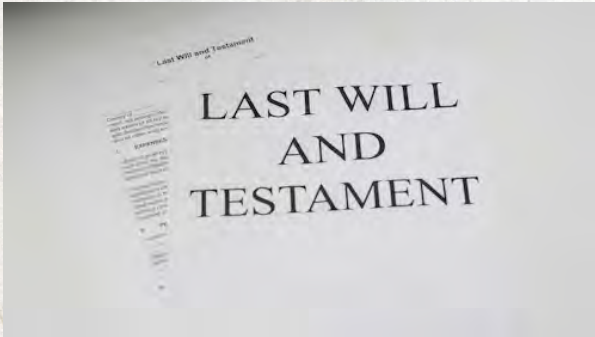


WHAT TO DO WHEN SOMEONE PASSES

A CHECKLIST



No one wants to talk about this. I get it. It's uncomfortable, can stir up all sorts of feelings that people don't want to confront. Some even find it morbid. But it has to be talked about. What to do when someone passes? It's an unfortunate necessary evil.

Many of the survivors face the five stages of grief, DABDA. They are: denial, anger, bargaining, depression and finally acceptance. It is a life changing event for the loved ones and it is an emotional process they need to go through.

1. **Denial:** In this stage, individuals believe the precipitating event is somehow mistaken. "No! This can't be happening!" Some people retreat to isolation as they avoid others who seem to have accepted the event.
2. **Anger:** When the individual recognizes that denial cannot continue, they become frustrated. "It's not fair!"
3. **Bargaining:** The third stage involves the hope that the individual can avoid the cause of grief. The survivor would probably be willing to give anything to bring back the loved one. You may wonder whether doing something differently could have prevented the loss.
4. **Depression:** "I can't go on!" is a very common phrase expressing depression.
5. **Acceptance:** In this last stage, individuals accept the death of the loved one. "It's going to be ok."

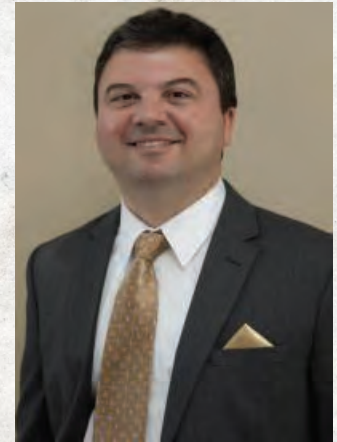
After the initial shock of losing family or a dear friend, what steps should be taken?

Here is a checklist:

1. **Contact your place of worship and a funeral home.** Work with them on specific arrangements and an obituary.
2. **Contact the deceased's employer (if still working).** HR may inform you of benefits the employee had that could provide for surviving family. Life insurance, pensions, continued health insurance, etc.
3. **Notify your employer (if still working).** You may be entitled to bereavement benefits and to inform them you will be missing work.
4. **Obtain copies of the death certificate.** You will need at least ten.
5. **Create a file with all pertinent information.** This may include the deceased's:
Birth and death certificate, driver's license, Social Security Card and statements, Medicare Card, Will, Bank statements, Credit Cards and statements, All investment account statements including 401k and IRAs, any loan info including mortgages, vehicle ownership and registration, life insurance, income tax returns.

NEXT STEPS

1. Make a list of recurring monthly bills, and arrange for those bills to be paid.
2. Contact life insurance provider and make a claim (death certificate needed)
3. Contact banks and investment accounts and transfer ownership (death certificate needed); open a new checking



We celebrate moms on Mother's Day in May! The celebration, as we know it today, began in 1907 in tiny Grafton, West Virginia. Anna Jarvis held a memorial service at her late mother's church. The concept caught on and by 1914, President Woodrow Wilson declared it a national holiday. It is celebrated in over 40 countries today. The origins of honoring moms goes back a long time though. During the Middle Ages the custom developed of allowing those who had moved away to visit their home parishes and their mothers on the fourth Sunday of Lent. This became Mothering Sunday in Britain, where it continued into modern times, although it has largely been replaced by Mother's Day.

Alexis Hongamen, CFP®,
CRPC®

"... continued on page 2"

World Traveler!

"Where In The World is Stefanie Mayfield-Garcia? No, that isn't a twist on the similarly sounding video game from the '80s.

It's a question I asked of my friend Stefanie. You see, after seeing her travel from country to country (46 if you are keeping count) you start expecting to see her pop up in some unexpected places!

"Iceland is my next trip. I've actually been there before, but I had such a great time, I'll be taking my daughter now" she said.

Mayfield-Garcia is a UCF professor in the College of Business, a life coach, a marketing consultant and runs an AirBNB. Whew! She's also a published author. How does she find the time? Here's a summary of a Q&A I had with her recently:

So you've been to 46 countries. Have you ever thought about visiting every country?

I did think about that at first. But I don't really want to go somewhere just to check a box or say I went there. I want to really enjoy the places I go or have a good reason to visit.

You do a lot of solo travel. Tell me about that.

People always ask me if get lonely or is it scary. I actually enjoy solo travel as it gives me a chance to really interact with the locals wherever I'm visiting. I've made friends of other solo travelers and locals while on my trips. I still keep in touch with

some to this day!

I've heard you never check luggage?

That's right. I don't want to pay the fees that can be up to \$100 to check my luggage. I just use a carry on. Plus, I don't want to risk the luggage being lost or all the time waiting at the carousel for the luggage to come out. If I need something, I just buy it at my destination. I also donate a lot of clothing to needy families wherever I go.

What's your funniest travel story?

I was in Colombia, at a nightclub and I was asked to dance. He was a professional salsa dancer & he was twirling me around faster & faster. As I got more comfortable, I went with it & was throwing my arms out as part of the dance moves. I then knocked over the microphone of the singer causing an awkward moment when the music kinda stopped! LOL!



You can follow Stefanie on Instagram @wonderwomantravels and her AirBNB @hiddenpeachcabin

"...from page 1"

checking account in your name alone and transfer some assets from joint accounts; maintain joint account for six months in case checks are paid to the deceased.

4. Cancel credit cards in your spouse's name and have cards with both names reissued in your name.
5. Contact Social Security

- for any applicable benefits.
6. Contact your lawyer to update your will.
7. Have CPA file estate tax with the IRS; federal taxes will be owed for the year in which your spouse died.
8. Update your health, auto, homeowners insurance policies.
9. Have your financial adviser withdraw any minimum distributions from IRA (if applicable).

10. Work with your financial adviser to update your financial plan and investment accounts.

I know this isn't pleasant to think about. We want to put it off. But you are doing your loved ones a favor to have a conversation about what should take place if this unfortunate event happens.



Our service offerings

I Specialize In Helping

- Planning For Retirement/Retirees
- Federal Employees
- College Planning

Fiduciary Services

- Financial Planning
- Wealth Management
- Hourly Consulting
- Flat Fee Consulting
- Fees as a % of Assets Managed

Investments

- Exchange Traded Funds
- Stocks/Bonds

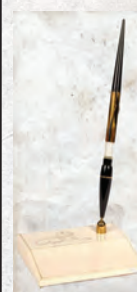
Account Types

- Brokerage Accounts
- 401k Rollovers, Solo 401Ks
- Roth Conversions
- IRAs, Roth IRAs, SEP IRAs, Simple IRA

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I receive NO compensation from anyone besides my clients.

Contact the office



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 Email: alexis@totalfinancialplanning.com
 Address: 1120 Bella Vida Blvd, Orlando, FL 32828

Evenings and Saturdays available by scheduling at totalfinancialplanning.com/schedule-call

I have been quoted in the following publications:



Flashback 50 Years Ago This Month

MOVIES: May 1974

- **The Exorcist**.....When a young girl is possessed by a mysterious entity, her mother seeks the help of two Catholic priests to save her life.
- **The Sting**.....Set in September 1936, involving a complicated plot by two professional grifters (Paul Newman and Robert Redford) to con a mob boss.
- **The Great Gatsby**.....Based on the 1925 novel by F. Scott Fitzgerald. It is set in the Jazz Age on Long Island, the novel depicts first-person narrator Nick Carraway's interactions with mysterious millionaire Jay Gatsby (Robert Redford) and Gatsby's obsession to reunite with his former lover (Mia Farrow).
- **Blazing Saddles**.....Western black comedy film directed by Mel Brooks, who co-wrote the screenplay with Richard Pryor. The film stars Cleavon Little and Gene Wilder. The film received generally positive reviews from critics and audiences, was nominated for three Academy Awards & is ranked number 6 on the American Film Institute's *100 Years...100 Laughs* list. This movie would not be made today due to humor that would be considered inappropriate.



MUSIC

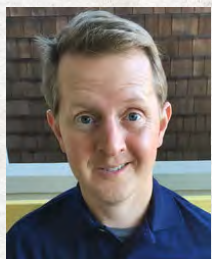
Billboard Hot 100: May 1974!!

- **The Loco-Motion (Grand Funk)**
- **Bennie And The Jets (Elton John)**
- **Band On The Run (Paul McCartney)**



NEWS/SPORTS/CELEBRITY

- Former US Vice President Spiro Agnew disbarred
- 26th Emmy Awards: M*A*S*H, Alan Alda & Mary Tyler Moore win
- Symbionese Liberation Army shoot-out with LA police kills 6 SLA members in the gunfire and resulting fire. One of the largest police shootouts in US history, with more than 9,000 rounds fired.
- US House of Representatives Judiciary Committee begins formal hearings on Nixon impeachment
- 100th Kentucky Derby: Puerto Rican jockey Ángel Cordero Jr. wins aboard Cannonade for first of 3 Derby victories
- Singer Jewel Kilcher "You Were Meant For Me" born in Payson, Utah
- Jeopardy winner Ken Jennings born in Edmonds, Washington
- UF QB Danny Wuerffel, Heisman Trophy 1996, born in Fort Walton Beach, FL



Questions? Call Alexis' cell 407-729-8516

FINANCIAL ACRONYMS

Do you sometimes see financial acronyms used and aren't sure what they are? It can be an alphabet soup. Here are some that are used often:

ADR: American Depositary Receipts, the name of the certificate you receive when you buy a foreign stock through a US exchange.

APR: Annual Percentage Rate is the interest charged for borrowing representing the actual total yearly cost of a loan expressed as a %.

AUM: Assets Under Management is the total value of the investments handled by a wealth manager.

CFP: CERTIFIED FINANCIAL PLANNER™ is considered the gold standard certification for those providing financial planning advice.

COLA: Cost of Living Adjustment is the change to benefits to counteract the effects of inflation. Provided by Social Security and some pensions.

CPI: Consumer Price Index measures the change in price paid by consumers over time of a group of common goods and services.

DIA: An ETF for the Dow Jones Industrial Average (DJIA), a basket of 30 popular US blue chip stocks.

ETF: Exchange Traded Funds is a pre-defined basket of bonds, stocks or commodities that are wrapped into a fund and then listed onto an exchange so that anyone can buy it.

IRA: Individual Retirement Account is a long-term, tax-advantaged savings account that individuals can use to save for the future.

P/E: Price to Earnings Ratio is metric used to compare a company's stock price to its earnings per share (**EPS**) to determine its value and whether it's overvalued or undervalued. The P/E ratio is calculated by dividing the current stock price by the most recent EPS. For example, if a stock is trading at \$20 per share and its EPS is \$1, the P/E ratio is 20. It is used to find out how "expensive" a stock is.

ROI: Return on Investment is the ratio between an investment's net income and its costs, and is usually expressed as a percentage.

SPY: The oldest and largest ETF which tracks the Standard & Poors (S&P) 500 stock market index.

Idiom Of The Month

"Mind Your P's And Q's!"

Mind your P's and Q's

I've always wondered the origins of this one.

It means mind your manners. One possible explanation dates back to 1851 from typesetting. The letter p and the letter q can be easily confused. The vertical line before or after the circle represent different letters obviously. So "mind your p's and q's" represents being careful.

A number of alternative explanations have been floated. One is that "Ps and Qs" stands for "please and thank-you" with

the latter syllables pronounced like the letter "Q".

Another proposal is from the English pubs and taverns of the 17th century: bartenders would keep watch over the pints and quarts consumed by the patrons, telling them to "mind their Ps and Qs". This may also have been a reminder to bartenders not to confuse the two units, written as "p" and "q" on the ledger.

Staying in the pub world, another possible explanation comes from the pubs in Scotland and England. The reason sometimes given is that Scottish pints and quarts were about 3 times larger than English pints and quarts, it was

important to notice because the mug for a Scottish pint was similar (but still larger) than an English quart.

Among other origin stories, one could come from French instructions to mind one's pieds (feet) and queues (wigs) while dancing. However, there is no French equivalent translation for this expression.

Another is from sailors in the 18th century who were reminded to pay attention to their peas (pea coat) and queues (pony tail).

I think the explanation of please and thank you is the most plausible. What do you think?

WHAT WOULD YOU DO? *(Said in John Quinones' voice)*

John Quinones is back!! I ran into him recently and he asked me a few questions that I'm passing along.

- 1. Would you rather not be able to use voice on your cellphone or text?** That's a tough one. I need both!
- 2. A dream vacation for two weeks or spend time with anyone currently alive in the world for 3 days but you must do it your hometown?** Easy one. I'll take the free vacation.
- 3. Would you rather have every detail of your love life made public or have the details of your finances made public?** You tell me your answer first!
- 4. In a conversation would you rather always have the first word or the last?** Easy one. I'll take the last word.
- 5. Would you want to be forever 21 years old physically if it meant that you were also forever 21 financially?** No
- 6. Would you rather be an unknown amateur player in your favorite sport or a famous professional badminton star?** My favorite sport.
- 7. Free Starbucks for a year or free Chik-fil-a for six months?** Chik-fil-a.

Some things to think about. Let me know your answers!

