



Marilyn Suey

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A Note from

Marilyn

Be Well & Thrive in 2025

GROWING TOGETHER: EMBRACING MINDFULNESS OPENNESS, AND COLLABORATION

What is your gut reaction when something novel comes along and disturbs your regular pattern of life? Does it make you curious and excited, pushing you to engage with whatever it is that has come along? Or do you find yourself more likely to be critical, or to retreat and give whatever it is some space until you can ascertain its value?

Moving into 2025, with the world hastening forward because of AI, remember this: adaptability, creativity, and connection are the keys to thriving. Change is the order of the day. Meet it with an open heart and mind. Be inquisitive, experiment, and keep the learning flame burning bright. Good people are everywhere, so make sure you're in the company of them. And never forget: kindness and collaboration pack an enormous power punch.

It doesn't matter what season you're in: The future is yours to shape. Look for chances to flourish, innovate, and have joy in everything you do. Trust yourself and the pathway laid out before you. Let's call 2025 a year when you don't just maintain a growth mindset but also relish every second spent with the people who matter most to you.



How prepared are you when it comes to your ESTATE PLAN?

Do you have these documents in place?

4 Core Estate Planning Documents



DURABLE POWER OF ATTORNEY

Nominate a trusted person to handle your financial affairs if you become unable. Avoid a court Conservatorship.

ADVANCED HEALTH CARE DIRECTIVE

Nominate a trusted person to handle your health care matters per your wishes if you become incapacitated.



WILL

State who is to supervise your estate matters (Executor) and who will inherit your assets; and nominate a guardian for minor children.



LIVING TRUST

aka Revocable Trust

Largely a "Will substitute". Typically, a Trust: does much more than a Will; affairs are settled faster; administration is more efficient; private rather than public process; court probate proceeding is avoided; administration fees, costs are typically much less.



MAKING HEALTHCARE A KEY PART OF YOUR RETIREMENT STRATEGY

For many Americans, healthcare costs are a major source of worry as they prepare for retirement. Many retirees and pre-retirees may overlook medical care in retirement—costs that can increase every year. Many Americans believe that they can rely on Medicare; however, the reality is that Medicare only covers a percentage of health-related expenses and most retirees pay large out-of-pocket healthcare expenses.

We believe it is critical to include healthcare in your long-term retirement strategy. Major medical expenses can change the course of your overall retirement; however, there are many strategies that may help you be better prepared. While there are many ways to address health care costs, and any solution you choose should be personalized to meet your needs, here are a few choices you may wish to consider:

Purchase extended care insurance. Extended care insurance is designed to cover costs like extended hospital stays and skilled nursing. The major benefit of a well-thought-out extended care policy is that it can transfer the financial burden of care to the insurance company while being incorporated into your overall retirement strategy. Extended care insurance can offer protection but it is critical to consult with a financial professional to choose the policy that best fits your current situation and expected future needs.

Set up a dedicated investment account only for extended care expenses. Investors with the means to do so can "self-insure" by setting aside a portion of their investment savings for medical expenses. The major benefit to this choice is that investors won't be reliant on an insurance policy to cover expenses and will be able to use any remaining balance for other purposes. The obvious downside to this strategy is that all normal investment risks apply, and it is entirely possible that your investment savings may not be enough to cover all healthcare expense throughout your retirement.

Forecasting what your actual healthcare needs and medical costs may be is difficult. By beginning the process early, you can take advantage of lower premiums and may be able to forecast your retirement spending needs. Early preparation is especially important for those with existing illnesses or a family history of health problems. We believe that it is vital to have the advice of a financial professional who can look at your whole picture and help you choose an extended care strategy that's right for your needs.

If you have any questions about how rising healthcare costs could affect your financial wellbeing, please let us know. It would be our pleasure to help you address your current and future financial and healthcare needs.



Transform your life 3 Habits to Thrive

Be your own bestfriend

Silence the inner critique and focus on what you do best. Upon waking up, recognize the attitude of gratitude and make the most of the day to be productive, to help others or make your corner of the world a little brighter. If you could list your favorite people and what you value about them, try to emulate those qualities. At the same time, master the ability to manage encounters with toxic people. Spend precious time with those who know your real worth. Only encourage those who fan your flames to reach your bigger, bolder goals!

You worry when a friend is sick right? As your own best friend, prioritize your physical health - especially your sleeping habits. Read on ways to increase your REM sleep as it will do wonders for your overall health. REM sleep is fundamental for memory consolidation. Your brain processes and stores what you've learned during the day, converting short-term memories into long-term ones. This function aids in problem-solving and enhances your creativity and cognitive abilities.

Nurture the positive influences in your life (and tell them!)

They say you are the average of your closest network. Reflect on your network. Is it to your liking or are you ready to take the next level?

Surround yourself with good friends, supportive colleagues - openly and actively show your appreciation. Life is too short to not express how much their presence and value mean to you.

Recognize that you have the power to choose your response

View negative emotions as warning lights that catch your attention. Very much like a low battery indicator on your mobile phone that needs to be addressed. When negative emotions rise, take a moment to remind yourself that you have full control. A breath may be all you need to completely shift it into something less desirable. It could also be a "cup of tea" or a "walk outside".

3 KEYS TO A GREAT PASSWORD

Now is a good time to revisit
and revamp security in 2025

A great password is often the only thing standing between you and identity theft. But what makes a password really secure? Turns out, there are some important guidelines to keep information safe. Read on for three smart quick tips.

1. Know the latest security standards

The National Institute of Standards and Technology has established some standards for creating more-secure passwords.

- Make Your Passwords Longer - They are harder to decipher. Try using short phrases instead of just one word.
- Avoid Password Hints
- Don't repeat the same number or letter
- Don't use common identifiers
 - Ex. If your name is Jane Smith, setting up a Netflix account, don't use "janesmith" or "Netflix" as your password.

2. Don't use the same password more than once.

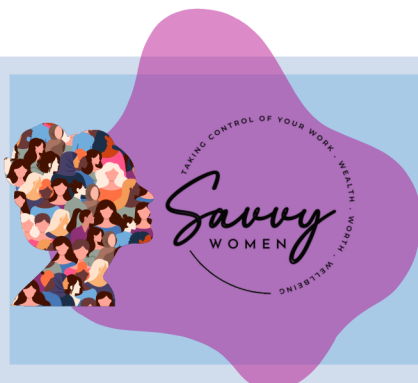
By using the same password on multiple services, you are potentially giving hackers access to every service where you're using that password. This is like having a single key that opens your house, your car, and your bank's safety deposit box. If someone steals that key, they can access everything you own. Always create different keys, or passwords, for separate accounts.

3. Make use of a password manager

A password management tool is your greatest ally. These are programs or apps that will create unique passwords on each of your accounts and store them all for you in a single, secure location, so you'll never lose them again. They can also sync with multiply devices and auto-populate passwords whenever you need them. Saving you a ton of time and trouble.

The World Wide Web can be complicated, but setting secure passwords doesn't need to be. With a bit of effort, you can use smart practices to help keep all your accounts safe and secure.

SOURCE: The National Institute of Standards and Technology, 2023



Marilyn Suey is the founder of the *Savvy Women Community*. A platform for all women to learn, share and empower one another to take action.

Do you have a story to share? Help educate, encourage and empower more Savvy Women by sharing your journey. Click the QR code for more information and to join the community.



NEW!

RETIREMENT RULES FOR 2025

Setting Every Community Up for Retirement Enhancement (SECURE) Act 2.0 enacted in late 2022 had a list of provisions that are scheduled take effect over several years. Here are some provisions effective in 2025 that could impact your retirement savings this year.

AUTOMATIC 401 (K) ENROLLMENT

SECURE 2.0 requires businesses adopting the new 401(k) or 403(b) to automatically enroll new employees at a contribution rate of between 3% and 10% of compensation. And that amount is to be increased by 1% each year thereafter until it reaches at least 10%, but not more than 15%. This is not a mandatory participation. Employees may opt out of the plan. Businesses of less than three years or with 10 or less employees are excluded from this requirement.

LARGER CATCH-UP CONTRIBUTIONS FOR AGES 60 TO 63

Effective 2025, active 401(k), 403(b) and governmental 457(b) plan participants can contribute up to \$10,000 or 150% of the 2024 catch-up contribution limit. For 2025, the maximum catch-up contribution is \$11,250 while the total limit is \$34,750 (to include the \$23,500 contribution limit and catch-up contribution of \$11,250.)

Participant Age in 2025	2025 Standard Annual Deferral Limit	Catch Up Contribution for 2025	Total 2025 Annual Contribution Limit
50-59 or 64 or older	\$23,500	\$7,500	\$31,000
60-60	\$23,500	\$11,250	\$34,750

SIMPLE IRA AND CATCH UP CONTRIBUTIONS FOR AGES 60-63

For people aged 50 and over, the contribution limit increased by \$500 to \$16,500 while the catch up contribution limit remains the same.

For those 60-63, the new catch up contribution limit increased to the greater of \$5,000 or 150% of the regular age 50 catch up contribution limit.

INHERITED IRA AND ITS BENEFICIARIES

There is a 10-year clean-out rule for most non-spousal beneficiaries of inherited IRAs. The IRA funds must be distributed to that beneficiary within 10 years of the owner's death. Eligible designated beneficiaries are exempt from this 10-year rule: Surviving spouse, minor children of the deceased account owner (until age 21), beneficiaries who are chronically ill or disable and beneficiaries who are not more than 10 years younger than the decedent.

INDIVIDUAL DETAILS MATTER

With inherited IRAs, it is crucial to understand the details of the account and impact on the beneficiary. Knowing the type of account and details involving the account holder is crucial to determine the most appropriate strategy for every unique situation. Consult your financial professional to help navigate the specific inherited IRA rules.

For any questions on these topics and as you manage your finances, please give us a call. I would be happy to be of service and support to you and your family.



Marilyn Suey

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My passion to educate and empower.
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Custom plans for every stage of your life

WHAT TO LOOK FOR IN AN EXTENDED- CARE POLICY



Custom plans for every
stage of your life

Extended-care coverage can be complex. Here's a list of questions to ask that may help you better understand the costs and benefits of these policies.

What types of facilities are covered?

Extended-care policies can cover nursing home care, home health care, respite care, hospice care, personal care in your home, assisted living facilities, adult daycare centers, and other community facilities. Many policies cover some combination of these. Ask what facilities are included when you're considering a policy.

What is the daily, weekly, or monthly benefit amount?

Policies normally pay benefits by the day, week, or month. You may want to evaluate how (and how much) eldercare facilities in your area charge for their services before committing to a policy.

What is the maximum benefit amount?

Many policies limit the total benefit they'll pay over the life of the contract. Some state this limit in years, others in total dollar amount. Be sure to address this question with your financial advisor.

What is the elimination period?

Extended-care policy benefits don't necessarily start when you enter a nursing home. Most policies have an elimination period – a timeframe during which the insured is wholly responsible for the cost of care. In many policies, elimination periods will be either 30, 60, or 90 days after nursing home entry or disability.¹

Does the policy offer inflation protection?

Adding inflation protection to a policy may increase its cost, but it could be very important as the price of extended care may increase significantly over time.

When are benefits triggered?

Insurers set some criteria for this. Commonly, extended-care policies pay out benefits when the insured person cannot perform 2 to 3 out of six activities of daily living (ADLs) without assistance. The six activities, cited by most insurance companies, include bathing, caring for incontinence, dressing, eating, toileting, and transferring. A medical evaluation of Alzheimer's disease or other forms of dementia may also make the insured eligible for benefits.²

Is the policy tax qualified?

In such a case, the policyholder may be eligible for a federal or state tax break. Under federal law and some state laws, premiums paid on a tax-qualified extended-care policy are considered tax-deductible medical expenses once certain thresholds are met. The older you are, the more you may be able to deduct under federal law. You must itemize deductions to qualify for such a tax break, of course. Meet with your financial advisor for up to date information.





Friday, January 24th
12pm, PST | Zoom

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To join, scan the QR Code or Call 925.219.0080



Kick off 2025 with us! Join us for ASK Marilyn.

Join us with our special guests, Kristina Page and Sejal Penkar of Capital Group | American Funds, who will share their insights on the markets and economy. Understand the steps you may take to support your financial goals for 2025.

We're living in a world with cyclical and secular opportunities for investors. With your collaboration, we help you make investment decisions, retirement planning, and more!

Let's continue to stay proactive and educated on what we can do now, for tomorrow, and for life.



Kristina Page, ABFP™, PPC
Vice President, Wealth Management Consultant

Kristina Page is a wealth management consultant at Capital Group, home of American Funds, covering San Francisco and the San Jose/Monterey area. She has 25 years of investment industry experience and has been with Capital Group for nine years. Prior to joining Capital, Kristina was a regional director at Wells Fargo Funds Management. She holds a bachelor's degree from the University of California, Davis. She also holds the Certified Fund Specialist® designation and is a member of the Financial Planning Association. Kristina is based in Lafayette, Calif.



Sejal Penkar
Director of Fixed Income

Sejal Penkar is a director of fixed income markets at Capital Group, home of American Funds. She has 17 years of industry experience and has been with Capital Group for two years. Prior to joining Capital, Sejal was part of the Merrill Private Wealth team where she was the primary business development wealth advisor and co-managed the fixed income sleeve. She holds an MBA from the Fuqua School of Business at Duke University, a master's degree in teaching from Pace University, which she earned while participating in Teach for America, and a bachelor's degree in biology and society from Cornell University. Sejal is based in Los Angeles.

Kristina Page, Sejal Penkar, Capital Group|American funds are not affiliated with Diamond Group Wealth Advisors or LPL Financial.

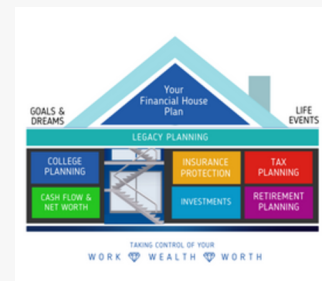


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We believe that **Your Wealth is More than Your Money**

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

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