

Your Independence Is at Risk

Jim battled for his freedom. But the cancer fought hard for my friend's strength and independence. He resisted the stair lift at first, but discovered it broadened his independence rather than diminished it.

This month marks the anniversary of Jim's death. He was a great man.

The demoralizing effects of illness clouds creativity and resilience. It makes sense to hire a geriatric care specialist if you're in this season of life. These professionals are also referred to as aging life care consultants.

There are practical efforts you can make early to extend independence.

- **Exercise and walk as much as possible today.** Declining strength has a compounding impact on overall wellbeing.
- **Declutter your pathways.** Falls amplify existing health challenges.
- **Develop a 10-year housing plan** that considers your ability to navigate your current location and whether it is viable for the next decade.
 - Interior designers specializing in aging in place can offer wisdom to stay put as long as possible.
 - A first-floor apartment could serve as a transitional solution to move from the dream house into something more age appropriate.
 - Senior housing communities have served as great solutions for many of our friends.
- **Integrate Uber/Lyft** into your regular efforts to extend your mobility when driving isn't an option.
- **Incorporate artificial intelligence** as a personal consultant for extended ideas. I find the GROK application helpful.

By taking proactive steps today, you can safeguard your independence and live life on your terms for years to come.



Welcome Caleb Tyner to Gimbal Financial!



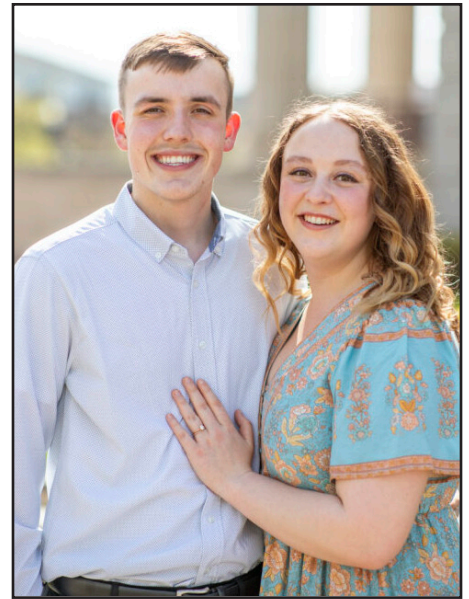
Keith Tyner

Gimbal Financial is thrilled to welcome Caleb Tyner as our newest licensed financial advisor! With our commitment to personalized, client-focused financial solutions,

Caleb's expertise and character make him a perfect fit for our team.

Those who know Caleb best describe him in their own words:

- "Caleb is thoughtful, intelligent, and incredibly patient, bringing calm and curiosity to everything he does." — Judah Tyner (wife)
- "While initially quiet, Caleb has a wealth of knowledge, quick-witted humor, and deep compassion. His integrity speaks louder than any NASCAR race he can recite stats for." — Kristen Hakalmazian (sister)
- "Caleb is a tender-hearted brother whose attention to detail helps him connect with soft-spoken clients and build strong relationships." — Kacie McLean (sister)
- "He cares deeply about people,, works hard at all things he puts his mind to, and tops it all off with a great sense of humor." — Caitlin Tyner (sister)
- "Don't underestimate his quiet demeanor. Caleb is keenly observant, wickedly smart, and intensely funny." — Kelly Tyner (sister)



Caleb and Judah Tyner

Beyond his remarkable character, Caleb brings a strong academic foundation. He graduated with an accounting degree from Murray State University, earning nearly straight A's and the prestigious Fall 2024 Richmond College Academic Achievement Award. With his analytical skills and meticulous attention to detail, Caleb is well-equipped to craft tailored financial strategies.

Caleb's passion for NASCAR reflects his strategic thinking, while his woodworking showcases his patience and precision—qualities he brings to every client interaction. His love for travel fuels his curiosity and ability to connect with diverse perspectives.

We invite you to meet Caleb and experience his dedication and warmth firsthand. Contact us to schedule a consultation and see why he's such a valuable addition to Gimbal Financial!

You Can't Win Them All!

During my competitive sports days, I thought you had to win every play. It was a tough journey. I expected to swish every jump shot and homer every pitch. Those unrealistic expectations hurt my mindset and, ultimately, my day-to-day performance.

I carried the same mindset into stock selection as a young stockbroker in the 1980s. In August 1987, I invested in a small company, Dollar General, for my ten clients. The stock traded at \$10–11 per share,

and my research suggested it would hit \$20 within two years. Then the market crashed in October, and it fell below \$7. I dreaded calling my clients as my expectations crumbled.

If I'd studied sports statistics, I'd have known better. The best basketball players make only 50% of their shots, and Hall of Fame baseball players got hits just over 30% of the time. As an amateur, hitting 40% of my shots or 25% of pitches would've been outstanding. My unrealistic expectations set me up for failure.

Now, as part of a team, we apply these lessons to life and investing. You win by not losing. Realistic expectations don't mean slacking; they let you focus on practical possibilities, protecting your emotions and decisions. A missed shot or pitch is one step closer to success.

In investing, we use a stop-loss - a plan for when our thesis is wrong. Even the best investors are right only 50% of the time. We aim to be right 40% and manage the rest by making a stop-loss, like a 10% price drop, signaling it's time to exit and protect capital. This approach keeps us honest and clear-headed, safeguarding your investments for the future.

This process may become obvious to you as we make a decision that turns out to miss the mark. We will quickly take a loss and reassess what makes sense moving forward. This approach allows us the ability to consider varying ideas as markets shift.

Our expectation is when we are correct we will be able to hold onto those investments longer for larger gains than any of the short-term losses we are willing to take.

Creativity in Today's Economy

The high cost of living, rising healthcare expenses, and unaffordable housing are among the most significant challenges facing young people in today's economy.

While it's impossible to predict the future, creativity in financial planning feels more critical now than at any other time in my adult life.

In the 1980s and early 1990s, Japan's economy posed similar difficulties for young people. Housing prices soared, pushing families to sign multi-generational, 100-year mortgages. During Japan's boom cycle, housing prices reached levels so high that, even after the market crashed, they have yet to recover today to their 1990 peaks. No one can predict how long economic booms or busts will last.

The psychological toll of tough economic times can demoralize individuals, tempting them to abandon prudent financial habits and live paycheck to paycheck. However, creative strategies can help jump-start a brighter financial future.

Consider thinking outside the box:

- Parents or grandparents could offer a 12 to 24-month low-rent housing option to help build a down payment fund.
- Older generations can gift up to \$19,000 in 2025 without incurring gift tax implications.
- Young people can adopt a minimalist lifestyle, living on 50% for needs, 30% wants and 20% savings and debt repayment. In doing so, they could forgo dining out and coffee shops until they've saved enough for an emergency fund and/or down payment.
- Exploring a side hustle can boost savings.
- Being open to living in more affordable locations can align housing costs with your lifestyle.
- While living farther from urban centers may reduce housing costs and job opportunities, remote work creates new possibilities to balance affordability and career goals.
- Review the best education alternatives for ramping up your life skills.

If your loved one is struggling to develop creative solutions for their economic future, encourage them to contact us. We'll brainstorm ideas together!



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