



LIFETIME

Thank you for being part of the LifeTime family!

This newsletter features news from our firm, client news & updates. As always, please let us know if there are additional topics you would like us to address in our newsletters.

Life at LifeTime

LifeTime Voted Raleigh's Best in Tax Services and Wealth Management Categories for 3rd Year!

We were pleased to have been nominated and thrilled to have WON Raleigh's Best in two categories for 2025.



in Tax Services



in Wealth Mgmt

LifeTime Asset & Tax Management continues to create a stir by redefining the perception of wealth management. As a firm that features two distinct but interconnected entities, LifeTime Asset Management and LifeTime Tax Management, our mission is clear: to help build our clients' financial confidence through comprehensive financial planning, strategic tax planning, investment management, and professional tax services.

[See our complete announcement here.](#)

** **2025 Raleigh's Best**, created by The News & Observer. Presented on October 26, 2025 based on nomination votes gathered from July 7 to July 25, 2025. Advisors pay a fee to hold out marketing materials. Readers were able to vote once per day. Not indicative of advisor's future performance. Your experience may vary.*

LifeTime's Suwanee, GA Office Voted Best of Georgia in the Financial Advisors Category

We are equally pleased to have WON Best of Georgia in the Financial Advisors category for 2025.

The Best of Georgia is an annual roundup of the best products and services across the great state of Georgia. With voting open throughout the year, The Georgia Business Journal tabulates the votes and publishes this list of great companies.



[See our complete announcement here.](#)

** **2025 Best of Georgia**, created by The Georgia Business Journal. Presented on December 4, 2025 based on nomination votes gathered from November 1, 2024 to October 31, 2025. Advisors pay a fee to hold out marketing materials. Readers were able to vote once per day. Not indicative of advisor's future performance. Your experience may vary.*

End of Year Summary: LifeTime Charitable Giving in 2025

LifeTime is proud to support many local and national charitable organizations through donations and sponsorships during 2025. Below are some of the charities we gave to in the last year:

- | | |
|---|--|
| <ul style="list-style-type: none">• American Cancer Society• Best Friends Animal Society• Blood Cancer United• Chapel Hill Breast Cancer Foundation• Crabtree Rotary Foundation• Cure PSP (Progressive Supranuclear Palsy)• Elton John AIDS Foundation• Food Bank of Central Carolinas• Give Vigilant Hope• Habitat for Humanity | <ul style="list-style-type: none">• Living with Autism• Meals on Wheels• Myeloma Organization• NAWBO Greater RaleighNags Head Golf Links Ladies• NC State Giving• Saving Grace Animals• Triangle Area Parenting Support (TAPS)• Wake County Smart Start |
| | GRAND TOTAL: \$19,000 |

The LifeTime Team also donated their time and energy by volunteering at [Note in the Pocket](#) on MLK, Jr Day in January.



LifeTime Sponsors Triangle Area Parenting Support (TAPS) Event

LifeTime proudly sponsored [TAPS](#) annual fundraising luncheon on September 25, 2025. Advisor Leslie Gaddis is a board member and treasurer for this great organization. TAPS exists to connect, inform, and empower parents by facilitating inclusive, research based, non-judgmental, sustainable support programs. Over 1,000 families in the Triangle have already benefited from TAPS in your communities in Chapel Hill, Carrboro, Morrisville, Durham, Apex, Cary, Holly Springs, and and Raleigh.



LifeTime Sponsors Several Fall Golf Charity Events

Fall is a great time for golf and charity tournaments! LifeTime proudly sponsored [Tee It Up for a Cure!](#) golf tournament run by one of our long-time clients, Ginny Meihaus. This event was hosted in Durham on September 22 and raises money for [Chapel Hill Breast](#)

[Cancer Foundation](#). Advisor Will Martin and a couple of our clients played in this tournament.

Additionally, LifeTime sponsored the 20th Annual [Atlanta Select Golf Invitational](#). Advisor John Puckett serves as a board ambassador, helping to organize this annual event. Hosted in Atlanta on Oct 19 & 20, it was a great event for a great cause, with proceeds going towards the [American Cancer Society](#).



LifeTime Team Updates



John Puckett Earns Five Star Wealth Manager for Second Year

We're excited to announce that [John Puckett, CFP®, MBA](#) in our Suwanee, GA office has been recognized as a Five Star Wealth Manager for the second year in a row. This award recognizes professionals in the financial services industry who are committed to excellence. Congratulations to John on his commitment and dedication to service our clients in the Suwanee area. [Read more here here.](#)

** 2025 Five Star Wealth Manager Award, created by Five Star Professional. Presented in September 2025 based on data gathered within 12 months preceding the issue date. 3,842 advisors were considered, 226 advisors were recognized. Advisors pay a fee to hold out marketing materials. Not indicative of advisor's future performance. Your experience may vary.*

New Hire Matt Kelleher as Wealth Consulting Assistant

[Matt Kelleher, CFA, CFP®](#) joined our team as a Wealth Consulting Assistant in September. The "new" Matt, as we refer to him (or Matt K), relocated to Raleigh, NC from the Boston, MA area. He previously worked at MFS Investment Management for 6 years as an internal wholesaler and a member of their in-house Social Security consultant team. He holds the [CERTIFIED FINANCIAL PLANNER®](#) professional certification, as well as a [Chartered Financial Analyst®](#) (CFA®) Charterholder. We're excited to have Matt



join our team. In this role, he will support our advisor team with research and analysis. [Read his complete bio here.](#)



New Hire Antonio McDaniel as Tax Supervisor

[Antonio McDaniel, CPA, MBA](#) joined LifeTime as Tax Supervisor on our tax team. Antonio was President and CEO of The McDaniel Group for almost 14 years before joining our team. He is a seasoned tax professional with over 25 years of experience specializing in personal and business taxation. He earned his Bachelor of Science degree in Accounting at Elizabeth City State University, then continued his education to gain his Master of Business Administration (MBA) in Accounting with North Carolina Central University. Antonio has been a great addition,

helping to round out our tax team. [Read his complete bio here.](#)

LifeTime's 1st Cornhole Tournament

The Raleigh LifeTime team carved out some time for a fun team-building event—our very first cornhole tournament! The weather was perfect, and we had a blast tossing bags and cheering each other on. Congratulations to our champions, Matt Glova & Kevin, and kudos to John & Alan for taking the runner-up spot. Moments like these remind us that connecting socially is part of what makes LifeTime such a great team!



Would you like to provide a Google review for LifeTime?

We'd love for you to provide a Google review attesting to your experiences with LifeTime. Just click the button below! We appreciate your time and effort.

Raleigh:



We'd love your feedback!
Please leave us a review.

Suwanee:



We'd love your feedback!
Please leave us a review.

Tax Clients: Looking for Financial Planning Services?

If you are an existing tax client interested in learning more about our financial planning and investment processes, please reach out! Speak to your CPA or click the link below to schedule a no-cost initial consultation with one of our Wealth Consultants. [Click here to book online!](#)

News & Updates

401(k) and IRA Contribution Limits to Increase for 2026

The Internal Revenue Service announced the amount individuals can contribute to their 401(k) retirement plans, increasing from \$23,500 in 2025 to \$24,500. See the chart below.

Max Contributions	2026	2025	Super Catch Up 2026 (age 60,61,62,63)	Catch-Up 2026 (age 50-59, 64+)	Catch-Up 2025 (age 50+)
401(k)	\$24,500	\$23,500	\$11,250 (no change)	\$8,000	\$7,000
IRA	\$7,500	\$7,000	\$1,100	\$1,100	\$1,000
SIMPLE IRA	\$17,000	\$16,500	\$5,250 (no change)	\$4,000	\$3,500

Special Note on Super Catch Up: Under SECURE 2.0, beginning in 2025, individuals ages 60 to 63 will be eligible for increased catch-up contributions in their retirement plans. This applies to 401(k), 403(b), and governmental 457(b) plans that currently offer catch-up contributions. This change is optional for employers. Each plan sponsor will decide whether to implement this feature in their retirement plans. This enhanced catch-up contribution limit is \$10,000 or 150% of the standard age 50+ catch-up contribution limit, whichever is greater. See more details here: <https://www.kiplinger.com/taxes/super-catch-up-contribution-for-age-60-63>

Details on these and other retirement-related cost-of-living adjustments for 2026 are [detailed in this IRS news release](#) and [Notice 2025-67](#) on [IRS.gov](#).

2026 Cost-Of-Living Adjustments (COLA) Announced

The [Social Security Administration \(SSA\)](#) announced today that Social Security benefits, including Old-Age, Survivors, and Disability Insurance (OASDI), and Supplemental Security Income (SSI) payments for 75 million Americans will increase 2.8% in 2026. On average, Social Security retirement benefits will increase by about \$56 per month starting in January.

The Social Security Act ties the annual COLA to the increase in the [Consumer Price Index](#) as determined by the Department of Labor's Bureau of Labor Statistics.

[See the complete article here on this change for 2026](#)

If we can answer any questions, please feel free to [contact us](#)!

Tax Talk: 2025 Year-End Tax Planning Strategies

As 2025 draws to a close, now is the time to take advantage of strategies that maximize tax benefits before new rules take effect in 2026. The "[One Big Beautiful Bill Act](#)" ([OBBBA](#)) that was enacted in July is a sprawling piece of tax legislation covering numerous areas of the tax code. However, for all its size, the new law wasn't tremendously impactful from a planning standpoint. Much of it simply extends or modestly expands provisions from the [2017 Tax Cut and Jobs Act \(TCJA\)](#) that was set to expire at the end of 2025.



Here are some things you can do now, before the end of 2025:

Charitable Giving:

- **Make Contributions Now:** Starting in 2026, itemized charitable deductions face a new 0.5%-of-AGI floor and additional reductions for high earners. Contribute in 2025 to avoid these limits.
- **Use Donor-Advised Funds (DAFs):** Lock in full deductions now while retaining flexibility to distribute funds later.
- **Plan Ahead for Non-Itemizers:** Beginning in 2026, taxpayers taking the standard deduction can claim up to \$1,000 (single) or \$2,000 (joint) for cash charitable contributions.
- **Consider Lumping Deductions:** Combine charitable gifts, SALT payments, mortgage interest, and other deductible expenses into 2025 to optimize itemization.

Education & Savings:

- **Expanded 529 Plan Uses:** In addition to K–12 tuition, 529 funds can now cover curriculum materials, tutoring, standardized test fees, dual enrollment, and educational therapy. Annual limit rises to \$20,000 in 2026.
- **Postsecondary Credentials:** 529 plans now cover tuition, fees, books, and exams for accredited credential programs and apprenticeships.
- **New "Trump Accounts":** Starting July 2026, parents can contribute up to \$5,000 annually to a tax-advantaged account for children under 18—no earned income required.

Home Energy Credits:

- **Energy Efficient Home Improvement Credit:** Up to \$3,200 for upgrades like windows, doors, insulation, and heat pumps. Projects must be completed by Dec. 31, 2025.
- **Residential Clean Energy Credit:** 30% credit for solar panels, geothermal systems, and battery storage—install by year-end.
- **Quick Wins:** Even a home energy audit (worth \$150 credit) can help.

Other Year-End Strategies:

- Prepay tuition for 2026 to maximize education credits.
- Increase 401(k) or IRA contributions to reduce AGI.
- Teachers: Deduct up to \$300 for classroom expenses before year-end.
- Act now to lock in savings and avoid upcoming limitations. Contact us today to review your strategy before December 31!

[Click here to see complete details on these key tax planning strategies.](#)

We hope you find this year-end task saving information helpful. If we can be of assistance with any of these strategies, please feel free to [contact us!](#)

The Reasons to "Go Paperless" are Piling Up!

In addition to being good for the environment, Commonwealth is now instituting a \$5 quarterly fee for paper delivery of statements and confirms. LifeTime will pay this quarterly paper delivery fee if you are still receiving paper statements and confirms, but we ask that you consider going paperless!

To sign up for electronic delivery of documents, you must first have access to Investor360® our online account access portal. If you do not currently have access or need assistance logging in, please email us at info@lifetimeasset.com. [Click here to learn more about going paperless.](#)

Who To Contact For What

We pride ourselves on providing a distinct client experience, and with that in mind, want to ensure you know who is the best person to contact for your request. All of our Wealth Consultants have a team that supports both you and them.

Your Client Service Administrator is the [best first point of contact](#) for account related questions, including:

- scheduling or changing an appointment

- additional investments
- withdrawals
- charitable distributions
- address changes
- beneficiary changes
- legal name changes
- linked bank account changes
- Investor360 login support

Your Wealth Consulting Assistant is your Advisor's right-hand person, handling tasks such as:

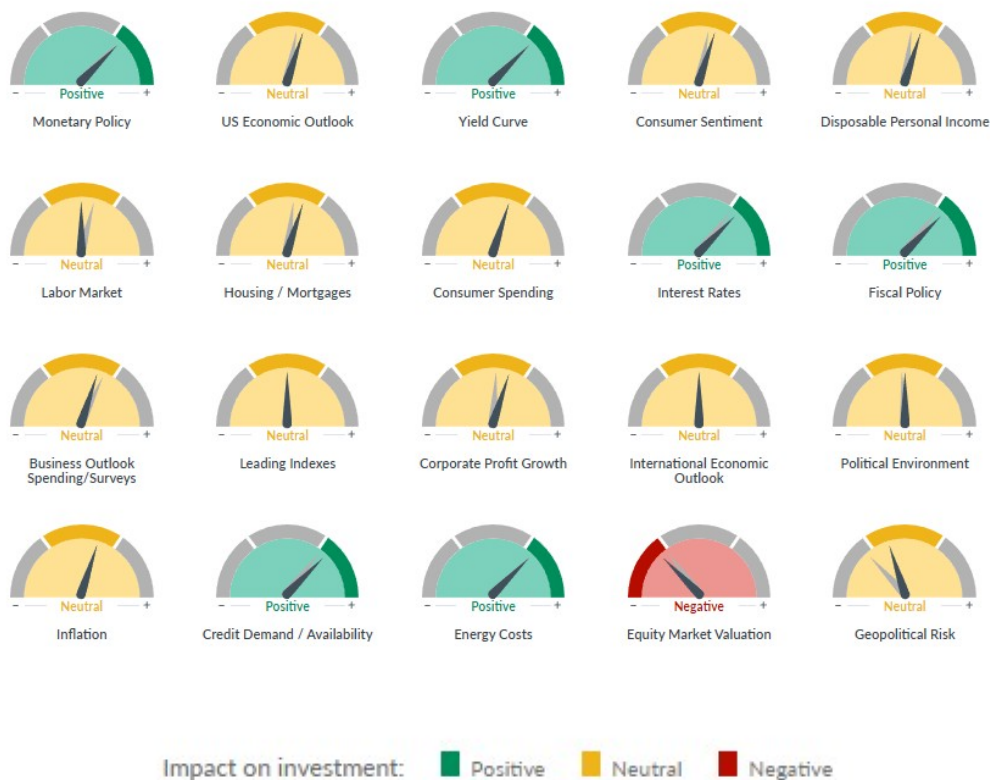
- update financial plans, net worth statements, and cash flow projections
- helps with research for you and your wealth consultant
- assist with portfolio analysis
- updates to client information and client access to eMoney

You meet with your Advisors regularly for your investment/portfolio reviews, discuss life changes and how they may impact your investment timeline, risk tolerance, and income needs. Your Advisors help with investment and retirement planning, tax strategies and more.

Visit our "[Meet The Team](#)" webpage to contact any of our team members. If you don't know who your contacts are, feel free to call our office at 919-845-5315 or email info@lifetimeasset.com for assistance.

City National Rochdale SpeedometersSM for December 2025

If you are already a City National Rochdale client, you are already familiar with their speedometers. Below are the economic indicator dials from CNR for December 2025. See their [complete economic outlook here](#).



Market Thoughts Video for December 2025 from Chris Fasciano

After declines in early November, a late-month rebound brought the S&P 500 and Dow Jones to positive territory, although the technology-heavy Nasdaq ended the month down 1.45 percent. Turning to the economy, a delayed employment report showed a rebound in hiring in September, following modest job losses in August. But the unemployment rate rose to 4.4 percent, marking the highest level since late 2021. With consumer confidence also hitting a seven-month low, will consumer spending take a hit?

[Watch Chris Fasciano's video here.](#)



 Commonwealth

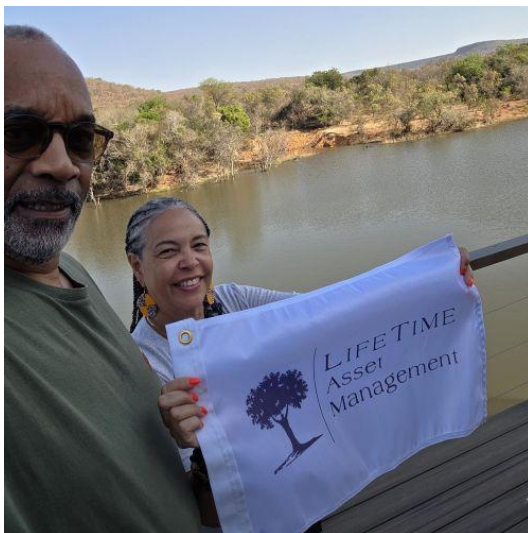
Market Updates

Weekly and Monthly Market Updates are available on the [LifeTime website](#) and on our [Facebook page](#).

Where in the World is LifeTime?

Clients show off their LifeTime flag while traveling in South Africa

LifeTime clients Adrienne and Kelly Lumpkin 'won' a trip to a South African safari through a silent auction supporting theatre arts in Wake County. After 5 days observing a myriad of beautiful animals in their natural environment, they visited Johannesburg where they stayed at President Mandela's previous home (now a boutique hotel), and toured the Apartheid Museum and city of Soweto. Then they went to Capetown to visit Robben Island (where Mandela was incarcerated as a political prisoner for 18 of 27 years) and enjoyed the amazing landscape of the city bookended by mountains and the sea. We are thrilled they shared their photos and thought of LifeTime on this amazing adventure!



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Join the LifeTime community on Social Media. In addition to Weekly Market Updates, you'll find articles on a variety of topics from the strength of the housing market to why ice cream is so addictive. Click on the icons below to get started.



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on LinkedIn**

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