

Customized Senior Services  
to Maintain Lifestyle  
& Financial  
Independence

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Campbell, CPA  
A PROFESSIONAL CORPORATION

Specializing in Elder Care,  
Trusts & Estates,  
Taxes & Small  
Business

Certified Senior Advisor (CSA)® ♦ Elder Care Professional ♦ Accredited Estate Planner (AEP)

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***AUGUST ISSUE***

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**How to Make Next Year's Tax  
Season More Successful**

**8 Great Ideas for Senior Outdoor  
Activities**

The early bird gets the worm applies to many situations in life, and that includes getting the most out of your tax return. Planning ahead may help reduce your future tax liability, boost your retirement savings, and allow you to stress less when tax season finally arrives. Here are a few simple ways to get a jump start on your taxes well ahead of the deadline.

**Get Organized**

Getting organized is one of the easiest ways to get ahead for next year's tax season. The IRS recommends keeping all your records in a central location. One of the most common reasons people delay filing their taxes is due to a lack of organization. By gathering everything you'll need throughout the year, the feeling of being overwhelmed is minimized and turns what can be a lengthy process into something much simpler.

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**What Our Clients Say About Us**

**"I have been with Marcia  
since 2001. Her service and  
professionalism has always  
been top notch."  
—JF**

Going outside in the fresh summer air is a wonderful way for elders and caregivers to spend their time together doing great **outdoor activities for seniors**.

Going outside encourages light exercise and promotes socializing, which are both important parts for a **healthy senior lifestyle**. There are a handful of great outdoor activities for senior citizens to do that are **easy** for caregivers to arrange. As with anything, double check with the senior if they're comfortable going outside. Sometimes seniors suffering from allergies need to be given a little extra care.

**1.) Gardening**

Gardening is one of the most popular outdoor activities for seniors. This is a great way for seniors to stay active and maintain strength and flexibility. This light aerobic activity is very beneficial and can be incorporated easily into a daily routine.

**2.) Walks**

A great way to stay active is through walks. Whether it is long hikes or a quick jaunt around the neighborhood, walking helps to maintain cardio in a senior's lifestyle. It's also a great way to get some fresh air and see the sights the environment around you has to offer.

**3.) Bird Watching**

While birdwatching can sometimes be seen as a less exciting activity, it can really be beneficial in calming the mind and allowing for reflection. This is a great activity for seniors who wish to enjoy and connect with nature. It's very soothing and therapeutic.

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How to Make Next Year's Tax Season More Successful .....  
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## Know The Rules

When it comes to major deductions like claiming dependents, it's crucial to know the rules. Claiming a dependent on your taxes can make a huge difference on your return. It's common knowledge that children who live in your home can be claimed as a dependent, but what about other circumstances? Some people may be eligible to claim an adult child, a sibling, cousin, or other relative that lives in the home.

The rules can get complicated, but the IRS has created an interactive tool to help taxpayers understand who they can claim and under what circumstances. Knowing the rules in advance can make a significant difference when it comes time to file.

## Adjust your Withholding

Based on your return the year prior, it's always wise to consider adjusting your withholding for the next tax season. If your filing produced a huge refund or you ended up owing a large amount of cash, it's a good idea to figure out what works best for your situation. While receiving a big refund may seem like an advantage at the time, it's important to remember your refund was actually a year-long interest-free loan to the government. Consider using that extra money to invest now for a better return in the future.

## Contribute to Retirement

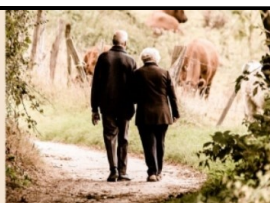
Contributing to your 401(k) or IRA throughout the year can come with some added benefits. Not only is it easier to put a little money aside each month, it's also better for your compound returns. You may also get a tax break by contributing more money to your retirement account.

Source: [www.mcampbellcpa.com](http://www.mcampbellcpa.com)

Please contact our office for more information.†

*World Senior  
Citizen's Day*

August 21, 2021



**"Sometimes you will never know the value  
of a moment, until it becomes a memory."**

~ Dr. Seuss

8 Great Ideas for Senior Outdoor Activities .....

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## 4.) Outdoor Theater / Music

Many local organizations will put on small music events or outdoor theatre showings that you or your loved one may really enjoy! Bring some snacks and a blanket and enjoy the sounds and scenery.

## 5.) Fruit Picking

Fruit picking is a great way to get out and get some fresh air while partaking in mild exercise. If you live in an area that is more agricultural, you or your loved one might be able to benefit from small berry farms. Plus you get a nice snack from your berry-picking efforts!

## 6.) Outdoor Craft Shows

Outdoor activities for the elderly can definitely include art. Outdoor craft shows are filled with fun scenery, lively activities, and great opportunities to see some fascinating art. You might be able to make some of your own!

## 7.) Picnic

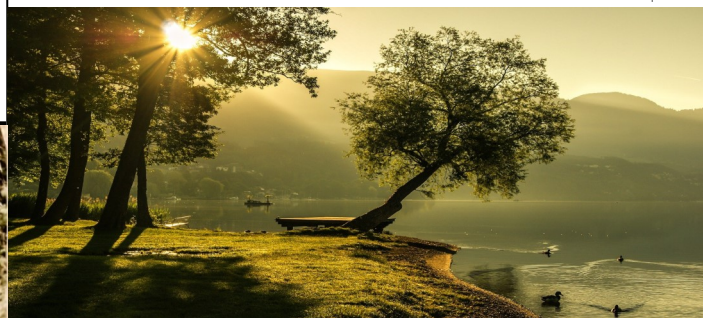
A classic outdoor activity. Whether it is an extravagant and well prepared meal or a simple sandwich with a healthy side, picnics serve as a great way to get out and soak up some **Vitamin D**. Fresh air and good conversation are great for both seniors and caregivers. You can even arrange some picnic games for senior citizens. Picnicking allows for a relaxing day in the park.

## 8.) Photography

An easy and enjoyable activity, photography can be enjoyed in the moment as well as later on. So grab a digital camera and go capture some memories!

Source: [www.thehelperbees.com](http://www.thehelperbees.com)

Please contact our office for more information.†



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**Lilly@MCampbellCPA.com**  
 to receive your newsletter  
 by e-mail!