

A Note From Sharon:

By: Sharon Bergstrom



MEDICAL DEDUCTIONS As we approach the end of the year, many people choose to have medical treatments done or purchase glasses to take advantage of deductibles that have been met.

The following are some of the more common medical expenses that are deductible (These expenses are only deductible if actually paid during the year and pre-tax dollars were not used to make payments; for example, paid through FSA or HSA):

- Cost for medical services from physicians, surgeons, dentists and other medical professionals
- Cost for medical devices, equipment and supplies (eye glasses, contact lenses, blood sugar testing kits, etc.)
- Costs for health, dental or long term care insurance (Does not include premiums paid with pre-tax dollars through employers).
- Transportation and lodging costs for travel to a health care facility. This includes mileage for driving at the current year's medical mileage rate plus any parking fees paid.
- Prescription medications prescribed by a physician

Expenses that do not qualify as deductible:

- Over the counter medications
- Vitamins and supplements
- First aid supplies
- Controlled substances such as marijuana, are not deductible, even if prescribed
- Health club dues

The medical expense deduction is limited by 10% of your AGI. (If you are age 65 or older, the limit is 7.5%). This means if your Adjusted Gross Income is \$100,000. You will need over \$10,000 of medical expenses before it will start to count.

It's a bit discouraging when you start looking at how difficult it can be to take a deduction for your medical expenses. While discouraging, it is still good to be aware and let's just hope that none of us have enough medical expenses to take a big deduction at the end of the year! I think I'd rather have my health and pay a little more in taxes than be sick with loads of bills and able to take a bigger deduction. Wouldn't you?! And by the way, if your deductible has already been met for the year, plan ahead and see what other testing, etc. needs to be done before your deductible starts over again! Questions, please give us a call at 507-373-2185.

TRI-STATE **TAX & ACCOUNTING**

1425 St. John Ave. Phone: 507-373-2185
Albert Lea, MN 56007 Fax: 507-373-7709

98 3rd St SE Phone: 507-553-6125
Wells, MN 56097 Fax: 507-373-7709

E-mail: tristate@tristatetaxandaccounting.com

Website: www.tristatetaxandaccounting.com

Off Season Office HOURS



Albert Lea Office
Monday—Thursday
8 am to 5 pm

Wells Office
Wednesdays
8:30 am to Noon

2 Ingredient Pumpkin Cake

Ingredients:

- *1 (18.25 oz) package spice cake mix
- *1 (15 oz) can pumpkin

Mix ingredients together and spread evenly in a greased 9x13 baking pan or a bunt pan. Bake in preheated oven (350 degrees) for 25 to 30 minutes. Allow to cool. Serve plain or with your favorite cream cheese frosting. Tastes best chilled.



Happy Thanksgiving!

TAX SCHOOL is coming up on November 18th & 19th. If you are interested in working for one of our offices seasonally or you just want to know more about general tax preparation, please call Kelli at Tri-State for more information.

HIRING:

**Seasonal Tax Preparers &
Seasonal Receptionists**

Resumes can be emailed to tristate@tristatetaxandaccounting.com or dropped off at the office.

Tax Planning

Call your tax preparer at 507-373-2185 to schedule a tax planning appointment.

Facebook Drawings

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