



## Mindful tips and greetings from Elaine

### It's back to school time

Here are a couple of things I am interested in this month.

#### College Credit

Young adults are often in need of finding ways to get credit. They are often turned down from loans or getting credit cards upon graduation. Some helpful tips in the *Wall Street Journal* article. The bottom line is that it is important to educate and build credit while they are in school. Some suggestions are to add a child as an authorized user to your credit card or consider getting a secured card by the bank.

<https://tinyurl.com/y82a2bgg> \*

#### Are you getting smarter?

Recently a client and I discussed longevity and the studies that show not only physical exercise can help add years to your life, but so can exercising your mind. I am now hooked on a brain app called Elevate. Check out this link for various reviews of brain apps available to help you keep your brain healthy but try to keep up with your kids and grandkids. <https://www.techlicious.com/guide/brain-training-apps-that-really-work/> \*

Until next time,

A handwritten signature in cursive script that reads "Elaine".

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