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Feeling Down? Frustrated? Unproductive?

Try These 5 Tips for Positivity from ShaLayne



Humans are creatures of habit, and when our daily routines disappear, we tend to go a bit crazy — at least that's been my experience. I've seen friends and family lose their minds a little during this pandemic! It's easy to give into feeling stressed and depressed when you're surrounded by restrictions and missed opportunities.

For me, the big missed opportunity this year was a family trip to Russia. One of my daughters taught English there, and I actually served a church mission in St.

Petersburg years ago, so I was excited to go back to a place I consider a second home. The trip was set for May, so of course, we had to cancel it when the coronavirus started spreading.

I was really disappointed to lose out on the trip, but ultimately, I realized the best way for me to cope was to move forward. That's actually what I want to talk to you about today. When you dwell on the things that can't happen, it's easy to fall into the trap of depression. However, if you focus on the positive, like I try to do, you can get through even the worst days. With that in mind, here are my top five tips for staying upbeat.

1. Get Up – Get Ready Early on in the pandemic when we were working from home all the time, the world seemed to have a running joke about people never getting out of their pajamas. It was funny for a while, but I've actually found getting up and dressed helps boost my mood. Every day I dress like I'm working in a law firm, even though I don't see clients face to face. Next time you're in a funk, try it out: Get up, put on some clean clothes, wash your face, put on your makeup (if you wear it), and go about your day!

2. Record Your Gratitude Every day, I write down at least five things I'm grateful for. Sometimes they're big things, like my husband and kids, other times they're small, like the fact that we have working air conditioning! This practice helps me recognize and appreciate my blessings and reminds me to not to take

things for granted. Try it out — keep a journal or pad of sticky notes by your bed and either start or finish the day with gratitude!

3. Random Acts of Kindness Few things are as positive as the glow you get from serving others. If one of my teens is moping around, I'll tell them, "Go do something for your sister or brother!" Sometimes they still like to wallow ... BUT it's amazing to see how doing something as simple as clearing the table for a sibling can make the person doing it feel happier! During this crazy time, a random act of kindness like holding open a door for the person behind you, picking a flower for your sweetheart, or even smiling under your mask will make you feel good. If the recipient is grateful, that's the icing on the cake!

4. Get a Breath of Fresh Air Being cooped up is lonely and depressing, so try and get some fresh air when you're in a funk. Go for a walk or just sit outside for a bit and enjoy the sunshine and a breeze. Being out in nature can help tremendously with changing a bad mood!

5. Look Forward This is a big one. If you don't have anything exciting on the horizon, it can really bring you down. I know I would be a lot more in the "downy dumps," as our family calls it, if I didn't have our rescheduled St. Petersburg trip to look forward to. So, sit down and make some post-coronavirus plans! Dream up a vacation, party, or family reunion and set a date. I promise it will feel like you've switched on the light at the end of the tunnel.

Hopefully these tips to stay positive help you as much as they help me!

For those of you who don't recognize my name, I'm the person in the office who ensures your documents are recorded, provides you with your Emergency Medical Information Cards, files your loved ones' Wills at the courthouse, assists you when you're trying to access the "client only" section of the website (referred to as the Client Portal), and coordinates the mobile notaries. That is a lot to keep track of and is especially challenging during the new normal. However, we can do this! Keep your chin up, and I'll do the same!

— ShaLayne Evans

‘Dad, How Do I?’ How 1 Father Is Passing Along Life Lessons

Being abandoned by a parent is one of the most devastating things that can happen to a child. Rob Kenney experienced this trauma firsthand when his father said he no longer wanted any of his eight children. Kenney was only 12 years old when his father walked out of his life. In an interview with Q13 News in Seattle, Kenney explained that after that experience, he decided that when he had children of his own, he would raise them into good adults and make sure they didn't have a fractured childhood. But he didn't stop there.

Now 50, Kenney has a 29-year-old daughter and 27-year-old son who are living successful lives thanks to that decision he made many years before. However, even with an empty nest, Kenney realized he still had life lessons to pass on. After thinking about other young people in the world who have gone through the same unfortunate experience as he did, he decided to do something about it.

In early April 2020, Kenney created a YouTube channel called “Dad, how do I?” and uploaded his first video, titled “How to tie a tie.” In the video, he gives a helpful hint for choosing a tie. Then he talks viewers through the process of how to tie a tie while demonstrating it on himself. As April progressed, Kenney uploaded a number of videos on other seemingly simple tasks, including how to unclog a sink, check the oil in a car, install a shelf, and even how to shave. As he continued uploading videos, he started to include dad jokes along the way.

“So today I’m going to show you how to use a stud finder,” Kenney begins in one video. “If you came here looking for help finding a boyfriend, that would be a *different* stud finder.”

Kenney hopes that, by uploading these videos, he can be there for someone who doesn't have a parent around to teach them these things. And in the course of just two months, it looks like he is already doing just that. At the end of May, Kenney's channel had over 2 million subscribers and thousands of people have reached out to Kenney to share their own similar experiences and express their gratitude and appreciation for everything he's doing.



The Superpower Your Pet Is Hiding

How 4-Legged Friends Protect Us From Depression, Disease, and More



Here at Preston Estate Planning, our office is packed with pet people. Almost everyone on our team has a dog, cat, or other four-legged friend at home, and we're big believers in the power of pets to make us healthier and happier. This isn't just a vague idea we've picked up from cuddling our pups — decades of science support the assertion that owning a pet can do wonders for your health and well-being. According to Harvard Medical School, owning a dog can:

- Help you be “calmer, more mindful, and more present in your life”
- Decrease feelings of stress, depression, and isolation
- Reduce your blood pressure and heart rate (this happens when you pet them!)
- Inspire you to be more physically active, potentially preventing obesity

The American Heart Association also claims that pet ownership, particularly dog ownership, might actively help reduce your risk of cardiovascular disease. Data from a massive 12-year study in Sweden

shows this is particularly true for people living alone. According to a Harvard Medical School analysis, “Single dog owners had an 11% lower risk of having a heart attack and a 33% lower risk of dying during the study compared with single people who didn't own dogs.”

Seniors, who often live alone and struggle with isolation, see perhaps the biggest health benefits from pet ownership. This extends beyond dogs to include cats, birds, rabbits, and other pets, too! According to U.S. News and World Report, this is partly because pets can give a person's life structure and purpose. The daily tasks of feeding, brushing, and cleaning up after a pet create a comforting routine. Taking responsibility for a pet is also a promise to stay invested in another life, which the article calls “one of the most positive decisions you can make as you grow older.”

Given all of these benefits, it's no wonder our clients adore their pets! Over the years, we've helped dozens of pet owners set up pet trusts for their furry friends to ensure they'll always be well cared for. If you're considering getting a pet and want to learn more about the health benefits they offer for seniors, visit [PetsForTheElderly.org](https://www.petsfortheelderly.org). Their “Research” tab is an excellent resource, and they can even connect you with a shelter.



FDIC COVERAGE IS A BETTER WAY TO PROTECT YOUR WEALTH

In times of crisis, people do everything they can to hang on to their cash. This often means keeping it at home instead of entrusting it to a bank. During the Great Depression, worried Americans stuffed their mattresses with dollar bills, and the COVID-19 pandemic has been no different. According to Bloomberg, panicked people started hoarding bank notes in mid-March, and their fears have only escalated since.

While it's understandable that you'd want to keep your money close by, locking it in your home safe isn't the best way to protect your wealth, and it can actually hurt the economy by keeping cash out of circulation. Deposit insurance coverage through the Federal Deposit Insurance Corporation (FDIC) is another option, and it can cover a portion of assets deposited into a formal revocable Trust account.

What is a formal revocable Trust account?

A formal Trust account is an account that is registered in the name of your revocable living Trust, and therefore it is a part of your Trust estate. When you die, your Trust accounts will be distributed to your designated beneficiaries as part of the estate settlement process.

How will FDIC coverage protect my money?

When FDIC coverage is invoked, the money in your formal revocable Trust account will be insured up to \$250,000 per primary beneficiary. FDIC insurance covers all types of deposit accounts at an insured bank, but with a Trust account the coverage may be increased. For example, if you have three beneficiaries, your account will be insured for \$750,000. If you have less than \$750,000 in your account, then the entire account will be insured. This rule holds true for your first five beneficiaries, but things become a bit more complicated if you have six beneficiaries or more. In that case, at least \$1.25 million will be covered by insurance, but anything past that will be uninsured, with those uninsured portions divided between the beneficiaries. **Please note, you can only get this coverage if your financial institution is FDIC-insured, so check with them before you proceed.**

Where can I learn more?

To find out if you're eligible for FDIC coverage and learn more about how it works, reach out to the FDIC at 1-877-257-3342, 1-800-877-8339, or FDIC.gov.

Sudoku

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

Solution on Pg. 4

Peach and Arugula Pasta Salad

Inspired by [AmbitiousKitchen.com](https://ambitiouskitchen.com)



Nothing says summer like a pasta salad filled with your favorite fresh fruits and vegetables, and this combination is the perfect way to cap off a warm summer day!

Ingredients

- 8 oz penne or fusilli pasta
- 2 tbsp olive oil
- 1/4 tsp red pepper flakes
- 1/2 tsp sea salt
- Pepper, to taste
- 2 tbsp lemon juice
- 3/4 cup crumbled feta cheese
- 2 large fresh peaches, diced or sliced
- 1/2 medium red onion, thinly sliced
- 1 pint heirloom cherry tomatoes, halved
- 1 cup corn
- 6 cups arugula, packed

Directions

1. In a large pot of boiling water, cook pasta for approximately 9 minutes or until al dente. Drain pasta and place in a separate bowl.
2. In a small bowl, whisk together olive oil, red pepper flakes, salt, pepper, and lemon juice. Drizzle the dressing over the pasta and toss with the feta cheese.
3. Add peaches, red onions, tomatoes, corn, and arugula to the pasta mixture. Lightly toss to mix well. Add more olive oil, lemon juice, salt, and pepper to taste.

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

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Celebrate National Chefs Appreciation Week

National Chefs Appreciation Week

Celebrates Those Who Bring Communities Together

Restaurants have had an especially tough time staying afloat during the pandemic. Most eateries had to discontinue dine-in service, and those that couldn't adapt to offering takeout or delivery may still be questioning whether they'll ever be able to open their doors again. During the pandemic, it became clear to many of us just how important a role our favorite restaurants play in providing not just tasty chow, but also a sense of comfort and community. Celebrating National Chefs Appreciation Week is a great way to let the chefs who run those eateries know just how much they mean to us.

What is it?

Since the holiday's inception in 2013, it has most commonly occurred during the third week of August; this year, it's August 16–22. Restaurants, patrons, and home cooks alike can show appreciation for the art and dedication chefs bring to their craft every day. Several restaurants across the country celebrate with special events and menus, and patrons flock to their favorite places for great food and company and to support the chefs who bring their communities together.

How can I celebrate?

Now that many restaurants are opening back up for service at a limited capacity, it's possible to dine in and further support the chefs who

make the food you love. But, if you're still not comfortable eating at a restaurant, there are plenty of other ways to celebrate. Continue having food delivered or picking up curbside from your favorite places.

Whether dining in or carrying out, remember to tip well! You can also post about your favorite dishes on social media or leave a glowing review for your favorite eatery on Google or Yelp. The beauty of this holiday is that celebrating includes doing activities you probably already do, so it's easy to participate.

Chefs play a significant role in the evolution of culture, protection of tradition, and construction of community. Their food brings us together, fills our stomachs, and brightens our moods. We may not have fully recognized all they do for us until recently, but now that we have, we can truly celebrate Chefs Appreciation Week to the fullest.

