

THE STANTON REPORT

Spring 2016

*Views and opinions for
the friends and clients
of Investment Advisor
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A Word from Richard

Welcome to Spring everyone! Easter has come and gone and golf season is just around the corner. It seems we are getting a little earlier of a start than previous years and hopefully the warmer weather will stick around.

The girls enjoyed their Spring Break and now they are getting ready for all the year-end performances and school activities.

Jenelle is busy as always with her dance competitions. She has competed so far in Williams Lake and in Terrace and has 1 more competition in Prince Rupert. This year she is competing in a solo event and also in a duet. Olivia started her first job as a Customer Service Representative at All West Glass and has been busy strategizing and picking her courses for her final years at high school as well as looking into a Rotary Exchange program.

My quarterly travel schedule appears on Page 4 and as usual if you would like to get together in person or if a telephone appointment is more convenient, please contact Tracy and she will get you booked in.

Thanks for reading.

Here is what happened in the first quarter of 2016;

- › S&P/TSX Composite Index 4.5%
- › Dow Jones Industrial Average 1.3%
- › MSCI World Index -0.2%
- › Crude Oil -4.5%
- › Natural Gas -19.1%
- › Gold 16.1%
- › Silver 11.5%



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CAUGHT IN THE SANDWICH GENERATION? YOU CAN MITIGATE THE SQUEEZE.

Our best strategies-from financial planning to communication-when sandwiched between caring for multiple generations.

If you're challenged with raising children and caring for aging parents, you're part of the growing population segment known as the "Sandwich Generation," potentially leaving you feeling squeezed between the day-to-day demands of two generations.

Longer life expectancies and the transition of Baby Boomers into their senior years have meant more Canadians may require assistance and care related to aging, now and into the future. With the first of the Baby Boomer generation turning age 65 in 2011, seniors will account for an increasingly larger proportion of the Canadian population: about 25 percent by 2036, according to a study by the Canadian Institute for Health Information.

CAREGIVING CAN TAKE AN EMOTIONAL TOLL

As more of Canada's population grays, studies show there can be negative consequences for caregivers, impacting their physical and mental health, work life and personal finances. Canadians providing help to their elders lose \$337 million in employment-related disruptions each year as they work fewer hours, or take stress leave as a result of caregiving responsibilities, researchers at the University of Alberta found.

For Tony Maiorino, the vice-president and head of Wealth Management Services for RBC in Toronto, this scenario isn't new. The youngest of five children in an Italian immigrant family, Maiorino grew up in a culture of caring which passed from one generation to the next. After losing his father when he was a teenager, he and his siblings knew eventually it would be their turn to take care of their mother.

"You're looking after your children, you're cooking for them and going to work, you've got your mom at home and coming home to check on her. It's an incredible drain and the demands are huge," Maiorino, the father of three, says as he describes the typical burden a sandwiched person feels.

As the Sandwich Generation becomes a reality for more and more Canadian families, many are looking for ways to make this additional responsibility a little easier to manage. Here are some strategies to ease the financial and emotional challenges.

KNOW THE WISHES OF YOUR PARENTS

Gathering the right information about your parents'

needs and wishes, their retirement plans and what financial resources they have at their disposal is a top priority when you're "sandwiched."

"You can keep some things to the side, but the more [the children] know about where your finances are, how much there is, who are the main people that you need to be speaking to should something happen, the faster things are going to move in your favor," Maiorino says, who shares the responsibility of caring for his 88-year-old mother with his siblings.

Carol Abaya, a U.S.-based syndicated journalist and lecturer on eldercare issues, says understanding the feelings of aging parents and dealing with them in a way that their dignity is preserved is a delicate balance to maintain for a caregiver family.

"You can prepare yourself for the legal and financial issues, but it's tough to prepare for the emotional issues when you're dealing with people from another generation," Abaya says. "The values of the oldest generation and Baby Boomers are very different. But you need to talk to them about the pressures and how you want to protect them both financially and emotionally. That's a dicey kind of thing."

GATHER THE APPROPRIATE DOCUMENTS

A durable Power of Attorney, a living will for medical issues -such as directives on emergency medical treatment and a traditional Will designating where assets will go are some common documents caregivers will need to access.

"Talk about the Power of Attorney because that really is the bridge into that world," Maiorino says. "To say, 'Hey Mom, everything is great, but do you have a Power of Attorney and who are they?' This in itself can be a difficult conversation."

It's important to note there are provincial variances when it comes to certain estate planning documents. For example, if you live in Manitoba, Ontario, Quebec or Nova Scotia, you can create a living Will. Depending on where you live in Canada, a living Will may also be referred to as a Power of Attorney for personal care, a mandate, an advance health care directive or proxy.

Talking about estate plans can be a sensitive topic for many people, but once you've sorted out the Power of Attorney with your parents, it becomes much easier to discuss finances and retirement assets, Maiorino says.

"For my generation, a lot of times, we don't have a clear grasp of what Mom and Dad have," he adds. "Does Mom have enough capital to live the lifestyle that she wants?"

Is Dad going to be able to be in his own home for much longer and can he afford the retirement home that he wants?”

As a caregiver, it's helpful to express the more you're aware of, the more you're able to help the aging generation maintain the lifestyle they want for the years to come. “We don't need to know everything, but maybe a line of sight into what plans have you got in place?” Maiorino says. “It's still an incredibly difficult discussion if they're not willing to bring it up.”

If a Power of Attorney has not been established, you can work with your aging relative to determine who will be the best fit. Someone who lives in close proximity, is trustworthy and who can minimize potential family conflicts are important characteristics to consider. If no suitable friends or family members can act on relative's behalf, they may want to consider appointing a third-party professional to act as an attorney should they become incapacitated.

MAINTAIN AN EMERGENCY FUND AND SEEK OUT RESOURCES

Although you may feel squeezed, maintaining a suitable emergency fund will allow you to fund a number of priorities.

“That emergency funding might be what allows you to take a month of unpaid leave; that may allow you to take a reduced work schedule at your job for three months while you help your parents through this situation. You need to have those types of things in place.” Maiorino

suggests.

He also advises taking advantage of a range of services and assistance that is available from federal and provincial governments, which provide support for seniors and their families. Federally, some families may be eligible to claim the family care giving amount come tax time. Some provinces also offer tax assistance, such as the Manitoba Primary Care Giver credit.

ARRANGE LONG-TERM CARE INSURANCE

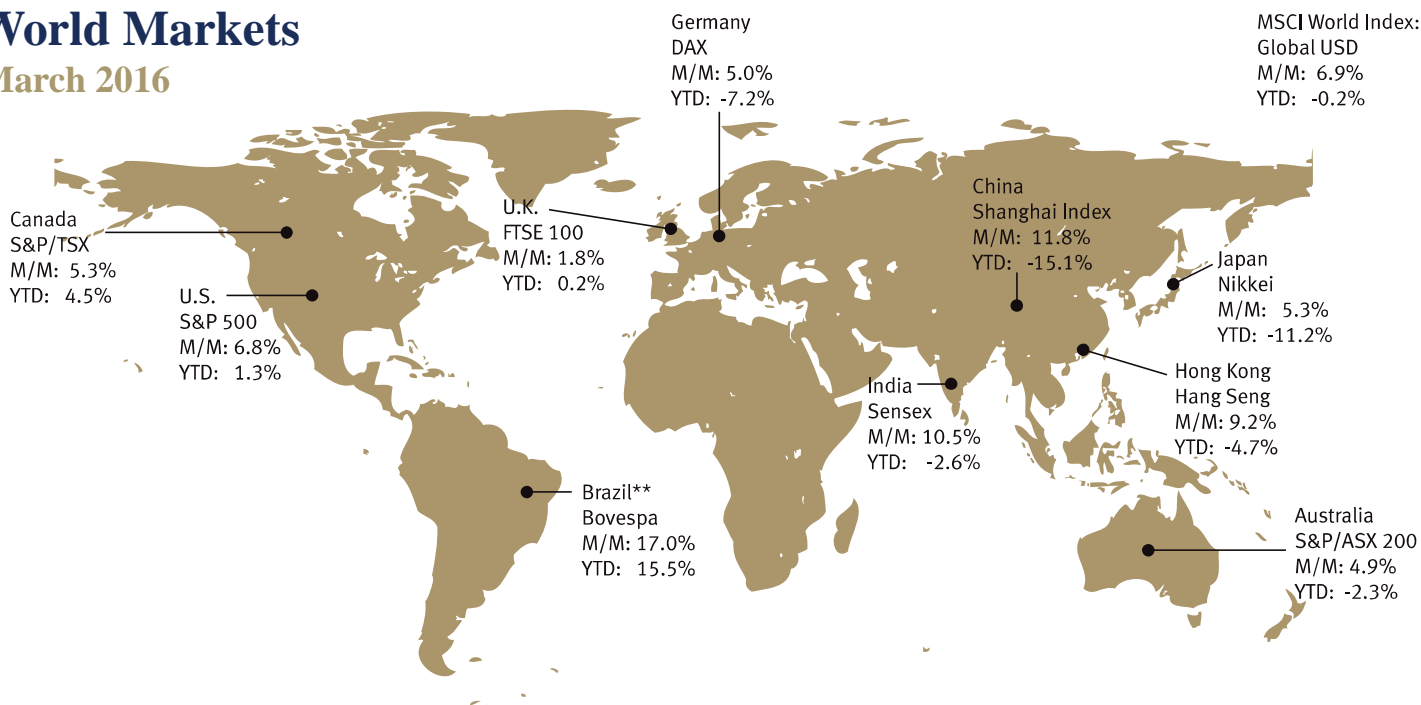
Abaya, who took care of her aging mother, also stresses the need for arranging long-term care insurance to help maintain a parents' lifestyle and assist in protecting their financial security if medical problems prevent them from performing certain activities of daily living. Long-term care insurance can help provide your elders with resources to remain independent should they require the services of a long-term care facility or professional services at home.

Abaya, through her own experience, discovered her parents had no long-term care insurance and she had no clue about their financial resources. “As you get to the point where you can't take care of yourself then this insurance kicks in. This is really one thing I advise to think about,” she says.

In the end, open communication, a solid support system and a detailed plan will go a long way to ensure the financial and emotional needs of all generations aren't feeling the squeeze.

World Markets

March 2016



All returns are on a total return basis unless otherwise noted. All returns calculated in local currency except for MSCI World

** These indices are calculated on a price return basis

A Note About Tax Reporting

Please be sure you have all of your tax slips before you file your income taxes

Soon, you will receive your tax slips and other related materials needed to file your income taxes. T5 income-related slips and materials were mailed in mid-February. The mailing of all other tax slips is contingent on the release of tax information by external issuers. As soon as RBC Dominion Securities receives this information, we begin printing your tax slips.

You will most likely receive more than one package from RBC Dominion Securities with your tax slips. Your T5 package will include a list of your outstanding tax slips so that you can verify your materials as you receive them. We strongly advise you not to file your taxes until you receive all outstanding slips. Although income trust issuers are required to report by the end of February, there is still the possibility that you may receive T3 tax slips in April due to late filings or amendments from external issuers.



OUT OF TOWN SCHEDULE

TERRACE
May 30 –31

PRINCE RUPERT
June 1 – 2

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