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Unwanted RMD can be re-deposited to your IRA until August 31st (even inherited IRAs)!

At the onset of the coronavirus pandemic, the CARES Act provided welcome financial relief for retirees and inherited IRA owners by waiving the required minimum distribution for 2020.



Now, retirees and beneficiaries who have taken their RMD, but who don't need the funds may return the cash and the taxes paid back to the IRA accounts until August 31st. The IRS has even waived the limitation of "one rollover per 12 months" for IRAs. Beneficiaries of an inherited IRA may also take advantage of this unprecedented one-time opportunity to rollover the RMD back to the inherited IRA.

The repayment is limited to the required minimum distribution amount including the taxes you withheld from the RMD. (Otherwise, the taxes you paid will be considered taxable income to you.)

Contact your FFS client services representative to arrange to return your funds to your IRA. **A-J, call Cecelia Fisher, (972) 866-4272**
K-Z, call Brandy Bailey, (972) 866-4270

4 Reasons to Add Beneficiaries to Your Investment Accounts

Designating beneficiaries is a normal part of opening an IRA account, but it is also prudent to consider adding beneficiaries to non-retirement accounts.

1. **Naming beneficiaries removes any uncertainty regarding your wishes.** We don't like to think about death but making plans ahead of time disallows the court from making some decisions for you.
2. **Listing beneficiaries allows your assets to bypass probate reducing delays and costs.** Without beneficiaries on your accounts, heirs have to probate your will, pay court costs, and possibly wait longer to realize their inheritance.
3. **Beneficiaries are direct recipients of their inheritance.** Specifying your beneficiaries ensures they receive their portion directly. This can also remedy or avoid the sometimes complicated family situations for your loved ones.
4. **Contingent beneficiaries extend your immediate wishes to allow for the unexpected.** Beneficiary forms provide for naming primary beneficiaries (your first choice) and also contingent beneficiaries. Think beyond the best-case scenario and consider contingent beneficiaries to allow your beloved recipients to reap the benefits.

Contact FFS client services to request adding beneficiaries to your accounts or to review your current beneficiaries that are already on file.

THIRD QUARTER 2020 HOLIDAY SCHEDULE

- ▶ **Monday, September 7, 2020**
Labor Day
Office closed.

WHO IS MY CLIENT SERVICES REPRESENTATIVE?

- A - J — Cecelia Fisher
- K - Z — Brandy Bailey

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Stress relief from laughter? It's no joke!

By Mayo Clinic Staff

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why. Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Stress relief from laughter. A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits. A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.

Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects: Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.

Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

Improve your sense of humor. Are you afraid you have an underdeveloped — or nonexistent — sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

Put humor on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office. Keep funny movies, books, magazines or comedy videos on hand for when you need an added humor boost. Look online at joke websites. Go to a comedy club.

Laugh and the world laughs with you. Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good. Consider trying laughter yoga. In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter.

Share a laugh. Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.

Knock, knock. Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.

Know what isn't funny. Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.

Laughter is the best medicine! Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed

