

# Wealth of Life



Wealth Management  
Dominion Securities

SUMMER 2019



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## Summer days – enjoy them while they last

There's something about summer that just brings the life out of us, isn't there? Now that those sun-filled, warm-breeze days are here with us, we all seem eager to get out and seize every day. The first step to having more fun with summer activities is making time for it. I tend to start off my summer by making a bucket list of activities that I want to fit in, as we all know summer comes and goes pretty fast. Over the last few years, my main focus throughout the summer has been to continue completing more courses in the financial service industry that will lead to completion of designations. This year, I decided to make time and added new things on my bucket list. The first on my list this year was a canoe trip to the Restigouche River for Canada Day weekend, which unfortunately we had to cancel last minute due to the rain and thunder storms. We're hoping to reschedule this later on if possible. I've also added in my first visit to Ottawa for an outdoor concert, picking strawberries, growing an herb garden and making time for a few random acts of kindness. A few that appear on my list every year are: expanding my flower garden, many beach days, reading books on the deck, BBQs with family and friends, camping, hiking, biking, Fundy Park, PEI trips and other day trips to explore the Atlantic provinces. This summer, do something you might never think of doing and live life to the fullest.

In this issue of *Wealth of Life*, we have an interesting article that highlights ways that we can all be proactive with healthy aging by adjusting the way we live.

We are excited to introduce a new product that we have at RBC Dominion Securities called a "joint-gift of beneficial right of survivorship account" (JGBRS). What is different about JGBRS accounts is that one account holder (accountholder) retains legal and beneficial ownership of the account and all its assets, while gifting only the beneficial entitlement to the right of survivorship of the account to one or more additional accountholders (successor accountholder).

We also have a great article on how our behaviour impacts our financial decisions not only in investing but in all of life's decisions.

Finally, we are happy to announce two events that we are hosting in September. The first is: "Mental Wellness & Aging," with guest speaker Dr. Beverley Cassidy. The second one is investment-related, featuring guest speaker Stuart Kedwell, Senior Vice-President of RBC Global Asset Management.

We hope you enjoy this issue of *Wealth of Life* and have a great summer filled with wonderful memories with your loved ones. Remember to get out and explore, discover new things and grow.

Jessica

# Five ways to improve your long-term health

Written by Fountain of Health

Changing the way you think might be one of the most important ways to stay healthy! Here are the five key actions that can help you stay healthy for life.

## Physical activity

Physical activity is great for brain and body health, and research shows it is one of the best ways to maximize mood and memory at every life stage.

Research shows that physical activity is a strong promoter of neuroplasty – your brain’s ability to grow and form new connections. We now know that brains continue to grow, develop, and make connections no matter what age we are. Exercise boosts your brain’s resilience: the ability to cope with stress and challenges and bounce back from tough times.

Regular physical activity promotes:

- Lower risk of chronic disease, including heart disease, high blood pressure, diabetes, stroke and cancer
- Improved function and independence
- Better quality of sleep
- Improved overall mood
- Increased longevity
- Lower risk of dementia, disability and falls as we age

## Social activity

Social activity is an important part of your overall health and well-being. It can improve mood and brain performance, including your memory, over the long term.

Loneliness and social isolation are risk factors for your health and can matter more than your cholesterol and blood pressure! Research shows that feeling socially connected and supported is a key factor in overall health and well-being no matter what age we are.

### Did you know:

- Spending social time with others can improve mood and actually reduce risk of depression, anxiety and many other mental health problems.
- Social connection also improves your brain performance, including memory, and lowers your risk of developing dementia later in life.

- Having someone you can confide in reduces your risk of stress-related illnesses for the long term.

## Brain challenge

Did you know challenging your brain with mental exercise is just as important as physical activity? No matter what age you are, using our brain to learn something new is great for long-term wellness.

The brain is “plastic” and can continue to grow, develop and make connections from before we are born until well into old age. When you challenge your brain with new and effortful activity, you help to build your “cognitive reserve.”

- Challenging your brain with regular mental exercise is just as important as physical activity!
- Like your muscles, your brain improves with use. Did you know education and lifelong learning actually improves brain function over time and lowers your risk of developing memory problems and even dementia when you are older?
- Exercising your brain increases “cognitive reserve,” which is your brain’s resilience or ability to cope with stress and challenges.

## Positive thinking

It turns out, attitude is key for our health and happiness right across the lifespan. Learn more about the power of thinking!

Positive thinking is also key to longevity: people who live longest often have a positive outlook on long life. They are also more likely to engage in healthy activities. Research shows that our brains are built to keep learning our whole lives, and are not prewired to fail. Dementia and depression are not usual parts of aging. Positive thinking itself has been linked to:

- Faster and better recovery from injury, or disability
- Lower risk of chronic disease
- Lower risk of memory loss
- Increased likelihood of asking for and receiving preventive medical care
- Less isolation and loneliness
- Making the best of negative experiences, and handling stress better

## Mental health

Taking care of mental health is a vital ingredient for physical health and well-being. It involves attention to self-care, including stress management, sleep, nutrition and care with substances like alcohol.

One in five Canadians will have mental health problems that get in the way of life. Without mental health, it’s hard to have a sense of well-being. Do you worry about your mood, excess anxiety, alcohol or substance use? Your mental health matters and early detection and treatment is important, since most mental health problems are treatable. No matter what age you are, it is worth talking to your doctor or a nurse practitioner about your mental health in the same way you would try to look after your physical health.

### Talking about mental health

We all need support in life, and seeking help to look after ourselves is a sign of strength, not weakness. Reach out to friends and family, or seek the support of a therapist to deal with problems that are really bothering you. Help break down the stigma around mental health.

Research shows mental health and life satisfaction can improve as we age. Self-rated happiness increases with each decade, despite losses or health challenges. Did you know some mental processes (such as empathy, emotional stability and decision-making) can improve over a lifetime? A positive mental outlook is very protective for your long-term health.

We now know that our brains are not prewired to fail. Depression, anxiety, and worsening memory problems are not usual at any age. Sadness and worry are not the same as depression and anxiety disorders. You also can help protect your memory for the long term: did you know up to 35% of dementia is preventable with a healthy lifestyle that includes: regular physical activity, social connection and brain challenge. To learn more about mental health and illness, check out Canadian Mental Health Association website, [www.camh.ca](http://www.camh.ca).

# Joint account with gift of beneficial right of survivorship (JGBRS)

JGBRS is a joint account which facilitates the retention by the primary accountholder of legal and beneficial ownership of the account, including the assets of the account, during his/her lifetime, while gifting the beneficial entitlement to the right of survivorship in the account to any friends and family members named as successor accountholder(s). The terms of the RBC Dominion Securities client account agreements governing the JGBRS account expressly state that the intention of the accountholder at the time of account opening is to make an intervivos gift, at the time of the account opening, the beneficial entitlement to the right of survivorship in the account. Neither the account nor the assets therein are gifted at the time of account opening. This means that the successor accountholder(s) does not have any entitlement to or control over the account or its assets until the death of the primary accountholder. The successor accountholder(s) is not permitted to provide any instructions in relation to the account while the accountholder is alive or to withdraw funds from the account. Accordingly, the accountholder retains sole control of the account during his/her lifetime. On the death of the accountholder, the JGBRS account will be treated in accordance

with the applicable client account agreement and account opening forms and the name of the deceased will be removed from the account so that the JGBRS is subsequently held in the name of the successor accountholder(s) without requesting probate. Although RBC Dominion Securities does not require probate to allow the assets to pass to the successor accountholder(s), these assets may need to be included in an application for probate should the executor of the deceased accountholder apply for probate or should a third party make a claim to the assets in the account. It is important that you discuss this matter with a qualified legal advisor before opening a JGBRS account.

## Account benefits:

- **Tax treatment:** since the ownership of the account and assets remains with the account holder, there is no taxable disposition on the opening of the Account.
- **Avoidance of probate fees:** since the ownership of the Account and assets in it pass to the Successor Accountholders via the right of survivorship (and not under a will or other testamentary disposition), the Account and the assets in it need not



be probated and will not be subject to probate fees.

- **Retention of control:** since the ownership of the account and assets remains with the Accountholder, only the Accountholder is entitled to give instructions with respect to the Account. The Accountholder is able to retain control of the Account and assets in it during his/her lifetime, in contrast with other types of joint account.

## Upcoming event Mental Wellness & Aging

Hosted by Dr. Beverley Cassidy, MD, FRCPC

September 20, 2019

The Cocoa Room

391 Coverdale Rd. Riverview NB

**Invitations to follow soon.**

**Please RSVP to [melanie.price@rbc.com](mailto:melanie.price@rbc.com).**

### Dr. Beverley Cassidy, MD, FRCPC

Assistant Professor of Geriatric Psychiatry, Dalhousie University

Dr. Beverley Cassidy is a geriatric psychiatrist with Dalhousie University and a member of Fountain of Health Initiative, a national nonprofit strategy for optimal aging. She completed her undergraduate degree in neurobiology at Yale University, and her psychiatric training at McGill University and the University of Toronto and has academic interests in late life mood and anxiety disorders, the neurobiology of healthy aging and effective health behavior change. She is a member of the board of the Canadian Academy of Geriatric Psychiatry and the executive of the Positive Psychiatry Section of The World Psychiatric Association.

# Financial decisions and uncertainty: How our behaviour impacts results

Behaviour gap is the loss that the average investor incurs as a result of emotional responses to market conditions

“Success in investing doesn’t correlate with IQ once you’re above the level of 100. Once you have ordinary intelligence, what you need is the temperament to control the urges that get other people into trouble in investing.”  
– Warren Buffett

## Example:

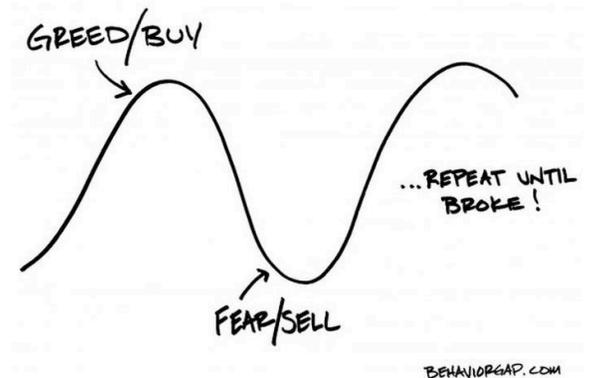
Over the 30 years ending in 2013, the S&P 500 had an annual total return of 11.1%, while the average stock mutual fund investor earned only 3.69%. Around 1.4% of this underperformance was due

to mutual fund expenses. Investors making poor timing decisions accounted for much of the remaining 6% of annual underperformance, according to a DALBAR Inc. study.

## The behaviour gap isn’t just relevant to investing

It is relevant to all decision-making amid uncertainty where behavior influences optimal outcomes

- Financing decisions
- Investing in a business
- Taking on new projects



## Upcoming event

### North American Market Update

with Senior Vice-President of  
RBC Global Asset Management, Stu Kedwell

September 26, 2019

Delta Beauséjour, Shediac Room  
750 Main St., Moncton NB

**Invitations to follow soon.**

**Please RSVP to [melanie.price@rbc.com](mailto:melanie.price@rbc.com).**

## About Stu

Stu is Senior Portfolio Manager, Co-Head of RBC Global Asset Management’s Canadian Equity Team, a member of the RBC Investment Strategy Committee and a member of the RBC Global Asset Management’s Executive Committee. He began his career in 1996 with a two-year internship as part of RBC Dominion Securities’ Generalist Program. In 1998, he joined the RBC Investments Portfolio Advisory Group, which provides investment ideas and recommendations to RBC Dominion Securities Investment Advisors. Stu was also a member of the RBC Dominion Securities strategy and focus list committees. He joined RBC Global Asset Management in 2002 and became a CFA charterholder 1999.



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