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# FINANCIAL TIPS & LIFESTYLE TRENDS



## WHAT'S IN THIS ISSUE

**Retirement Planning Continues After You Retire**

**Tell the Internet You Need "Me Time"**

**Golf Tip - Health Tip**



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*Over 40 Years of Leadership*

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## RETIREMENT PLANNING CONTINUES AFTER YOU RETIRE

It can be easy think of retirement planning as a means to an end: a series of purposeful meetings leading up to a life transition. This transition is not the end of retirement planning. Think of this transition (and the steps preceding it) as the first phase. The second phase focuses on managing your spending, plus enhancing your income and savings.

It may be useful to plan your spending with the "bucket" approach. In this strategy, you withdraw assets from three "buckets" to spend on present-day, near-term, and future needs. The present-day (or short-term) bucket is a bucket of cash, typically from bank accounts or short-duration, fixed-income investments, that complements Social Security and other income sources. This is a liquid resource you can tap for emergency expenses as well as everyday needs. Your second bucket is your near-term bucket, a portion of your retirement savings invested for a mix of growth and income.





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This bucket could help you. A finance your vacations, a remodel of your home or yard or a dream that emerges during your “second act.” Your third bucket, a portion of your retirement fund invested mostly with an eye toward long-range growth, can be used to address health care costs (including long-term care expenses). All the while, tweaks can be made to your retirement plan in pursuit of tax efficiency and improved income streams (one may lead to the other). According to Bankrate, 61% of Americans have no idea how much money they will need to save for retirement, and very few have probably considered how they will spend the savings they have once away from work. So the first phase of retirement planning is designed to provide one kind of clarity; the second phase, another.

## **TELL THE INTERNET YOU NEED “ME TIME”**

**Keep digital distractions from consuming too much of your attention.**



Our smartphones, computers, and favorite apps demand our attention every day – perhaps too much of it. The risk is that we may end up paying more notice to our digital personas, debates, and conversations than to our real lives and relationships. You could argue that some of the most popular online communities, through their notifications, have created habit loops to draw in users throughout the day (and take them away from their priorities).. Routine detachment may help to reduce that risk. Schedule a 24-hour or 48-hour break not just from your go-to apps, but from your devices: your computer, your tablet, your smartphone. Even a 12-hour break could allow you to focus your attention more productively at work or more usefully at home. Checking (or responding to) your email once a day, makes you feel less burdened and less distracted by sudden, and perhaps inessential, requests. Think of how often ten minutes spent responding to one email can turn into an hour or how five minutes spent looking at a social media account can become a half hour. Those minutes may be better spent in an “analog” way.

## GOLF TIP

### Minimize excess movement to see putting improvement

The best path to a better putt is to develop correct body alignment and a pendulum stroke. It is all in the arms, not in the wrists. This approach helps you strike the ball in the center of the clubface, at the bottom of the swing arc, with the club path and clubface parallel to your target line.



## BRAIN TEASER

- 1) How many times does the alphabet 'a' appear from 0-100.
- 2) What word looks the same upside down and backward?
- 3) The more it dries, the wetter it gets. What is it?
- 4) If there are 6 apples and you take away 4, how many do you have?
- 5) What goes up and never comes down?

1. NONE, 2. SWIMS, 3. TOWEL, 4. THE 4 YOU TOOK, 5. AGE

## DID YOU KNOW?

**Every mile of the mighty Mississippi once froze over**

**For a spell in 1899, America's most famous river was frozen from its origins in Minnesota to the Gulf of Mexico. A 2" thick ice sheet covered the waterway in New Orleans, lessening to 1" at the river's mouth..**

## HEALTH TIP

### Your Knees Need Your Care

How can you strengthen your knees? Try some simple knee extensions. Keeping your back straight, step forward with one foot, until the front knee is at a right angle. Begin by doing a set of 20 for each leg. Holding small dumbbell weights with your hands at your side can increase the intensity.



**WHO SAID IT? Benjamin Franklin**

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*Happy Valentine's Day!*

**WHO SAID IT?**

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man."

*See page 3 for answer*

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