

JULY 2020

Piece Of Mind

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we are giving you our piece of mind.*

PRESTON
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Left Brain Meets Right Brain

How My Passions for Art and Estate Planning Collide



Here's something you might not suspect about the person who helps create your legal documents: On the side, I work as an artist! Over the years, I've made paintings, burned intricate designs into wooden pens, added stylized Celtic ravens to barn doors, and even helped create a wood and epoxy resin "river table" that appears to have a stream running through it. My name is Crystal Peart, and I'm a bit of a contradiction — left-brained paralegal by day, right-brained artist and mom by night. In 2020, I'm going to celebrate 17 years with Preston Estate Planning.

Since I started at Preston, a lot has changed in my life. I've been married and divorced, had two incredible children, met a great man, and made more pieces of art than I can count. Now I can add surviving a global pandemic and work-from-home period to that list! But through all of those turbulent times, my job has been a steady port in the storm.

I was hired to Preston's word processing department on the heels of a career as a project manager for a government-contracted scanning company. I was in my early 20s back then, and although I knew a lot about computers, scanning, managing, and organizing, I had

no experience with estate planning. Still, Preston gave me the benefit of the doubt and decided to bring me on board.

I was eager to learn and quickly picked up the skills needed to draft, edit, and update estate planning documents. After a while, I trained to earn my paralegal certificate as well, and four years after I was hired, I was officially the department supervisor. I've been here ever since!

As Nicole said in last month's newsletter, Preston is a family-oriented company, and that culture has played a huge role in keeping me here over the years. I didn't originally plan to stay at this job for so long, but after having my sons — they're 11 and 15 now — our company policy of putting family first became a huge comfort for me. I'm never afraid to ask for a day off if one of the kids is sick, and it's really nice to have that kind of trust and support to fall back on.

Of course, it also helps that I truly enjoy the work I do. The stability and routine of working with documents day to day is a great fit for me. And, even though it seems to be a contradiction to my more right-brained artistic side, I thrive on the difficulty and critical thinking component of my career. I find a lot of satisfaction in helping our clients secure the financial futures of their families, and I've become really invested in them and our firm over the years. My coworkers are like a second family to me, and I love seeing our firm grow and thrive. I'm proud to be able to contribute to that legacy every time I sit down to type.

Right now, my team and I are largely working from home because of the coronavirus pandemic, and we've been incredibly busy helping all our clients through this difficult time. Every day, we're working hard to get documents processed as quickly and accurately as possible. If you're waiting on changes, please know that you're in good hands. Even if I never meet you face to face, please know that I have your back here at Preston!

-Crystal Peart



Nurture Your Creative Passion With These 3 Online Art Courses

All forms of art, like painting, drawing, and even sculpting, can be relaxing hobbies, sources of extra income, or professional careers. And with today's technology, it's easier than ever to begin learning a new art form. If you have an eager student at home who wants to try their hand in the arts or perfect their craft, then look into online art courses. There are many different courses available, and you should do some research to see which course is best for your student, but here are three to get you started.

Drawing and Sketching for Beginners by Robin Slee

This course is available through Udemy, and, at the reasonable price of \$29.99, is perfect for anyone wanting to test the waters. Slee takes students through the key fundamentals of drawing, such as how to hold a pencil correctly and how to make different kinds of marks. His calm voice and simple explanations in each course help students feel encouraged as they work. The course comes with three hours of video content segmented into 25 modules and a Q&A section where students can post questions, ask for feedback, and share their work. Find this course at [Udemy.com/course/sketching-for-beginners](https://www.udemy.com/course/sketching-for-beginners).

Ink Drawing Techniques with Yuko Shimizu

A student who prefers ink over pencil can learn drawing techniques through Yuko Shimizu's class on Skillshare. As a veteran instructor at the School of Visual Arts, Shimizu is ready to help you on your

journey to learn the essentials of inking. In the 90-minute course, Shimizu covers a lot of ground, which both novice and experienced ink artists will benefit from. Find this course by searching for ink drawing techniques on Skillshare.com.

New Masters Academy

Known as one of the best art academies online, New Masters Academy (NMA) offers hundreds of hours of prerecorded video lectures that students can watch and follow along with as they paint, draw, and sketch. The standard fee starts at \$35 a month, but with a premium membership at \$44 a month, students can access NMA's 3D reference library and over 20,000 reference images. To learn more and become familiar with the academy's instructors, visit their website at [NMA.art](https://www.nma.art).



Your Questions, Answered!

5 Things You Should Know About Your Emergency Medical Information Card

When you signed up for our Life Plan, you should have received an Emergency Medical Information Card to keep in your wallet or purse. These innovative cards can make a world of difference when a crisis strikes. Recently, we've gotten a lot of questions from clients about how their cards work, so this month, we're answering the top five. Hopefully, these reminders will help you use your card to the fullest.

1. What is the Emergency Medical Information Card?

The Emergency Medical Information Card looks like a credit card and should be kept on you at all times, ideally right behind your driver's license. On the card, you'll find your member ID and personal identification number (PIN) to access MyHealthDocs.com, our private portal for client medical documents. The card comes with a companion sticker that goes on your driver's license to direct medical professionals to your card in case you're incapacitated or incoherent. When you update your driver's license, make sure you contact us for a new sticker.

2. When would I use the card?

Medical professionals use the card in emergency situations. If you're in a car crash or suffer a heart attack or stroke and fall unconscious, your card will give your doctors access to the important documents they need to make crucial health care decisions. It will also direct them to your

emergency contacts. This is particularly important in a crisis, when the hospital you're taken to may not have your vital documents on file.

3. What information is stored on MyHealthDocs.com? Is it safe?

MyHealthDocs.com is a private portal owned by Preston Estate Planning. It's secure and easy to use. When a medical provider logs in, they will have access only to your Advance Health Care Directive, HIPAA waiver, emergency contacts, and AMC (Allergies, Medications, and Conditions) form that lists your allergies, what medications you are currently taking, and if you have any physical/medical conditions necessary for health care personnel to know. No other personal or financial information is stored on the site.

4. Can my loved ones access my documents?

Your loved ones can only access MyHealthDocs.com if they have your member ID and PIN. We recommend sharing those details with people you trust, like your spouse, a sibling, or your adult children. For easy access, they can store the information on their smartphones.

5. What should I do if I lose my card or if I never received one?

Call our office at 800.698.6918. We can help you replace your card and update your login information within seven days.

The Worrying Truth About Elder Financial Abuse



AND STEPS YOU CAN TAKE TO GUARD AGAINST IT

This spring, the IRS issued a dire warning to senior citizens: Look out, because scammers are coming for your relief checks. In April, the Federal Trade Commission had already received over 14,000 complaints about coronavirus-related scams. Unfortunately, those were just the latest schemes falling under the umbrella of elder financial abuse.

Elder financial abuse, or elder financial exploitation, is a huge problem. It can include scenarios like fake lottery wins, car theft scams, or relatives extorting money. Every senior citizen is at risk, no matter their wealth or cognitive ability. According to the National Adult Protective Services Association (NAPSA), as many as 1 in 9 seniors surveyed reported experiencing abuse, neglect, or exploitation in a single year. Yet the problem is still massively underreported. NAPSA estimates that for every senior who comes forward, 43 more suffer in silence.

A scammer can steal hundreds of thousands of dollars from a single victim. Many times these scams are carried out by someone the victim knows. Unmarried people who serve as sole trustee or sole owner of assets like real estate or bank accounts are especially vulnerable. According to the FBI, seniors lose more than \$3 billion to elder abuse every year. The bureau speculates that seniors are considered easier targets because they're often trusting, financially secure, and unsure of how to report abuse.

Because elder abuse is a widespread problem, our Life Plan includes key provisions to prevent it. For example, your Silent Partner Co-Trustee will help watch for red flags that indicate financial exploitation. Your Disability Panel protects you if you develop a cognitive impairment that results in permanent incapacitation. These are just a couple of the safety measures that ensure you are not an easy target for predators.

There are other things you can do to protect yourself, too. The National Council on Aging (NCOA) has eight great tips on how to avoid financial schemes, including:

1. Turn away solicitors by saying, "I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing." Before you buy, look into the company and get as much concrete information as possible from the salesperson, including licensing and contact details.
2. Use direct deposit for benefit checks to ensure they aren't stolen from your mailbox.
3. Be skeptical of unsolicited offers, shop around before making a purchase, and always read contracts thoroughly.

You can find additional tips and more details on those we listed at [NCOA.org](https://www.ncoa.org) and learn more about elder abuse and how to protect yourself or your loved ones at [NAPSA-Now.org](https://www.napsa-now.org).

Sudoku

9		3	5		2		8	
2	6		9	3		1		
7					8		2	
						7	4	
			7	5	1		3	
							1	6
			3					8
5				8		4		
4	8			9	5	3	6	

Solution on Pg. 4

Breakfast Sausage Kebabs

Inspired by [TasteOfHome.com](https://www.tasteofhome.com)

This simple recipe can make any breakfast a little more fun. We recommend pairing your kebabs with your favorite kind of eggs.



Ingredients

- 7 oz frozen, fully cooked breakfast sausage links, thawed
- 20 oz pineapple chunks, drained
- 10 medium-sized, fresh mushrooms
- 2 tbsp butter, melted
- Maple syrup, to taste

Equipment

- 5 metal or soaked wooden kebab skewers

Directions

1. Cut sausages in half. Thread alternating sausage halves, pineapple chunks, and mushrooms onto kebab skewers. Brush with butter and syrup.
2. Grill over medium heat, regularly turning and basting with syrup, until sausages are lightly browned, about 8 minutes.

9	1	3	5	7	2	6	8	4
2	6	8	9	3	4	1	7	5
7	4	5	6	1	8	9	2	3
3	5	1	8	6	9	7	4	2
6	2	4	7	5	1	8	3	9
8	7	9	4	2	3	5	1	6
1	9	6	3	4	7	2	5	8
5	3	2	1	8	6	4	9	7
4	8	7	2	9	5	3	6	1

Inside

- 1 Meet Crystal Peart, Our Word Processing Department Supervisor
- 2 Taking Art Classes From Home
5 Things You Should Know About Your Emergency Medical Information Card
- 3 The Worrying Truth About Elder Financial Abuse
Good Morning Breakfast Kebabs
- 4 How Meals on Wheels Atlanta Stepped Up for Its Community

A Meal for Every Member of the Family

Meals on Wheels Goes the Extra Mile

Meals on Wheels doesn't often get the credit it deserves. The international nonprofit ensures those who are unable to buy or make their own meals get the food they need to survive. Of course, for many recipients, the efforts of the organization go far beyond "survival." For those who receive food daily or weekly, those deliveries may be their only source of social interaction. And during times of social distancing, the program became more important than ever.

Meals on Wheels doesn't just serve meals to the elderly and people with disabilities — it also serves those people's pets. In 2019, Meals on Wheels Atlanta realized there was a huge need in their community to feed the pets of senior citizens. It stands to reason that if an elderly individual is unable to shop or cook for themselves, their pets may be in a similar predicament. And when someone's pet is their entire world, making sure the animal is fed and healthy means everything.

In response to this need, Meals on Wheels Atlanta began stocking up on cat and dog food, creating their own pantry to serve the local pet community. When volunteers made their rounds delivering meals to seniors, they made sure to bring cat and dog food along too.

One volunteer with Meals on Wheels Atlanta, Larry Auberbach, had a unique experience delivering meals to Jeffery Jones and his dog, Grizzly. The volunteer told 11Alive News in Atlanta that Jeffery and Grizzly "have their own special relationship." Larry loved Grizzly long before Meals on Wheels Atlanta started the pet pantry because he saw how much Grizzly's companionship meant to Jeffery. Now, Larry enjoys his service that much more since he gets to provide for Jeffery's beloved pet, as well.

On top of delivering food to seniors and their pets, Meals on Wheels Atlanta also delivers pet toys and pet beds, and they are happy to take in any pet-related food or items for donation. The organization says this endeavor was done out of love, not only for the people they serve but also for the *whole* family — wagging tails, fuzzy whiskers, and all.

