

Customized Senior Services
to Maintain Lifestyle
& Financial
Independence

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Specializing in Elder Care,
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Certified Senior Advisor (CSA)[®] ♦ Elder Care Professional ♦ Accredited Estate Planner (AEP)

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Five Tips to Help Seniors Age at Home

What to Do if You Get a Letter From the IRS

Aging in your own home safely, independently and comfortably is the goal of most seniors. Here are five tips to help seniors live as long as they possibly can in their own home.

Stay Connected

Staying in touch with family and friends is a big part of everyone's health and happiness. Being a part of a community whether it's family dinners, cards, bingo, dancing or movie night at the senior center is an integral part of everyone's mental and emotional health.

There are tons of new technologies that make it easier than ever to communicate. Whether it's phone, text, facetime, facebook or skype, there is no shortage of opportunities for friends and family to stay in touch daily.

Keep Fit As A Fiddle

While some ailments are unavoidable, there is no doubt that staying as fit as possible will help keep you healthier and more independent.

To help you stay fit we would recommend some form of exercise that you enjoy doing. According to a Harvard Health study, they recommend you try one of the following exercises: swimming, tai chi, walking, or strength training.

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Every year the IRS mails millions of letters to taxpayers for many reasons. Here are some tips and suggestions for taxpayers who receive one:

Don't ignore it. Most IRS letters and notices are about federal tax returns or tax accounts. Each notice deals with a specific issue and includes specific instructions on what to do.

Don't panic. The IRS and its authorized private collection agencies do send letters by mail. Most of the time all the taxpayer needs to do is read the letter carefully and take the appropriate action.

Do take timely action. A notice may reference changes to a taxpayer's account, taxes owed, a payment request or a specific issue on a tax return. Taking timely action could minimize additional interest and penalty charges.

Do review the information. If a letter is about a changed or corrected tax return, the taxpayer should review the information and compare it with the original return. If the taxpayer agrees, they should make

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Five Tips to Help Seniors *continued from Page 1*

Make A Difference

Giving back can make us all feel good. This can be with your own family or you can volunteer. There are volunteer opportunities available to seniors from the local library to the community soup kitchen.

Don't stop learning. Seniors of all stripes are taking classes on everything from current events to astronomy in community centers and university extension classes. Learning a new language is also very challenging and stimulating. No matter the activity, if you are living on your own, you will have to pay special attention to ensuring you give yourself every opportunity to learn and stay productive.

Stay Safe And Secure

Here are a few tips to make your home more senior friendly: Make it fall proof. This means add lighting, remove area rugs, add grip tape to bathtubs and showers, add grab bars in bathrooms, remove clutter and raise toilet seats if necessary. Put everyday items within easy reach, especially in the kitchen. Put the heavier items at a height between your hips and your shoulders. Get a medical alert system. In the event you fall, you will want the protection of one of the newer medical alert systems that can automatically detect a fall and alert emergency responders and your family to your exact location.

Get Financially Flexible

Many seniors have a significant portion of their net worth tied up in their homes. As a result, when they are looking for financial flexibility they often choose to sell their home to gain access to their home equity.

There are other options available. Life settlements offer a very convenient way for seniors with universal life insurance policies to access upwards of 20% of the value of the policy's death benefit. Another option for homeowners is to take out a reverse mortgage. A reverse mortgage allows seniors to access their home's equity without ever having to repay the loan until they die or sell the home.

Whatever your scenario, before thinking you have to sell your home to fund a nurse's aid or a live-in caregiver, explore some alternative options with a seasoned financial advisor that has a fiduciary duty to you alone.

Source: [www.http://blog.ovidlife.com](http://blog.ovidlife.com)

What Our Clients Say About Us

"We live out of state and our taxes are handled like we live down the street from Marcia." BP

If You Get a Letter From the IRS *continued from Page 1*

notes about the corrections on their personal copy of the tax return, and keep it for their records.

Don't reply unless instructed to do so. There is usually no need for a taxpayer to reply to a notice unless specifically instructed to do so. On the other hand, taxpayers who owe should reply with a payment. IRS.gov has information about payment options.

Do respond to a disputed notice. If a taxpayer does not agree with the IRS, they should mail a letter explaining why they dispute the notice. They should mail it to the address on the contact stub at the bottom of the notice. The taxpayer should include information and documents for the IRS to review when considering the dispute. The taxpayer should allow at least 30 days for the IRS to respond.

Do remember that there is usually no need to call the IRS. If a taxpayer must contact the IRS by phone, they should use the number in the upper right-hand corner of the notice. The taxpayer should have a copy of the tax return and letter when calling.

Do avoid scams. The IRS will never initiate contact using social media or text message. The first contact from the IRS usually comes in the mail. Taxpayers who are unsure if they owe money to the IRS can view their tax account information on IRS.gov.

Source: www.irs.gov

Please contact our office for more information. †



You can e-mail us at

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