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When & Why Families Need to Create Conservatorships

10 Proven Ways to Keep the Mind Sharp as You Age

A conservatorship is a legal relationship created through a formal court proceeding; it occurs when someone is no longer able to take care of themselves. It's important to understand that a conservatorship is created specifically for an adult who is either physically or mentally incapacitated. This differs from guardianships and a power of attorney. A power of attorney is appointed when a person is still of sound mind and can legally sign the document. The POA, however, is not effective until that person becomes incapacitated. A guardianship is created for minors or children.

Reasons To Create A Conservatorship

There are several situations in which a family might need to create a conservatorship for their loved one. Generally, conservatorships are established for people who are in comas, suffer from dementia, advanced Alzheimer's disease, or have other serious illnesses or injuries and did not already set up a power of attorney.

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Just as exercise improves your physical health, brain workouts strengthen your mind, boosting your memory and thinking skills. Even better, it's never too late to begin exercising your most important muscle. Here are ten easy ways to stimulate your brain:

1.) Exercise for a healthier mind

Your mind and body are interconnected, so often, what benefits the body benefits the brain. Regular exercise, even taking a simple walk, goes a long way toward improving your memory and cognitive skills.

2.) Read for intellectual stimulation

In a study in the journal **Neurology**, regular reading and writing in late life reduced the rate of memory decline by 32%. Make reading more of a habit by joining or starting a book club, reading to your grandchildren in person or via FaceTime or Skype, or subscribing to a favorite magazine or local newspaper. Try to set aside a time each day for reading.

3.) Eat healthy to stimulate your brain

You may know that eating certain foods has been linked to a healthy brain. For an extra brain boost, try including these foods in your diet: fatty/oil rich fish, berries, turmeric, coffee, broccoli, dark chocolate, nuts, seeds, oranges, and eggs.

4.) Strive for good posture

If your mother or teachers told you to sit up, they were right to. Maintaining an upright posture improves circulation and blood flow to the brain. Try to sleep with your spine aligned, work to improve your balance, and maintain a healthy weight.

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What Our Clients Say About Us

“I can tell you, I would use Marcia’s business again in a heartbeat. They know what they are doing; she will be doing my taxes from now on.”

–JW

When & Why Families Need to Create Conservatorships
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However, if the incapacitated person planned ahead and appointed a power of attorney, that person won't need a conservator. The person appointed as the POA can take charge of the incapacitated person's finances. But if planning was not done ahead of time, that person's family members or loved ones must go through the legal process of assigning a conservator.

Reasons To End A Conservatorships

Ending a conservatorship is up to the court. The conservator must uphold their duties until the court issues an order to end those responsibilities. This usually happens if the conservatee dies, if they no longer need the help and guidance of the conservator, or if the conservator resigns or can no longer handle their responsibilities. In this situation, the conservatorship itself does not end, but someone else takes over the conservator's duties.

Reasons To Create A Special Needs Trust

Although a special needs trust is similar to a conservatorship, there are differences. A special needs trust is created specifically to protect the future of people who have special needs; this can be for both adults and children. If you are a conservator who's in charge of a person with disabilities, a special needs trust is a great way to plan for their future. The primary function of a special needs trust is to hold and spend their assets without it impacting the Social Security or other public assistance benefits they might receive. The specific details of the trust dictate what it can be used for.

Source: www.mccampbellcpa.com

Please contact our office for more information.†

10 Proven Ways to Keep the Mind Sharp as You Age
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5.) Get plenty of sleep to improve memory

Sleep problems can lead to trouble with memory, concentration, and other cognitive functions. Memories and newly learned skills move to more permanent regions of the brain while you sleep, according to the National Sleep Foundation (NSF). This makes them easier to recall. Adults 65 and older should aim for seven to eight hours of sleep each night, says the NSF.

6.) Play games or draw

Games are a simple way to sharpen and stimulate your mind. Some games to try are Sudoku, Chess, and Scrabble. In addition to games, painting, coloring, or drawing can be an intellectual workout. Whether it's a masterpiece, or a mere doodle, making something artistic is good for your mind.

7.) Listen to music or play an instrument

Many people find listening to or playing music enjoyable, but that's not the only benefit — it also improves memory function in older adults, according to a 2019 study in *Frontiers in Psychology*. Finding your favorite tunes, or learning to read or play music is easier than ever thanks to versatile platforms and technology.

8.) Learn a foreign language

Even if international travel isn't in your plans, learning a new language can be beneficial. It improves cognitive functioning in older adults, according to a review of several studies in *Frontiers in Human Neuroscience*.

9.) Find a new hobby to strengthen your brain

Learning a craft or skill can stimulate your mind, relieve boredom, and liven up your daily routine. Many colleges and senior centers offer engaging, low-cost lectures and classes for older adults. Whether you're learning a new recipe or beefing up your computer skills, ongoing education is a surefire way to stay sharp.

10.) Write frequently

Writing improves working memory and communication abilities. In the end, it doesn't matter what you write because simply expressing yourself will boost your brain activity. Have fun, and enjoy a brain workout by writing poetry, creative stories, song lyrics, letters, blog posts, etc.

Source: www.aplaceformom.com

Please contact our office for more information.†



“Don't let yesterday take up too much of today.”

~ Will Rogers



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