

The Sandwich Generation

By Founding Partner Chris Caldwell,
CFP®, CRC®, AIF®, MBA

THE STRESSES OF BEING IN THE MIDDLE

The Sandwich Generation is typically people between 35 and 60 years old. The name is derived from being “sandwiched” between helping their kids as well as helping their parents. The size of the group is growing every year for many reasons. Retirees are living longer. Children are having hard times finding gainful employment. People are having children later in life. Why is it so important to talk about this? Many have not even thought about the emotional, physical, or financial burden of taking care of both their kids and their parents. The level of stress, exhaustion, and worry can be troublesome, making this a very important subject to consider.

The first step in this consideration is understanding the potential risks. Starting

with your parents, do you have a clear understanding of their situation? How is their physical and mental health? Do they keep a budget? Are their expenses covered? Do they have proper life, health, property/casualty,



and long-term care insurance? Have they completed up-to-date estate planning? Are there friends or family who can help them if they need something? Have there been decisions made with respite care? These are just some of the many questions that

should be asked. And, there are plenty of questions related to the kids. Are you teaching them good financial habits? Are they saving money? Are they keeping up with grades for post high school or post college? Are they striving to be workforce ready?

A good understanding of our parents and children will determine the chances of them needing our help. If the risk is high, the key is putting a plan in place even if it never becomes

necessary to execute all or even part of this plan. As can be easily understood, much, but not all of our planning will be directly related to finances. For instance, retired parents who are financially sound might still

(continued on page 4)

The College Talk

By Senior Financial Adviser Amy Parrish,
AMWA®

COMMUNICATING TO YOUR COLLEGE-BOUND CHILDREN

I find it fascinating to learn how my clients acquired their college degrees and how it influences what they will do for their children to reach this same goal. I remember my own experiences. I had a roommate who was from a family of means but insisted that she pay part of her expenses. She always had a job, worked hard, made good grades and, yet, still had fun. Then there was me ... all expenses paid. My grades and attention were not where they should have been, and I had just the same amount of fun as my harder working roommate. Fortunately, my perspectives eventually changed and I came to value hard work and sacrifice but not as early in my life experience as my roommate. Many of my clients have shared stories that parallel these two different scenarios. Most of the time the one whose parents required something of them financially greatly appreciates it now.

I recently read an article which stresses the importance of having "The Talk" with your children. This may not be the one you dread during pre-teen years, but this conversation can also cause discomfort. This talk is about college and finances. Most of us spend a lot of time talking with our children about the college search and selection process but not as much time on financial

facet of a college education. An expenditure this large presents a great opportunity to introduce some, if not many, financial disciplines. Here is an excerpt from the article:

If you are the parent of a junior, now is the time to start having these discussions. While you do not need to itemize all of your expenditures or accounts, you will be so much better off if you are willing to honestly and openly discuss your overall financial situation and how it relates to paying for college.



The truth is most students have no idea how much you pay in taxes, or what percentage of monthly or annual income goes to your mortgage. Understandably, they have not given any real thought to how adding college tuition may impact your family's life and other financial obligations or goals.

"Opening the books" shifts the financing college conversation to a partnership and a collective

investment. As a student's first significant adult decision, they should be privy to the expense and implications of their college choice. These talks will help you have better discussions about opportunities to offset costs through jobs, co-ops, or internships. They will inform the questions you ask about return on investment, careers, salaries, and how the school helps students pursue employment opportunities during and after college.

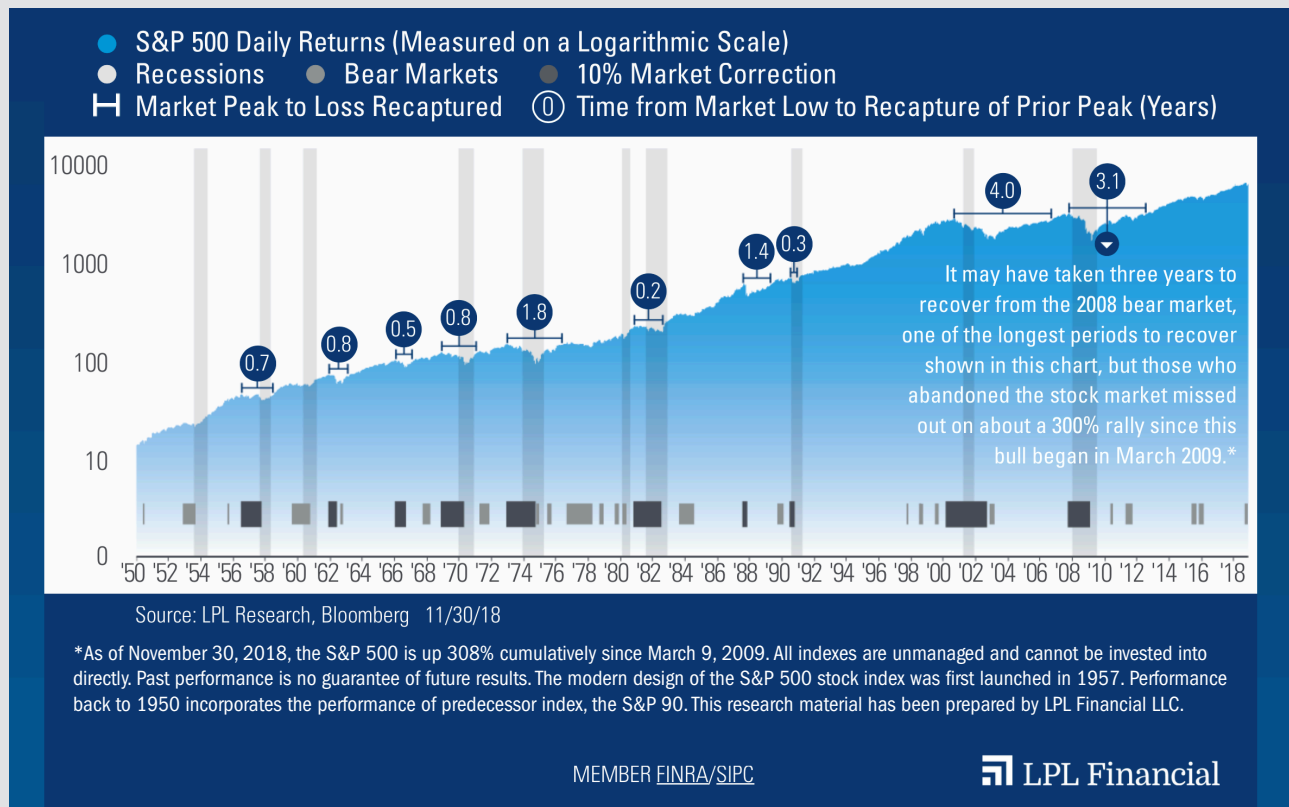
Like most important financial discussions in your life, you don't have to formulate the conversation on your own. We can help. As indicated earlier in this article, I talk with my clients about their experiences to discover what they think worked and what didn't, also discussing how these experiences

have influenced what they want to do for their children. Even if you decide to pay 100 percent of your child's college expenses, it's still time to have a discussion with them about expectations and why you are making this decision. At HTP, we have the benefit of working with many different clients and using their varied experiences to help find the solution that works best for your family.

Chart of the Quarter

A SNAPSHOT OF STOCK MARKET HISTORY

The S&P 500 Has Taken an Average of a Little Less Than 1.5 Years to Recover From a Bear Market*



Information & Tools

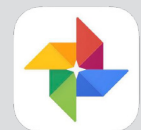
Technology Corner

AnyList: AnyList makes trips to the grocery store simple and organized. Users can create their grocery lists on their smartphone, so they never have to worry about forgetting their list at home or carrying a pen and paper around the store. Once you have the item, you simply cross it off your list. Built-in categories as well as custom categories can be used which can be reordered to match the layout of your favorite store. Favorite items can be selected for future shopping trips. Users can also save recipes to the app and select ingredients from the recipes to be added to shopping lists. This app is free.



AnyList

Google Photos: With Google Photos, you'll never have to worry about running out of storage on your phone again. If you already have a Google account (if not, creating one is easy), simply download the app and begin syncing your photos from your phone to the app. Your photos can be removed from your device after they have been uploaded to your Google account. You can search the uploaded photos for specific photos, edit them, and share them with those pictured in them. Your photos can be accessed from any device if you're logged into your Google account. This app is free.



Google Photos

When the Benefit Breaks

By Founding Partner Jason Norton,
CFP®

HAVE YOU PLANNED PROPERLY?

Without question, raising a child with a special need is challenging. One of the major challenges for a family is cost. An average month of therapy can be \$1,800, or even more! This figure does not include visits to the doctor, medicines or any necessary at-home nursing. According to the U.S. Department of Agriculture, the total cost of raising a child without special needs to the age of 18 is an estimated \$240,000. As relates to the special needs child, the nonprofit organization Autism Speaks estimates the lifetime cost between \$1.4 to \$2.4 million, which rises significantly if the child requires any type of skilled nursing.



It is apparent that most American families cannot harbor the financial burden of caring for a family member with a disability or long-term illness. The federal government does offer relief, but it is not

easy to acquire. Programs like Supplemental Security Income (SSI) and Medicaid can help to defray the long-term cost of supporting the person with a disability. The challenge with this system, however, is that the person who needs the money the most cannot have any money of his or her own. Ironically, the very person who needs it most is not eligible to receive it!

This is where proper planning becomes effective in resolving this situation. In order to obtain and maintain government benefits, it is required to “bankrupt” the individual, including all possible future benefits from estates and IRA beneficiaries. Highland Trust Partners can assist with this process. With a careful eye on a family’s financial plan, we can redirect assets by use of a Special Needs Trust and reassign beneficiaries. As a result, we are able to help our clients maintain the ever-important government benefits and allowing a family to focus on providing the added support necessary for the healthfulness of the loved one.

The Sandwich Generation

THE STRESSES OF BEING IN THE MIDDLE *(continued from page 1)*

require help with day-to-day activities ranging from rides to doctor to understanding important documents, to reorganizing the house, to programming the TV. And a child might just need that extra bit of encouragement, financial or otherwise, during these growing-up years. For the Sandwich Generation, finding the time to be the necessary encouragement

to parents and children can be difficult with the juggling of the many things of life. Relying on friends, family, church, etc. to help share the load is vital.

If you are living in this situation, the one person that cannot be forgotten is YOU. It can be a challenge to take care of others, especially when it is parents and children, but you need to

make sure your plan includes your own success in life. You cannot sacrifice your career, your friends, your spouse, or your interests. We all want what is best for everyone in our families. With proper planning early in the process, we can be a part of providing what is best for them while at the same time alleviating a great amount of the related stress.

Contributing Writer

Your Life Plan

By Alex Patterson
Vice President of the Presbyterian Homes of Georgia

FINANCIAL PLANNING VERSUS LIFE PLANNING

It seems like everywhere you look right now, a new senior living facility is coming to a street corner near you. Every one of them is boasting the shine of one of Elon Musk's newest creations. And to add the the complexity, they are often named in an ambiguous enough way to leave you not quite understanding what the differences are between them. They offer Assisted Living, Personal Care, Memory Care, Independent Living, and/or Skilled Nursing. They are paid for by you, your Medicare benefits, your insurance, or a combination. In America we do not often think about those services that will be needed as we age until we actually need them. Then, more often than not, we find ourselves trying to navigate these almost unknown waters in the midst of emotionally distressing situations brought on by age-related health changes.

What if, rather than waiting to be

forced, you planned ahead for your later years? Not just a financial plan, but a Life Plan. What if you made the move to live in a "Life Plan Community" (LPC) such as Presbyterian Village Athens, where all of these services are provided should you ever need them. And as a benefit, the maintenance trappings of home ownership are completely removed!

Many of us still envision any service in this senior sector as the old "nursing home." However, it is good to know that there are many more (and better) options available for you today than in the previous years that formed

these stereotypes. It is worth your time to explore them!

Much, too, has been written lately about the health benefits of living in community with others. In fact, the presence of close relationships, such as those fostered in LPCs, is proving to have the highest correlation to the longevity and health of human beings. As you consider your financial plan, do not overlook all of the options you also have to fulfill your Life Plan.

(Alex Patterson and Presbyterian Homes of Georgia are not affiliated with LPL Financial.)



HTP News and Reminders

Operations

We are now able to provide electronic signatures securely, at no cost, on the most commonly used operational forms at LPL Financial. eSignature and document submission promotes increased efficiency, a reduction in paper and an enhanced signing experience. Please contact our office to confirm, update or add your email address to our records if you would like to utilize this service.

Market Index Returns*

Fixed Income	Current Yield 4/10/19
90-Day T-Bill	2.41%
5-Year T-Note	2.45%
10-Year T-Note	2.48%
30-Year T-Bond	2.90%

Source: Bloomberg

Index	2019 (1/1/19–4/9/19)	2018 (One Year)
Dow Jones Ind.	12.83%	-3.48%
S&P 500	15.47%	-4.38%
NASDAQ	19.20%	-2.84%
MSCI EAFE	12.20%	-13.79%

Source: Morningstar Research

*The Dow Jones Industrial Average is comprised of 30 stocks that are major factors in their industries and widely held by individuals and institutional investors. Bond yields are subject to change. Certain call or special redemption features may exist which could impact yield. The Standard & Poor's 500 Index is a capitalization weighted index of 500 stocks designed to measure performance of the broad domestic economy through changes in the aggregate market value of 500 stocks representing all major industries. The NASDAQ Composite Index measures all NASDAQ domestic and non-U.S. based common stocks listed on The NASDAQ Stock Market. The market value, the last sale price multiplied by total shares outstanding, is calculated throughout the trading day, and is related to the total value of the Index. The MSCI EAFE Index is a free float-adjusted market capitalization index that is designed to measure the equity market performance of developed markets, excluding the US & Canada. The MSCI EAFE Index consists of the following developed country indices: Australia, Austria, Belgium, Denmark, Finland, France, Germany, Hong Kong, Ireland, Israel, Italy, Japan, the Netherlands, New Zealand, Norway, Portugal, Singapore, Spain, Sweden, Switzerland and the UK.

Not FDIC Insured | Not Bank Guaranteed | May Lose Value
Not Insured by any Federal Government Agency | Not a Bank Deposit

LPL Financial compliance # 1-840826.
IFG Advisory, LLC are separate entities from LPL Financial.
SIPC. Advisory Services offered through IFG Advisory, LLC, a
Securities offered through LPL Financial, Member FINRA/

1077 Baxter Street, Suite 600
Athens, GA 30606
706-850-4965 (office)
www.highlandtrustpartners.com

