

Aging With Dignity: No Wine Before Its Time



Richard Levine, MD of Priority Concierge MD, who has more than 20 years experience providing treatment and preventive care to South Florida patients, will share secrets to effective communication with health professionals and offer tips for physical and mental wellness

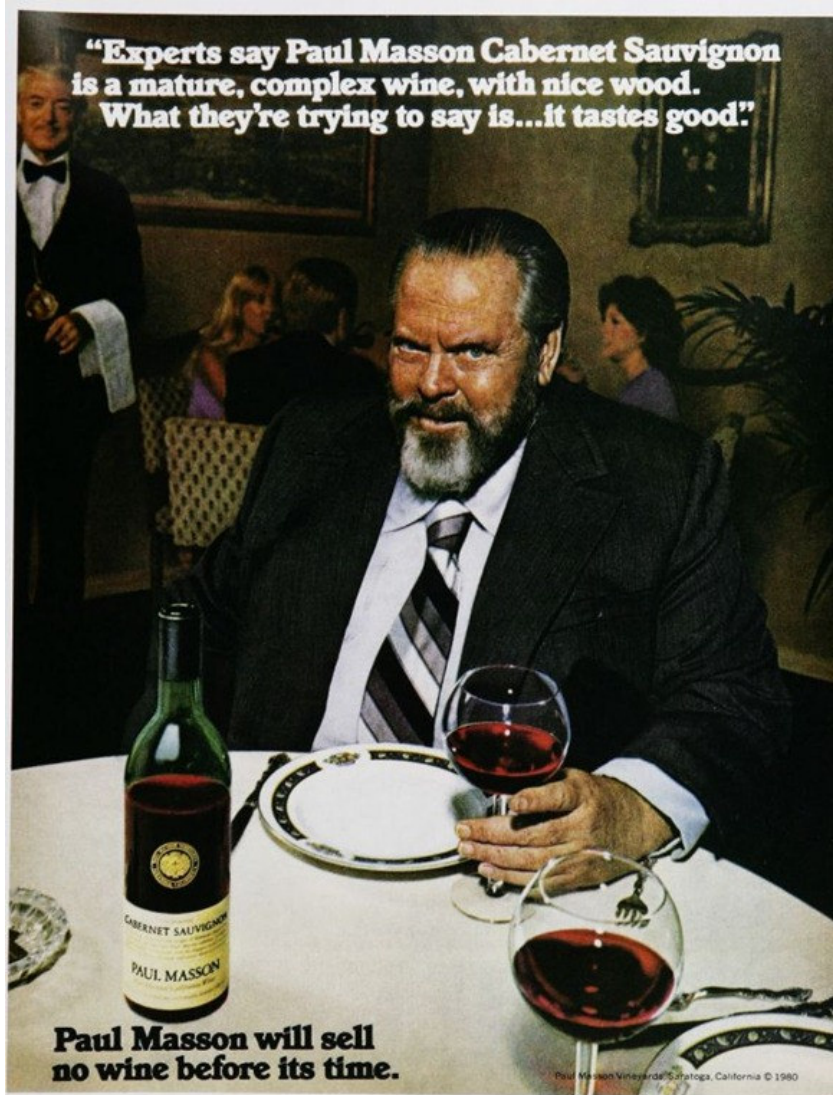


Arnold Cohen, Esq., a recently-retired attorney who practiced law for over 50 years, will discuss Living Wills and end-of-life contingency documents to consider.



Paul Vattiato, Co-Founder and Principal of The Intracoastal Family Office, will provide a foundation for financial planning to meet individual wealth governance, legacy and philanthropy goals.

“No wine before its time.”



Be CREATIVE

Before >>> During >>> After

“ It’s your future, be there”



“Before”

Proactive = Prevention

Female
Life Expectancy:
Age 80+



Male
Life Expectancy:
About Age 75

Women who survive to 65 can on average expect to live up to 85
and if they do, they can expect to live to 92 or more
(American Geriatrics Society, 2010)



Why the “longevity gap”?

- *Research* has shown men do not take care of themselves as well as women.
- *Clinical* experience shows it usually requires a woman to get a man to the doctor.



What can we do to *Stay Healthy* Before Retirement?

40 >>> 50 >>> 60 >>> 70 >>>

- See your doctor for regular checkups
- See your doctor - even if you're feeling well
- Call and see your doctor when you're feeling sick
- Get screened: Blood pressure, diabetes, cholesterol, cancer (lung, colorectal, breast, prostate, skin), hearing, vision, mental health
- Don't smoke
- Eat less, eat better and maintain a healthy weight for your age
- Exercise your body



What Can We do During the Winding Down Period?

- Plan ahead, modify as needed
- Reinvent yourself
- Seek out a retirement “guru”, someone you know who was successful at it
- Monitor the stress involved and seek outlets
- Don’t forget “Before” suggestions, you’re not retired yet



What shall we do now that the Journey
has reached a new Destination?

Who says...

"You can't teach an old dog new tricks."?

John Fitzherbert 1534





Winkell

“Come here a minute, dear. Skeeter’s learned a new trick.”

Staying Healthy After Retirement

- Get involved
- Spend time with others
- Eat right
- Continue to exercise your Body & Mind
- See & partner with your doctor on a regular basis



Thank you

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Living Wills and End of Life Contingency Documents



Arnold Cohen, Esq.

Documents During Life and After Death

DOCUMENTS WHICH ARE EFFECTIVE ONLY DURING LIFETIME

(i.e., have no effect after death):

- Living Will
- Health Care Surrogate Designation
- Durable Power of Attorney

DOCUMENTS WHICH ARE EFFECTIVE ONLY AFTER DEATH

(i.e., have no effect during lifetime):

- Last Will and Testament (“Will”)
- Testamentary Trust

OTHER DOCUMENTS CREATED DURING LIFETIME

(i.e., may have effect during lifetime and/or after death):

- Revocable (Living) Trust
- Irrevocable Trust

METHODS OF TITLING PROPERTY

Living Will

- Contains your personal preferences and directions regarding various life-prolonging procedures in certain circumstances
- Valid only during your lifetime; no effect upon or after death
- Can always be amended/revoked at any time
- Generally required by hospitals and medical providers upon admission or upon commencement of services
- Contents are regulated by individual states (i.e., not uniform in all states)

Healthcare Surrogate Designation

- Contains your personal choice of someone to make health and treatment decisions for you if you are unable to do so yourself
- In some states this document is combined with and made part of a Living Will
- Allows you to select one or more persons to act either separately, jointly or as successors to your original designee
- Generally required by hospitals and medical providers upon admission or upon commencement of services
- Can always be amended/revoked at any time
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Durable Power of Attorney

- Not generally required by hospitals or medical providers (unlike Living Will and Health Care Surrogate Designation)
- You appoint someone to act on your behalf only during your lifetime (expires upon your death) either in certain specific areas (e.g., real estate; banking; etc.) or in all areas
- You must consider using this document very carefully, since the person you designate could take unfair advantage of you if they are not totally honest or if they will not be acting solely on your behalf
- Can always be amended/revoked at any time, but you will be responsible for designee's acts before persons dealing with your designee are notified by you of the amendment or revocation
- “Durable” means that your designation remains fully valid even though you may later become incompetent, disabled, etc.
- Contents are regulated by individual states (i.e., not uniform in all states)

Last Will and Testament

- Takes effect only upon your death; has no legal effect during your lifetime
- Can be amended/revoked at any time during your lifetime. Amendments are known as “Codicils”
- Wills should be prepared and executed (i.e., signed/witnessed/notarized) in strict accordance with the laws of the state in which you sign your Will.
SUGGESTION: Consult an attorney!
- Not everyone needs a Will; consult with an attorney
- Contents are regulated by individual states (i.e., not uniform in all states)
- In your Will you can:
 - Appoint an Executor or Personal Representative
 - Dispose of your property, assets, etc. as you wish
 - Appoint a Guardian for children, disabled persons, etc.
 - Appoint a Testamentary Trustee
 - Provide for payment of taxes, expenses of last illness, etc.
- Wills should be reviewed periodically since circumstances change over the years
- Your Will can also contain a Testamentary Trust to take effect upon your death

Living Trust (AKA Inter Vivos Trust)

- Created during your lifetime. Can be either “Revocable” or “Irrevocable”
- Creates a separate legal entity to be administered by a Trustee named by you.
- Goals and purposes can vary widely, and should be discussed with your attorney
- Although created by you during your lifetime, the Trust can take effect either during your lifetime, after your death, or both. The desirability of such a Trust should be discussed with your attorney
- Contents are regulated by individual states (i.e., not uniform in all states)

Titling of Property

- Individual name only
- Joint Tenants With Right of Survivorship
- Tenants by the Entirety
- Tenants in Common
- Partnership, Corporation, LLC, etc.
- POD (Payable On Death)
- ITF (In Trust For)

Thank you.



**Paul Vattiato, Co-Founder and
Principal of The Intracoastal
Family Office**

Intracoastal Family Office...
...Significant, Smart Families

Every Business has a Business Plan

Every Family Deserves a Success Plan

- Wealth Governance
- Legacy
- Lifestyle
- Care/Care Giving
- Philanthropy

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The Fourth Age

LONGEVITY – WILL I OUTLIVE MY MONEY?

- Size of Asset Base
- Return
- Taxes
- Inflation
- Health
- **THE NUMBER ONE FACTOR IS SPENDING**

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The Investment Policy Statement

- Do You Have One?
- Is it Current?
- Is it Complex
- Is it Being Used?
- Is there Accountability?

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The Old Paradigm: Assets Under Management

The New Paradigm: Information Under

Management Aggregation:

- All Assets
- One Dashboard
- Updated Daily
- The New “Transparency”

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Thank you

Intracoastal Family Office

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Questions?

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