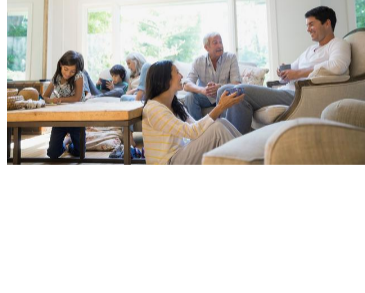


In this edition of our monthly newsletter, we are focusing on a topic that resonates with many of us today: the challenges and triumphs of the "Sandwich Generation". As life becomes increasingly complex, many individuals find themselves balancing the needs of both aging parents and growing children, all while managing their own careers and personal lives. We are including articles and resources aimed to provide insightful guidance and practical solutions for those navigating this phase of life.

Planning for the Future While Caring for Both Parents and Children: Personal Needs Workbook

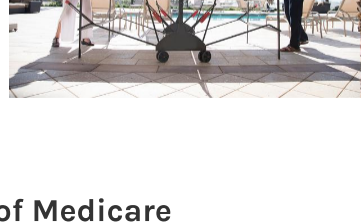


Millions of Americans are providing financial, emotional, and physical support for their children and their parents at the same time. Caring for multiple generations while also planning for your own retirement can be challenging. This workbook helps you clearly define the needs of each generation under your care and carve out space to help make your own retirement a reality.

[Learn More >](#)

Home Care Versus Assisted Living - Breaking Down a Critical Decision

If you or a loved one are facing this decision, it can be overwhelming and emotional. Can you or your loved receive proper care at home, or would it be best to move into an assisted living facility.



[Learn More >](#)

Parts of Medicare

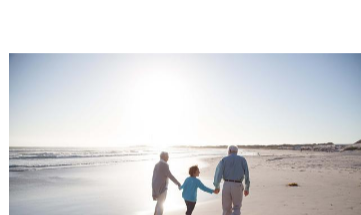


As people approach retirement age, they start to think about how they will pay things, including the expenses that arise due to illness or other emergencies. This includes medical bills and living options, such as home care, assisted living, memory care, or a nursing home. Understanding your Medicare options is important - this article provides an overview of your Medicare options.

[Learn More >](#)

Long-Term Care

Long term care refers to a continuum of services intended to assist people living with chronic health problems that influence their ability to perform everyday activities. Long term care can be provided at home, as well as in a nursing home or assisted living facility.



[Learn More >](#)

Social Security

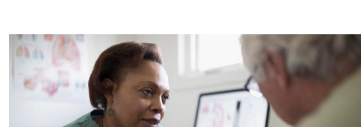


Social Security provides a safety net for eligible Americans that can supplement a pension, personal investments and savings. Although Social Security was originally intended as an adjunct to other sources of income during retirement, it has become an important source of income for many retired Americans.

[Learn More >](#)

The Power of a Health Care Advocate

As people age, their health concerns may become more complex. Having two people hear the discussion and making sure the patient understands is much better than just one set of ears, since it can be difficult for the patient to remember all the details.



[Learn More >](#)

The State of Your Parents' Estate



Talking with a parent about estate planning is never easy. Here are several conversation starters that can help adult children and their parents' plan.

[Learn More >](#)

When Elder Care Is All in the Stepfamily

Adult children are less likely to assist an aging stepparent, studies show. A growing "step gap" in senior care worries experts.



[Learn More >](#)



The Wood Group Corner



Mutual fund holdings will be declaring their year-end distributions sometime in late October or early November. As we prepare our tax-loss harvesting strategies, we wanted to reach out regarding any taxable gains or losses we might be unaware of.

Please let us know if you have realized significant taxable gains or losses from the sale of assets held away from Morgan Stanley -- homes, real estate, art, collectibles, company stock, etc.. It is important we have this information prior to year-end because we can use your assets at Morgan Stanley to help reduce capital gains tax liability in coordination with your CPA.

If you would like some information regarding tax-loss harvesting, [click here](#).

Operations Corner

Welcome to the Ops corner ... we are here to provide you with insight and helpful information to keep you up to date with all things operational and administrative at The Wood Group.

We wanted to inform you of a recent IRS regulation issued two weeks ago on Inherited IRAs, RMDs, and the SECURE Act. For a summary of the updated changes, please [click here](#).

If you are the beneficiary of an Inherited IRA, please reach out to us if you have any questions or would like to discuss the impact of these changes on the RMD schedule for your Inherited IRA.

Recognizing our value as a full-service financial advisor is crucial, as investing is only a part of our daily roles. We are deeply involved in financial planning, estate strategies, and tax-efficient investment management to help you achieve your long-term goals. Engaging with us for these services, or even just for a conversation, is always valuable and free of charge. Our newsletter is curated to reflect our experience and what we believe will be most beneficial to you. Please feel free to share it with your personal and professional networks. We would also love to hear from you and if there is anything in particular you are interested to see in our newsletter, please reach out to thewoodgroup@morganstanley.com. Remember it is never too early to engage with us for our services, and we can always add a new email address to the distribution list if anyone in your network would like to receive it directly.

Pictured (Left to right; top to bottom): Jay Wood, Financial Advisor; Carolina McGoey, Financial Advisor; Brian Nerreau, Financial Advisor; Nisha Chisena, Financial Advisor; Paul Fitzsimmons, Financial Advisor; Steven Lazarus, Financial Advisor; Estefania Munguia, Client Service Associate; Shauna Simpson, Wealth Management Associate

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Tax-loss harvesting. IRS rules stipulate that if a security is sold by an investor at a tax loss, the tax loss will not be currently usable if the investor has acquired (or has entered into a contract or option on) the same or substantially identical securities 30 days before or after the sale that generated the loss. This so-called "wash sale" rule is applied with respect to all of the investor's transactions across all accounts.

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