

ADVANCE PLANNING

BY FRAN RIETVELD VP, CUSTOMER RELATIONSHIP MANAGER

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Aging...it's something we all do. And it definitely is a beautiful journey filled with opportunities for growth and fulfillment. But as we all know, we must be responsible and plan for the future. And sometimes, our planning includes not only ourselves but also our aging parents.

Depending on what stage of life you are in, here are a few things to consider. 1) How are your bank accounts titled? If you have a POA (Power of Attorney) on your accounts, the POA is null and void after your death. At that point it can be difficult for your loved ones to access funds and pay your bills. 2) Review or think about long-term care options. Review and look at how much they will pay out. Some policies don't pay until there have been 90 days of private pay and then only pay a third of the cost of the long-term care facility. 3) If a loved one has to go to a long-term care facility, consider starting the Medicaid process immediately, as it takes months to complete. When there is a spouse, you want to be able to protect them from spending all their hard-earned money. So, the sooner you divide the assets, the better it is for the spouse. If you wait until the asset level is too low, you have waited too long to split the assets, as the division of assets will take place once the application process is completed, which again takes months. Consult with your attorney to help protect your assets. 4) The long-term care facility can also cash in life insurance, leaving no payout for the spouse upon death. You may consider signing the policy to a funeral home for a funeral trust to protect the funds needed for final arrangements.

Long and short, don't wait too long to explore life and create memories. If travel is on your bucket list, do it early and often, as you never know what will or might happen. We have many travel opportunities available and encourage you to check them out today!

We, also, encourage you to celebrate each stage of life and are committed to empowering you as you navigate your financial path. With our personalized service, we take the time to understand your unique needs, allowing us to provide solutions that evolve alongside you. We invite you to explore how we can support you in embracing the joys of aging while securing your financial future.

~ Hugs!  Fran

JULY 2025

**FIRST
PARTNERS** 

FIRST DAKOTA TRAVEL —

**JULY 23 - AUGUST 3, 2025:
TAHITI & THE SOCIETY ISLANDS**

**AUGUST 23 - 29, 2025:
SMOKY MOUNTAINS**

**SEPTEMBER 17 - 27, 2025:
SCOTLAND**

**OCTOBER 24 - NOVEMBER 2,
2025: PARIS AND NORMANDY**

**DECEMBER 6 - 11, 2025:
NEW YORK CITY**

We are thrilled to be going to New York City at Christmas time.

**FEBRUARY 24 - MARCH 7, 2026:
KENYA**

You don't want to miss this photo safari of a lifetime! Sign up by July 15.

**APRIL 17 - MAY 2, 2026:
BEST OF JAPAN CRUISE**

Don't miss this getaway to the "Land of the Rising Sun." Sign up by August 1 for \$200 ship credit.

**JULY 9 - 18, 2026:
ICELAND**

Join us on this adventure to the land of Fire and Ice! Sign up by July 15.

**SEPTEMBER 18 - 27, 2026:
SWITZERLAND**

A truly unforgettable journey full of highlights and natural beauty.

Go to [FirstDakota.com/about/travel-with-us](https://www.FirstDakota.com/about/travel-with-us) or email Fran at frietveld@firstdakota.com or call 605-995-7910 for details.

BEST OF JAPAN

APRIL 17 - MAY 2, 2026



Experience the rich tapestry this captivating destination has to offer, from ancient traditions to futuristic marvels. Explore all that Japan has to offer.

Here are a few highlights of this

tour. You will take home fond memories of cherry blossoms and the warmth of the "Land of the Rising Sun." Don't miss this trip of a lifetime!

- Stay two nights in Tokyo before boarding the **Celebrity Cruise Line's *Millenium***.
- Visit Ameyoko Shopping Street.
- On clear days, Mount Fuji (Fuji-san) can be seen from Tokyo, 60 miles away!
- Experience Busan, South Korea, a premier trading port, adjacent to the Korean Straits and Japan.
- Take in the stunning views and vibrant nightlife of Nagasaki, a historically rich city. **Receive \$200 in shipboard credit when you pay your deposit by August 1, 2025.**

FRAUD TIDBIT

Exciting NEW Digital Banking Feature

As of June 11, 2025, you gained **FREE** access to the **My Financial Health Suite*** in your digital banking. This shows as a new tile in both your mobile and desktop versions. You may have already noticed it, but if you haven't please take advantage of this service.

What can I expect from My Financial Health?

At no cost to you:

- Credit tools - includes your credit score from Experian
- Identity protection – includes dark web monitoring
- Personal information protection – ability to view exposed private information
- Subscription management – ability to view online subscriptions posting to your First Dakota accounts

For \$8.99 per month, you can upgrade to the Premium Service to receive the services above along with the following, plus more:

- Credit monitoring and alerts from Experian, Equifax, and TransUnion
- Identity theft insurance & restoration and dark web, Social Security number, and change of address monitoring
- The ability to remove personal information from data broker sites and ongoing web monitoring
- The ability to cancel eligible online subscriptions

**My Financial Health is a product of Array US, Inc. First Dakota National Bank has entered into an agreement with Array US, Inc. to provide you, our customer, access to the My Financial Health suite through our Digital Banking platform.*

Continue to be diligent regarding fraud!

Recently I heard of a scenario where someone had been hired, and a newspaper article was written about their new position. Unfortunately, scammers used the information to call their new place of work and pose as the county sheriff, stating they were going to jail because they did not show up for jury duty. The victim needed to deliver \$10,000+ to a kiosk using a QR code in order to avoid going to jail.

There are many, many scare tactics and scenarios happening around the area. Please stay vigilant and always be suspicious! The bank will ask questions to help you stop and think if what you need the money for is legit. Do not be offended. Take a couple of deep breaths and think about the situation. Is it feasible? Who can I call directly to validate? Don't do anything before validating its authenticity.

TRAVEL HACKS

Here are a few ideas to make travel easy.

- Perhaps the most important tip of all: Always buy travel insurance. *Always.*
- If you check a bag, throw an Airtag into your suitcase, so you can track where it is and ensure it reaches your destination.
- Alert your credit and debit card companies about your travel so you don't get flagged for fraud. You can add a travel notice through digital banking.
- Buffer in extra time for delays. *Always.*
- Wear layers while in transit — it's easier to pack your luggage, and you can stay warm (or cool) as needed.

A SOLID MID-YEAR FINANCIAL CHECK-UP

BY JASON SPICER WEALTH AND TRUST OFFICER

We're officially halfway through the year! Now's an excellent time to look at your finances and ensure you're on track to reach your year-end goals. What does that involve? How do you make sure you are reviewing everything you need to? Here's a quick list to get started.



Evaluate The Progress On Your Top Financial Goals

Do you have both short and long-term goals? Of course, you do! Which of your goals "come due" during the year? Take a look at some of the top financial goals you set for this year and check out your progress.

Say one of your goals was to max out your 401(k). This means that you can contribute \$23,500 (plus another \$7,500 if you are at least 50 years old). Are you on track to meet that number? If not, it's good to find out now so you can rechart your course. Maybe all you need to do is increase payroll deferrals by another percentage or two. That's better than waiting until the end of the year and realizing you are thousands of dollars behind. Even if you don't need to correct anything—show the achievement to yourself and let yourself feel good about it.

Shore Up Your Cash Flow Plan

Did you encounter any extra spending over the last six months? Maybe your child started piano lessons or wants to join a travel hockey team. Or perhaps you've been doing more traveling than you're used to. Those types of expenses can come out of the woodwork and get rather costly.

If these costs are going to need a permanent place in your budget, it's time to account for them. Adjust your financial plan to incorporate them going forward, so they don't creep in and derail your other goals. And of course, don't forget to plan for upcoming spending—holidays, travel, gifts, etc.

Boost Your Emergency Fund

If you dipped into your rainy-day fund, now's the time to start filling it up again. Like every other financial goal, give yourself an appropriate amount of time. Establish regular deposits into your emergency fund via a checking account. You may be surprised what a couple of hundred dollars a month can yield.

Analyze Your Investments

The question you need to ask yourself, is your investment strategy still working overall? There will be ups and downs along the way but is your portfolio still the right one for you? If not, think about how you want to tweak it. Is there anything you want to add to your portfolio, like real estate, private equity, or venture capital? The recent volatility is also cause to check your allocation. Not in the sense of thinking about changing your desired allocation but putting it back into place. Has your current allocation drifted too far from your target because of gains and losses? Now might be a good time to rebalance.

Protect Yourself and Your Wealth

Don't forget about your insurance coverage. Take a look at your policy and see if it still protects you adequately. In particular, check your homeowner's insurance. Current prices and rebuild costs have gone up. Would you be able to afford a new home if yours were destroyed? You may want to increase your limits. What about liability and/or disability coverage? If you've had a career change or even a significant change to your work environment (like working remotely), you may need to address that.

If you need help with your mid-year review, give us a call, we'd be happy to help!

First Dakota Wealth & Trust is the fiduciary investment department of First Dakota National Bank with trustee powers to serve clients during their lifetime, during incapacity, and after death. We help clients develop a financial roadmap to help simplify your financial future.

BILL PAYMENT

Our bill pay feature is designed to simplify your life, allowing you to pay your bills effortlessly and stay on top of your financial commitments. With just a few clicks, you can schedule payments, set reminders, and keep track of expenses. Here are a few frequently asked questions about this great FREE* service.

Q. What is Bill Payment?

A. Bill Payment allows you to pay virtually anyone or any company through your Digital Banking.

Q. Who can I pay with Bill Payment?

A. You can pay virtually any business or individual with a mailing address within the United States and Puerto Rico. For example, you can pay utilities, cable bills, credit cards, or individuals.

Q. How are payments delivered?

A. Payments are sent either electronically or by paper checks, with the majority delivered electronically. Your payment information, such as your account number, is sent via secure transmission. All other payments are made by paper checks and mailed.

* Bill pay is free for personal users. \$5 monthly fee for business users.



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YOUR TIME IS NOW!

May God bless us all as we strive to be a blessing to others. As you reflect on your own journey, we invite you to consider how you can contribute to the well-being of those around you.

- Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs.
- Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
- Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbors and remember: "A man or woman is not old as long as he or she has intelligence and affection."
- Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
- Respect generations younger than you and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.
- Life is too short to waste your days on being bitter and surly. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.
- If you've been offended by someone – forgive them. If you've offended someone – apologize. Don't drag resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right.
- Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.