

Lighthouse Beacon

SPRING 2020

Spring Greetings!

I hope this newsletter finds you well despite the Covid-19 pandemic. As I look out of my office window, I still see a large pile of snow, however I can see some grass and am looking forward to completing a list of Spring projects.



In *Bloom Where You are Planted*, we give a big shout out to all workers who are on the front lines of serving including doctors, nurses, and hospital and clinic staff including those who work in nursing homes and care facilities. I have the pleasure of serving about twenty health care professionals. Thank you for what you do. And thank you to everyone else who is following what our Chief Medical Officers are recommending. Together, by focusing on our faith, families, and the communities we are a part of, we will get through this.



In *Planner's Corner* we talk about *Life, Interrupted*. Some of you have lost your jobs or your job situation has changed significantly. Some of you are teaching virtually or homeschooling your children. Some of you are bored and some of you are busier than ever. Many of us are attending church virtually for the first time in our lives. For all of us, human contact is limited especially for our elderly parents and for those who have a compromised immune system. This can cause us to worry and even despair especially as we hear the mounting number of cases and deaths. Where do we find our comfort? Where do we put our trust? It's been helpful for me to reflect on some well-known Psalms. Although I encourage reading passages in context, here are some verses that have really helped me.

"God is our refuge and strength, an ever-present help in times of trouble"
Psalm 46:1

"He leads me beside still waters, he renews my soul"
Psalm 23:2-3



Jim Hummel, CFP® CKA®



COVID – 19 and Lighthouse Financial

As an essential service, Lighthouse Financial is continuing regular office hours. Meetings in the office are available. Jim has moved meetings into the board room to allow for more personal space. After each meeting, doorknobs, light switches, tables, and chairs are disinfected. Our landlord, Melcor REIT, is regularly disinfecting doorknobs and stair rails throughout the building. We are also meeting with clients virtually. Virtual meetings are done using ZOOM, Microsoft Teams or Skype. If none of these are available to you, telephone meetings have also been working well. We are here for you!

Bloom Where You are Planted



To all our front-line workers, thank you! It is one thing to wash our hands diligently and maintain physical distance, it is another to care for those who are sick or unable to take care of themselves, some of whom have the actual Covid-19 virus. Thank you for putting yourselves at risk to help others.

Planner's Corner: Life Interrupted



We've collectively been thrown a financial curveball. Below are a few concepts and ideas that may help you with your personal plans over the coming months and in the future with other life interruptions.

- **Stay healthy.** Eat well, sleep well and get some exercise. For a break, read a good book, watch a movie, revisit some hobbies, and try something new. I just talked to a recently laid off, sixty-six-year-old gentleman who has started baking for the first time in his life and enthusiastically told me about the results.



- **Be careful with what you let in.** Too much negative news can affect your outlook. Don't be afraid to turn off the news or have a non-news day to refocus on what you can and cannot control. Start personal devotions and/or join a virtual Bible study to reaffirm and deepen your faith.



- **Focus on others.** Uncertainty can drive people into themselves, making them feel isolated and helpless. The best strategy is to go in the opposite direction, expanding your connection with others and focusing on helping them transform their negatives into positives. This could be as simple as a quick text or phone call. From personal experience, I really appreciate the notes of encouragement I have received.

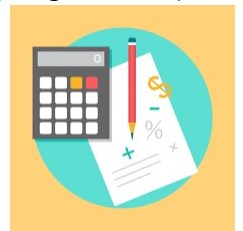
- **Be grateful, focus on opportunities.** We have a decision to make during difficult times...complain or be grateful. Complaining attracts negative thoughts and people. Gratitude, on the other hand, creates the opportunity for the best thinking. Positive actions and results emerge. As

NOTE
TO SELF:
BE GRATEFUL

Christians who recently celebrated Easter and the

wonder of Jesus' resurrection, we have plenty to be grateful for including the promise of eternal life.

- **Review cash flow, reduce expenses.** Know what's coming in and what's going out of your bank account. If laid off or underemployed, review and apply for government programs at Alberta.ca and Canada.ca. Revisit pre-authorized withdrawals.



Review features and benefits on monthly bills (e.g. reducing the channels on your cable subscription). If necessary, reduce monthly contributions to investments. If you need additional sources of cash flow, it may be time to use your "emergency fund", borrow via a line of credit or talk to your bank or credit union about reducing your mortgage and loan payments.

Planner's Corner is based on a March 20, 2020 blog written by Investment Planning Counsel Inc. & Strategic Coach® Dan Sullivan's, *The "Scary Times" Success Manual*.

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