

A Husband's Point Of View



A.M.H. Financial Services



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Happy Thanksgiving! This year we will have to give our thanks in a different way than we normally do. The pandemic is of course still here and we will have to have a virtual Thanksgiving using Skype, Zoom or Facetime, or maybe even talk to our families on the phone.

If you've ever provided care for a loved one, you can appreciate why it's important to plan for your own future health-care needs. Supporting an aging family member can take its toll emotionally, financially, and physically.

Planning can help provide financial resources. It can also make it easier for you to have the conversation with your family about your wishes.

If you are in good health now, it might be difficult to imagine the care you will need as you age.

Your need for health care and personal care will change over time. It may begin with minor health problems, but an unexpected health event, accident or chronic health problem may make it difficult to do day-to-day activities.

As you plan for your best possible retirement, consider long term care insurance. If you become dependent for a long period of time, it can help cover the cost of getting the care you need and expect.

You can receive long-term care services in a variety of settings: at home, through adult day care, in a retirement home, assisted-living setting or long-term care facility.

Long term care insurance can help ensure that you and your family have the money required to make choices that are right for you.

It provides an income-style benefit if you become unable to care for your yourself due to aging, an accident, illness or deteriorated mental abilities. It can help cover the cost of care over a lengthy period of time, bringing the peace of mind that comes with knowing that the financial burden of care won't rest entirely on your loved ones.



On the Lighter Side

What kind of dogs don't chase cows? Deaf dogs. They never herd anything.

When is a car not a car? When it turns into a driveway.

Yesterday I parked in the C section of the parking lot. I have to climb out of the sunroof.

What do you get when you cross a fishing lure with a gym sock? A hook, line, and stinker!

I love optometrist jokes but they keep getting cornea and cornea.



Costs for Independent Living in Alberta

A variety of retirement homes from across the province of Alberta were surveyed. The following provides an overview of what you may expect to pay, based on size.



City	Suite	Sq footage	Cost/mo (starting)
Calgary, AB	1 br	685 sq ft	\$3,500
Calgary, AB	2 br	925 sq ft	\$4,500
Edmonton, AB	1 br	700 sq ft	\$2,950 (estimate only)
Edmonton, AB	2 br	900 sq ft	\$3,900 (estimate only)

In independent living, some care services may be hired in through home care providers, or provided by the retirement homes themselves. When seniors require more detailed care, this may require the move to supportive living or memory care facilities, where care is likely to be more expensive.



**Live your dreams.
Plan for your needs.**

Approximate long-term care residence costs:

Length of stay	Daily	Monthly Rate
Long-stay basic	\$54	\$1620
Long-stay semi-private	\$62	\$1863
Long-stay private	\$72	\$2167
Short-stay	\$35	\$1053



Yes, it's fall! Here are some facts about this wonderful season that will both inform and entertain you. Shoot, you may even get a chance to sound smart while sippin' on that pumpkin spice latte.

We typically refer to this time of year as "fall," while the British use the word "autumn."

Fall is caused by the Earth's tilt, not our distance from the sun. When the northern hemisphere tilts towards the sun, we get warmer. When it tilts away, we get colder. Fall and spring are the times of transition.

Weight gain around this time of year may not be from all the food. Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. So, the lack of sunlight has more to do with the extra gain than all the pumpkin spice lattes. Well, at least some of it.

Pumpkin spice has nothing to do with pumpkins. Pumpkin spice is actually the spice mix used for pumpkin pies. It is made from 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 ½ teaspoons ground allspice and 1 ½ teaspoons ground cloves. You can make it at home or buy it pre-mixed at the grocery store.

Fall colors are caused by the amount of sugar in leaves. The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant. Evergreens don't change because their leaves have a thick wax covering that protects the chlorophyll (green) in the leaves.



Long Term Care - The Basics

Did you know that your chances of living to 100 years old are better than ever? According to recent research, many Canadians are adopting lifestyles that may allow them to celebrate their 100th birthdays.

While living a long and fruitful life may be seen as a great gift, research shows that Canadians are not adequately prepared financially to pay for their future long-term care needs.

Looking forward over the next 20 years as baby boomers age, the cost of providing long-term care to Canadian boomers will be \$1.2 trillion, and only half of that amount is covered by current government programs.

By the year 2036, it's expected that 25 percent of the population will be over 65 with almost 1 million Canadians afflicted with dementia.

Many Canadians mistakenly believe that full-time care in a long-term care facility will be fully paid by government health care programs. However, long-term care **IS NOT** covered by the public health care system. The truth is that government health care programs may cover only a small part of the costs for a nursing home or other specialized residential care facility, or perhaps none at all depending on the circumstances. This means that individuals (or their families) will have to pay for a significant portion of the costs associated with a long-term care situation out of their own pockets.

Yet, most Canadians haven't contemplated the need for long-term care in their retirement planning. Three quarters of Canadians (74 percent) admit they have no financial plan to pay for long-term care if they needed it.

It is difficult to imagine when we are healthy and independent that at some point in our lives our health status could change and we could require specialized, ongoing care from someone else.

Often, when we think of the need for long-term care, we think of the elderly and the need for care in a nursing home. Let's not forget there can be circumstances in a younger person's life when long-term care could be required.

An unexpected debilitating illness or an accident could result in the need for around-the-clock care for people of all ages.

Essentially, long-term care insurance provides financial protection should you become unable to care for yourself because of a chronic illness; disability; cognitive impairment, such as dementia; or other age-related conditions preventing you from managing a number of activities of daily living without assistance. It can cover stays in nursing homes and chronic care facilities or the services of a caregiver in your own home.

For more information on long-term care insurance or if you wish to apply for a policy call (780) 425-4058 today!



Your most powerful wealth-building tool is your income. Until you get control of that, you won't get out of debt or build wealth.



Financial Advisor
Since 1976

MY COMMITMENT AS A FINANCIAL ADVISOR IS TO HELP PEOPLE TO REACH THEIR FINANCIAL GOALS. IF YOU HAVE A FAMILY MEMBER, FRIEND OR COLLEAGUE WHO YOU FEEL COULD BENEFIT FROM A CONVERSATION WITH ME, I WOULD BE PLEASED TO SPEAK WITH THEM WITHOUT OBLIGATION.



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Take a look at our website!

www.amhfinancial.ca

AMH Financial Services is a full-service firm. We offer services to help you examine your financial goals and select the options that will best suit your needs, timeframe and investment style. We believe in helping you create a comprehensive financial plan for your family that includes planning, insurance and portfolio management.

Understanding what matters to you.

As life changes, your financial priorities evolve. That's why at AMH Financial Services we are here to understand you first, and then your financial picture.

We take the time to understand your unique investment goals. Through an in-depth discovery process, we'll get to know who you are and what truly matters to you and your family.

I believe that every individual has an unalienable right to make the best and most effective use of hard-earned income, to have easy access to up-to-date and informed advice, and to be able to provide for short and long-term requirements.



My mission is to help you to make an educated decision that you are comfortable with!

I am committed to serving the individual customer with investment and financial portfolios which will meet current needs and provide for future requirements and situations.



AUTUMN TRIVIA

1. What is the first day of fall called?
2. How long does autumn last in the Northern hemisphere?
3. What is a harvest moon?
4. What are the 3 Zodiac signs of fall?
5. What weed pollen causes the most common fall allergies?
6. T/F: On autumnal equinox the number of hours of daylight and darkness are equal.
7. In autumn do you turn your clocks ahead or back?
8. During which month does summer end and autumn begin?
9. Why do the leaves change colour in autumn?
10. Although some varieties are available year round, what fruit is freshest in the fall?

ANSWERS: (1) autumnal equinox (2) mid-Sept to mid-December (3) the full moon which occurs closest to the autumnal equinox (4) Libra, Scorpio, and Sagittarius (5) ragweed (6) True (7) Back (8) September (9) As the leaves lose chlorophyll, their other pigments are exposed. (10) Apples

