



Finding Hope & Possibilities Amidst the Uncertainty



Happy Summer! **This edition of Omega's quarterly newsletter seeks to bring you hope at a time when you may be feeling unsettled about what lies ahead in terms of inflation, a possible recession, geopolitical uncertainty and volatile markets.** It

can feel like a slog at times. **The good news is that this is not our first "rodeo" here at Omega.** For those of you who have been with us going back into the early 2000's, we have been through several of these periods together and... survived. **For those of you new to Omega, please know that we have navigated these troubled waters (less the inflation part) a number of times.** That said, it's clear that **no one, really no one including the Federal Reserve, knows what lies ahead.** Regardless, **we are focused on looking "two mountain tops ahead" (as a long-**

time client once reflected on our work together) to think about what might lay ahead of this current period of uncertainty. As always, we encourage you to focus on what you can control. **Check out a particularly terrific Investment Column from Jared Jones talking about where to focus right now from an investment standpoint (and not).** Jared has a great childhood analogy that really sums up what we all need to be doing right now. With Kathy Frake's retirement at the end of May, **I will be acting as the guest columnist for the Planning Updates column to talk about where you can put some energy right now and also some pitfalls we have seen with clients and the settlement of estates regarding spreading assets around amongst multiple investment companies- don't miss it!**

Recently, I read a quote from Morgan Stanley CEO, James Gorman, who said that if he had to

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describe what's ahead in one word, he would choose "complicated". And then he added, "It's not 2008 complicated." I found that apt. **This isn't 2008-09, but it is also clearly not 2020 when we had a fast market drop and a fast market rally.** (Check out Jared's column on what often comes after a recession and/or market drop and what not to do.) I do feel like this is going to go on for a bit, and as the months wear on, we often find that people lose their resolve to stick with their long-term plan. Hang in there. Also know that **we at Omega are always looking for opportunities, especially in comparison to last year's high capital gains distribution year that threw a number of clients, and accountants off. While we don't expect a similar year (but never say never), we do see some "hope" in terms of loss harvesting, Roth IRA conversions, and portfolio clean-up.** We are committed to the long-haul but we also won't miss tax and investment planning opportunities that only show up occasionally. (See the box on why it's worth considering loss harvesting in this current market period.)

For us specifically at Omega, we are also excited about the expansion of our Team and some exciting changes we are making to serve you even better (See the Team Updates section). We also have had yet another marriage amongst our team

members...Davis Gardner FINALLY married his long-time sweetheart, Bailey in June (see the picture also in Team Updates). So, **despite the uncertainty that lies ahead, we are excited about the future and know that we will all get through this especially with some patience, good planning and a longer view.**

Finally, speaking of chaos and uncertainty...**we have recently had the honor of working through a number of "estate clean-up" situations with mostly client families and want to share what we are learning. It's worth checking out the other special information box on why "diversification" across multiple investment companies can seem smart, but can leave family members with a lot to clean up, can be costly and can create the potential for losing track of assets. As we have said, there is not much to do during these uncertain markets with your investment portfolio but there is much you can do to secure your family's overall financial future.**

Take care and have a good rest of your summer!



Lisa A. K. Kirchenbauer, CFP®, RLP®
Certified Financial Transitionist® (CeFT®)
President and Founder

Planning Updates



by Lisa A.K. Kirchenbauer, CFP®, RLP®, CeFT®

Per our theme of “Finding Hope & Possibilities the Uncertainty”, **this quarter’s planning column is focused on a couple of sub-themes:**

- 1) Making “lemonade” out of the “lemons” these financial markets are giving us.**
- 2) Being prepared for unexpected changes in your life and getting your financial house in order.**

We at Omega are very planning-oriented, tax-sensitive, always looking ahead, and planning for the things most of us don’t want to think about. The stock and bond market downturn we are experiencing is inevitable at some point, but not always welcome and somewhat hard to predict. The last longer-term significant downturn was in 2008-09. **Many of our clients were with us as we navigated that extended period of uncertainty. During that time, we did something that paid tax-saving dividends for many years after...tax loss selling.** While the markets were down in 2020, the recovery was so quick that we were unable to utilize this strategy with most clients. **In short, “tax loss harvesting” is when you purposely sell an investment with a loss.** The trick is that unless you stay in cash for at least 31 days or buy a different investment, the IRS doesn’t let you keep that loss. It becomes what is called a “wash sale”. It can be tricky to use this strategy since you need the investment’s value to stay at a similar or lower value until you buy it back, hence why the 2020 downturn and quick recovery would not have worked very well for tax loss harvesting. **When we take these losses, they can be used against future gains that either you generate (sale of a house or an investment or a business) or those generate by capital gains distributions on mutual funds like we saw in abundance last year.** If you do not use up all of your losses in a year, you can take up to a \$3000 loss on the front of your IRS Form 1040 (see Line 7) against other kinds of income. If you still don’t use up your losses, you can carry them forward indefinitely in future tax years until used up. **You may wonder “why haven’t I heard about this before?” Simple: we haven’t had many years since 2008-09 when you could use this tax saving technique. Another common question “why do I want to sell when I have lost money?”. Again simple: because you want to harvest losses to use against**

the inevitable future gains you will have and have to pay taxes on. There are virtually no other ways to directly shelter investment gains except doing loss harvesting. SEI, our investment partner, commonly uses this strategy in their non-tax managed ETF (Exchange Traded Fund) strategies to offset gains as they rebalance and slightly reposition portfolio. If you are at a relatively high tax bracket, or will be in the future, this is valuable strategy to be employing. Keep in mind, **it is not fool proof since there is always the chance that you will be buying back in at a higher price than you sold but given what we are seeing in the current economic and market environment, we think we may have some time to take advantage of harvesting losses.** Still not sure? **Check out the separate box on loss harvesting and why people can often struggle to implement this strategy and what tax benefits you can realize.**

The next proactive action that you can take during these uncertain times is to make sure your financial house is in order. Recently, we have been working with a number of families settling the estate of a loved one or loved ones (in one family there are two unsettled estates), and **we have come to see some of the common mistakes that families can make, or don’t attend to, leaving the surviving family members left to pick up the pieces at a time when they are emotionally grieving.** The work can be overwhelming and quite time-consuming. **There are several actions that you can take to help your loved ones manage your estate after you have left the planet:**

- Make sure your estate documents are in order:** updated or reviewed in the last 5 years or in case of any changes that you have wanted to make. Make sure you have electronic and hardcopy since you may find a doctor/hospital wanting copies of the Healthcare Power of Attorney or Advanced Medical Directive and some times the attorney you worked with has retired or died. Please make sure Omega has a copy and we can help you save a copy in your eMoney vault.
- List out all bills paid automatically (and from where- credit card or bank) and provide a list of usernames and passwords to all accounts which you have online access.**

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- **Show a friend or loved one your “system” and where things are located.**
- **Keep a list of all of your assets and liabilities, and insurance** so that someone can track them down. Seems obvious, but unless they are easy to find, they may be lost or never claimed and/or a debt may go to collections while your heirs figure out what’s going on. You can use eMoney, a spreadsheet (can someone access your computer and the spreadsheet???), and if you have kept us in the loop, we can probably steer your executor in the right direction.

And finally...

- **Think twice about spreading assets across many financial institutions because you think you shouldn’t have all your “eggs in one basket”.** See the separate box explaining the challenges of spreading assets across a number of investment companies, especially dividend reinvestment programs (DRIPs). Remember, each of those organizations will need its own version of paperwork at your passing. In the post-Covid era, getting people on the phone is hard. This can be a VERY cumbersome effort.

Why Does It Make Sense to Create Losses in a Down Market?

For those clients who have not been with Omega since the Financial Crisis of 2008-09, it may seem counter-intuitive to take losses when the markets are down. **Generally, we don’t recommend selling while the markets are down but when they are down significantly, some possibilities for “loss harvesting” open up. We are not trying to time the market, rather we are harvesting losses that we often don’t see, and save them to offset gains on investments, real estate sales, and anything else that might generate a long-term gain that you would owe taxes on.** Right now, we have one main opportunity but we are looking for others. Many of our clients have a loss on their individual bonds or bond funds. As a reminder, when interest rates rise, bond values drop, hence the losses we are seeing. At some point, the Federal Reserve will cut rates (especially if we have a recession) and those losses will evaporate. In the meantime, if we sell and harvest the losses, and wait the appropriate time to repurchase bonds or bond funds (See Planning Update column), we are at least somewhat likely to buy at the same price, or more cheaply, since the Fed is expected to continue to raise interest rates. **This is an unusual opportunity.** We also have some clients with stock or stock fund losses and continue to monitor those for harvesting opportunities. From a tax savings standpoint...here’s what the math can look like:

- **Long-term losses realized= \$50,000**
- **Long-term gains realized in the future= \$100,000**
- **Gains sheltered= \$50,000** at a tax rate of at least 15% for many Omega clients, plus possible state taxes, plus (if over \$250K Adjusted Gross Income as a couple) add 3.8%.
- **Taxes saved= AT LEAST \$9400** at a 15% + 3.8% capital gains surtax

So, it’s real money. You can carry forward losses until you use them up until you leave the planet.

From a behavioral standpoint, investors can struggle with recognizing losses. It feels like you “lost”. When we harvest losses strategically- WE WIN. Obviously, this is a strategy best employed with the help of a tax-sensitive, holistic advisor like us at Omega.

What Does It Mean to Not Have All Your “Eggs in One Basket”?

Recently, as mentioned earlier in this quarter’s newsletter, **we have been working with some families who have lost a family member and are in the process of settling the estate. What we sometimes see are assets spread across many different investment custodians and transfer agents. In addition, we sometimes hear from clients that they think they should spread their assets across multiple investment custodians (like SEI, Schwab, Vanguard, Fidelity, etc..) because they think that they are “diversifying” their risk** when in reality they may be creating much more hassle for themselves and their family, creating an overlap of investments so not really “diversified”, and even perhaps higher costs if they are paying multiple advisory fees. As we are settling these estates, we have to go to each financial institution to handle paperwork, transfer accounts, update cost basis and help make sure no assets are lost in the process- which can easily happen without VERY good records. There is also a risk that the titling on the accounts don’t match and beneficiaries are missing. If you have an estate planning attorney helping, it can also increase the costs for their services having to catalogue many accounts and keep track of what is part of the taxable estate and the probate estate. Often, what is really going on is a lack of understanding about the “risk” that a client is trying to protect themselves against. Here are some thoughts:

1) You are worried about an investment firm going bankrupt (a la Lehman Brothers in 2008).

You need to understand where your assets are held and what can or cannot happen. **Brokerage firms have the ability to pledge your assets to other people.** As in the financial crisis, clients who had accounts at Lehman Brothers faced “counter-party risk” where their assets might be hard to retrieve from another firm since they had been pledged corporately by Lehman. **The way an investor is protected against that kind of risk is through SIPC insurance <https://www.sipc.org/for-investors/>. The Securities Investor Protection Corporation. It’s important to understand how much coverage you have against your account(s) to make sure that you are as protected as you think. Keep in mind, that there are limits on how much cash is reimbursed, so you need to factor that in. *The Omega solution to this concern is to use a trust company like SEI. SEI cannot pledge your assets to others. Your assets are held separately from SEI’s corporate assets in case of a bankruptcy issue.***

2) You are concerned about relying on a single advisor to manage your money.

This can certainly be a concern but what can be even worse is when you have multiple advisors giving you advice in a vacuum, and cannot see the entire picture. It can lead to higher fees, overlap of investments and strategies, and missed tax planning opportunities. We see that particular issue all the time where advisors have no sense of what each is doing and the tax advisor also has no coordination of gains/losses/income to be able to assist the client with tax planning. ***In this case, Omega tries to keep an eye on all of your assets through the eMoney system but there is a limit to the tax planning coordination and portfolio diversification that we can support.***

3) You think you are saving money by leaving accounts at low cost providers.

This can work ONLY if you truly have a “set it and leave” strategy with automatic rebalancing, where appropriate. If you are holding individual stocks and you are not reviewing regularly or have an advisor reviewing them regularly, that can be a recipe for disaster of missed tax planning opportunities and higher market risk than you intended. You also want to weigh any fees you are paying versus what might be available on a consolidated approach. It often also means that you don’t really know how your investments are doing beyond a higher or lower dollar value or a single performance number. Hard to know how you are REALLY doing...

At Omega, we can help keep an eye especially on those individual stocks and funds to make sure that we don’t miss some of the opportunities we are seeing this year with the volatile markets. We can provide ongoing performance tracking so that you can make informed decisions about what you want to keep.

If you have any of these concerns or have your finances set up like this right now, let’s talk!

Investment Outlook



by Jared Jones, CFP®, CIMA®, CeFT®

Q3 Investment Column

Growing up my family went camping and canoeing every Memorial and Labor Day weekend. I remember looking forward to those trips every year because I loved canoeing down the many rivers of Virginia. I also remember being absolutely terrified of going down rapids as a 6-year-old. One of the lessons I remember that goes far beyond canoeing was to always keep your paddle in the water - no matter how scared you get. The natural instinct of an inexperienced canoer going down a fast-moving rapid is to panic and grab the gunnels, clutching on for life. Of course, the irony is that you give up control by doing this and surrender any hope of not capsizing. You're far better off continuing to paddle through the waves, trying your best to guide your boat down the rapid as best you can.

Looking at the market and the economy right now feels like the middle of a rapid - volatile, scary, and fast paced.

To quickly summarize the last few years: **We saw the market decline 34% in 23 trading days during the pandemic, then double during the subsequent 15 months following March 2020, and now one of the worst 6-month stretches for financial assets. The S&P 500 declined 16.1% in the second quarter, which is good enough for the 16th worst quarter on record.** It's been as whipsaw to watch.

As cathartic as it might be to go through all the statistics illustrating exactly how bad everything is right now, I wanted to take a stab at sticking to the theme of this newsletter around hope and persevering through this rough patch instead. What might it look like if we're able to keep our paddle in the water and get to the other side of this current rapid?

Let's focus on a chart put together by Ben Carlson from the site "A Wealth of Common Sense." **The chart below shows every recession since WW2 and the returns of the S&P 5 6-months prior to a recession, during a recession, and then 1, 3, 5, and 10 years later:**

Recession	6 Months Prior	During the Recession	One Year	Three Years	Five Years	Ten Years
Nov 1948 - Oct 1949	9.83%	4.12%	31.48%	87.98%	171.33%	497.04%
July 1953 - May 1954	-6.46%	27.57%	35.92%	83.74%	144.81%	294.38%
Aug 1957 - April 1958	9.28%	-6.51%	37.31%	66.35%	89.72%	211.33%
April 1960 - Feb 1961	-1.04%	18.40%	13.61%	35.06%	68.41%	111.33%
Dec 1969 - Nov 1970	-7.78%	-3.45%	11.24%	20.63%	25.16%	145.87%
Nov 1973 - Mar 1975	2.86%	-17.90%	28.32%	21.99%	55.33%	252.40%
Jan 1980 - July 1980	7.67%	16.14%	12.92%	55.89%	100.89%	345.64%
July 1981 - Nov 1982	-1.02%	14.66%	25.40%	67.24%	103.23%	350.51%
July 1990 - Mar 1991	3.09%	7.64%	11.04%	29.84%	98.21%	284.66%
Mar 2001 - Nov 2001	-17.84%	-7.18%	-16.51%	8.44%	34.33%	33.16%
Dec 2007 - June 2009	-2.33%	-35.46%	14.43%	57.70%	136.98%	294.17%
Mar 2020 - April 2020	1.92%	-1.12%	45.98%	???	???	???

Sources: NBER, Returns 2.0

Source: <https://awealthofcommonsense.com/2022/06/timing-a-recession-vs-timing-the-stock-market/>

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One of the first things that jumps out to you is how disjointed the market and the economy can be. **It's very strange to see on multiple occasions throughout history where the S&P 500 has been up double digits in the middle of a recession.** This was true in 1954, 1960, 1980, and 1982. We could very well be heading for an economic recession and see the market begin to rally. The likelihood of that is debatable, but the market is not always intuitive and incredibly difficult to predict.

The other obvious takeaway is the market does very well following a recession. The average return on the S&P 500 following a recession is +20.9%; so, it pays to keep paddling. If we look 10 years out the average return is 256.4%, which shows the longer your timeline the more opportunity for growth you have. For this reason, we use the Pools of Wealth and invest conservatively for accounts with shorter timelines and more aggressive for those with longer horizons.

The other thing that strikes me is how inevitable bear markets and recessions are. The recovery from the "Corona Crash" highlighted above illustrates this perfectly. Humans are designed to not be content with making some money during a bull market. Instead, we need to tack on leverage and increase risk until things can't possibly go up any further. Then the excess is flushed from the system and people avoid assets until they come back to earth. **The cycles of fear and greed date back likely to the earliest financial markets. Managing your expectations and building an investment portfolio with bear markets in mind is critical.**

When it comes to simply getting through the turbulence of a bear market, one of the easiest places to look is your own self-care. Anxiety and stress rise precipitously during times of financial uncertainty. **We've recommended clients not look at their Q2 statements for that exact reason. For our clients who are frequent eMoney watchers (you know who you are), consider checking in less often. Healthy outlets for your stress, getting good sleep, exercise, and eating well are all good ways to keep you paddle in the water that don't involve opening your account balances.**

In summary here are a few things to focus on while we all get through this time together:

- **Don't try to time the market or the economy – it's more difficult than you might think.**
- **Focus on your Pools of Wealth and your investment horizon. More times than not, the market is positive the longer you wait.**
- **Build in the expectation of market declines when thinking about your portfolio. However, see the first bullet if you think you can predict when they will happen.**
- **Don't neglect your self-care. It's important to focus what's within your control and avoid checking your balances too often when they are declining.**

These are tough times, and your Omega team is here to talk through any worries or concerns you may have. As we've completed meeting with our clients through the first half of the year, we've had the opportunity to talk through any cash needs and the best strategy forward. **If you have any new cash needs please do not hesitate to let us know.**

For a more technical dive into the current state of the market and economy, keep an eye on your inbox for a piece from our investment partners at SEI.

2022 Year to Date Performance as of 06/30/2022 by Index:

Benchmark	Benchmark Returns YTD	Category
Dow Jones Industrial Average	-15.31%	U.S. Large Cap Stocks
S&P 500 Index	-20.58%	U.S. Large Cap Stocks
Russell 2000®	-23.43%	U.S. Small Cap Stocks
MSCI EAFE Index	-19.25%	International Stocks
Barclay's Global Aggregate Bond	-9.06%	Intermediate Term Bonds



From the Wall Street Journal

How to Pass On Your Online and Cloud Accounts When You Die



Like living wills or power of attorneys (POAs), it's good to plan for a future when you are no longer around and make sure your loved ones have access to your accounts and financial information.

Popular tech companies like Apple, Google, and Facebook provide digital-legacy tools to let users bequeath account access to others. They work by letting you designate who can download your data or access your profiles after your death. The legacy-contact tools typically don't require you to share your passwords with your heirs, but you can also set up password managers to share your account credentials, and other private information, upon your death.

The Catch? You must enable the tools before you're gone! See below for some helpful tips.

Apple, Google and Facebook users can set up legacy contacts in account settings. Such a designation doesn't give heirs your passwords, but can grant them access to text messages, photos and other data in the event of your death. While making someone your legacy contact doesn't automatically give them any access to your accounts while you're alive and active, it's always important to choose your designees wisely.

- ▶ To add a legacy contact on Facebook's mobile app, go to: Settings & privacy > Settings > Personal and account information > Account ownership and control > Memorialization settings > Choose Legacy Contact.

Google's Inactive Account Manager setting lets you decide what happens to your data after you have stopped using your account for a certain period. You decide how long that is, such as three months or 18 months, and you choose up to 10 people that Google will email when your account reaches that inactive time limit. You also decide what data those people get access to, such as YouTube videos, photos, emails and other documents. They won't be able to send emails from your account.

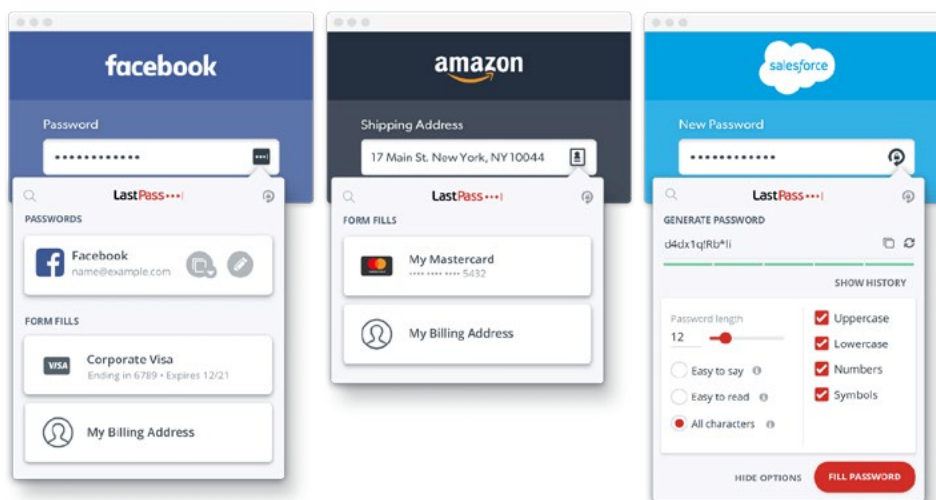
- ▶ To set up the Inactive Account Manager, go to myaccount.google.com, scroll to More options > Make a plan for your digital legacy. If you don't do this, your loved ones must upload a death certificate to close the account and receive any of its content.

Apple also has an option to add people as legacy contacts, who would be able to request access to most of what's in your iCloud account. If you don't designate a legacy contact, Apple requires a court order to give someone access to your Apple ID and data.

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- ▶ You can set up legacy contacts on an iPhone by going to Settings, tap your name at the top then Password & Security > Legacy Contact. People you add are given an access key. After you die, they can go to [digital-legacy.apple.com](https://digitallegacy.apple.com), log in with their iCloud account or provide other contact information and upload a death certificate. Once Apple's staff reviews it and accepts the request, the contact can log in online or on an Apple device to view your call history, health data, Notes and iCloud backups. Legacy contacts won't have access to passwords stored in your iCloud Keychain.

Consider Getting a Password Manager for Your Passwords - LastPass



The OWM Team recommends LastPass, which has both a free version and a premium version. The application works with Windows, MacOS, Android, iPhone, and iPad, plus it has browser extensions for Chrome, Firefox, Safari, Internet Explorer, Edge, and Opera.

Like other data companies, LastPass lets you designate digital heirs who can access your information in the event of your death.

- ▶ On LastPass, you designate a list of people you trust and invite them to create an account. If something happens to you, your trusted contacts can request emergency access to your vault. You set a wait time, during which you can deny access to your emergency contacts if you're still alive and capable of accessing your account. No death certificate is necessary. There is a wait time during which you can cancel false-alarm requests from your loved ones.

Other password manager options include 1Password, Bitwarden, and Keeper.

Source: <https://www.wsj.com/articles/how-to-pass-on-your-passwords-when-you-die-11656253211>



Is Your Personal House In Order?

As we continue to navigate these less than certain times, this might be a good time for you to pause, and take some time to make sure your own house is in order. It can feel like the business is always the priority but your business should actually be serving your personal goals as well as the company's goals. So what are some things that may need attention:

- **Insurance:** do you have adequate personal life insurance, disability insurance, long-term care insurance? How does your company group coverage align with your personal insurance? **Need a second opinion or review? We can provide referrals!**
- **Legal/Estate Planning:** when is the last time that you reviewed those documents? Do you have any documents? Is your business mentioned in your will? Is your interest owned by your trust? Do you need a trust? Are your beneficiaries up to date? Do you have an up-to-date buy-sell agreement or any kind of directions as to what to do with your business if you dies? **Need a second opinion or review? We can provide referrals!**
- **Retirement planning:** are you saving for your retirement? This is a great time to be investing "lower" into your plan each month. Are you maxing out what you can contribute both as an employee and as a business owner? **Talk with us or your CPA or plan administrator to learn more.**
- **Cashflow/Banking:** do you have a line of credit that can help you weather receiving less income or an unexpected emergency? It could be a HELOC, or business line of credit. **Again, we can provide referrals if you don't feel like you have the right personal and business banking relationships.**

Finally, it's probably worth taking a look at your Q3 and Q4 budgets to do a bit of "stress-testing" should revenues drop and/or expenses continue to rise. Planning ahead gives you control and options. As always, if we can be of assistance as sounding board or thinking partner...don't hesitate to reach out.

OWM TEAM UPDATES

Announcement

If you read the front page of our newsletter, you may have noticed how excited we get when we are enhancing our ability to serve our clients. **We achieved a major milestone by bringing Saki Kurose to the Omega Advisory Team. We've included her bio so that you can get to know her.** Saki started earlier this month, but we are giving her plenty of time to get to know Omega, our processes, and our clients. She's also going to need some time to make a move from Ohio and to get married in the next month!

Now that we have enhanced our advisory team, we are excited to tease another milestone that is nearing completion in the next few weeks. Our already phenomenal service team is getting some much-needed help. We'll be sure to give you the full details once the process has been completed.

As the team is preparing for our fall check-ins, don't be surprised to hear from the team to ensure that we get updates directly from you, set the stage for any meetings that need to be scheduled, and keep you aware of any steps that you need to take. With Saki on board, we are utilizing new management routines to speed up the delivery of advice, enhance the quality of the service that you receive, and ensure a team-based approach to fulfilling the needs of our clients.



Welcome Saki Kurose!

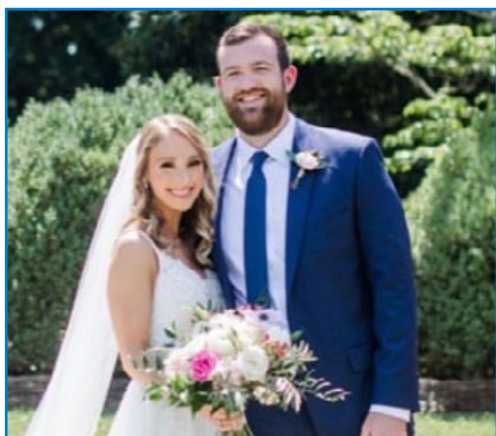
Saki Kurose is a CERTIFIED FINANCIAL PLANNER™ and a Certified Student Loan Professional (CSLP®). She is passionate about helping clients gain clarity and achieve financial success by creating a financial plan that aligns with their personal values and goals.

Saki has given presentations to groups of financial professionals as a top expert on student loan planning and is a contributor for *Kiplinger*, where her articles have been featured as one of their top contributor columns.

Born in Japan and raised in Northern Virginia, Saki holds a bachelor's degree from Rice University and a master's degree from Cleveland State University, as well as a Certificate in Financial Planning from Boston University. In her free time, she enjoys performing in symphony

orchestras as a professional violinist.

Saki is very excited to join the Omega Team!



Congratulations Davis & Bailey!

As many of our clients know, Davis Gardner (who has been with us 4 years), recently married his high school sweetheart, Bailey Katsarelis, on June 25th outside Richmond. It was a beautiful and fun wedding followed by a relaxing honeymoon on St. Lucia.



And an update from Kathy Frakes...

Benjamin Frakes- Kathy's first grandson

We are excited to welcome Benjamin Frakes to the Omega Family. Born 6/27/2022 8 lb 3 oz. 21 1/2" long, Kathy and her husband, Pat, are excited to be quite involved in supporting their son & daughter-in-law with their new addition.

BOOKS & RESOURCES



A book that the entire Omega Team is reading right now:

***Be Your Future Self Now:
The Power of Intentional Transformation***

by Dr. Benjamin Hardy

Your future self will be different than your current self. Why not take an intentional approach to moving towards your future self now? Dr. Hardy helps you think about what can get in the way and how to take action now.

Travel Resources:

Possible lost luggage? Consider Apple “airtags” or “tiles” that you put on/in your luggage so you can track your luggage down even if it’s lost.

Delays/cancellations/lost luggage and need replacements? This may be the time to get that travel insurance the airlines push. Getting reimbursed if your flight gets cancelled and you have to stay over or getting reimbursed for clothing purchases if your luggage is lost for an extended time may be just the ticket! Be sure to read the fine print before purchasing to understand what is and is not covered.

DON'T FORGET - Important Dates and Reminders

Monday, September 5th - Labor Day

Thursday, September 15th - Federal Estimated Quarterly Payments are Due

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- Strategic advice on planning/investments
- Business owner coaching and consulting
- Prospective new client inquiries

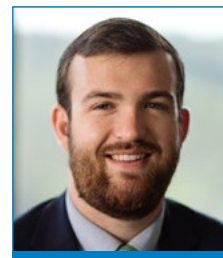


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- Strategic advice on planning/investments
- Coordinate investment research & analysis process
- Prospective new client inquiries
- Support client service & meeting preparation process



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- Strategic advice on planning/investments
- Support client service & meeting preparation process



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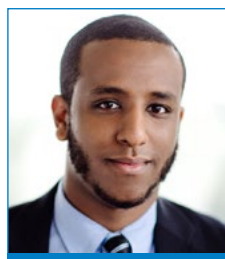


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- Research and Analysis
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- eMoney assistance
- Business and financial operations



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- Office management
- Greeting clients
- Appointment scheduling
- Pay Simple fee payment support
- Business and financial operations



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