

Keeping your financial house in order

TIPS TO TAME YOUR PAPERWORK AND
CALM YOUR MIND

AMY JO NEILL, PRESIDENT OF THE ANA GROUP, INC.





Who I am

- BACKGROUND IN THEATRE AS AN ACTOR, DIRECTOR AND PRODUCER
- VP AT AN NYC HEDGE FUND
- PROUD MEMBER OF THE SANDWICH GENERATION
- STARTED THE ANA GROUP, INC. IN 2010
- ANA PROVIDES DAILY MONEY MANAGEMENT AND FIDUCIARY SERVICES FOR OLDER ADULTS



What's in your financial house?



Let's break it down



Best practices

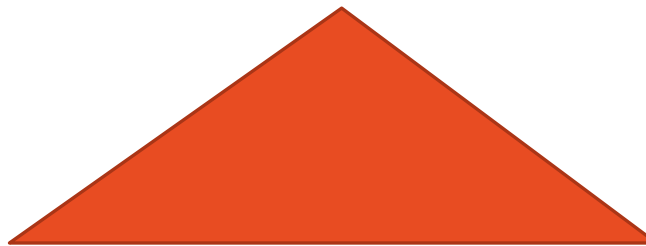


Where would you rather be?



Resources

What's in your financial house?



Everyday
bills & mail

Household
contracts &
insurance



Health &
wellness

Planning for
the long-
term



Everyday bills
and mail (and
e-mail!)



"We need a better piling system."

Best practices

- Keep mail in a central place - separate the recycling and shred as soon as it comes into the house
- Unsubscribe from things that you don't want – mail and e-mail
- Go paperless!
- Use e-mail filtering tools – Google, iOS, Unroll.me
- Put recurring bill on autopay

Protect yourself against financial fraud



Best practices

- Never give out your information over the phone
- Don't open that e-mail! – always look at the email address it's coming from
- Put alerts on your bank and credit card accounts
- Check your activity - use a financial software to monitor your accounts in one place (Quicken, Mint, Quickbooks)
- Freeze your credit when you don't need it
- Listen to your instincts – if you think it's phishy, it is!

Household Contracts and Insurance

supplemental life
long-term care employer
landscaper
flood home security
umbrella medical
valuables workers comp
disability liability pet
dental vision auto
property household employer
exterminator recreational vehicle



Best practices

- Review your household insurance policies regularly
- Bundle insurance coverages to get a better rate
- Look at that life insurance policy. Find out the cash value
- Know what your long-term care policy covers – can you collect?

Health & Wellness



Best practices

- Medicare v. Medicare Advantage
- Get help picking the right supplemental plan
- Sign up for Medicare Part D at 65 (or face a penalty)
- Keep your health care documents up to date – health care proxy, medical directives (DNR, Living Will, MOLST)
- Keep active & reduce stress

“Stress is bad for your health”

*-Can Stress Advance Aging? AARP,
June 23, 2022*



Planning for the long- term



Best practices

- Set your home up *now* for aging in place – **90%** of adults over 65 want to remain in their current home
- Consult your attorney – Trust & Estate Attorney, Eldercare Attorney
- Decide where you want to live
- Create a strategy for how to pay for it
- Make a plan for if (or when) you need help



Where
would I
rather be?

HERE?...



Or here?

Here?...





Or here?

Resources and help available

- Senior Law Day/ free consultations
- Local senior centers/ library/ religious organization
- Social Services in your area
<https://seniorcitizens.westchestergov.com>
- Trusted advisors- eldercare and estate attorney, financial planner, tax planner, geriatric care manager, social worker, daily money manager

20% of Westchester residents are ages 60 and older

What is a Daily Money Manager?

- We Help you take care of your Financial House:
- Bills and bookkeeping
- Serves as a fiduciary (Power of Attorney, Trustee, Executor)
- Manages medical billing
- Monitors against fraud
- Advocates in your best interest
- Works with other trusted advisors to plan for the long term

Contact us



Helping Manage Senior Life

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