

June 2022

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The Internal Revenue Service announced in April that more than \$12.1 million in matching grants were awarded to 131 organizations across the country for development, expansion or continuation of qualified Low Income Taxpayer Clinics (LITCs) for the 2022 year. The grant year runs from January 1 to December 31, 2022.

Through the LITC Program, the IRS awards matching grants of up to \$100,000 per year to qualifying organizations. The LITC Program is a federal grant program administered by the Taxpayer Advocate Service, an independent organization within the IRS led by the National Taxpayer Advocate Erin M. Collins. Although LITCs receive partial funding from the IRS, LITCs, their employees and volunteers are independent from the IRS.

Qualified organizations awarded LITC grants ensure the fairness and integrity of the tax system for taxpayers who are low-income or speak English as a second language (ESL) by providing pro bono representation for qualified taxpayers in tax disputes with the IRS, educating them about their rights and responsibilities as taxpayers, and identifying and advocating on issues that impact these taxpayers. To see a complete list of grant recipients, go to irs.gov/newsroom

More information about LITCs and the work they do to represent, educate and advocate on behalf of low-income and ESL taxpayers is available in IRS Publication 5066, LITC Program Report & IRS Publication 4134, Low Income Taxpayer Clinic List.

IRS TAX TIPS

Check the Status of Your Refund

The best way to check the status your refund is through Where's My Refund? on [IRS.gov](https://irs.gov). All you need is internet access and this information:

- Your Social Security numbers
- Your filing status
- Your exact whole dollar refund amount

You can start checking on the status of you return within 24 hours after the IRS received your e-filed return, or four weeks after mailing a paper return.

Generally, the IRS issues most refunds in less than 21 days, but some may take longer.

On the go? Track your refund status using the free [IRS2Go app](#). Those who file an amended return should check [Where's My Amended Return?](#)

Consumer Alerts on Tax Scams

Note that the IRS will never:

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

- Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

For more information on tax scams, please see [Tax Scams/Consumer Alerts](#). For more information on phishing scams, please see [Suspicious emails and Identity Theft](#).

When it comes to Arizona income tax refunds, processing times vary and depend on how taxpayers file (e-file or paper) and the date the return was filed. Individuals waiting for refunds can check their status by visiting AZTaxes.gov and click the "Where's My Refund?" link.

Several elements can affect the timing of your tax refund. Although ADOR works to send refunds as soon as possible. It is necessary for ADOR staff to take the necessary time to ensure refunds are sent to the right person. Some returns, filed electronically or on paper, may need manual review if our systems detect a possible calculation error, missing information, or there is suspected identity theft or fraud, thereby delaying the process. Some of these situations require us to correspond with taxpayers. This work does require special handling by an ADOR employee so, in these instances, it may take more than the normal timeframe to issue the refund.

June is PTSD Awareness month

How common is PTSD?

According to the U.S. Dept of Veteran Affairs and the National Center for PTSD, based on the U.S. population, about 6% (6 out of 100) will have PTSD at some point in their lives. Approximately 8-12 million adults have PTSD in any given year – this is a small portion of those who have gone through a trauma. 11-20 of every 100 veterans have PTSD in a given year. Yearly reports to Child Protective Services involve over 5 million children. Child abuse and neglect are proven causes of PTSD in children.

How is PTSD Assessed?

PTSD is most often diagnosed, or confirmed, by a mental health provider. This can involve several steps. To develop PTSD, you must have gone through a traumatic experience, or trauma. If you tell a provider about this type of event, you might be given a *screen* to see if you could have PTSD. A screen is a very short list of questions about your thoughts, feelings and behaviors since the trauma. The results of the screen do not show whether a person has PTSD. A screen only helps a provider understand if you should be assessed further. Learn about PTSD Screening Day June 27th) and take a self-screen at any time. A self-screen is a few yes-or-no questions that ask about how you've been feeling in the past month, no matter when your trauma happened. After you complete the self-screen, you will get a score (of 0-5). No matter what your score, if you are having a hard time after a trauma, a health care provider can help you understand and take care of your mental and physical health.

How to Get Help

You can call a health care provider and say that you took a PTSD self-screen and would like to make an appointment to talk about it. If you are nervous or have a hard time describing what you're feeling, your provider can start with the self-screen questions. You can print out the self-screen and bring it to your appointment. Sharing the self-screen with your provider will help start the conversation. Your health care provider may follow up on your answers to the self-screen or ask new questions. If you think you have PTSD, taking the self-screen is a first step to recovery. The self-screen results are not a substitute for a medical diagnosis and care. Get immediate help by phone: 1-800-273-8255. If you are a Veteran, press 1. You can also text 838255.





TART CHERRY-APPLE CRUNCH

Tart cherries, apples and crunchy walnuts in this recipe create a healthy tasty treat for your sweet tooth! *There is no better start to a dessert than with plump, tart cherries and apples. And the walnuts in here add not only a crunchy texture, they also contribute healthful omega-3 fatty acids.*

Food as Medicine

The insoluble fiber in apples attaches to **LDL cholesterol** in the digestive tract and removes it from the body; adding one large apple to the daily diet has been shown to reduce serum cholesterol by up to 11 percent. Research suggests that people who consume about 10 to 20 tart cherries a day have fewer attacks of **gout**, possibly by reducing the amount of uric acid in the blood.

Ingredients

1 pound frozen pitted tart cherries
1 green apple, cored and diced
1/4 cup light brown sugar, packed
1/2 teaspoon almond extract
1 1/2 tablespoons cornstarch or arrowroot powder
1/2 cup unsweetened cherry or apple juice
Nonstick cooking spray

Topping:

1/4 cup old-fashioned rolled oats
1/4 cup brown sugar
1/4 cup walnuts, chopped
2 tablespoons whole-wheat pastry flour
3 tablespoons grapeseed oil
1/4 teaspoon salt (optional)

Instructions:

1. Preheat oven to 400°F.
2. In a bowl, toss together the cherries, apple, brown sugar, and almond extract.
3. In a cup, mix the cornstarch and juice and add to the fruit mixture, stirring well.
4. Pour the mixture into an 8-inch-square baking dish sprayed with nonstick cooking spray.
5. Mix together the remaining ingredients. Crumble the mixture on top of the fruit.
6. Bake for 30 minutes.
7. Raise heat to a broil and brown topping lightly for 1-2 minutes.

Remove from oven. Serve warm or cold.

JUNE

June 14

Army Birthday

June 17

National Cherry Tart Day

June 19

Father's Day

Juneteenth

June 20

American Eagle Day



June 21

National Arizona Day

First Day of Summer

June 27

National Sunglasses Day



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FORMS OF
PAYMENT NOW
ACCEPTED:

- VISA
- MASTERCARD
- AMERICAN EXPRESS
- DISCOVER CARD
- VENMO
- FACEBOOK PAY
- CASH
- PERSONAL CHECK

Memory

N O I T I N G O C E R J K K F Y Q H A O I Y T B
 Y B M Y O H M E M O R I E S V L O W N B H R T Y
 P T U K R N B P J N Q F B G N O G N M J A O D R
 N U S O J T I D H H L G B P D O L A D L L S W O
 G B V Q T L A A K V V E H H E P T Y K V T N G M
 U K D J I E E Y R X D S R W O R F R F D N E J E
 W J F H F W V H C B S A M B H L E E X S H S Z M
 C E H S K S C U Z E A N L K I N G B H R E M F M
 A S H O R T T E R M M E M O R Y Y M M E M H H R
 E S W X Z S R D C V B O A V X L O E H B T E F E
 Q T T U D N D Z L L E M S K E C Y M R M J A O T
 A Y O H J A N P T W Q R G Z I W K E L U S R O G
 T R S B G O M M H K J K Z K K Y B R L N G I H N
 X O Q T A U U L G F R R C R X W L S A E Q N P O
 U M D F M M O R I A W Z S X C N R Z C N D G E L
 I E W I X D B H S V U A F I Q F P U E O B B T N
 S B K J M B N R T N I L A S M Q G Z R H R A S A
 S B O U S N E D Q L F N X X L E O F H P I J A A
 P R C L T V V I B V W G N M E V U C L E H H T Z
 M E H M R N D M Y V P T F S W Y L D M L V Z R D
 O S C E E Y R E G A M I E X I M M P V E X J C Z
 J M U L S H Y H N M K F U J P I U G T T X R B M
 U L O S S H R D W H F X A G E I V L I U M S C X
 C Q T Z L I N D S E H F T W U J B T P F I D V P

imagery
sight
taste
memories
Recall
sensory
Short term memory

age
hearing
touch
memory
recognition
thoughts
Long term memory

brain
smell
address
stress
remember
Telephone numbers

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