



**Scott White**  
ADVISORS

An Independent Registered Investment Advisor

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# The Navigator

MANAGING WEALTH. SERVING GENERATIONS.

## Mental Health Needs: How to Help Our Community



The Covid-19 pandemic has had a major impact on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions. Public health actions such as social distancing are necessary to reduce the spread of Covid-19, but they can make us feel isolated and lonely and can increase stress and anxiety.

A new study by public health researchers at Brown University and Boston University showed that depression rates tripled and symptoms intensified during the first year of Covid-19. The study found that 32.8% of U.S. adults experienced elevated depressive symptoms in 2021, compared to 27.8% of adults in the early months of the pandemic in 2020, and 8.5% before the pandemic. The most significant predictors of depressive symptoms during the pandemic

were low household income, not being married, and the experience of multiple pandemic-related stressors.<sup>1</sup>

According to the nonprofit Mental Health America, as the number of cases of Covid-19 increases, so does the associated anxiety. For the general public, the mental health effects of Covid-19 are important to address. And for the one in five who already have mental health conditions—or the one in two who are at risk of developing them—we can take action to support them.

Across America the clubhouse movement aims to provide belonging, support, acceptance, and resources for those living with serious mental illness. The clubhouse movement has created community-based social rehabilitative programs where those with mental illness can thrive.

Here in Fort Myers, the Hope Clubhouse of Southwest Florida is one of those community-based rehabilitative programs of support for

adults in our community living with mental illness. The nonprofit organization provides opportunities for paid employment and access to education, housing, and wellness. Hope Clubhouse changes lives by focusing on adults with mental health challenges and sharing resources to help them grow, recover, and thrive. The clubhouse is a healing and mentoring environment for those who have had their lives drastically disrupted by mental illness and need support from others who believe that recovery is possible. The organization has helped nearly 700 individuals in the past 10 years, and today the need is greater than ever.



Scott White is Chair of the Hope Clubhouse Board of Directors. He invites everyone to join him at the annual Faces of Hope event on March 10, 2022, from 11:00 a.m. to 1:00 p.m. at the Broadway Palm Theater, 1380 Colonial Boulevard in Fort Myers. The annual Faces of Hope event will share about the power of the past as we can all focus on creating a brighter future together and learn how each of us can become a face of hope for people in need. Visit [HopeClubhouse.org](https://www.HopeClubhouse.org) to learn more and purchase tickets.



<sup>1</sup><https://www.brown.edu/news/2021-10-05/pandemic-depression>

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## Helping Beneficiaries Succeed—and Promoting Family Harmony

by A. Scott White, CFP®, ChFC®, CLU®  
President, Scott White Advisors



Over the next 30 years, Americans will transfer trillions in wealth from one generation to the next. According to the Federal Reserve, the median inheritance in 2019 was \$92,700 for someone whose parents had a college degree and \$76,200 for those with parents without a college degree.<sup>1</sup> Beneficiaries can use inherited funds to increase their retirement savings, cover college expenses, build real estate holdings, and more.

But without careful planning, almost 70% of heirs' money, assets and family harmony disappear after an estate transaction.<sup>2</sup>

When you create or revise your estate plan, a key goal may be to prepare your accounts and property to ultimately pass smoothly and safely to your beneficiaries. Together with your financial advisor and estate planning attorney, you may develop wills, trusts, powers of attorney and other documents to ensure that what you own ends up in the right hands, at the right time, so that your loved ones can flourish as they carry on your legacy. But creating the documents is only the beginning. An often-overlooked aspect of estate planning is preparing beneficiaries to succeed when they receive money and property.

It's important to make sure your beneficiaries are adequately prepared to suddenly receive large amounts of property or money. According to a UBS report, families are happier and more satisfied when parents include their heirs in inheritance planning.<sup>3</sup> Open communication with your beneficiaries can generate discussion about values, charitable giving and stewardship. Much of the preparation of beneficiaries comes down to careful communication with your loved ones. This can feel like an even greater challenge than preparing your money and property for your beneficiaries. But putting effort into this communication can help to ensure your beneficiaries will thrive with the resources you provide them.

Perhaps the wealth of your estate is made up of a portfolio of stocks, bonds, cash, and investment accounts. Do your beneficiaries understand the basics of investing with these types of accounts? Do they understand the tax implications? Are your beneficiaries used to taking advice from financial advisors, attorneys, and tax professionals?

The most crucial conversations, although they may be about money, are really about values. Sometimes clients ask me if it's better to make one-of-a-kind gifts to children and grandchildren, or if they should leave equal shares to each person. I encourage them to think about which method will generate more goodwill among the heirs. In my experience, most fights among beneficiaries occur over tangible personal property, not money.

In the case of a family business, it's important to decide who will run the business if you are incapacitated or suddenly pass away. The television series *Succession* focuses on which child will become chief executive of the family conglomerate after the founder dies—and it illustrates how poor communication can pit heirs against each other. Be sure to tell your beneficiaries that depending on the complexity of the estate, it may take significant time for the estate to settle. I have seen heirs develop conflicts with each other while waiting to receive an inheritance.

It's easy to postpone conversations about death and inheritance, but you can give your beneficiaries more than assets in the years to come: you can give them goodwill in their relationships with one another.

A handwritten signature in black ink that reads "A. Scott White". The signature is fluid and cursive, with the first name being the most prominent.

<sup>1</sup><https://www.kiplinger.com/retirement/inheritance/603437/5-of-the-worst-assets-to-inherit>

<sup>2</sup>[https://www.raymondjames.com/commentary-and-insights/estate-giving/2021/10/13/solidify-your-family-legacy-by-preparing-your-beneficiaries?utm\\_source=rjdotcom](https://www.raymondjames.com/commentary-and-insights/estate-giving/2021/10/13/solidify-your-family-legacy-by-preparing-your-beneficiaries?utm_source=rjdotcom)

<sup>3</sup><https://www.ubs.com/us/en/investor-watch/2018/talking-inheritance.html>



## Disaster Preparation: Do This Now

by A. Scott White, CFP®, ChFC®, CLU®  
President, Scott White Advisors

A friend in Colorado told me her family received pre-evacuation orders recently. Their home was in the path of a large wildfire, and they were instructed to pack the car and be ready to leave at a moment's notice. She told me that she grabbed the essentials and items she could think of, but she was uncertain what she and her family might need and frankly, her fear made it hard to think straight. As the fire moved through the area, my friend's home was spared, but many around it weren't.



Tornadoes, hurricanes, floods, wildfires, earthquakes, tsunamis—these are a few examples of disasters that have required evacuations. In some of these situations, we may have very little time to prepare to leave. In my friend's wildfire example, some families left their homes with only the clothes they were wearing—and their pets. Here in Florida, hurricanes are typically anticipated and we may have a day or two to prepare. Regardless of the disaster situation, being prepared increases our chances of survival.

According to the American Red Cross, being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. The Federal Emergency Management Agency, or FEMA, says having an emergency kit, or Hurricane Kit here in Florida, is an important step to prepare and protect your household for unforeseen events. An emergency kit is essential for short term survival, providing vital items for you, your family or household, including domestic pets.

If you and your family don't have an Evacuation Kit, also called a Go Kit, Hurricane Kit, Go Bag, or Survival Bag, now is the time to make one. To assist our clients, friends, and anyone who may find it helpful, we reviewed the best Evacuation Kits and created a Go! Kit for your use. It appears on the next page of this newsletter so that you can tear this page out and keep it. For your convenience, we have also posted it on our website at [scottwhiteadvisors.com/emergency-evacuation-kit/](https://scottwhiteadvisors.com/emergency-evacuation-kit/) so you can share it with your family and friends. Our Go! Kit will help you and your family prepare for the unexpected.

[Create Your GO! Kit on page 4](#)

## The Importance of Replacement Cost Insurance

If your home is damaged or destroyed, you may expect your home insurance policy to help you rebuild—and to replace your personal belongings. But all coverage isn't created equal, and how much you receive to rebuild depends a lot on what type of coverage you have.

According to a study by Ascent, nearly 60% of U.S. homes are underinsured by at least 18%.<sup>1</sup> That means that 60% of homeowners may be in trouble if their home is destroyed. At the very least, they will have to pay the difference between how much their property is insured for and how much it costs to rebuild.

Replacement cost insurance coverage pays you to repair or replace your home and your belongings if some covered peril, such as fire, damages them. As long as replacement costs stay within your policy limits, you don't have to pay anything out of pocket. Replacement cost coverage will pay the amount of money required to rebuild your home using similar materials, even if construction costs have risen since you took out the policy.

It's important to accurately assess your home's replacement cost so that you are insured to 100% of the value. Your home's market value could be much higher than its replacement cost since its market value accounts for factors such as location, while replacement cost is based only on the cost to rebuild the structure. Your house's replacement cost may be higher than market value if the house is old and has outdated features that aren't up to current building codes. If the house is destroyed, it will have to be rebuilt in a way that makes it compliant with current building codes.

If you don't have replacement cost coverage, you may find that when you file a claim, construction costs have risen so much because of inflation that your insurance payout isn't enough to rebuild your home. I always recommend that my clients purchase replacement cost coverage—and that they review their coverage annually to make sure it is adequate. If you have questions about this important aspect of insurance planning, please contact me.

<sup>1</sup><https://www.fool.com/the-ascent/insurance/homeowners/replacement-cost-insurance/>



# Create Your GO! Kit

Preparing a GO! Kit now so you are ready to GO at a moment's notice is a critical component to emergency readiness. Use the below checklist to help you prepare your own GO! Kit.

## Determine if your GO! Kit is:

- Digital (with digital images of all documentation)
- Physical (with original or hard copies of all documentation)
- Hybrid (a combination of digital and hard copies)

Share the digital/physical location and access with all family members in the house as well as trusted loved ones not living in your home. Keep this checklist by your door to prepare your items based on the time you have before you need to leave.

## Access and Documentation

Contact and account access information

- Insurance agent(s): home, life, and medical insurance policies
- Attorney
- Bank: checking and savings account info/login + password
- Financial advisor: all investment and retirement account numbers
- Family, friends, or other key people you may need to reach in an emergency
- Trusted home repair contractors

## Copies of documents for you and your family members

- Driver's license(s)
- Passports
- Social Security card(s)
- Marriage license/Divorce papers
- Birth certificate(s)
- Will(s)
- Power of attorney
- Property deeds
- Vehicle registrations

## Medications

- List of medications per family member
- Pharmacy contact information
- Doctor/Veterinarian contact information

## GO! Kit Items Based on Time to Evacuate

### 3-5 Minutes before evacuation

- Your Access and Documentation GO! Kit
- Wallet or purse
- Keys: car, house, RV, PO Box, etc
- Cell phone and chargers
- Medications
- Medical devices – Cane, CPAP, oxygen, glasses, etc.
- Laptop/tablet and charger
- Shoes and jacket
- Pet leash/carrier and pet food

### 15 Minutes before evacuation

- Family photos
- Extra clothing
- Water
- Sleeping bags
- First aid kit

### 30 Minutes before evacuation

- Cooler with snacks
- Battery- or crank-powered radio and extra batteries
- Flashlights
- Tent

### 1 Hour or more before evacuation

- Air mattress
- Camp stove
- Shovel
- Fire extinguisher
- Extra clothing
- Water
- Sleeping bags



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*Please note, changes in tax laws may occur at any time and could have a substantial impact upon each person's situation. While we are familiar with the tax provisions of the issues presented herein, as Financial Advisors of RJFS, we are not qualified to render advice on tax or legal matters. You should discuss tax or legal matters with the appropriate professional.*

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