



motion picture
pioneers
assistance
fund

SOCIAL SERVICES CORNER

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ASK THE SOCIAL WORKER: CAN MY FATHER QUITCLAIM HIS PROPERTY TO ME INSTEAD OF LEAVING IT IN HIS WILL?

Question: My father wants to quitclaim deed his property over to me before he dies. Can this be done?

Answer: “Can be done” and “should be done” are two very different things here. Yes, if we’re talking about real estate, your father can simply sign a deed transferring the property to you. (This assumes that your father owns the property himself, outright, which you’ll want to make sure of.) However, such a transfer may not be financially wise.

If the property has gone up in value since your father acquired it, you might be better income-tax wise to have your father leave it to you at his death instead of transferring it while he is alive. The reason is something called the tax basis of the property

— that is, the value from which taxable profit is figured when property is sold.

When property is quitclaimed to you, your tax basis is the amount your father paid for it. If you later sell the property, you’d have to pay tax on all the profit that exceeds his purchase price (with some adjustments for improvements and the like). However, if your father leaves the property to you when he dies, your basis is the property’s value at your father’s death. That’s likely to result in a much lower tax bill if you decide to sell.

— *Wills, Trusts & Estate Planning*, www.nolo.com



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JOKE OF THE MONTH

“Reading while sunbathing makes you well-red.”

— *Victoria Bedwell, Jolly Jokes for Older Folks Age –
Enhanced by Bob Phillips*

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

Go Green!

Receive the *Social Services Corner* by email.
Call 888.994.3863, ext. 2370, or e-mail info@wrmail.org.

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DON'T OVERDO THE SALT



In order to stay healthy and feel good, your body needs a certain amount of salt to maintain the proper balance of fluids. However, too much salt causes increased blood volume, which forces your heart to work harder. Congestive heart failure, cirrhosis and kidney failure can be the result — so don't

over do the salt!

People need between 1,500 and 2,400 milligrams of salt a day to be healthy; 2,400 milligrams is about one teaspoon. About 11 percent of our average daily salt intake comes from the salt we add to food. The majority of it — 77 percent — comes from processed food.

- **Check labels carefully.** Salt can come in many different forms: monosodium glutamate, baking soda and disodium phosphate, to name a few. Choose foods that are low in any kind of sodium (and pay attention to the serving size listed).
- **Avoid processed foods.** Stick to fresh vegetables and unprocessed meat, chicken and fish. Many prepared foods are loaded with much more sodium than you need. Rinse canned foods before serving to wash off some of the salt.
- **Eliminate salt from your recipes.** Instead of adding salt to the food you prepare, try different herbs and spices. You can usually leave salt out completely without sacrificing taste — when you're cooking pasta, for example. Pay attention to the condiments and sauces you use, too, and look for alternatives.

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

National Committee of Grandparents for Children's Rights: www.grandparentsforchildren.org, (866) 624-9900

This nonprofit coalition was established by concerned grandparents, citizens and community organizations to create one voice to advocate and lobby for substantial and urgent legislative changes that protect the rights of grandparents to secure their grandchildren's health, happiness and well-being. The Web site provides news, resources, state chapter contacts and access to an e-mail support group.

AARP Foundation Grandparenting Program:

www.aarp.org/family/grandparenting/articles/grandparent_info_center.html, (888) 687-2277

This national program, sponsored by AARP, ensures that grandparents and grandchildren have access to resources that strengthen their health, finances and family connections. It offers informative articles, tips for grandparenting, fact sheets, a message board and an online database with local supportive services and programs.



QUOTE OF THE MONTH

“ Nothing makes people more alike than putting a dress suit on 'em. ”

— Will Rogers

QUESTIONS OR COMMENTS?

Call Karen Wiener, Manager of Social Services at (888) 994-3863, ext. 2390, or write to karen@wrmail.org.