

DOLLARS & \$ENSE™

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A Free Monthly Newsletter from Your Friends at **Kaufman Financial Services, Ltd.**



November is National Diabetes Month

Get tested!

When were you last screened for diabetes? Diabetes is incurable and the fifth deadliest disease in the U.S. It is also becoming an epidemic. According to the American Diabetes Association, over 20 million Americans have diabetes. More than twice as many, 41 million, have pre-diabetes, which will develop into diabetes without intervention. Of those who are diabetic, 6 million don't know they have it.

Diabetes can prevent production of—or ruin the body's response to—insulin, the hormone that controls blood sugar and the way the body uses it. It can destroy the feet, leading to amputation. It causes blindness. It increases the risk of heart attacks and strokes, can damage kidneys, and cause nerve damage. While diabetes cannot be cured, the good news is that it can be controlled. Even better, pre-diabetes can be eliminated before it develops into diabetes.

You may be at risk for developing diabetes if you are overweight, don't get enough exercise, or have a sibling or parent with diabetes. Risk factors are also greater if you are African American, Asian American, Latino, Native American, or Pacific Islander. The most common screening for diabetes is a Fasting Glucose Plasma test. You fast for twelve hours before the test, then blood is drawn and checked. The results will show if you have pre-diabetes or diabetes.

If you have pre-diabetes, your risk of developing diabetes can be lowered or eliminated completely by losing weight and exercising regularly.

If you haven't been screened for diabetes recently and you have one or more of the risk factors, call your doctor and schedule the test. The sooner you know if you're at risk, the more likely you can work to improve your health before it is too late. To learn more, go to www.diabetes.org.

Prepping for the Tax Year End

Create more deductions



The end of the tax year is a few short weeks away, but you still have time to increase your deductions and improve your bottom line when you file.

See inside.....

Do You Have a Question About Taxes, Payroll or Accounting You Want Answered?

We love to hear from all our good friends and customers who enjoy reading our monthly newsletter. If you have a question about anything related to taxes payroll or accounting, feel free to give us a call at: **(847) 243-3600**

Mark Your Calendar

- Nov 3 Sandwich Day
- Nov 3 Election Day
- Nov 10 U.S. Marine Corps established (1775)
- Nov 11 Veterans Day
- Nov 13 Sadie Hawkins Day
- Nov 15 Clean Your Refrigerator Day
- Nov 18 Birthday of Mickey & Minnie Mouse (1928)
- Nov 19 Great American Smokeout
- Nov 26 Thanksgiving
- Nov 27 Buy Nothing Day



Know someone who needs help with their taxes? We are still accepting new customers and are happy to accept your referrals! And with each referral that becomes a customer, you'll receive \$25.00 off your own return or \$25.00 Cash! Call us at **(847) 243-3600**



Prepping for the Tax Year End

Create More Deductions

The end of the tax year is a few short weeks away, but you still have time to increase your deductions and improve your bottom line when you file.

Donate to charity, part one. A lot of people intend to do this, but the year slips away and suddenly December hits and you're too busy to do all the charitable giving you could. In November, go through your house and gather clothes, unwanted toys and household items, box them up and call a local charity for a pickup, or drop them at a donation center. Be sure to get a donation receipt for your taxes. To figure out proper value of these donations, check out the lists at www.salvationarmysouth.org/valueguide.htm

Donate to charity, part two. Don't forget to get receipts when you donate money to seasonal charities, such as those providing Thanksgiving dinner to the homeless and Sub for Santa.

Boost IRA deposits. If you make more than \$106,800 this year, you're going to hit the Social Security tax withholding limit. Once you do, you'll see a 6.2% raise in your paycheck until the end of the year. Drop that extra money in your IRA unless you're already depositing enough in the account to hit the limit.

Get into an FSA. November is usually the month when employees may sign up for or change elections in health coverage and other insurance and benefits offered through their employers. If a Flexible Spending Account (FSA) is offered where you work, seriously look at signing up. Depending on what your employer offers, you may have a medical FSA, which you can use on copays, prescriptions, vision care, orthodontics, etc.; and/or you can have a dependent care FSA, to pay for daycare.

Both accounts use pre-tax dollars, which lowers the amount of taxes taken out of each paycheck. The only caveat is that you must use the amount you put into the accounts or the money vanishes. The spending deadline has traditionally been December 31, but this year the IRS changed the rules. Now you have an additional two months and two weeks beyond the end of your company's benefit year to spend the money (March 15 for most employees). If you have questions about the tax deductibility of your donations or need help figuring out how much to put into an FSA, give us a call at (847) 243-3600. ☞

If you want others to be happy,
practice compassion.

If you want to be happy,
practice compassion. — The Dalai Lama

Thank You! Thank You! Thank You!

Special thanks to all our clients and friends who graciously referred us to their friends and neighbors last month. Our business is built on the positive comments and referrals from people just like you. We couldn't do it without you!

Customer of the Month:

Lois Kulinsky & Associates

Thanksgiving Facts



Every Thanksgiving, American families gather together to enjoy a feast and express thanks for everything they have. Other traditions include watching football games and the famed Macy's Thanksgiving Day Parade. Thanksgiving wasn't always like this. In fact, the holiday wasn't always held in November.

The first Thanksgiving was held a year after the pilgrims landed in Massachusetts, during the fall harvest of 1621. The Wampanoag natives who helped the colonists learn to survive in this new country were invited to the celebration, which involved three days of feasting and games.

Thanksgiving was celebrated off and on after that, at different times of the year, sometimes as early as April. George Washington proclaimed the Thanksgiving holiday in 1789 and in 1791. Though Thomas Jefferson didn't think a national Thanksgiving day was needed, later presidents declared the holiday, and some states set their own official Thanksgiving day.

In 1863, Abraham Lincoln named the last Thursday in November as Thanksgiving, to promote national unity. Franklin D. Roosevelt changed the holiday to the third Thursday from 1939 to 1941 in an effort to spur the economy with earlier Christmas shopping. Finally, in 1941, Congress declared Thanksgiving a federal holiday and set it to the fourth Thursday in November.

According to historians, the food at the first Thanksgiving feast was very different from today's traditional menu. The pilgrims cooked wild fowl, including turkey. They had pumpkin, though not in pies. There were no sweet potatoes, mashed potatoes, ham, or cranberry sauce. Instead, the menu included foods like venison, goose, duck, eel, lobster, cod, peas, onions, dried corn, carrots, grapes, walnuts, and acorns. It's quite possible that the menu also featured unusual items such as clams, swan, partridge, and seal.

This year, try adding a food from the first Thanksgiving to your feast. Then get a good night's sleep before Black Friday, the start of the Christmas shopping season! ☞



"We'd like to promote the concept of a nontraditional Thanksgiving."

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Bright Ideas for Celebrating World Kindness Day

The purpose of World Kindness Day (November 13) is to inspire people to be kind to others. The Random Acts of Kindness Foundation has produced lists of hundreds of ideas for people of all ages and abilities to spread kindness. Here are ten of those ideas:

- Collect non-perishable food for a food bank.
- Bring flowers to work and share them with coworkers.
- Volunteer to be a tutor in a school.
- When ordering pizza, buy for the stranger in line behind you.
- Sing or play an instrument at a nursing home.
- Offer a couple of hours of free baby-sitting to parents.
- Write notes of appreciation to your child's teachers.
- Pay a compliment at least once a day.
- Mow a neighbor's grass.
- Say something nice to everyone you meet today.

For more ideas and information about generating more kindness in your local city, schools, or neighborhood, check out the foundation's website: www.actsofkindness.org. ☞

Have Dinner on Us!

Answer this month's trivia question correctly and you could win a \$50.00 gift certificate at a great restaurant!

Here is the question: "What year was the current world record for the biggest pumpkin set?"

- a) 1999
- b) 2005
- c) 2001
- d) 1948

The first 10 people with correct answers to call us at **(847) 243-3600** will be entered in a drawing for a \$50.00 gift certificate. Winner will be drawn about November 15th.

That's it, no strings attached! And here's a hint: The answer is located within this newsletter, so read carefully and Good Luck!

Baked Pineapple

By: Tracee Scott

This wonderful dish makes a unique addition to a traditional Thanksgiving feast.

- 1 – 20oz can unsweetened pineapple chunks
- 3 tablespoons white sugar
- 6 tablespoons butter, melted
- 3 tablespoons all-purpose flour
- 5 ounces shredded Cheddar cheese
- 25 buttery round crackers, crumbled

Drain pineapple, reserving 3 tablespoons juice. Combine pineapple, reserved juice, sugar, butter or margarine, flour, and cheese. Mix well. Spoon mixture into a buttered 1 1/2 quart baking dish; top with cracker crumbs.

Bake at 350°F (175°C) for 30 minutes, or until bubbly. Serves six.

—AllRecipes.com



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What's Inside?

- Win a \$50 Dining Gift Certificate!
- A Unique Side Dish for Thanksgiving-
- Notable Events and Dates for November-
- Year-end Tax Reduction Strategies-
- Ideas for Random Acts of Kindness-
- Our Monthly Cartoon-
- A Fantastic Special Offer-
- ... & so much more!

What's the Answer?

- Are you at risk for developing diabetes?
- What did the pilgrims eat for Thanksgiving dinner?
- How big is the largest pumpkin?
- How do you know what your charitable donations are worth?



Election Day
Nov. 3rd

*There are three kinds of accountants in the world.
Those who can count and those who can't.*



Did you know?

There's a lot more to pumpkins than the fact that they taste yummy in cookies and pies. Did you know the flowers of the pumpkin vine are edible? The pumpkin is a fruit, rich in vitamin A and potassium. It can grow to well over a thousand pounds, with the world record being regularly broken over the last few years. The current record was set last year with a pumpkin weighing in at 1,469 pounds.

A new world record was also set in 2005 for the largest pumpkin pie. Baked by the New Bremen, Ohio, Giant Pumpkin Growers, the pie weighed 2,020 pounds.☺

