

# NEWSLETTER

November 2019



Attorney  
JohnPatrick Brown

## Welcome Attorney JohnPatrick Brown!

On Monday, October 7, our firm was pleased to announce the addition of attorney JohnPatrick Brown. Mr. Brown will work out of the Moline and Geneseo offices of the firm. Mr. Brown was admitted to the bar in 2017. He is licensed to practice in Illinois and Iowa state and federal courts. He received a Bachelor of Science in Psychology and a Bachelor of Arts in Political Science from the University of Iowa, and his Juris Doctor from the University of Iowa College of Law. At Iowa, he was a research assistant for former U.S. Representative James Leach, was managing editor of The Journal of Corporation Law, and worked on the recruiting staff for Hawkeye Football. He is a member of the Illinois State Bar Association, the Iowa State Bar Association, the Appellate Lawyers Association, the Rock Island County Bar Association, and the Scott County Bar Association. JohnPatrick is proficient in Spanish.

JohnPatrick practices in several areas of law. In addition to the firm's existing practice areas of estate planning, real estate and corporate law, JohnPatrick concentrates on appellate practice, landlord-tenant law, probate litigation, and general civil litigation.

## The Holidays, a Family Get Together...and Reviewing Your Estate Plan?

As 2019 starts to draw to a close you are likely preparing for the holidays. That may entail a family get together and celebrations with loved ones... and reviewing your estate plan. At least it should include reviewing your estate plan. The end of the year is an excellent time to conduct a routine and simple review of your existing estate plan for several reasons. Doing so will ensure that your plan continues to protect you and your assets now and provide for your loved ones later.

Your estate plan is a complicated set of legal documents and strategies aimed at accomplishing numerous goals such as protecting and growing your

assets while you are alive, protecting you in the event of incapacity, and providing financially for loved ones in the event of your death. Creating your plan is a crucial first step in achieving these goals; however, reviewing and revising your plan throughout your lifetime is an equally important second step. The end of each year provides a perfect time to take a look at your plan each year to see if anything needs to be changed.

The end of the year is when most people sit down and conduct a review of their finances in preparation for tax time around the corner. Your assets, of course, are an

integral part of your estate plan, making this the perfect time to review your plan. As you look over your finances you can also make note of any significant changes that would warrant a corresponding change in your estate plan. If you planned to gift during the holidays you may be able to gift a little more!

Your end of the year review need not be an in-depth review. An in-depth review is only called for about every three to five years or when events such as a birth, death, marriage, or divorce warrant one. Instead, your end of the year review can simply be a cursory review

to ensure that the need for any major changes is not missed.

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## Reviewing and Updating Your Estate Plan

Estate planning is something that remains a mystery to many people, until they finally sit down and get started on their plan. In fact, despite understanding how important it is to have an estate plan in place, over half of all Americans have yet to create one. If you are in the minority, and do have an estate plan in place, you are certainly off to a good start protecting yourself, your assets, and your loved ones. After failing to plan at all, however, the next biggest estate planning mistake is failing to update an estate plan. We urge you to take the time to review your current estate plan and make any necessary revisions.

### How Often Should You Routinely Review Your Estate Plan?

There are no hard and fast rules with regard to conducting routine reviews of your estate plan. You may need to review your estate plan more frequently during your 20s, 30s, and 40s because those are the decades when significant changes that impact your estate plan are more likely to occur. For most people, this is when they get married and become parents for the first time. You are also likely to see sizeable changes in your estate assets during these years as you advance in your career and watch investments come to fruition. With all of that in mind, it is advisable to schedule a routine review of your estate plan every three to five years until you get closer to retirement age.

### Why Seniors Need to Update Their Estate Plans

When you reach your "Golden Years," a wide range of things will change that could impact your estate plan. Failing to review and revise your estate plan to reflect these changes could completely derail the plan you took such time to create and update during your working years.

For most retirees, their income stream changes entirely when they reach retirement. Instead of living off a paycheck each month, you will be depending on Social Security, pensions, IRAs and other investments for your income. Now that you will be depending on some of your investments for your retirement income, you may need to make changes to the gifts you plan to leave your beneficiaries in your estate plan.

Another important reason to update your estate plan when you reach retirement age is to ensure that you have a solid Medicaid planning component in your plan to ensure that you can afford to pay for long-term care if you need it down the road.

Finally, you need to spend as much time as necessary reviewing your incapacity planning strategies and tools within your estate plan. As a senior, the odds have increased that you could become incapacitated because of Alzheimer's or another age-related dementia condition. As much as we don't want to dwell on the possibility, the reality is that one in three seniors dies suffering from Alzheimer's disease. If you do become incapacitated at some point, who do you want to handle your assets and take over paying your bills for you? Who should make medical decisions for you? What about personal decisions, such as where you will live? Now is your chance to make these decisions for yourself instead of a judge making them for you at a later date. You also have the opportunity, if you have yet to do so, to execute an advanced directive that will ensure your wishes are honored with regard to end of life medical care. You may also wish to execute a separate advanced directive that appoints someone as your health care "Agent" to make health care decisions for you if you cannot make them yourself.

### WANT TO ATTEND ONE OF OUR FREE ESTATE PLANNING WORKSHOPS?

Stay up to date when our free estate planning workshops are by going to  
[http://bit.ly/NNBF\\_Workshops](http://bit.ly/NNBF_Workshops)

OR

Give us a call at  
309-944-2188 I 309-762-9368 I 800-644-5345  
or go to our website at [www.nashbeanford.com](http://www.nashbeanford.com) for  
more information.

### FAMILY DISCOUNT FOR ESTATE PLANNING

As the end of the year starts to approach, we would like to remind you that we value and appreciate your trust in us to provide the comprehensive estate plan that is working for you, we would like to offer to your family members who live in Illinois or Iowa a discount for helping them to protect their families. Maybe they don't have the assets at this time to do a trust but need a Will, Powers of Attorney, Living Will, and HIPAA documents to protect themselves and their families.

An appointment must be set between now and  
**December 31, 2019** to qualify for a discounted price.

## Recipe of the Month— Sausage and Vegetable Stew by Shyan Devoss

3 tablespoons extra virgin olive oil	3 tablespoons all-purpose flour
1 large red onion, diced	4 cloves garlic, smashed
14 ounces small red-skinned potatoes (6 to 8), quartered	6 ounces kielbasa, cut into small chunks
3 medium carrots, peeled & cut into large chunks	1/2 cup chopped fresh parsley
2 parsnips, peeled and cut into large chunks	1 tablespoon paprika
Freshly ground pepper	1 tablespoon cider vinegar
3/4 cup sour cream	

### Preparation:

1. Heat the olive oil in a Dutch oven or heavy pot over medium heat. Add the onion and garlic; cook, stirring occasionally, until soft and glistening, about 6 minutes. Add the paprika and 1 teaspoon salt; cook until the oil turns deep red, about 1 minute. Add the flour and cook until just toasted, 30 more seconds. Immediately whisk in 4 cups water. Add the kielbasa, carrots, parsnips, potatoes and 1 1/2 teaspoons salt.
2. Bring the soup to a boil, then reduce to a simmer; cover and cook until the vegetables are tender and the broth has thickened, about 20 minutes. Add the vinegar and season with pepper.
3. Combine about half of the parsley with the sour cream in a small bowl and season with salt and pepper. Ladle the stew into bowls; top with the remaining parsley, a dollop of herbed sour cream and a sprinkle of paprika. Serve with bread.

## Tips to Avoid Illness This Winter!

With more colds and flu around, and more people spending time together indoors, it's more likely that you'll get sick, too. It's not inevitable, though. Thankfully there are a number of things you can do to help ward off those annoying infections:

- 1) **Get enough sleep-** Getting adequate sleep is extremely important if you've been exposed to a virus, according to a study published in the Archives of Internal Medicine. Healthy adult participants who slept a minimum of eight hours each night over a two-week period showed a greater resistance to the virus.
- 2) **Eat well-** Don't skip breakfast, and make sure to get three solid meals in every day. Each meal should contain a carbohydrate, a protein source, and a fruit or vegetable, and it's best to eat your biggest meals earlier in the day.
- 3) **Exercise regularly-** Even just going for a walk, pumps your circulation around your body and boosts your immune function. Just don't go all out if your body hasn't exercised in a while, as your body also can perceive that as a stress that weakens your immune system.
- 4) **Wash your hands-** Do this before eating, especially. Be careful throughout the day to avoid touching your mouth, nose or eyes with your hands, as this is how bugs (viruses and bacteria) get into your body.
- 5) **Reduce stress-** When you're tense and harried, your body pumps out stress hormones which weaken your immune system's ability to respond to invaders. Slow down and take measures to back off if you feel your stress levels careening out of control.
- 6) **Stay warm-** Mom was right, you need to bundle up if it's cold out. Research has shown that warmer body temperatures can prevent the spread of the common cold virus.

## Fall Summit from the American Academy of Estate Planning Attorneys

Attorney Mary Ann Brown, Attorney JohnPatrick Brown, and Paralegal Shawna Meyers attended the annual fall American Academy of Estate Planning Attorneys Summit in San Diego, California in October. The pinnacle annual event, the Academy Summit offers over 40 hours of learning, spanning continuing legal education, practice building and marketing, including topical discussions on emerging trends. Far more than just another conference, this is a community celebration where peers become mentors, trusted allies and friends.



**Please Note Our Hours:**

Geneseo Office:  
Monday – Friday  
9:00 a.m. to 4:30 p.m.

Moline Office:  
Monday – Friday  
9:00 a.m. to 4:30 p.m.

**Contact Us**

Give us a call for more information about estate planning services.

Nash Nash Bean & Ford, LLP 445 US Highway 6 East Geneseo, IL, 61254 309.944.2188		5030 38th Avenue, Suite 2 Moline, IL, 61265 309.762.9368 800.644.5345
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Visit us on the web at [www.nashbeanford.com](http://www.nashbeanford.com)  
If your address or phone number has changed, please call our office to update your contact information.

**New Email Address?**

If you recently had to change your email address due to a provider discontinuing service, please let us know so you continue to receive email from us.

**Referrals**

If you have friends or family members who could benefit from the estate planning process, please refer them to our firm. Don't worry, we won't bother them. We will simply send them an invitation to one of our estate planning seminars. If you would like to refer a friend or family member, fill out the enclosed referral card and return it to our office or email their contact information to [info@nashbeanford.com](mailto:info@nashbeanford.com).

**CONTINUING LEGAL EDUCATION For Team NNBF**

As a part of their Membership in the American Academy of Estate Planning Attorneys (AAEPA), all of our attorneys are required to complete 36 hours of continuing legal education.

- **Jim Nash** participated in "New and Enduring Problems in Business Succession Planning" provided by Canon at First Midwest Bank.; Professionalism 2018: Understanding How Mental Health/ Substance Abuse and Diversity /Inclusion Are Impacting the Legal Profession"; "5th Annual Elder Law Bootcamp: Basics and Beyond"; and "Contemporary Uses for Life Insurance in Estate Planning".
- **Mary Ann Brown** participated in "New and Enduring Problems in Business Succession Planning" provided by Canon at First Midwest Bank, "Rebalancing the Scales: Implicit Bias, Diversity, and the Legal Profession Part 1 & 2" provided by the Illinois Supreme Court Commission on Professionalism, and "Trusts, Estates, and Wealth Management Seminar" provided by Wells Fargo Bank at the Hilton Garden Inn in Bettendorf.
- **Ben Young** participated in "New and Enduring Problems in Business Succession Planning" provided by Canon at First Midwest Bank, "Dealing with Behavioral Disorders Exhibited by Clients and Beneficiaries" (Presented by the DuPage County Bar Association) provided by the Illinois Institute for Continuing Legal Education, "Trusts, Estates, and Wealth Management Seminar" provided by Wells Fargo Bank at the Hilton Garden Inn in Bettendorf, "Contemporary Uses for Life Insurance in Estate Planning", and "Section 1031 Tax Deferred Exchanges: Shifting from Forward to Reverse" provided by the Rock Island County Bar Association.

**Autumnal Fun Fact!**

Thanksgiving was not recognized as an official holiday until 1941, when Congress decided that the holiday should be observed officially on the fourth Thursday in November every single year. The date was chosen by President Franklin D. Roosevelt in order to make the Christmas shopping season longer to aid in the country's financial recovery from the Great Depression. Prior to the date being set in 1941, it was up to the president to set the date for Thanksgiving each year.