

# INSIDE

- 1 **How a Long-Term Care Plan Can Prepare You**
- 2 **The Evolution of the Corset**
- 3 **Keep Your Valuables Safe on the Beach**
- 3 **Handcraft Homemade Bird Feeders With the Family**
- 4 **Zucchini Corn Fritters**
- 4 **Choose the Best Channel for the Family**

## Explore Kid-Friendly YouTube Channels

### And Enhance Your Child's Learning

Every family has their own approach when it comes to their children watching online content. The vast world of videos and channels in the media can be dicey. When media is used thoughtfully and appropriately, though, it can enhance your child's learning experience. Here are four great YouTube channels for your kids, or even your whole family, to watch.

#### Dodo Kids

After years of parents telling The Dodo they loved watching their videos with the whole family, Dodo Kids was created. This channel is great for kids who have an interest in or passion for animals and enjoy watching cute, heartwarming animal videos. This channel features kid hosts, funny voice-overs, and colorful graphics to make stories fun and engaging. Check out the cuteness at [YouTube.com/c/TheDodoKids/featured](https://www.youtube.com/c/TheDodoKids/featured).

#### PBS Kids

This channel is committed to making a positive impact in the lives of children through their curriculum-based media. A large inventory of

educational videos feeds your child's curiosity about science, the world, or even emotional challenges they may face. To kids, it's just an interesting video, but in reality, they're getting a deeper understanding of the world they live in. Give it a try at [YouTube.com/c/PBSKIDS/featured](https://www.youtube.com/c/PBSKIDS/featured).

#### Netflix Jr.

In 2022, Netflix will launch Netflix Jr., where kids can watch feature characters from their favorite shows, like "StoryBots" or "Super Monsters." Children can learn and sing along with engaging content like the "ABC Jamboree" or educational videos like "What Makes an Airplane Fly?" See all the fun at [YouTube.com/c/NetflixJr/featured](https://www.youtube.com/c/NetflixJr/featured).

#### Crash Course Kids

From the producers of Crash Course, this new channel for kids, highlights grade school science. They focus on the Earth, habitats, space, chemical reactions, engineering, and much more. Many teachers and home-school parents use Crash Course in their classrooms because it's full of engaging topics and enhances the



learning experience visually versus reading from a textbook. Discover what you can learn at [YouTube.com/c/crashcoursekids/featured](https://www.youtube.com/c/crashcoursekids/featured).

YouTube can be a great outlet for children to learn and engage their creativity. They can discover new interests, learn from diverse perspectives, and even enjoy a greater sense of community. Who knows? You might even learn something along the way!



# Get Your Ducks In a Row!

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## PREPARE FOR AN ALZHEIMER'S DIAGNOSIS

### WITH A LONG-TERM CARE PLAN

It can be devastating when you or someone you care about receives an Alzheimer's disease or dementia diagnosis. It's difficult to imagine losing oneself to such a disease that steadily erodes your cognition and the essence of who you are. And if that weren't frightening enough, there's the financial devastation it can wreak.

The good news is that we can help. The Alzheimer's Planning Center is a special division of Carolina Family Estate Planning devoted to helping individuals and families impacted by cognitive impairment, dementia, and Alzheimer's disease live the best way possible through our unique Memory Safeguard Planning. Our Memory Safeguard Planning helps people live better lives by building a system that will maintain their safety and dignity, maximize control over their quality of life, and much more.

At Carolina Family Estate Planning, we're committed to helping our clients navigate this difficult process. One of the biggest concerns people face is how they will care for their loved ones with Alzheimer's. There are many care options available, such as keeping your loved one in their private home or moving them to an assisted living facility. Deciding where one lives plays a key role in how to best care for someone, which can all be decided when you create a long-term care plan.

Most people think it's important to create a long-term care plan to save stress or money, but the real reason you should create one is to avoid potential risks to yourself or your loved one and preserve family harmony. A well-rounded long-term care plan should address your loved one's wishes regarding current and future care, projected care needs, and a legal and financial plan to support those wishes and needs. In the plan, you'll look at common activities of daily living like walking, dressing, feeding, and continence, then figure out what activities they will participate in to allow them to continue performing these skills as well as options available to continue participating in activities and hobbies that bring them joy.

One of the main reasons I'm so passionate about helping others navigate the Alzheimer's and dementia process is because I've had experience with it in my own life. When I was around 5 years old, I overheard my



family talk about my Gram's mother who was living in a nursing home. She couldn't recollect who any of her children were, and most of what she spoke was gibberish. By the time I was in grade school, my Gram also began showing signs of memory loss. For years, Gram continued to decline until she couldn't cook anymore and slight changes in her personality became noticeable.

Both of my parents worked from home and could take care of her for many years, but eventually, her needs became too much and it was no longer safe for her to remain at home, so she was moved to a nursing home. Fortunately, my family had planned ahead, and she was able to qualify for Medicaid assistance, which was a blessing since the cost of nursing home care in Massachusetts was over \$10,000 per month at the time.

At Carolina Family Estate Planning, we pride ourselves on helping our clients navigate some of the most difficult moments in their lives. If you're interested in creating a long-term care plan, our team is ready and waiting to make that process as easy as possible. Give us a call at **919.694.4437** or email us at [Welcome@CarolinaFEP.com](mailto:Welcome@CarolinaFEP.com) and we'll help you start the process.

*-Jackie Bedard*

# RESHAPE YOUR FASHION

## Giving Corsets a Modern Makeover

With the 2022 Met Gala theme, “Gilded Glamour,” and Netflix’s popular series “Bridgerton,” it’s no surprise we have succumbed to the alluring corset style. But we need to acknowledge its dicey history and how it has evolved in today’s fashion world.

### The History of the Corset

Corsets date back to the 16th century, initially designed to transform the female body into naturally unattainable silhouettes. They began as close-fitting sleeveless bodices made of whalebone, then later steel, and they encircled the ribs and shrunk one’s natural waist. Back then, corsets could actually cause internal problems, like compressing organs or making it difficult to breathe. They were typically worn as undergarments and were very restrictive.

Over the years, designers have reimagined corsets from longer varieties that covered the hips to shorter versions that center at the waist. The corset never truly left the fashion scene; it has continued to evolve in modern fashion.

### Corsets Today

You can add a corset to just about any outfit nowadays. It can be paired with a dress, long-sleeved shirt, or even with business pants and a blazer. Brands are creating corsets in a multitude of fabrics and prints inspired by art or natural landscapes.

This versatile wardrobe staple has also caught the eye of celebrities. They typically wear corsets with pants or skirts, and some even rock dresses with corset-style midsections. Whether they wear them to a casual outing or a bigger event, celebs can’t get enough of them.

One newer aspect of the corset trend is diversity. Corsets aren’t just made for one specific type of person or body shape; anybody can wear one if they’d like to. Because they now accommodate the different shapes and sizes of people and aren’t so restrictive, corsets no longer reinforce the idea of an “ideal” body shape. Instead, wearing one can empower and instill confidence in a person and their wardrobe.

# Soak in the Sun With No Worries

## PROTECT YOUR BELONGINGS

The best part of summer vacation is definitely spending time at the beach. It’s a great place to relax while soaking in the sun and dipping your toes in the water. One thing that can be a hassle, though, is protecting your valuables. With so much traffic on the sand, it’s an easy place for someone to scoop up a bag or snag a phone that’s sitting on a towel. Here are a few helpful tips to keep your valuables safe while you enjoy the beach.



### The Pros of the Lifeguard Tower

Something as simple as sitting near a lifeguard tower can deter potential thieves. Since lifeguards have a clear view of the area, they’ll be able to spot suspicious-looking people who are creeping too close to your belongings. If there isn’t a tower nearby, consider sitting near a pier. Your items are less likely to be stolen where there are more witnesses.

### Waterproof Accessories

Who says you can’t be stylish on the beach? Wearing a waterproof waist pouch or carrying a waterproof dry bag can create a greater sense of security. Knowing your valuables are right there floating with you can ease your mind. You could even bury your waterproof bag in the sand for extra protection.

### Disguising Valuables

One great way to hide smaller valuables, like keys or cash, is to disguise them in food packages. Items such as Cheez-It boxes or cans of Pringles are a sneaky way to divert attention away from your belongings. If someone just so happens to creep by your spot, it’s unlikely they’ll grab a snack as they look for valuables to steal.

### Someone to Watch Your Belongings

If you don’t have acquaintances nearby, find someone who appears trustworthy to watch over your things — families with children may be a safe option. This isn’t an ideal tactic, since it requires you to have a bit of trust in human kindness from a complete stranger. Or you could possibly leave belongings at a restaurant or bar you frequent.

Spending vacation at the beach doesn’t need to be stressful. The risk will always be there, but these options can reduce the chances of someone stealing your valuables and can ease your mind while you relax.

# Get Crafty With Mother Nature

## With Homemade Bird Feeders!

Our feathered friends may need a hand when their food sources are scarce or when winter rolls around, which is where bird feeders come in! Making homemade bird feeders is a fun way for you and your family to be creative while learning about birds and other local fauna. You can create a bird feeder in many ways and encourage kids to get crafty!

### Gather your supplies.

Most homemade bird feeders can be made with materials you can find in your own home! Recycled items such as toilet paper rolls, cereal boxes, egg cartons, milk jugs, paper plates and bowls, or even pine cones from the yard are perfect building blocks.

Whatever you choose to build with, make sure the feeder is accessible to the birds! Cut holes so the birds can peck at the food and craft a place for them to perch on. If you’re hanging the feeder, cut holes for twine and ensure it won’t hang too low.

For food, you can use regular bird seed from the store, or you can use items from your own fridge. (As part of the project, take a little time to look online for safe bird food suggestions if you don’t use seed.) You can



adhere seeds and pieces of fruit and veggies to the side of the feeder with peanut butter — no glue required!

### Jazz it up!

This is where kids can personalize their own bird feeder. Using bird-safe paints (such as oil-based, latex, acrylic, or watercolor), your kids can design their own bird feeders with bright colors or designs that express their personalities or interests. Be sure not to paint the inside of the feeder, as birds may scratch and consume the paint while trying to reach the food.

Then all you have left is to find the perfect spot. Try to find a space where you can see the birds but with enough distance so you don’t scare them away. After that, hang it up and watch the flocks come to you!

Homemade bird feeders can be a great way to get your kids involved with Mother Nature and teach them how to care for and observe wild animals, all while being good to the environment.

## 3 SECRETS TO PROTECT YOUR FAMILY

### FREE ONLINE SEMINAR

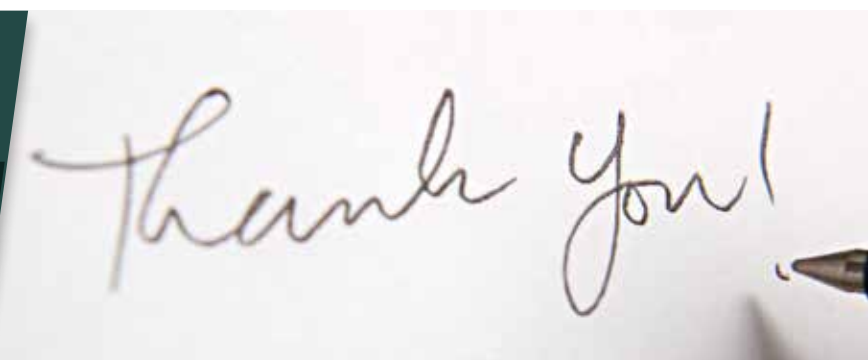
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