



**RBC
Dominion
Securities**

THE Stanton

REPORT

Views & Opinions For The Clients & Friends
Of Investment Advisor
Richard Stanton
RBC Dominion Securities Inc.

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A Word from Richard



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If you know anyone who would like to receive a copy of this newsletter or be added to our mailing list, please contact **Shauna Peterson** at (250) 847-6680. Please contact Shauna Peterson if you would like secure internet access to your accounts. Use our toll free number 1-888-834-3311 from anywhere in North America.

Summer is in full swing around Smithers. The golfers are out in droves this year as the weather has been mild and the course is in great shape... neither has helped my game much but I am still enjoying getting out from time to time. Our oldest daughter has been out a couple of times on junior's night and this year our youngest, Jenelle, took her first golf clinic. She told us that she can "really smoke the ball" according to her golf coach. Who knows, maybe we have a Michelle Wei in the making.

Olivia is enjoying being out of school and taking it easy at home. The school year always seems to take its toll on the kids, so it's great they can relax for a couple of months. She will be entering grade three in September and Jenelle is starting kindergarten. Hopefully she will adapt as well as Olivia has to the French Immersion program. Pretty soon they will be conversing in French and I won't be able to understand a word!

August is upon us and our Rotary club is preparing for the Fall Fair which is held the weekend of August 22nd. Laura and I are always busy during fall fair as we man the corn booth all weekend and take care of the treasury duties. My folks are coming to visit and help out with the girls though so they will be well tended to while we are working. If any of you are around that weekend come on down to the fair and more importantly come get a meal at the Rotary booth.

Looking back on the second quarter of 2008 here a few of the highlights:

- **Crude Oil** reached a record high price of \$147.90.
- The **Consumer Confidence Index** dropped to 57.2 from 62.8 in April, marking the fifth straight month of decline and its lowest levels since 1992. Consumers are worried about inflation and rising prices at the gas station.

Six Strategies for Helping Senior Parents Manage Their Money

An increasing number of North Americans are caring for an older adult, most likely a parent. Caretaking is no longer limited to ensuring parents have medical attention, are driven to their appointments, or that their houses are clean. It now includes assisting parents with money management tasks and, in many cases, financial decision making. Adult children may face difficulty in managing money matters for a parent when they barely are able to take care of their own situation. But managing money does not mean offering financial support; it simply means assisting with financial chores and decision making.

1. START THE MONEY CONVERSATION

Like adults who had difficulty raising the subject of the “birds and the bees” with their children, many adult children find it stressful talking with their parents about money. It’s an important conversation to have and soon may not be soon enough.

Also, because the elderly are targets for con artists, watch for unusual activity such as overbuying magazine subscriptions in hopes of winning a sweepstakes, excessive calls from telemarketers, and frequent visits to a financial institution.

If parents are aging or facing acute or chronic illness, it’s certainly time to ask them about their financial situation. Managing a senior’s money will be much easier if the money conversation is planned and covers several major issues.

Because the topic is sensitive, begin by asking if they need assistance with managing money tasks such as bill paying or balancing their chequebook. Inquire about who they

would like to manage their funds should they become unable to do so. Most parents choose a child who either lives nearby or has particular experience or expertise in money matters. Trust should be the most important factor for a parent when choosing a financial caretaker.

2. REQUEST THAT PARENTS PREPARE LEGAL DOCUMENTS

Request that your parents prepare basic legal documents such as a power of attorney, enduring power of attorney, advance health care directive and a Will. Review these documents with your parents to ensure that you understand their wishes. Remember, it’s not your place to determine the terms of these agreements, merely to understand and implement the terms. A set of simple legal documents should cost \$1,000 or less in most areas.

3. UNDERSTAND BASIC INFORMATION

The financial caretaker should begin by reviewing monthly income sources and monthly expenses. If monthly expenses exceed regular income from Social Security and pensions, where are the supplemental funds coming from?

It’s also important that you and your parent prepare a balance sheet. A balance sheet outlines the property the parents own, such as homes, share certificates/certificates of deposit, stocks, bonds, mutual funds, and retirement accounts and their fair market value. A list of debts and outstanding balances also is included on the balance sheet.

Last, it’s important to know which financial advisors your parents rely upon. These include the accountant, insurance agent, stockbroker, attorney,



and financial planner or counsellor. Call the appropriate financial specialist to help clarify withdrawal and beneficiary rules. Record the names, addresses, phone numbers, and e-mail addresses for future reference.

Once you’ve begun the money conversation and have attended to the basics, you can begin more specific, detailed management.

4. REDUCE PARENTAL DEBT

Senior citizens have the fastest growing rate of personal debt problems. It may be the case where they were used to using credit cards and carrying debt while working and have been unable to change their spending habits during retirement. Over-indebtedness often occurs when a medical catastrophe strikes and one is unable to continue making regular payments toward debt reduction.

The first step in debt reduction is to stop using credit to pay for monthly needs. Investigate financial, medical, food, and housing assistance programs in your local community. Consider additional sources of income such as using a reverse mortgage on a home, selling assets, or reducing expenses.

CONTINUED ON NEXT PAGE

5. REVIEW INSURANCE COVERAGE

Most senior citizens qualify for basic government medical coverage. But there is much more to insurance than basic health-care insurance. Obtain your parents' life, health, auto, and homeowners' insurance contracts. Review and refine the terms of the policies by speaking with the insurance agent. Coverage and benefit limits may be out of date or inappropriate. You can save money by increasing deductible or limiting coverage if your parents have funds available to cover small losses.

6. HIRE ASSISTANCE WHEN NEEDED

In addition to basic financial issues such as budgets, credit, and insurance, many parents will need assistance with tax preparation, investment management, and housing choices. If you or another trusted family member or friend are unable to assist your parents with daily money chores, consider using a daily money manager. Be sure that the advisor is qualified and holds the appropriate credentials or licences, such as CA or CGA, CFP, insurance, and brokerage licenses. Only hire advisors who are insured for errors and omissions and bonded if they have direct access to your parents' funds or accounts.

*Going **ORGANIC** without breaking the bank*

If you're ready to start eating an all-organic diet, you'll first have to decide whether to increase your monthly budget for groceries – or whether you'll just eat less.

That's because organic foods generally costs more than non-organic foods. Going with an all-organic grocery list can easily double your costs.

EASE INTO IT

If you're thinking about making the switch to organics, start off slow and ease your budget into it. Substitute a few items on your grocery list each week for organic products. While you're introducing organic foods to your diet, look out for sales. Large supermarkets and smaller independent grocers often include a few organic items in their weekly flyers.

RESEARCH

Organic foods are now widely available, but pricing and the portion sizes can differ dramatically between brands, stores and local farmers markets. Do some research to find out where you can get the best value.

STOCK UP

When you do find a sale or a deal at a farmer's market, consider buying in bulk to take advantage of the savings. Freezing vegetables is a smart option. Properly sealed frozen vegetables retain more of their nutritional value than the organic canned vegetables you may need to buy next week.

MAKE IT FROM SCRATCH

One of the biggest benefits of organic foods is the lack of added preservatives. Consider making your own bread or jam from organic ingredients to save on your organic grocery bill while you still gain health benefits.

A WORD FROM RICHARD...
CONTINUED FROM PAGE 1

- **Vietnam** increased their interest rate to 14% from 12% to fight off inflation.
- **Mars** is buying Wm. Wrigley Jr. for \$23 billion in cash with \$6.5 billion of financing from Warren Buffet.
- **Toyota** sold 2.41 million vehicles in the first three months to take the global automotive sales lead.
- **Inflation** in Europe increased to a 16-year high of 3.6%.
- **Potash Corp.** reported first-quarter profits of \$566 million, almost tripling last year's first-quarter results.
- **The Supreme Court of Canada** overturned Quebec Appeals Court's decision that blocked the \$52 billion deal for BCE.
- **Canada's all-items inflation rate** jumped to 3.1% in June, higher than market forecasts of 2.9%, to the fastest pace of increase since September 2005

My quarterly travel/meeting schedule appears on Page 4. If you haven't booked a review and would like one, please call the office at 1.888.834.3311.

Thanks for reading,
Richard

SPINACH CREPES

CREPES:

3 eggs
1 cup milk
1 tbsp sugar
2 tbsp vegetable oil
 $\frac{2}{3}$ cup flour
 $\frac{1}{4}$ tsp salt

Beat eggs, add rest of ingredients, beat for 3 minutes. Lightly grease crepe pan or small frying pan. Use 2 tbsp of batter per crepe. Cook 1-2 minutes per side. Layer crepes between pieces of waxed paper to prevent sticking.

FILLING:

2 beaten eggs
2 cups ricotta cheese
1 $\frac{1}{2}$ cup grated swiss cheese
1 $\frac{1}{2}$ cup soft bread crumbs
 $\frac{1}{2}$ cup grated parmesan
10 oz pkg frozen spinach
 $\frac{1}{4}$ tsp pepper
dash of garlic powder

Mix everything; use $\frac{1}{3}$ to $\frac{1}{2}$ cup per crepe and roll in crepes. There should be enough for 12-14 crepes. Put into a 9 x 13 baking dish, cover with sauce.

SAUCE:

$\frac{1}{2}$ cup butter
1 cup whipping cream
 $\frac{1}{2}$ cup grated parmesan

Melt butter, add cream and cheese. Cook and stir over medium heat for 10-15 minutes. It will thicken a little bit. Pour over crepes. Bake for 18-20 minutes at 400°F. This freezes well, just freeze after adding the sauce.

We encourage our clients and readers to submit their favourite recipe. Please e-mail any suggestions to shauna.peterson@rbc.com.

OUT OF TOWN SCHEDULE



**Terrace/Prince Rupert
/Nass Valley**

SEPTEMBER 18TH & 19TH

Houston/ Burns Lake

SEPTEMBER 15TH



"Three hundred dollars' of regular."

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