

Welcome to SUMMER!



Provider of your Voluntary Benefits Program

Welcome to June! And more importantly for our friends in the education sector, welcome to the beginning of the end ... of the school year. As the providers of your ATA and Alberta School Board Employee(ASBE) Voluntary Benefits, we have a few quick things to think about when you have some time to focus on you!

Time to get your [stuff] together?

Did you catch our checklist at Convention this year? It had a few things to do to "get your financial [stuff] together." In keeping with that theme, we've added some new tools to the Capital website to help you get a handle on where things are now:

Exploring your Financial Profile is a worksheet to go through in order to figure out where you're sitting from the financial side of things. It may even help you to uncover some gaps that you may be missing. It is a new worksheet that we have developed for our Retirement Kits - but we feel quite strongly that it could be a huge benefit for any age and stage of career. It will help you to make informed decisions around your lifestyle and retirement planning.

The **Monthly Budget Worksheet** helps you look at day-to-day expenses. For those who are more digital, resources like mint.com can integrate with your bank accounts and help you get a real-time view of your spending.

Both of these tools can be found on our website under the Resources tab, along with a few other useful tools and resources. (www.capitalplanning.ca/resources)

News in the financial world

Long Term Care (LTC) Insurance has been a staple of the insurance world for many years, but no longer. We only know of one insurance company that still offers it. LTC is a product that you'd pay for when healthy and then receive a monthly amount once you couldn't take care of yourself.

The thing is, though, there's a high likelihood that you will still need to look at Long Term Care payments in the future. Consider this:

As of 2015 there were 488,300 seniors living in Alberta, and 10,463 assisted living units.
By 2025 they expect a 64% increase to 762,700 seniors.

Are assisted living units (especially publicly funded ones) being built at the same rate? This is one of the reasons to set some savings aside with your Group RRSP / TFSA. Your retirement savings should be able to fund all your retirement years - no matter where you're living!

How much do you need to save? We can help with that! Call us or contact us through our website.

Capital Estate Planning

Providers of your Voluntary Benefits Program

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Process of Consolidation

Speaking of your Group RRSP, we've seen more people than ever before use the ATA/ASBE Group RRSP to consolidate their investments in one place. Many have a comfort level with a program that is accountable to the ATA and to the many teachers and school board employees throughout the province. Others like the lack of transaction fees in this Group RRSP, or the fact that we understand how it integrates with the rest of your financial world (ie: taxes and pensions). Or the fact that there's a Group RRIF, so you can easily switch over when you turn 71 - providing you with a steady income stream in your retirement.

If you're interested in exploring this, it's a simple process:

- 1 ----- Send your current statements to rrsp@capitalplanning.ca
- 2 ----- We'll assess and advise on whether we suggest transferring at this time (some investments with other institutions may have Deferred Sales Charges, for example, where you'd pay large commission fees to your current advisor if you were to change). We will help you to work out all these details.
- 3 ----- On the application forms we'll pre-fill the information that we have access to for you and send it to you to complete and sign.
- 4 ----- We'll set it up with your payroll department, request transfers out from your former institution, etc.

Questions? Looking for more information? Contact us!

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5 STEPS TO A GREAT Canada Day Party!

1. Decorate with a crisp red and white theme that is accented with our much loved Canadian icons - maple leaf, antlers, moose, Canada goose, paddles and canoes are a few to get you started.

2. Set up games and fun for all ages. Hockey sticks for an impromptu street hockey game or horseshoes for your guests to try their hand at a popular game that is older than Canada!

3. A camp fire will draw everyone together and it's the perfect place for stories and maybe even a song or two. Set out blankets for your guests to stay cozy once the sun sets.

4. Don't forget the music! Canada is the birthplace to many exceptional singers and songwriters. Celebrate with Canadian homegrown talent!

5. Plan your food and drinks with a Canadian theme. Welcome your guests with an iconic Canadian drink, the Caesar (see our favourite recipe!) and serve a beautiful red and white themed tomato salad along side your BBQ favourites.

A summertime Canada Day party can be simple and family friendly.

For a great summer party here are a few tips and tricks.

Recipes!

Classic Walter Caesar

serves 1

Ingredients:

- 1oz. vodka*
- 4oz. Walter Craft Caesar mix
- a squeeze of fresh lime juice
- freshly grated horseradish
- cracked black pepper

Rim: lime juice, Walter Craft Caesar rim

Garnish: fresh celery, lime wheel

Method:

Rim glass with lime juice & Walter Craft Caesar Rim. Fill glass with ice, add vodka and Walter Craft Caesar Mix, remaining ingredients & stir gently. Top with freshly grated horseradish, cracked black pepper. Garnish with celery & lime. Enjoy.

* a family friendly version can be made non-alcoholic and with a little less spice. Walter Craft Caesar Mix is a small batch Canadian premium Caesar mix.

Red & White salad

serves 4-6

Ingredients:

- 18oz. cherry tomatoes, sliced in half
- 8oz. feta cheese, crumbled
- a handful of fresh basil, roughly torn
- flake sea salt & freshly cracked black pepper
- 2 tsp balsamic vinegar
- 4 tsp good quality olive oil

Method:

In a medium salad bowl, combine the tomatoes and feta cheese. Drizzle with balsamic vinegar and season to taste with coarse sea salt and fresh cracked pepper. Garnish with the torn basil leaves and serve immediately.