

InComplete THOUGHTS

A Newsletter
about life, death,
and things
in between...



June 2023

Inside the Issue

Vol 3



IN CONTEMPLATION

The staff at Complete Estate & Probate Law contribute and discuss what's on their mind..

THINGS TO KNOW

We share updated information about estate planning, and things in the news that might affect or interest you.

RECOMMENDATIONS

What we're reading, watching, cooking, celebrating or otherwise doing outside of work.

Also included: Legacy Corner

IN CONTEMPLATION...

by Polly Blomquist

Every summer when my kids were little, I had high hopes. On a Costco run around the beginning of May, I would buy the summer workbooks hoping they wouldn't lose academic ground over the summer. To remain disciplined, I made a chore list, an activity board of summer bucket list items I wanted to do with them, including things like, "Go to Deanna Rose, take a hike at Shawnee Mission Park, go fishing, get ice cream at Betty Rae's." I even made a "bored jar" so if my kids said they were bored, they would draw a piece of paper from the jar and it would include something like, draw a picture of the dog, or even something as terrible as scrub the toilets. I found the risk of the toilet scrubbing and chores of the like to be motivating to entertain oneself.





THINGS TO KNOW

by Polly Bartle Blomquist

Turning 18: Adult Children

Your 18-year-old is an adult. Unfathomable, yes. True? Also, yes. This is not a matter of debate about whether they are an adult in maturity or brain development, it is true as a matter of law. At 18 they have all the rights that adults have, the right to contract, the right to privacy, etc. That means, you don't have the "right" or ability to be in their business unless they allow you to. It also means they need some estate planning. What?!

Once they're 18, you can't call their doctor and get information about their healthcare, nor can you make healthcare decisions for them. As you know, medical providers are bound by federal HIPAA laws that come with steep penalties if violated. So, if your child is off at college and is sick and hospitalized then without a signed HIPAA waiver, you can't get information about your child.

What if you need to talk to the accounting office at the college? They may refuse to speak with you about your child's tuition.

What type of estate planning would most 18-year-old's need?

A beneficiary designation on any bank accounts- if something happens, God forbid, this asset will avoid probate and be paid directly to your child's chosen beneficiaries.

General Durable Power of Attorney- If your child becomes incapacitated their chosen person could make legal and financial decisions for them.

Durable Power of Attorney for Healthcare- This allows your child's chosen person to make healthcare decisions for them in the event they are unable to make decisions for themselves.

HIPAA Waiver- This would allow your child's chosen people to have access to their medical information from any medical provider.

Having these things provides the peace of mind parents and young adults need before they launch. We can help get things in order for your child.

Call us today! 816-601-1234

RECOMMENDATIONS

By Di Topjon

Father's Day

Father's Day has always been a little extra special to me. I was born the week of Father's Day. As a little girl, jokingly I would always remind my dad that I was the best Father's Day gift ever! At 88 my dad still golfs weekly, so when I can, I get down to visit and play a round of golf with him.

As you consider a Father's Day gift this year for your Father, or whoever fills this role for you, I encourage you to consider the gift of experiences, time, and making new memories.

National World War 1 Museum and Memorial - the museum is one of the top-rated attractions in Kansas City and offers a fascinating look into the history of World War 1. It is a great place to spend the day with your dad, exploring the museum's exhibits, galleries, and memorials. Pack a picnic lunch and enjoy it together on the north lawn overlooking Union Station with a great conversation about life and history!

Royals game at Kauffman Stadium - If your dad is a sports fan, then why not take him out to a ballgame? Tailgate before, grill some dogs, and play some catch.

Enjoy some KC BBQ - We're known for barbecue, so why not treat your dad to a delicious meal at one of the many barbecue joints? Or to take it up a notch, consider an Original KC Barbecue Tour! These bus-guided food tours travel through the city sampling barbecue from well-known barbecue establishments and "hidden gem" barbecue joints.

Take a Brewery Tour - Kansas City has a thriving craft beer scene. Some of the top breweries to visit include Boulevard Brewing Company, KC Bier Co, and Torn Label Brewing Company. And just like the KC Barbecue Tour, Kansas City offers the Cue & Brew Tours as well!

Take him on a golf outing - Spend some time together hitting the links and plan on having lunch or dinner after!

Visit the Kansas City Zoo - If your dad is an animal lover, then a trip to the Kansas City Zoo might be just the thing! Our zoo is home to over 1,700 animals, including tigers, penguins, and giraffes. Again, pack a lunch to enjoy at one of the many Zoo outdoor picnic areas.



IN CONTEMPLATION...

continued

I wish I could say we stayed dedicated to all these things throughout the summer, but typically by the beginning of August we'd spiraled into too many video games and popsicles. The change from school to summer and back again marks distinct moments in time causing us to reset each season with new ideas, goals, aspirations.

Change. It's the most reliable and consistent thing about life, isn't it? I've found in my life, the more willing I am to embrace change, the more content I am. This applies in my work life as the law regularly changes, and most definitely in my personal life and the spaces in between.

As my kids have gotten older, they need less and less of my time, especially with a driver in the house. This is freeing to a certain degree, but then again, they need me less and less and I'm not so sure I like that freedom, both theirs and mine. As kids get older and our role changes in their lives. I've found that while they need less of my time generally, they need more of my intellectual focus, listening, coaching if you will. It is a change in my role. I know as the next stages come that role will change again and again as they go to college, become a self-supporting adult (hopefully!), get married, etc.

We are in the phase of life that our friends' children are graduating from high school and heading off to college. Our children are soon to follow. Where will they go to college? How do we help them make the right choices and protect them from their immaturity and lack of life experience in making these massive life solidifying decisions? If you have a working crystal ball, I'd love to borrow it. Joking aside, I do a lot of praying and dropping vague nuggets of wisdom as direct "interference" isn't often well received. Parenting is hard when kids are little as it is physically exhausting and sometimes mind numbing, but nothing can prepare you for free and independent thinkers who want your ear but not your words. Keeping my mouth shut is hard for me, but if I'm honest, I love having teenagers. They are adults in training, taking adulthood out for a test drive. We're going to have a great teenager summer. Their ambitions, to make a little money and have as much time as possible. My ambitions include beginning college visits with my oldest, embracing that change (gulp), and making sure all the flowers and tomatoes I planted get watered all the way through August. I'm quite confident that the college visits will happen; if I've learned anything from my history, the plants will probably go the way of the summer workbooks.

Happy summer and sorry plants!



Legacy Corner

Where we share our family traditions, recipes, and other ways, we are passing on our legacy...

This is another of Kay Bartle's recipes. I think it has been at every Bartle birthday and most Blomquist kid birthdays. When ever I take it somewhere, people always ask for the recipe. It is a bit different from a regular chocolate sheet cake because it has cinnamon in it. You must make it!

Kay's Chocolate Sheet Cake

Melt together in sauce pan over low heat-

- 1 stick butter
- ½ cup vegetable oil
- 1 c water
- once butter is melted and mixture is hot, remove from heat and add:
- 2 oz. Baker's bittersweet chocolate chopped
- stir to combine and until chocolate is melted, set aside

In a separate bowl beat together-

- 2 c. white flour
- 1 tsp. baking soda
- 2 c. white sugar
- 1 t. cinnamon
- 2 eggs beaten
- ½ c. buttermilk
- 1 tsp. vanilla
- 1 ½ tsp. vinegar (I use apple cider vinegar)

beat well, once mixed well add melted chocolate mixture and mix until smooth (mixture will be runny)

Pour immediately into large cookie sheet. Bake for 15-18 minutes at 350 degrees until middle just turns firm. Do not over-bake or the cake will be dry. While the cake is baking make frosting.

Frosting

In a sauce pan melt together

- 1 stick butter
- ¼ cup + 2 TBSP milk
- once butter is melted and mixture is hot, remove from heat and add:
- 2 oz. bittersweet chocolate
- stir to combine and until chocolate is melted
- beat in
- 1 tsp. vanilla
- 3 ¾ cup un-sifted powdered sugar

(frosting will be a bit runny)

Remove the cake from oven when done and pour frosting over warm cake, smooth icing to the corners.

Let us know if you try it!