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# **March 2026 Estate Planning**

**Top Stories**

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**QUESTION OF THE MONTH:**

**Q:** Are there any life events that allow me to take money out of my 401(k) without incurring a penalty?

**A:** Yes. The following are some examples:

- **Birth or Adoption:** Each parent may withdraw up to \$5,000 penalty-free within one year of a child's birth or legal adoption.

- **Unreimbursed Medical Expenses:** You can withdraw funds to cover medical bills that exceed 7.5% of your adjusted gross income (AGI) for the year.

- **Emergency Personal Expenses:** Under the SECURE 2.0 Act, you can take one distribution of up to \$1,000 per year for "unforeseeable or immediate" personal or family emergencies.

- **Domestic Abuse Victims:** Victims of domestic abuse can withdraw the lesser of \$10,000 or 50% of their account balance within one year of the abuse incident.

- **Terminal Illness:** If a physician certifies that you have a terminal illness (typically expected to cause death within seven years), you may withdraw any amount penalty-free.

- **Qualified Reservist Distributions:** Military reservists called to active duty for at least 180 days can often take penalty-free distributions.

- **IRS Levy:** If the IRS levies your 401(k) plan to collect unpaid federal taxes, the 10% penalty does not apply to that amount.

- **Federally Declared Disasters:** You can withdraw up to \$22,000 penalty-free if you suffer economic loss due to a disaster in a FEMA-designated area.
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## **Why and How to Change an Irrevocable Trust**

Even a well-drafted trust can fail to work the way the grantor intended. Laws change, family circumstances evolve, assets move in and out of the trust, and trustees make mistakes. The good news is that "irrevocable" does not always mean untouchable.

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## **Gen X, Millennials Set to Inherit Trillions in Real Estate**

When inheriting property, heirs have tough choices: keep it, sell it for cash and investment freedom, or use smart financial strategies to manage the asset and cut down on taxes.

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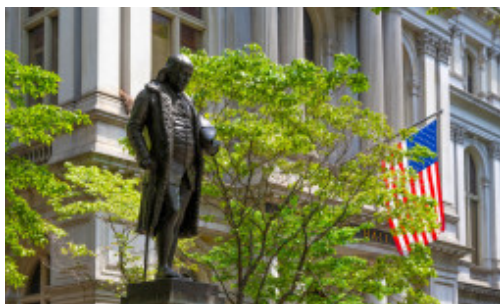
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## A New Peak: Older Adult Outdoor Activity Rates Climb

Effective legal and financial planning for seniors with active lifestyles requires more than a traditional estate plan. Specialized documents can better address the risks of injury, temporary incapacity, and logistical issues that may arise during short-term disruptions while away from home.

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## Benjamin Franklin's Estate Planning Lessons

Benjamin Franklin didn't just leave behind inventions, famous sayings, and a founding role in American history. He also left behind one of the most audacious estate planning experiments ever attempted - a plan designed to outlive everyone involved by centuries.

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