just a few nights per week.

All Freshly meals are certified gluten-free. The company also offers low carb and dairy- and peanut-free menus. Customers choose from a weekly menu of over 30 meals and select a delivery date and time that works for them.

You can easily change or cancel your order online.

- Meals per week: 4, 6, 10, or 12
- Price: meal plans start at \$8.49 per meal



3. Magic Kitchen

Magic Kitchen caters to older adults and is a great choice for those who want a variety of meal options. The company provides fully prepared frozen meals and offers two menus — A La Carte and Complete Meals.

The A La Carte menu lets you mix and match soups, main courses, side dishes, and desserts, while the Complete Meals menu provides full meals with entrées and side dishes packaged together. You can choose as many meals as you want.

Cooking may be challenging for older adults with medical conditions like chronic kidney disease and heart failure, as well as those on dialysis, due to the dietary restrictions involved.

Notably, the Magic Kitchen menu accommodates specific diets, including low sodium, low carb, diabetes- and dialysis-friendly, vegetarian, and renal diets (for those with kidney conditions). All meals are reviewed by dietitians to ensure that they're nutritionally complete.

The company offers a variety of meals, sides, and desserts, as well as options that serve just one person.

Most meals simply need to be heated in the microwave, but some — including the chicken pot pie — need to be cooked in an oven.

Magic Kitchen meals are delivered in a cooler with dry ice via FedEx or UPS. Keep in mind that delivery times vary depending on where you live.

- Meals per week: 7, 14, or 21
- Price: \$11.70–14.00 per meal



4. Real Eats

Real Eats offers fully prepared meals in vacuum-packed bags. You either boil the bag in hot water or remove the food from the bag and microwave it.

The company sources high quality, local, and organic ingredients whenever possible.

All meals are designed to serve one person, as well as chef-created and dietitian-approved. The company offers breakfast and dinner options with optional soups, sides, snacks, and proteins.

Customers can skip, cancel, or pause their subscription at any time. However, Real Eats doesn't offer customized delivery dates and only delivers to certain states. It requires a minimum order of 4 meals per week.

- Meals per week: 4, 6, 8, or 12 dinners, or 4, 6, 8, or 12 breakfasts and dinners
- Price: \$7.99–13.99 per meal



5. Mom's Meals

Mom's Meals caters to older adults and specializes in fully prepared, dietitian-designed meals.

Its meal plans are suitable for older adults with medical conditions like diabetes, chronic kidney disease, cancer, and difficulty swallowing (dysphagia).

Unlike many meal delivery services, Mom's Meals are refrigerated — not frozen — which makes them easier to prepare. Dishes are designed to last up to 2 weeks in the fridge.

A significant perk is that health insurance programs like Medicare and Medicaid may cover all or part of the cost of Mom's Meals under a "home-delivered meals" benefit. Contact your insurance company to learn more.

Mom's Meals offers an affordable self-pay option as well. The company delivers to any address in the United States, including rural areas.

- Meals per week: flexible
- Price: for self-pay, starts at \$6.99 per meal, with puréed, gluten-free, and renal-friendly meals starting at \$7.99 per meal

6–7. Best meal kit delivery services for seniors

Although many older adults prefer fully prepared meals, meal kit delivery services are an excellent option for those who enjoy cooking.

The following companies deliver meal kits that make delicious, healthy dishes without the hassle of grocery shopping or prep work.



6. Home Chef

Home Chef provides prepped and preportioned ingredients, many of which make meals that are ready to eat in under 30 minutes. They also make full salads, grill-ready meals, and oven-ready meals that come in an oven-safe tin and require no prep work.

Home Chef offers over 15 recipes per week and provides low carb, low

calorie, and vegetarian options. Recipes vary in skill level, but most are appropriate for beginners.

Customers can choose meals that provide 2, 4, 6, or 8 servings per meal.

- Meals per week: flexible
- Price: starts at \$6.99 per serving



7. Sun Basket

Sun Basket's certified organic meal kits make a smart choice for health-conscious older adults.

You can choose from a variety of chef-designed recipes each week that take about 30 minutes to prepare. All ingredients are pre-portioned in eco-friendly packaging.

Sun Basket offers several meal plans, including vegetarian, Mediterranean, diabetes-friendly, gluten-free, and Lean & Clean meals, which provide around 550 calories per serving. Meal kits are available in 2- or 4-portion servings.

The company also provides a variety of snack foods and breakfast items like premade oatmeal, protein bars, nuts, jerky, nut butters, flatbreads, soups, extra protein, and veggies and dip.

You can either choose a meal plan or pick the recipes that appeal to you each week. All meal kits are cold-packed.

You can skip or cancel your order at any time. Meals can be scheduled for delivery on Monday, Tuesday, Wednesday, or Thursday between 8 a.m. and 9 p.m.

Currently, Sun Basket is unavailable in Alaska, Hawaii, and parts of Montana, New Mexico, and North Dakota.

- Meals per week: flexible
- Price: starts at \$10.99 per serving

How to choose the best meal delivery service for seniors

When choosing a meal delivery service, it's important for older adults to consider the type of service that works best for them.

If you don't have a lot of energy or live with a disability that makes cooking difficult, you may prefer services offering fully prepared meals.

If you enjoy cooking, a meal kit delivery service provides ingredients to make nutritious meals without the need for shopping.

Older adults with dietary restrictions should find a meal delivery company that caters to their diets. For example, Magic Kitchen offers low sodium, as well as dialysis- and renal-friendly meals.

Additionally, those who live alone may prefer a meal service that offers fully prepared, one-person meals that can be frozen for future use.

Note that some older adults may qualify for a home-delivered meals benefit through their health insurance plans. Contact your health insurance company for more information.

Five Tips to Find a Qualified Financial Advisor for Seniors

By Joy Intriago



Seniors and their loved ones have enough to worry about without the stress of financial management. Finding a qualified financial advisor for a senior can be difficult, especially with financial law and activity being hard to understand for the average person. People 60 and older makeup 15% of the population, but are 30% of the victims of investment fraud, according to the Consumer Financial Protection Bureau. It is vital that every resource is used to protect seniors from becoming victims of nefarious financial advisors. Here are five steps that can be taken in order to identify trustworthy and effective financial advisors who will serve seniors well.

Find Free, Reliable Advice

Many resources have free advice available for all people, including seniors. Focus on trustworthy organizations. Many companies want to sell you on their services, but going to the FDIC, AARP, or Forbes will present unbiased resources that are prepared to answer your questions and provide solid research.

Visit your bank. Seniors are often loyal members of banks and credit unions, and finding people to trust is as simple as visiting a bank's branch and inquiring as to what resources they have available.

Use Mint.com. (There is also a free app for smartphones and tablets!) This site or app keeps track of your financial data and can be updated every day, multiple times a day. Being aware of your financial picture at all times increases your ability to hold financial advisors accountable.

Shop Around

You are not obligated to stick with the first or most convincing financial advisor you find. Taking time, weighing options, and comparing rates will benefit you in the long run.

Come to any financial meeting with a plan and specific questions. If you are looking for specific ways to manage and invest wealth, ask what that financial advisor can do for you in those ways.

Ask around among other seniors. Word of mouth is one of the most effective ways to spread good and bad customer reviews, so utilize the community around you to determine who has yielded strong results and who hasn't.

Trust Your Instincts

The basic foundation of any financial investing relationship is trust. If you feel that you can build trust with an advisor, invest some but not all of your assets with them. If, over time, this relationship is strong and the investment goes well (but not too well--see Step 5), consider investing more financial resources with this advisor.

Financial advising is a business, so there is an element of self-interest on the part of the financial advisor. Make the relationship work with this understanding in mind: how can both you and the financial advisor make money? Is what you receive going to also benefit the financial advisor? Do they truly stand to benefit if your money does well? Do they seem more interested in taking every penny of yours or in making solid investment choices? The answers to these questions should be apparent before you make a decision.

Watch for Red Flags

Forbes published an article outlining several ways that financial advisers can mislead seniors into believing they have some kind of specific expertise in managing seniors' money. Check each abbreviation that comes after a financial adviser's name--CSA, CSFP, etc.--in order to see if that truly qualifies them to manage your money. Use the Internet and the Financial Regulatory Authority (which independently regulates U.S. securities firms) to get more information on the designations your financial adviser holds, and if those are monitored closely, require extensive training and experience, etc.

Avoid anyone offering big money fast, with no risk. Investing is always a risk, and smart investing earns money incrementally, not suddenly. These are things that investors learn in their first few weeks, and their clients should know it as well. It is likely that anyone promising big returns and no risk is promising to steal your money.

Ponzi scheme purveyors use trust people already have among their fellow church, synagogue, or other altruistic organization members. They will make friends with one member, promise big returns (and actually deliver them for a while) until a whole group is hoodwinked into investing. When the “pot” of money grows big enough, the Ponzi schemer disappears, leaving the original friend and others to hold the bag financially, unable to make pay-outs, and sometimes to deal with legal consequences.

The maxim: “If sounds too good to be true, it probably is” is an important rule of thumb when investing.

Check the Credentials

The Financial Planning Association, National Association of Personal Financial Advisors, and the Securities Exchange Commission have details about Certified Financial Planners and other financial organizations. They have information available online and via telephone. Look for things like complaints, lawsuits, criminal violations, general customer reviews, etc.

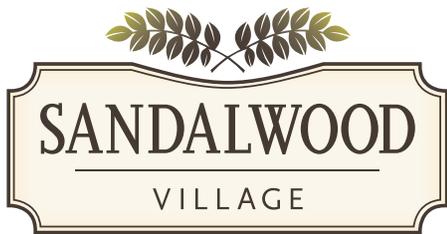
The Better Business Bureau in your area will also have information on local financial advisors. Other places to check include: state organizations which provide credentials or hold records for financial advisors and the CFP national board.



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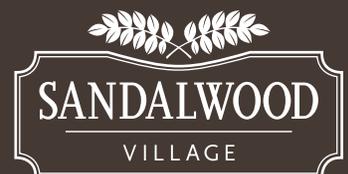
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Taking Care of Your Mental Health in a Pandemic



This has been a strange year, and the COVID-19 pandemic has made life very stressful for many people. In the midst of isolation and concern, it's easy to feel overwhelmed and anxious. Sometimes isolation is necessary, because it's important to slow the spread of the virus, but it's equally important to find ways to manage our mental health.

So how are you feeling? During this time of uncertainty, people are reporting different feelings of stress. You might be worried about your health or the health of your loved ones, or about your financial situation. You might experience difficulty sleeping or concentrating, or a change in eating patterns, and you might feel physically and mentally drained. You may find chronic health problems worsening, or you may feel anxious, powerless, or frustrated. It's easy to feel impatient and irritable, and worry about the future. All of these feelings are normal, and to be expected, but there are some steps you can take to increase your resilience and feel better.

Turn off the news. Of course you want to stay informed, but a 24-hour news cycle makes just about everyone feel tense. Make sure you're getting information from reliable sources that aren't sensationalistic, and limit how much news you take in each day. Give yourself some downtime. Try to do activities you enjoy each day, making time to unwind. Remind yourself that this situation is temporary, and so are your anxious feelings.

Take care of yourself. Eat a well-balanced diet, get plenty of sleep, and move your body regularly. Make sure you're breathing deeply, and take time for stretch breaks. Meditate to calm your mind, and consider trying yoga to help you relax. Taking care of your body will help boost your immunity and improve your frame of mind. Consider keeping a journal of your worries. By doing a "worry drop" each day, you can reduce your anxiety. Write down all of your fears until you start to feel better. Then make a list of what's going well, to remind yourself that not everything is bad.

Stay connected. Being socially distant doesn't mean you have to be all alone. Find creative ways to connect with others, whether that's socially distant walks with neighbors or phone calls and video chats with your loved ones. You might write emails, or you might write good old-fashioned letters and cards. It's also good to stay connected with community and faith-based organizations. Be prepared for to be flexible. Classes and events may be cancelled. You may not be able to see people you'd planned on seeing. Mentally prepare yourself for your own lack of control over these things and find ways to keep things as consistent as possible, focusing on what you can control. Take reasonable precautions to stay safe and again, remind yourself that the pandemic is not going to last forever.

There's a Reason that Naples Seniors Have Been Turning to Dial-a-Nurse for Their In-Home Care Needs for Over Forty Years!

A family owned company that has been serving the Naples area for two generations, Dial a Nurse was founded with one goal in mind: to provide the ultimate in individualized home health care in Naples.

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LOST FOREVER: DIGITAL ASSETS IN AN OUTDATED ESTATE PLAN

By Stacey Riley Walters, Esq.



Imagine, this...your dad, who you had just seen at Thanksgiving using his camera to snap photos of his beloved family around the traditional turkey filled table, dies unexpectedly two days later of a brain aneurism. You are devastated, thinking about the memories just made and you want to capture those moments from his cell phone, but it is locked. You call the cell phone provider, only to be told that they cannot give you any information, or access to the phone. The photos are lost forever!!! If only there were a way....

What Are Your Digital Assets?

We live in a very electronic age. Most of us cannot live without computers, cell phones, on-line banking, automatic bill pay, Facebook, email, etc. But you know, many people take all the security and passwords for granted in our electronic age when we are taught not to share these keys to our on-line lives. What happens to these things and your family's ability to access these digital accounts and devices that control and drive your life when you are incapacitated or you die? A mess is the result, if they cannot easily access all that you control. But some things you want to leave private, and that is the one of the keys to having your Digital Estate Plan in place.

This list is not exhaustive, but is to get you thinking about all of your Digital assets and information your family, power of attorney, executor or trustee will need if you become incapacitated or even die.

- Email Accounts: Account user names and passwords.
- Social Media Accounts: Facebook, Twitter, Instagram, Flickr, Pinterest, LinkedIn, and others.
- Instant Messaging/Chat Accounts: Skype, Apple Messages, Google Hangouts, ICQ, Jabber, Yahoo Messenger, AOL Instant Messenger, etc.
- Multimedia Accounts: Instagram, Snapfish, Shutterfly, Flickr, Hulu, YouTube, Netflix, Apple iTunes, Pandora, Vimeo, Spotify, etc.
- Publication Accounts: newspapers, magazines, blogs, etc.
- Cloud Storage Accounts: DropBox, Google Drive, Onebox, Box, and others.
- Databases: Digital Organizers, Evernote, and other repositories
- Photo libraries: Google, Collage, Shutterfly,
- Cell phones
- Archives & Backups: On-site backups; Crashplan, BackBlaze, Amazon S3, and other off-site services.
- Financial Accounts: Banks, credit unions, brokerage accounts, mutual funds, retirement savings accounts, credit card accounts, employee benefit accounts, PayPal, Social Security.
- Benefit Accounts: Airline miles, railroad miles, hotel rewards, retailer reward/loyalty programs
- Insurance Accounts: Life, Property, Health, AD&D, Long Term Care, Cancer, Worker's Comp
- On-line Merchant Accounts: Department stores, Amazon, etc.
- Online Businesses: Online stores, blogs, and websites, including PayPal, eBay and Etsy.
- Website Accounts: Domain names, hosting services, online business accounts, etc.

- Automatic Bill Pay and Automatic Charitable Donations
- Employment accounts: Indeed, Career.com, Care.com

It is imperative that you consolidate all this information needed to access your accounts. It needs to be in a document that you keep secure but is easily accessed and understood by your family, your Digital Power of Attorney, Executor or Trustee. Think about all your digital assets, both personal and professional, and think about what they might be worth, financially, and emotionally. Just imagine how your significant other or family will feel if all their credit cards are frozen, if they cannot access precious photographs from your cell phone, or worse, if they cannot even access accounts to stop automatic payments from coming out of accounts to preserved assets for your heirs.

How Digital Assets Are Controlled

Terms of service agreements and privacy policies govern access to social media and email accounts. Most of these types of agreements state the account expires when a user dies and is not transferable. As a result, surviving family members are unable to access social media accounts or valuable digital assets, since most estate plans were created without consideration of these things and old state laws that govern the actions of personal representatives or executors were enacted before email and social media became widespread.

However, at least 46 states since 2013 have enacted laws addressing access to email, social media accounts, microblogging or other website accounts, or certain electronically stored information, upon a person's incapacity or death. In 2016, North Carolina became one of the states to adopt digital asset laws.

Create Your Digital Asset Inventory

Your inventory should include all the information that describes your accounts, the access location, login information including user name and password, and all the other URL and need information, aka metadata that goes along with digital assets. Don't forget photos, documents, and backups stored in the cloud or in off-site locations. Since this information changes often it is critical that you review and update the inventory regularly.

Plan for Unexpected Events

Although your inventory will probably be invaluable to you in your daily life, you should plan for two types of unexpected events:

1. The computer containing your inventory crashes, or your house burns down and any paper copies of your Inventory are lost. This shouldn't be a big problem, if you have been diligent about maintaining backups and if you have shared copies with your trusted advisors including your power of attorney. An at home safe is one of the best ways to keep paper documents secure from catastrophes, but it has to be waterproof and fireproof.

2. You are incapacitated or die and your heirs need access to your digital assets. It is a good idea to identify someone that you trust to be your Digital Executor/Trustee and let them know what you want done with your digital assets. For example, you might want them to:

- Archive everything for your heirs.
- Provide access by specific individuals or groups to designated content.
- Delete some or all of your digital assets. Be specific about your wishes.
- If you want to let your executor decide what to do with your assets you should make the clear in the instructions.

You might want to archive your most important digital assets and then provide your executor with the information needed to access the archive. If you use 1Password, Google or some other password manager be sure to include the master password in the instructions. And don't forget basic things like the password to your computer and password to your cell phone. NOTE: facial recognition and finger prints cannot be unlocked!

FOR YOUR FREE DIGITAL ASSET INVENTORY CHECKLIST, just email us at legalteam@twestateplanning.law, and mention this article.

*** The above summary is general information. Do not rely upon the above for definitive legal advice. In accordance with N.C. State Bar Rules, note this contains dramatizations. Not all scenarios represent actual people or real events*

At Thomas-Walters, PLLC, we care about you and your family, making sure every part of your estate plan preserve precious memories for your family and not leave a mess. Contact us for a free consultation to make sure you have considered everything for a perfect plan at (888) 787-1913 or to request your free Digital Asset Inventory Log.



North Carolina licensed Attorney Stacey Riley Walters is a North Carolina native, who graduated Magna Cum Laude from Elon University. She attended Thomas M. Cooley Law School and has been in practice for more than 20 years. The cornerstone of Stacey's practice is planning for the unexpected after she was unexpectedly blessed her disabled daughter. She focuses solely on Estate Planning, Wills, Probate Avoidance, Trusts, Special Needs, Probate and Trust Administration. Stacey has served on UNC Children's Hospital Family Advisory Board, Make-A-Wish Foundation and has participated with the Triangle Down Syndrome Network. Stacey is member of the National Association of Elder Law Attorneys, the Society of Financial Service Professionals, and Elder Counsel.

Getting Your Valuables Appraised

By Brian Collins, hippo.com



Whatever you've collected over the years — whether it's jewelry, family heirlooms, art pieces or stamps — it's important to keep track of the value of your possessions. Most people visit a local antique shop or dealer to determine how much their collectibles are worth. While there are a number of methods you can use to assess your valuables, visiting a certified and accredited appraiser is your best bet.

The key to finding an appraiser you can trust is ensuring that the individual does not have an interest in purchasing your valuables.

In fact, from an ethical standpoint, it's inappropriate for an appraiser to make an offer to purchase an object they have appraised. You should also avoid selling your items to an appraiser. This could present a conflict of interest and you could end up with a low valuation.

There are a few major appraiser associations:

- Appraisers Association of America: In addition to working with corporate and private art collections, the Appraisers Association appraisers team up with different professionals and organizations, including museums, educational institutions, insurance carriers and brokers. Members must be certified and meet the highest professional standards.

- International Society of Appraisers: According to its website, the International Society of Appraisers is the largest of the professional personal property appraisal asso-

ciations for experienced independent appraisers throughout North America. ISA is a not-for-profit association. Its members include consultants, curators, appraisers, dealers and galleries, among others.

- American Society of Appraisers: The American Society of Appraisers is a non-profit, international organization representing all appraisal disciplines, including personal and real property, appraisal review and management, business valuation, gems and jewelry and machinery and technical specialties.

- Yelp: Sometimes you need to get back to the basics. Yelp has an extensive database of local appraisers who are rated by the Yelp community for quality and reliability.

To sell your possessions, you need to know their fair-market value (or how much a buyer would pay for those items in today's market). For insurance purposes, you need to know the retail value of your possessions (or how much it would cost to replace them).

Appraisers often request that you email an image of your valuable so they can determine whether you need to pay for a professional appraisal.

If you have an item appraised, you will receive a full written report that includes a complete description and explanation of how the estimate of its current value was determined. This

service will either cost a flat fee or an hourly rate from \$150 up to \$400 or more depending on where you live and the kind of property you're having appraised.

Key item appraisals

Below you will find some excellent resources to track down local appraisers or find specialists.

- **Jewelry:** Gemworld can help you find an appraiser to assess your new jewelry, diamonds, pearls, estate jewelry or colored gems. You can also visit the National Association of Jewelry Appraisers website and use drop-down menus to find appraisers in your state who specialize in evaluating certain types of jewelry.

- **Cameras:** Local camera shops might be able to estimate the value of your camera. However, if you have an older camera, check out antiquecameras.net. For \$5 or \$12, you can find out when your camera was built and its current market value.

- **Musical Instruments:** Besides the American Society of Appraisers, another great resource for anyone needing an appraisal for a musical instrument is A&D Music in Laguna Beach, California. An appraiser will either travel to you or connect you with a qualified technician in your area

- **Fine Art:** Through artappraisersofamerica.com, you can search for art appraisers in your city and state.

- **Sporting Memorabilia and Equipment:** If you have sports memorabilia, consider Nugent Appraisal Services. It has locations in multiple U.S. cities. If you have sporting equipment, check out local sporting goods shops that specialize in appraising the kind of equipment you have. Or swing by Play it Again Sports, which has locations in most major cities.

- **Firearms:** A great way to assess the value of your own firearms is to review the Blue Book of Gun Values. You can also see how your guns compare to those listed on the Guns International website.

- **Furs:** Besides visiting the International Society of Appraisers, you might also want to take a look at the Buy My Fur website, especially if you're interested in selling your fur coat.

- **Stamp Collection:** The website managed by the American Stamp Dealers Association is a vast repository of information about various types of collections and offers a link to local dealers who can assist you with an appraisal.

- **Rare Coins:** Contacting a local appraiser may not be necessary when you want to find out how much the coins in your collection are worth. Instead, you can visit the Appraise My Coins website. If you're not sure what kind of coin you have on your hands, check out the Fun Times Guide for tips on locating local coin dealers and what you need to know before you seek an appraisal.

Online resources and valuations

Most appraisers agree that the internet is generally not the best place to get an accurate assessment of the value of your treasures. But if you want a general sense of how much your valuables are worth, here a few online resources:

- **Value My Stuff:** This website charges \$10 for one appraisal and promises to finish the job within 48 hours.

- **WorthPoint:** These folks charge \$20 for a monthly membership that provides unlimited access to their antique and collectible valuations.

- **Kovels:** You can purchase a Kovels Antiques & Collectibles Price Guide that reports recent prices paid for more than 1 million items sold through Europe, Canada and the United States. There is a free basic membership package that provides access to the online price guide. Or you can purchase a premium subscription for \$39 or \$60 per year.

Do your due diligence

Personal and family treasures can either be worth a lot of money or not much more than their sentimental value. Doing your due diligence is necessary to determine the value of all of your collectibles when you're interested in selling or insuring your property.



Podcasts for Seniors: The New Golden Age of Audio

By Laura Bennett



What's all this talk about podcasts? Don't we have enough media in our lives? Nope! Podcasts are the radio of today...and so much better. You can find these audio programs on just about any topic under the sun and you can listen whenever you want!

The podcast phenomenon may seem rather new, but it's actually been around for more than a decade. These days, over 100 million Americans listen to podcasts every week. Some podcasts are self-help, some are entertaining, some are all about new ideas, and some are educational and informative. You can even find a book and listen to it chapter by chapter.

Once you figure out how to "stream" and/or download a podcast, the hardest part will be choosing which one to listen to first. We're going to help you out with both. You can stream a podcast on your computer or smartphone. Smartphones are better if you want to be able to take it with you and listen in the car.

Networks produce podcasts then put them out on different streaming services, or apps. Your phone probably came with a podcast app already installed, iPhones come with the Apple Podcast app and Android phones come with the Google podcast app. There are many other apps you can download to your phone that can stream podcasts for free as well, but some premium apps like Luminary charge a monthly fee.

Once you locate the podcast app or download one from the app store, simply open it and browse podcasts, or type a term like

"football" in the search box at the top next to the magnifying glass icon. Pick the podcast you want from the search results and tap on it again, this will take you to the podcast page that has all of the episodes, with the most recent ones listed first. Tap on one to play it, or click "download" to save it to your phone and you can listen to it later. If all else fails, grab a millennial and ask them to show you how to do it.

On a computer, it's easy listening. Just search Google for a topic plus the word "podcast," go to its website and click on the link for each podcast you want. Once you find a podcast you like, you can "subscribe" to it so you never miss an episode. Check out our list of the best podcast for seniors below to get started.

The Better Health While Aging Podcast

Practicing geriatrics specialist Dr. Leslie Kernisan, MD, MPH, and her guests discuss common health problems that affect people over age 60 and the best way to prevent and manage those problems. 'The Better Health While Aging Podcast' offers practical information on improving health and wellbeing while aging. Episodes feature such topics as Medicare, long-term care, hearing loss, estate planning, and more. There are almost 100 episodes, and they are all about an hour-long or less.

Not Old - Better

The 'Not Old - Better' podcast is "A show for those 50+ by those 50+." Hosted by award-winning journalist Paul Vogelzang, this weekly podcast focuses on issues and topics that the 50 and up club might find interesting. Vogelzang interviews fascinating people, from sports stars and celebrities to health experts and ordinary folks who live extraordinary lives. The premise is "it's never too late to pursue your passions and create a life of purpose, adventure and significance." Episode topics include eating healthy, Alzheimer's disease, and the '60s.

Aging in Full Bloom

Hosted by Lisa Stockdale, this Capital Health Care Network podcast focuses on "all forms of wellness as they relate to aging." Aging in Full Bloom is an insightful, empowering show that has really short episodes (like 5 minutes) that focus on keeping a positive mindset, memory care, hospice, nutrition, assisted living, and more.

Living to 100 Club

The Living to 100 Club is all about aging successfully. Topics include staying "positive in the face of adversity, healthy lifestyles, starting new chapters, and doing what you can't." Guests share their stories and give wellness advice. Episodes are about an hour long. Recent episodes include, "The Pursuit of Sexual Wellness and Rights in Later Life" and "How to Prepare for a Peaceful Death."

Phil in the Blanks

If Dr. Phil can hop on this podcast train, then you can too! Now you can take America's favorite no-nonsense talk show host wherever you go. The man behind 18 seasons of his eponymous show and author of nine #1 New York Times bestsellers brings his background and experience to interviews with celebrities and ordinary people in Phil in the Blanks. He also has a new series on the podcast called "Living by Design".

Mature Prenerus Talk with Diana Todd-Banks

There is a popular human-interest podcast called 'How I Built This' by Guy Raz that focuses on entrepreneurs, but 'Mature Prenerus' focuses on older entrepreneurs. Host Diana Todd-Banks conducts 22-minute interviews with inspirational entrepreneurs in their 50s, 60s, and 70s, proving it's never too late to start something new. Learn all about the good, the bad, and the ugly in the process of creating something from nothing, and how to do it yourself.

American Patchwork & Quilting Podcast

Are there any quilters in the house? The American Patchwork & Quilting podcast is all about fun, creativity, and connecting with fellow quilters. Sponsored by Moda Fabrics and Baby Lock, this show features tips and tricks, from choosing the best batting to how much fabric to buy.

Next Question with Katie Couric

The award-winning journalist asks questions like: "How did watching people play video games become a billion-dollar industry? Could CBD possibly be the key to overcoming pain and addiction? Does social media spur online radicalization? And what happens when at-home DNA tests reveal devastating family secrets?" 'Next Question with Katie Couric' covers the "people, movements, and issues changing our lives and redefining our world...with a little help from the most captivating personalities in news, politics, and pop culture."

Pod Save America

Described as "a political podcast for people not yet ready to give up or go insane," on 'Pod Save America,' Jon Favreau, Jon Lovett, Dan Pfeiffer, and Tommy Vietor discuss this week's news in a "no-bullshit" style, helping "people figure out what matters and how to help."

Dateline NBC

All the Dateline NBC episodes available in audio format! Dateline NBC also just recently released its first original podcast series, 'The Thing About Pam,' hosted by silver fox Keith Morrison. The "stranger-than-fiction" story follows convicted murderer Pam Hupp as she spins her web of lies.

Criminal

Fans of true crime who could do without all the blood and gore will absolutely love 'Criminal.' First of all, host Phoebe Judge's voice is so soothing. Her story-driven show focuses on the sociological and historical aspects of crime. This podcast has been around for about five years now, so there are well over 100 episodes (30 minutes or less) to binge as the kids say, and new episodes come out twice a month on Fridays. Judge also hosts and co-created a love-themed spinoff called 'This is Love.'

Lux Radio Theatre

And finally, if all of this podcast talk has you yearning for the old days, then listen to this classic radio anthology series, now re-released in podcast form. The popular fictional drama Lux Radio Theatre aired from 1934 to 1955 and has over 900 hour-long episodic radio programs that were originally performed live before studio audiences.



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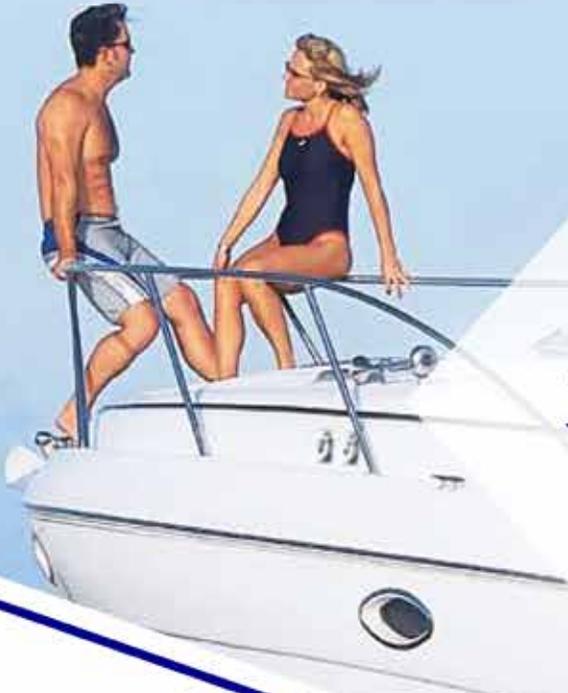
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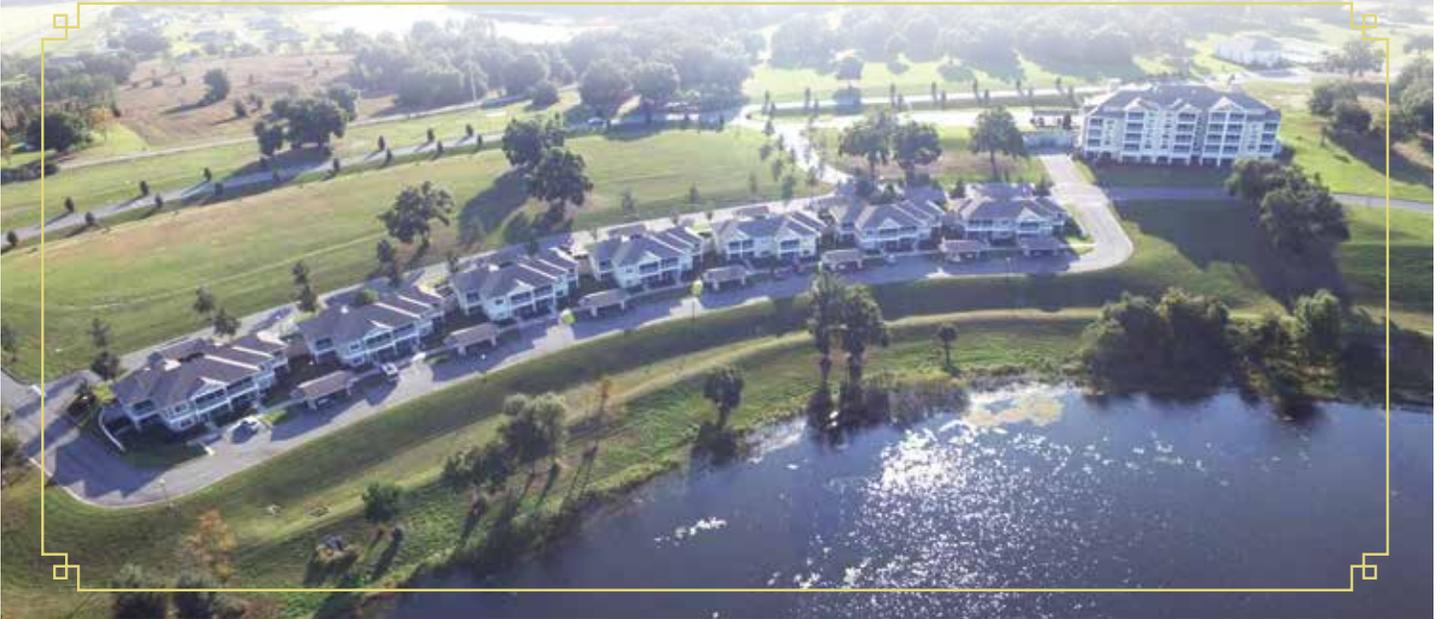
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