Connect

YourStyle FINANCIAL

Winter 2023

Are you an Executor?

Doug Buss, ***President***
CFP, CLU, CPCA, CEA, RWM

One challenge executors face when administering an estate is dealing with the banks where the deceased held their accounts. Banks, understandably, don't want to expose themselves to liability by releasing assets to someone who is not entitled to receive them. They are also bound by privacy legislation not to disclose information about client accounts to an unauthorized person.

One simple solution is to have the account in Joint Name with a spouse or child, which would now remove this from the estate process. Should this have not been done, then the Executor can help smooth the estate administration process by working with, not against, the bank's dedicated estate settlement department. If the bank says they need a document from you, don't argue with them — just provide it and follow the procedures they want you to follow and life will be much easier.

At the start of the estate administration process, banks will ask the executor for a death certificate for the deceased. Funeral homes generally provide at least 10 copies of the original death certificate and executors can typically ask for more, if needed. Executors will need one for the Canada Revenue Agency, one for the lawyer, one for the court, one for each bank. The deceased may have held accounts at multiple banks, so executors need quite a few copies, and only originals are acceptable.

The bank will also ask for a copy of the will and identification for all the executors (if there are more than one). Banks generally require a certificate of probate from the executor to prove the will is valid and that the executor is the authorized personal representative for the estate administration.

However, if the estate is small, a bank may exercise its discretion and not require the executor to obtain probate. In those cases, the bank will release funds to the executor but may require them to provide an indemnity against the bank's potential liability.

Once the bank is aware that an account holder has died, it will freeze the deceased's account. However, banks generally will allow payments, such as probate or income tax, to government agencies and for funeral expenses to funeral homes. They may also allow for the payment of other immediate expenses, such as lawyer's fees or utility bills. The bank generally will make the payment directly to the payee and not to the executor.

Once the executor has received probate, they will typically establish an "estate account" in their own name into which they can consolidate the deceased's assets and make payments on behalf of the estate. Establishing a dedicated estate account is highly advised, since as an executor, you're required to account to the beneficiaries from the date of death.

In some cases, however, it could be advisable not to consolidate all the deceased's accounts. For example, if a payment or distribution from the estate needs to be made to a payee or a beneficiary in another province and the deceased held an account in that province, it may be practical to leave that account open to make the payments. This is where planning would help alleviate some future problems for the estate administration.

It depends on what amount has to be paid, where it has to be paid, where the money is right now, where the beneficiaries are located, what relationship the deceased had with each bank and which way will be the least resistant way to do things.

(continued on next page)

Are you an Executor?

(continued from page 1)

While the bank will help the executor as they administer the estate, executors should keep in mind that banks aren't able to provide legal or tax advice. For that, executors should consider seeking advice from an estate lawyer, an accountant or a Certified Executor Advisor (CEA).

When the time comes to make distributions to estate beneficiaries, the bank will want a letter of direction signed by the executor (or executors), and a copy of probate. The bank will then issue a cheque to the executor or to the estate, not to the beneficiaries directly. The executor will deposit the cheque into the estate account and write cheques to the beneficiaries.

Tips for making estate administration easier

1. Ask for a direct phone number on first contact with the bank's estate department to save yourself from having to go through the main contact centre each time they call.
2. Note the bank's file reference number for the estate, because the bank will keep detailed notes of conversations with the executor.
3. Communicate with the bank in writing — either email or letter — whenever possible, but when meetings occur in person or over the phone, executors should take notes so they can hold the bank accountable for any agreements made.
4. Each time you meet with bank representatives, executors should take along identification and the estate file with all documentation: "Bring another copy of probate even though you gave them one already."
5. Executors should also be prepared to repeat the "story" of the estate — the key details about their estate administration— to bank representatives, as it's "very rare" for a bank to assign a specific individual to one file.

If you or someone you know needs help with planning for the future executors, please give us a call. We have our Certified Executor Advisor (CEA) designations to assist where needed.

What is an FHSA?

Sean McDermid, Financial Advisor, CEA, FIC, RWM

Work towards your goal of buying your first home with a First Home Savings Account (FHSA). The FHSA is a new registered plan that can help you save for your first home tax-free. If you're at least 18 (and no less than the age of majority in your province), have a Social Insurance Number (SIN) and have not owned a home where you lived this year or at any time in the preceding four calendar years, you may be eligible to open an FHSA.

Reasons to Invest in an FHSA:

- Use it to save up to $40,000 for your first home
- Contribute tax-free for up to 15 years
- Unused contribution room can be carried over to the next year, up to a maximum of $8,000
- Potentially reduce your tax bill and carry forward undeducted contributions indefinitely
- Pay no taxes on any investment earnings
- Complements the Home Buyers' Plan (HBP)

Talk to us to see in an FHSA is right for you?

Is Tofu Good for You? You Betcha!!

Loreen Buss, Vice President, B. Comm (Hons)

Concerns about soy foods like tofu have been raised in the past. Here's what the research and experts say.

If tofu and other soy foods were interviewing for a spot in your weekly meal rotation, they would offer an impressive résumé of nutrition credentials.

A three-ounce serving of tofu, for instance, can provide between four and 14 grams of protein (depending on the style), including all nine of the essential amino acids.

It also supplies B vitamins, healthy unsaturated fatty acids and minerals like calcium, magnesium, zinc and iron, said Amy Bragagnini, a dietitian and a spokeswoman for the Academy of Nutrition and Dietetics.

Yet soy foods are also burdened by an unsavory reputation. For instance, people routinely ask if soy foods are linked with cancer, a concern stemming from their relatively high levels of isoflavones, plant-based compounds that are structurally similar to the hormone estrogen.

The presence of isoflavones has also led to the worry that soy might negatively affect fertility or give men more feminine characteristics.

But overall, studies have shown that including soy foods in your diet is not only safe, **it may also benefit your heart and metabolic health,** said Dr. Qi Sun, an associate professor of nutrition and epidemiology at the Harvard T.H. Chan School of Public Health.

And while it's true that the isoflavones in soy can weakly mimic estrogen, he added, **they also seem to have anticancer, anti-inflammatory and antioxidant properties.**

Here's what we know.

Cancer

One historical worry about soy has been that its estrogen-like isoflavones might promote breast cancer, but many studies have shown that women who eat higher amounts of soy foods have no greater risk — or even a lower risk — of developing breast cancer than those who eat little or no soy, said Xiao-Ou Shu, a professor of epidemiology at Vanderbilt University School of Medicine.

In a study published in 2012, Dr. Shu and her colleagues found that among women in China and the United States who had been diagnosed with breast cancer, those who ate about half a serving or more of soy foods per day after their diagnoses were less likely to have a recurrence than those who ate smaller amounts.

The American Institute for Cancer Research says that "limited evidence" suggests that women who eat moderate amounts of soy may be more likely to survive — and perhaps have fewer recurrences of — breast cancer.

A moderate amount is defined as one to two servings of whole soy foods such as tofu, soy milk, edamame or soy nuts per day.

Some studies have also reported a protective effect of soy for prostate and lung cancers.

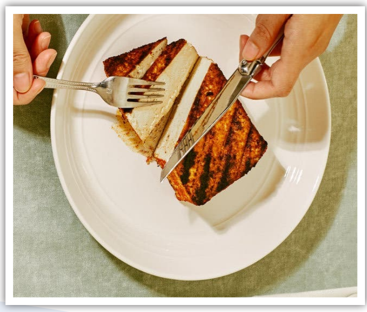
Heart health

There's some evidence that including soy in your diet can benefit your heart, Dr. Sun said.

He led a study published in 2020 that found that consuming more soy isoflavones, **particularly from tofu,** was associated with a moderately lower risk of coronary heart disease.

And in another study, of nearly 120,000 health care professionals in the United States, Dr. Sun and his colleagues found that during the more than 30 years of follow-up, those who consumed at least one serving of tofu or soy milk per week were 15 to 16 percent less likely to die than those who ate less than one serving per month.

"It's almost a no-brainer that people should **choose tofu and other plant-based proteins instead of animal source proteins,"** particularly those from processed and red meats, which are associated with a higher risk of heart disease, diabetes, colorectal cancer and earlier death, Dr. Sun said.



And, he added, eating more plant-based foods can "not only improve human health, but also improve the health of the globe," because protein sources like soy, beans, peas and nuts have lower greenhouse gas footprints than meat, cheese or eggs.

How to incorporate more soy foods into your diet

As a dietitian, Ms. Bragagnini has found that tofu is sometimes a hard sell when she recommends it to clients.

"They just roll their eyes," she said, "but they've never really even tried it."

Tofu and tempeh, which is made from fermented soybeans, take on virtually any flavor profile and can be baked, sautéed or simmered in a sauce — or, Ms. Bragagnini's favorite, crisped in an air fryer. She encourages people to include one or two servings of soy foods in their daily diet.

Snowbird Travel Insurance

Recently I was at a Pickleball tournament and got chatting with a number of participants – most of whom head to warmer climates for the winter months. The subject of travel insurance inevitably came up. In particular, a gal was heading out on vacation the next day. I was able to get her coverage within moments so that she could travel with ease and great peace of mind. **YourStyle Financial** has access to multiple partners and we are ready to help make your travel worry free. Give us a call!

What is travel insurance?

Travel insurance is a type of insurance that helps to cover the cost of medical care if you become sick or injured while travelling. It can also protect you from financial loss if you have to cancel or interrupt your trip.

Travel insurance offers several different types of protection to Canadians leaving the country. For example, if you have a medical emergency while travelling, travel insurance will cover the cost of your treatment. Additionally, if you need to cancel your trip due to an emergency, some travel insurance policies can reimburse you for any non-refundable expenses.

What about Snowbird insurance?

Every year, thousands of Canadians say goodbye to the Great White North as they embark on long trips abroad to escape the cold winter months. But, like many travellers, the topic of insurance may not cross these snowbirds' minds until they're on the plane. By then it may be too late.

Snowbird travel insurance is a special type of travel insurance just for Canadians who go on long trips away from their home area. These plans mostly offer good deals for seniors because they are the main group of snowbirds.

One of the main differences between regular travel insurance and snowbird travel insurance is how long the plans last. Regular travel insurance covers shorter trips, up to 21 days away from home. But snowbird travel insurance can cover up to 212 days.

When buying a travel insurance plan, snowbirds can choose one of the following:

- Single-Trip Plan: Covers just one trip
- Multi-Trip Plan: Covers more than one trip taken within a year
- Top-Up Plan: Extends coverage if they stay away for longer

L to R: John Poulain, Sean McDermid, Loreen Buss, Doug Buss Ken Odidison, Maria DeRosa

1-B 2020 Portage Avenue
Winnipeg, MB R3J 0K4

YourStyle FINANCIAL

Office: 204 474 2929
Fax: 877 223 2936
Email: maria@yourstylefinancial.ca

yourstylefinancial.ca