

With cooler temperatures just around the corner, learn about some surprising ways you can benefit from getting outside and exercising! Plus, as always, try out this month's mind game to keep your brain strong!

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## August 2017 News

### **Announcement about Erin A. Smith, Esq.**

Attorney Erin A. Smith will be taking a leave of absence from The Peninsula Center beginning August 31, 2017. Her family situation requires that she take time off from her full-time legal practice. It was a very difficult decision, but it is necessary for her family. We at TPC will miss Erin and wish nothing but the best for her and her family.

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### **Physical Exercise and Dementia**



We all know that exercise is good for us: it helps us lose weight, keeps our muscles strong, and is good for our hearts. When we associate “exercise” and “dementia,” however, we typically focus on mental exercises such as crossword puzzles or cryptograms. These are certainly helpful and effective ways of strengthening your brain, and people should strive to exercise their brains in a variety of ways each day to prevent dementia. However, surprisingly, physical exercise can also be beneficial for improving memory and delaying the effects of dementia...

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### **Monthly Mind Game**



Our featured puzzle this month is Mahjongg, a tile-based game that originated in China. The object of the game is to pair matching tiles together until you have deconstructed the tower of tiles. Tiles can only be matched from the ends of rows. Although this game involves some luck, it also requires some strategic thinking, especially to notice some of the subtle differences between the Chinese characters on the tiles.

Click [here](#) to access this month's Mahjongg puzzle. Remember, evidence shows that doing a variety of puzzles to strengthen different parts of your brain can help delay or prevent dementia. Taking even just a few minutes a day to exercise your brain in a new way can help decrease your likelihood of developing this debilitating disease.

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### In Case You Missed It Last Time...

#### Estate Taxes Are Not the Only Reason to Plan



Today, 99.8% of estates owe no estate tax at all, according to the Joint Committee on Taxation. Only the estates of the wealthiest 0.2% of Americans — roughly 2 out of every 1,000 people who die — owe any estate tax in 2017. This is because of the significant increase in the estate tax exemption over the past fifteen years. As a result, the focus for many people has shifted from minimizing estate taxes to minimizing capital gains and income taxes. However, estate planning is about more than just minimizing taxes; it's about planning for life. ...

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compliments!

Sincerely,

**Helena S. Mock, Esq.**  
**Erin A. Smith, Esq.**

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