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May 2021

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- 2 How To Live To Be 99
- 4 Investment Strategies You Want to Avoid
- 3 Roadside Curiosities That Shouldn't Be Missed
- Helpful Resources
- 4 The Support Your Posture Needs

STRAIGHTEN THE SLOUCH

3 Tools to Help You Perfect Your Posture

Slumping our shoulders is a form of poor posture that often results in neck, shoulder, and back pain. It can be a hard habit to break, so sometimes people need a little more than self-correction to improve their posture. Enter posture correctors: tools specifically designed to help correct a person's posture. Though they should not be used regularly, they can help remind your body of what a correct posture is and how to maintain it without support. Here are three correctors that can help you.

Truweo

This supporter is for anyone who is on a small budget and looking to improve their posture. The Truweo posture corrector is used by wrapping around the shoulders — both over and under clothing — and can be adjusted for optimum comfort. It is



lightweight, breathable, washable, and can be worn for all activities. Whether you are sitting at a desk, working out, or walking, Truweo will be there to offer you the extra support you need. Find it now on Amazon!

Forme

Wearing both a corrector and a bra can be uncomfortable, which is why Forme is perfect for anyone hoping to avoid that discomfort. The Forme sports bra offers an under-bust band for posture improvement and also includes eight functional panels to help you stay comfortable, especially during physical activity. You can find this and other health-conscious clothing items at Forme.science.

Aspen

If you need lower-back support, this posture corrector is a great choice. Easily fitted under or over clothes, this device can ease back pain caused by fatigued muscles, spasms, or flare-ups in addition to offering lumbar support. The Aspen Lumbar Support is completely adjustable, so you are in control of the amount of pressure applied. To learn more about this item, visit the Aspen website at AspenMP.com.

Before deciding which corrector you should use, talk to your doctor. They can help you choose the best option for this journey of posture correction and overall health improvement.

Getting Back Out There!

For the past year, a lot of people haven't been out and about doing what they love. There's been less travel, fewer social gatherings, and just less activity overall. This summer, though, I imagine that will change, especially as more people get vaccinated and the virus slows down.

You can count me among those who haven't been getting out nearly as much as I would like. But in my case, I was also dealing with a foot injury. I ended up in a boot for about nine weeks as my foot recovered. Thankfully, that part of the recovery is behind me, but it meant I wasn't doing much for nine weeks.

So, as a way to force myself back into shape, I signed up for a sprint triathlon in July! It's a mix of swimming, running, and biking. Of course, this means I have a lot of training ahead of me. Interestingly enough, May is National Bike Month — and with the weather fairly nice, it's the perfect time to get out to do a lot of biking (with plenty of swimming and running as well).

As part of my training, I've been biking around Kensington Park, putting on the miles. But I'm looking forward to getting back into shape. As hard as it is to get back out there, it slowly gets easier. The key is consistency, along with pushing yourself a little further each time.

Right alongside National Bike Month in May is National Photography Month. This relates to a lot of what we do in the estate planning world. There's that old cliché, "a picture is worth a thousand words," and it's absolutely true.

It becomes even more important when you think about it in terms of family and legacy. As people age and pass away, their photographs remain behind as a moment out of time.

It's remarkable how photographs can capture a moment. As people change, that moment stays the same — with the emotions that existed in that moment and the story that goes along with that moment.

From an estate planning point of view, when you pass on your legacy to the next generation, there's always a big emphasis on finances and assets, but we can't forget about values, traditions, and stories. Just as we protect our assets for the future, it's important to protect our stories.



My most recent half marathon



It comes back to "a picture is worth a thousand words." A photograph may represent a story, so it's important to preserve that.

Write down the story that goes with the photo. And better yet, scan the photo (or have it professionally digitized) so that you and your family have both the hard copy and the digital version.

It's easy to take photos for granted, especially these days when everyone has a camera attached to them 24/7. But as time goes on, we're liable to lose connections to our past if we don't preserve our stories and the aging photos that go along with them.

As you think about what you've put into your estate plan and legacy, don't forget this one small, but important part of it.

Glenn Matecun



How to Live to 99 BETTY WHITE'S SECRETS OF LONGEVITY

Beloved “Golden Girls” actress Betty White is still enjoying her golden years. The famed actress celebrated her 99th birthday this January. While she told People magazine that she’s “blessed with good health, so turning 99 is no different than turning 98,” she also had a few tips for folks looking to make it to their centennial birthday.

Keep Laughing

“Don’t take yourself too seriously,” White says. “You can lie to others — not that I would — but you cannot lie to yourself.” White has undoubtedly provided many laughs to viewers over the years, but she’s not just playing it up for the camera. Laughter is part of what keeps her young.

Be Optimistic

White says a good sense of humor also helps her keep a good attitude and look for the positive rather than “dwelling on the downside.” Avoiding negativity also gives her energy. “It takes up too much energy being negative,” she told People magazine.

Stay Busy

With nearly eight decades of acting under her belt, six Emmys on her shelf, and over 120 screen credits to her name, White is no stranger to hard work. As she told Parade in 2018, “I just love to work, so I’ll keep working until they stop asking.”

Exercise Your Mind

In addition to her busy work schedule, what keeps Betty White sharp? Crossword puzzles! She told Katie Couric in an interview, “I’m addicted. An admitted addict. I just can’t put ‘em down.”

Find a Cause

White is a lifelong animal lover. She calls her golden retriever, Pontiac, “the star of the house.” While pet ownership itself comes with proven health benefits, White has channeled her love for animals in bigger causes. She’s been a trustee and board member of the Greater Los Angeles Zoo Association for over 40 years and has done work to help protect endangered species in the wild. Funds raised from White’s official fan club, Bet’s Pets, all go to support animal charities.

Embrace Your Vices

White told Parade she loves vodka and hot dogs “probably in that order,” which just goes to show that you don’t have to forgo your treats to live to 99.



4 Strategies to Avoid

When you invest, chances are you do your due diligence. You ask questions and research potential investment opportunities. You discuss them with your investment or wealth manager. You make sure the investment fits in with your financial goals, such as your long-term retirement goals or legacy planning.

However, “doing due diligence” is not a step everyone takes. You, too, may be guilty of jumping on the bandwagon and taking unnecessary risks with the hope of bolstering your portfolio. One recent example is GameStop. You may have heard the news about GameStop’s stock, which has been fluctuating wildly since January. That roller coaster made a small group of people a lot of money — which caused some great headlines. It also lost a lot of people money.

When you hear about these kinds of stories, it’s exciting. But when you let that “excitement” or emotion take over, it leads to a common investment mistake: **the fear of missing out**, or FOMO. While FOMO isn’t a strategy, it can influence how you approach making investment decisions. As GameStop’s price climbed, people jumped on the bandwagon because they worried

they’d miss out on growth opportunities.

Of course, by the time you hear these types of stories, it’s generally too late. The market is already high, which relates to a strategy that almost never works: **timing the market**. People try everything they can to time the market. Why doesn’t it work? Simply put, it’s impossible to predict what will happen next, even if you research trends and look for patterns.

Along those same lines, there are investors who **focus attention on stocks or companies that are performing well**. The problem is that a stock may be performing well one day or week, but it’s unlikely to remain that way. Some do, sure, but those tend to be very few and far between. There simply isn’t a way to predict what will happen next and attempting to build a portfolio with this mindset will not deliver the results you are looking for.

Finally, another strategy that doesn’t work is **listening to the advice of talking heads on TV**. It’s easy to get wrapped up in stocks being discussed on CNBC or Fox Business — two networks that put the GameStop story front and center. You hear the advice and, again, want to jump on the bandwagon. But, even if the advice has merit, by the time it hits the airwaves it’s generally too late.

5 MUST-SEE ROADSIDE ATTRACTIONS FOR EVERY ROAD TRIPPER

The Friday before Memorial Day — in this case, Friday, May 28 — is National Road Trip Day. With summer fast approaching and people itching to get out of town, this may be the summer to take a road trip. It’s a great way to see the country and its many attractions — including roadside attractions! The American highway system is littered with all kinds of obscure and fascinating attractions. All you have to do is find them!

Iowa 80 This is the world’s largest truck stop on I-80, in Walcott, Iowa. This mega truck stop has everything truckers and road trippers need to continue on their long haul, from the typical fuel and food to the less expected dentists and chiropractors. There’s even a showroom displaying the road’s fanciest show trucks.

Starship Enterprise North of the border, a little south of Calgary, is the town of Vulcan, Alberta. The town is not shy about their pop culture significance, having built a scaled replica of the iconic USS Enterprise, as well as the Vulcan Tourism & Trek Station.

Trees of Mystery In Northern California, along the Redwood Highway (U.S. Highway 101), you’ll find a 49-foot-tall statue of the legendary Paul Bunyan, along with his companion, Babe the Blue Ox. These two loom over the entrance to the Trees of Mystery and the surrounding redwood wilderness.

Wall Drug If you’re ever on the I-90, near Badlands National Park (maybe on your way to Mount Rushmore), be sure to check out Wall Drug, situated in the quaint, remote town of Wall, South Dakota. Wall Drug isn’t your typical drug store — it’s defined by dated kitsch and unique Great Plains pieces.

World’s Largest Dinosaur Yet another attraction in Alberta, this time a little north of Calgary, in Drumheller, is an 86-foot-tall Tyrannosaurus rex. You can even climb right up into his jaws for an impressive view of the area! The town is also home to the Royal Tyrrell Museum, which contains Canada’s largest collection of dinosaur fossils.

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Helpful Resources

- **Is your estate plan up to date?** Ask us about our **FREE** estate planning checklist. Call our office or email Julie@MTOLaw.com.
- **Don’t miss our upcoming estate planning and elder law workshops** — our website has our entire educational calendar for the year.
- **Learn about estate planning and elder law topics in plain English.** Check out our Elder Care Whiteboard Videos at MichiganEstatePlans.com.
- **Let us be your trusted advisor for all your legal matters.** Our clients’ referrals have helped us grow. We want to return the favor by helping you find a great attorney outside the fields of estate planning, elder law, and probate. Instead of taking your chances on Google or the phone book, let us put you in touch with an experienced attorney who can help you. Our clients often call us in need of an attorney who focuses on family law, personal injury, auto accidents, elder and nursing home abuse, workers’ comp, Social Security disability, and many other areas. To get the best results, you need an experienced attorney to help. If you want a referral, call our office or email Julie@MTOLaw.com. We are glad to help!

