



# Inside Your Wealth

September 2024

A note from *Marilyn*

*Autumn Reflections: Strategies for Budgeting, Saving, and Investing to Enrich Your Life This Fall*



## Marilyn Suey

**CERTIFIED FINANCIAL PLANNER®**  
**Certified Exit Planning Advisor®**  
**Accredited Investment Fiduciary®**  
**Certified Plan Fiduciary Advisor®**

**My passion to educate and empower.**  
**Ask me for your FREE copy.**

PUBLISHINGS:



AS SEEN ON:



[www.diamondgroupwealthadvisors.com](http://www.diamondgroupwealthadvisors.com)

As the vibrant hues of summer give way to the rich colors of autumn, it's a perfect moment to pause and reflect on how our financial strategies shape our lives. In this edition of our newsletter, we share tips that may support your plans for yourself, your family and the causes you care about deeply.

Autumn invites us to focus on creating a balanced financial plan that supports both our immediate needs and long-term goals. We'll explore how to craft a realistic budget, build a safety net, and invest wisely, all while ensuring that your spending aligns with what truly matters to you. Whether you're looking to streamline your finances or enrich your lifestyle, our insights and tips are designed to help you achieve a harmonious blend of financial independence and personal fulfillment.

Join us as we celebrate these meaningful occasions and prepare for a prosperous and satisfying fall. Let's make the most of these autumn reflections and set ourselves up for success in both our finances and our lives.

Thank you for being part of our community!

*Marilyn*

### DID YOU KNOW?

The Autumnal Equinox approaching on September 22 is a day with 12 hours of sunlight and 12 hours of darkness. This balance of day and night serves as a reminder of the change of seasons and heralds the coming of fall colors and celebrations. The word *equinox* is Latin for equal night.

### **Is the first day of fall always on Sept. 22?**

No, the first day of fall is not always on Sept. 22. The autumnal equinox typically takes place on the 22nd or 23rd of September. The date varies from year to year due to the Gregorian calendar, which defines a year as 365 days, while it takes the Earth 364 days to completely orbit the sun.



# What's in a month? SEPTEMBER

As we embrace this season of change, let's also take time to celebrate some notable September dates:

Colege Savings Month  
Life Insurance Awareness Month  
National Assisted Living Week ( Sept 8-14)

September 4: Labor Day - A day to recognize and appreciate the contributions of workers and enjoy a well-deserved break.

September 8 - Grandparents Day

September 11: Patriot Day - A time to remember and honor those affected by the September 11, 2001, terrorist attacks.

September 21: International Day of Peace - A global observance dedicated to promoting peace and understanding worldwide.

September 22: Autumn Equinox - The official start of fall, marking equal day and night and the beginning of a new season.

September 30: National Women's Health & Fitness Day - A day dedicated to promoting women's health and encouraging fitness and well-being.

\*Reminder: Tax Extension Deadline is Oct. 15, 2024

## MEDICARE

### OPEN ENROLLMENT

#### IS FAST APPROACHING

How long has it been since you've reviewed your Medicare policy? With open enrollment fast approaching, there are a few questions you may want to ask yourself before you renew, add, drop, or switch coverage.

Have you switched doctors, or is your doctor no longer accepting your current plan? Or maybe your prescription drug needs have changed, and your Medicare plan doesn't cover everything you need. Maybe you're paying too much for your coverage and need to make adjustments.

If you've reviewed your Medicare plan and realized you don't quite have the coverage that you want, you can make changes during the fall open enrollment period. From October 15-December 7, 2024, you can add, drop, or switch Medicare plans. Any changes will be effective on January 1, 2025, as long as any changes are submitted by the deadline. Reviewing your Medicare coverage is an important part of your financial and insurance strategy. If you have any questions or need help navigating this process, I'm happy to help.

*Marilyn*



#### Breaking Down the Parts of Medicare

It is important to understand your Medicare coverage choices and to pick your coverage carefully.



For more information on the breakdown, scan the QR code. You will be directed to our website.

## MINDSET ON MONEY MATTERS

### TIPS FOR A BETTER LIFESTYLE

*Balancing money and lifestyle is about more than just making ends meet—it's about creating a fulfilling and enjoyable life while managing your finances wisely. By budgeting effectively, saving smartly, and investing in your well-being, you can achieve a harmonious balance that enhances both your financial independence and your quality of life.*

**Investing in Your Well-Being** Investing in your health is investing in your lifestyle. Consider allocating funds for activities that enhance your well-being, such as gym memberships, healthy food, or stress-relief practices. Budget for personal development activities like courses, workshops, or hobbies. Personal growth contributes to a richer, more fulfilling lifestyle and can also lead to new opportunities. Don't forget to budget for leisure and recreation. Whether it's traveling, attending concerts, or enjoying a weekend getaway, spending on experiences can greatly enhance your quality of life.

**Set Clear Financial Goals** Define what you want to achieve financially, whether it's saving for a home, retirement, or a major purchase. Clear goals help you stay motivated and focused on your financial journey. Ensure that your financial goals support your desired lifestyle. Identify what truly matters to you—whether it's travel, dining out, or fitness—and prioritize your spending accordingly. This ensures that your budget aligns with your values and lifestyle goals. For instance, if traveling is a priority, create a savings plan that allows you to explore new destinations while remaining focused on staying financially secure. Regularly review your financial goals and budget to ensure they align with your evolving lifestyle needs. Apps, and other tools are there to explore, including automating savings for a particular goal. Adjust your plan as necessary to stay on track with your goals.

**Stay Informed** Keep up with financial news, seek professional advice and get them all from reliable sources to make informed decisions about your money. Knowledge is a powerful tool in managing your finances effectively. Some maybe complex financial decisions and developing strategies to improve your financial health may need professional advice.

## September is LIFE INSURANCE AWARENESS MONTH



Life have you curious? This month reminds us that it may be time to talk to your financial professional about life insurance. Whether you need to update your policy or find a new one, take this opportunity to learn more about life. Several factors affect the cost and availability of life insurance, including age, health, and the type and amount of insurance purchased. Any guarantees associated with a policy are dependent on the ability of the issuing insurance company to continue making claim payments.



**Assess your Life Insurance Needs. Access the free online calculator from the DGWA website by scanning the QR code**

Several factors will affect the cost and availability of life insurance, including age, health and the type and amount of insurance purchased. Life insurance policies have expenses, including mortality and other charges. Any guarantees associated with a policy are dependent on the ability of the issuing insurance company to continue making claim payments. You should consider determining whether you are insurable before implementing a strategy involving life insurance. This calculator is not designed to provide specific advice, guarantee coverage, or provide a recommendation. Please contact an insurance professional for more information and assistance in determining the appropriate coverage for your individual situation.



# To Do TODAY

Marilyn Suey **Blogs**

*"Productivity is less about what you do with your time. And more about how you run your mind"*

-ROBIN SHARMA

**Marilyn Suey** established the **Savvy Women Community** to support the advancement of your careers, enrich each other's lives and engage in the causes you care about deeply.

We believe that your consistent attention in these three areas is important to your success

**WORK** - The passion that you bring to your everyday living, whether compensated or not.

**WEALTH** - While important on its own, a Savvy Woman understands that your wealth is much more than your money. Wealth includes your dreams, hopes and deepest desires including taking care of your financial future.

**WORTH** - The hidden gem! Align your head, your heart and your soul in all that you do. Knowing your worth and advocating for yourself is critical for your lifetime success.

**"Let's Build a Brighter Future for All Women!"**



For updates and engaging conversations, join the Savvy Women Community Facebook group!

If you work long hours and still seem to be behind on work, improve your time management techniques to get the most out of your time. Try the Pomodoro Technique—set a timer for twenty-five minutes of deep focus, take a five-minute break after, and repeat. On the fourth cycle, take a longer break of twenty to thirty minutes. Or you can try the Eat the Frog method based on Mark Twain's quote "If it's your job to eat a frog, it's best to do it first thing in the morning." Tackle your hardest work first so you have less time to procrastinate and when you're feeling your most energetic. Once you finish that, your other tasks will not seem as daunting and require less energy than the earlier ones. The last technique to try is the Getting Things Done (GTD) method. Named by David Allen, this management methodology works by writing down all your tasks, then breaking the larger ones into smaller chunks. This makes big tasks and projects less overwhelming and helps you feel Visualizing the list helps you act and complete your upcoming tasks.

If you follow these tips and still feel overwhelmed, there may be too much on your plate. Set boundaries with yourself and clarify your priorities. Practice saying no, understand your peak capacity workload, and set boundaries on what you can handle. Strive to improve your system to then have more time in the day to do other activities. If saying "no" seems too daunting, start off with saying "not right now". Baby steps are a key to making long-lasting changes. Once you have narrowed down what your priorities are, it is easy to see what they are not.

Focus on improving your time management throughout the day. With 17 hours awake in a day, make sure you are doing what you want and that those activities may bring you closer to your goals.

Finally, practice self-compassion. Time management is a skill that takes time to develop and perfect. Be patient with yourself, celebrate your progress, and learn from any setbacks. By cultivating a positive mindset and continuously refining your approach, you'll find yourself not only managing your time better but also enjoying a more balanced and fulfilling life.

This material was written by Marilyn Suey to provide information on a topic that may be of interest. The opinions expressed and material provided are for general information only. Please consult legal or tax professionals for specific information regarding your individual situation.

## Empower & Inspire

*Share Your Journey*

Reach out and let us explore how your incredible journey, story or tip can help uplift and encourage other women! Sharing your incredible experience could be the spark that motivates and empowers others to take action.

Email Shannon at [shannon.lin@pl.com](mailto:shannon.lin@pl.com)

Calling all Savvy Women! Are you ready to share some life lessons on how you are Taking control of Your Work, Your Wealth and Your Worth?



# Lunch and Learn

CONVERSATIONS THAT MAKE A DIFFERENCE

Join us for **Ageless : A Wellness Event for Women of Wisdom**, a very special Lunch and Learn event. This intimate gathering is for all women who embrace learning, keep an open mindset and value the art of living well. Join us for impactful conversations, delightful lunch, and enriching insights designed to elevate both your physical wellness and money matters.

Discover strategies for sustaining physical, mental, and emotional vitality while gaining insights into long-term financial planning designed with women in mind. Learn how to harmonize wellness with everyday living for a fulfilling and graceful life.

## AGELESS: A WELLNESS EVENT FOR WOMEN OF WISDOM

Friday, Sept. 27 @ 11am - 1pm

3rd Floor Conference Room  
6101 Bollinger Canyon rd.,  
San Ramon, CA

**BUILDING A SUSTAINABLE FUTURE  
FOR HEALTH AND WEALTH**

### Key Topics:

**Holistic Wellness** - Discover tips for sustaining physical, mental and emotional vitality

**Your Money and Your Longevity** - Gain insights into long-term financial planning designed with women in mind.

**Timeless Beauty and Balance** - Learn how to harmonize wellness with everyday living for a fulfilling and graceful life.

626588



**Meet Dr. Diva Seddick,  
MD, CM, AAOPM**

UR UR Forever Young  
Customized Patient Care for Optimal Health

**Save Your Spot today! RSVP by Sept 23.** Reach out to **Chloe** at [Chloe.diamond@diamondgroupwealthadvisors.com](mailto:Chloe.diamond@diamondgroupwealthadvisors.com) or call **925.219.0080**. We look forward to sharing this exceptional experience with you and exploring the pathways to a life of ageless grace and empowerment.

Dr. Diva Seddick, UR Forever Young are not affiliated with The Diamond Group Wealth Advisors or LPL Financial.



The Diamond Group Wealth Advisors is an independent wealth management firm that empowers its clients to design their ideal lifestyle starting today, for tomorrow, and for life.

We believe that **Your Wealth is More than Your Money**

Our approach in building your customized plan honors what matters to you most. Your motivations, aspirations, and the causes you care about deeply.

Our core values are trust, commitment, compassion and collaboration.



*Let's make a plan together!*

Schedule your complimentary  
Lifestyle Upgrade Assessment.

Call 925.219.0080 or email Marilyn at [marilyn.suey@diamondgroupwealthadvisors.com](mailto:marilyn.suey@diamondgroupwealthadvisors.com)

Certified Financial Planner Board of Standards, Inc. (CFP Board) owns the certification mark CERTIFIED FINANCIAL PLANNER® in the United States, which it authorizes use of by individuals who successfully complete CFP Board's initial and ongoing certification requirements.

Marilyn Suey is a Registered Representative with, and Securities and Retirement Plan Consulting Program advisory services offered through LPL Financial, a registered investment advisor, member FINRA/SIPC. Other advisory services offered through Mariner Independent Advisor Network, LLC a Registered Investment Advisor. Mariner Independent Advisor Network, LLC and The Diamond Group Wealth Advisors are separate entities from LPL Financial. CA Insurance License #0E01981



**Talking with attorneys about the DPOA, there is no sure solution. Yet, I do believe there are decision criteria that may be helpful.**

- Choose someone who is local. Distance in time zones and miles creates great difficulty in fulfilling the role.
- Have two people be on the DPOA, with either having the power to act independently when distances are significant. This should allow for a sibling or adult child to be involved with decisions, while allowing the local person to carry out the duties of DPOA agent.
- Try to choose someone who can be an advocate for you. The DPOA is not just a check writer or a gatherer of medical information. The DPOA must be persistent in achieving the best outcome for the person they serve.
- If you are selected as a DPOA, have a copy of the document so you know the terms under which you can act.

# THE DURABLE POWER OF ATTORNEY (DPOA)

## Key Considerations in Choosing Your DPOA Agent and Why

Most people understand that a will is a good thing to have. Most people know a trust is an important document. What most people do not know is that the Durable Power of Attorney for Health, and the Durable Power of Attorney for Property are essential for a broad range of situations in their lives. Let's refer to these two documents as the DPOA.

Every trust includes DPOAs for health and for property. Property includes financial assets, such as investment accounts. Yet, while the attorney preparing these documents undoubtedly explained the purpose of the documents, it was unlikely that the issues with using the documents were explored in much depth.

Having just been working with a client for the last 2 months on bringing the DPOA agents (designated persons) into play, I see this can be a fraught process.

### The case of "Gina"

Gina is 90 years old. She had a heart event that put her into the ICU for 10 days, followed by care at a rehab facility, then was moved to an assisted living residence pending the possibility of moving back to her home where she lives alone. The client left the hospital not knowing details of her condition. Due to the Pandemic, she was put into quarantine at the rehab facility to which no one was allowed access. Her hospital abides strictly by privacy protocols and has their own internal rules for responding to informational requests or a doctor's note.

My repeated calls to the hospital to have the doctor call the sister with the health DPOA went unanswered. The rehab facility had non-existent cell reception and no landline phone was in the room. No communication with Gina was possible. Arrangements for moving Gina between rehab and assisted living were never discussed with anyone who could help Gina.

The DPOA for health lives 3,000 miles and 2 time zones away. The DPOA for property is local but was stymied by the DPOA requirements.

### Three factors that make using DPOA documents critical.

The first difficulty is in the naming of the agents. Who is in the best position to provide the needed assistance? Usually, the named party is a sibling or an adult child of the DPOA grantor. The fact of being related is not necessarily a sufficient condition.

For example, if the agent does not live locally, or is not persistent in obtaining needed information, the choice will not be helpful. In Gina's case her sister has had limited interactions with doctors and hospitals in general. When the one time the doctor called her, she accepted what she was told, but did not ask follow-up questions such as "What kind of care will Gina need post-hospital?" "What are the long-term effects of her heart condition?" "Did the medications cure the condition?" The DPOA agent cannot make a direct call to the doctor's office and be assured that the doctor is available. Further, the doctor may not provide the level of detail that will allow the agent to make an informed decision. In the client's case, the sister was a willing participant, but was not successful in eliciting the information about the client's prognosis. The result is that we do not know best how to care for Gina in the long term.

The second difficulty is the terms under which the DPOA may be used. The classic requirement designed to protect the grantor is that two doctors must write a note saying the grantor is mentally incompetent. Mental incompetence should not be a sufficient condition for determining if someone needs a DPOA to step in, especially for the DPOA for property. Gina is competent, though she does not hold new information as well as she used to do. She is unable to handle her financial affairs since after the hospital stay, she did not have the energy or focus for dealing with her banks, arranging for the assisted living residence, or purchasing the supplies needed to aid her in recovery. Doctors are reluctant to write competency notes. In fact, the ICU doctor, the person with the most intimate knowledge of Gina's condition was not allowed by his hospital to write a note because it was requested after Gina left the ICU. Magically, the doctor is absolved of any duty to declare her condition. Gina's attorney needed to determine her competency, and then agree to eliminate the need for the 2 doctors' notes by creating a new document allowing the DPOA to act immediately. Immediately, that is, after getting the DPOA and Gina to sign the new document, and then get signed by the attorney and conveyed to the DPOA.

The third difficulty is the institutions' requirement. You might think that with a DPOA document in hand, it is a simple matter to have a bank honor it, allowing access to the account. The banks want their own attorneys to bless the DPOA. Further, trust bank accounts will not be accessible to the DPOA. Only by disclaiming Gina's right as a trustee on her trust in favor of the next trustee or executor, can the trust accounts be accessed. Three of four bank accounts in Gina's case are trust accounts, as are her investment accounts.

After consulting with Gina's sister, I arranged for an assisted living residence, assuring them that Gina has sufficient funds to cover a long-term stay. Yet, the bank account to which the DPOA has access will not last for too many months. I can transfer funds from her investment accounts. The money would go into a trust account that the executor - not the DPOA - can access. It would be preferable, however, to use the bank accounts first rather than sell investments that can sustain her for many years.

**For any questions about this article or to schedule a conversation with Marilyn Suey, call 925.219.0080 or email [marilyn.suey@diamondgroupwealthadvisors.com](mailto:marilyn.suey@diamondgroupwealthadvisors.com)**



### Marilyn Suey

CERTIFIED FINANCIAL PLANNER®  
Certified Exit Planning Advisor®  
Accredited Investment Fiduciary®  
Certified Plan Fiduciary Advisor®  
[marilyn.suey@diamondgroupwealthadvisors.com](mailto:marilyn.suey@diamondgroupwealthadvisors.com)  
925-219-0080

Visit our website.  
Scan the Code



My passion to educate and empower.  
Ask me for your FREE copy.



6101 Bollinger Canyon Rd., Suite 367, San Ramon, CA 94583 | 925.219.0080

This material was developed by Ora Citron with The Diamond Group Wealth Advisors to provide information on a topic that may be of interest.

Certified Financial Planner Board of Standards, Inc. (CFP Board) owns the certification mark CERTIFIED FINANCIAL PLANNER® and CFP® (with plaque design) in the United States, which it authorizes use of individuals who successfully complete CFP Board's initial and ongoing certification requirements

Marilyn Suey is a Registered Representative with, and Securities and Retirement Plan Consulting Program advisory services offered through LPL Financial, a registered investment advisor, member FINRA/SIPC. Other advisory services offered through Mariner Independent Advisor Network, LLC a Registered Investment Advisor. Mariner Independent Advisor Network, LLC and The Diamond Group Wealth Advisors are separate entities from LPL Financial. CA Insurance License #0E01981