



FINANCIAL TIPS & LIFESTYLE TRENDS

Happy
Mother's Day!

WHAT'S IN THIS ISSUE

**Pet Ownership Could
Correlate with Healthier
Aging**

To-Do List Dos & Don'ts

**Brain Teaser
Golf Tip - Health Tip**



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WHERE WILL YOUR RETIREMENT MONEY COME FROM?

Retirement income may come from a variety of sources.

For many people, retirement income may come from a variety of sources. Here's a quick review of the six main sources:

Social Security. Social Security is the government-administered retirement income program. Workers become eligible after paying Social Security taxes for 10 years. Benefits are based on each worker's 35 highest earning years. (If there are fewer than 35 years of earnings, non-earning years may be counted in the calculation.) In mid-2018, the average monthly benefit was \$1,413.

Personal Savings and Investments. These resources can also provide income during retirement. Personally, you may want investments that offer steady monthly income over vehicles giving you the potential for double-digit returns. But remember, a realistic understanding of your ability and willingness to stomach large swings in the value of your investments is a must. A quick chat with a financial professional can help you understand your risk tolerance as you approach retirement.



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Individual Retirement Accounts. Traditional IRAs have been around since 1974. Contributions you make to a traditional IRA are commonly deductible. Distributions from a traditional IRA are taxed as ordinary income, and if taken before age 59½, may be subject to a federal income tax penalty. Once you reach age 70½, these accounts require mandatory withdrawals.³

Roth IRAs were created in 1997. Contributions you make to a Roth IRA are non-deductible, as they are made using money that has already been taxed. Sometimes, only partial Roth IRA contributions can be made by taxpayers with six-figure incomes; some especially high-earning individuals and couples cannot direct money into Roth IRAs at all. To qualify for the tax-free and penalty-free withdrawal of earnings, Roth IRA distributions must meet a five-year holding requirement and occur after age 59½. Contributions may be withdrawn penalty-free at any time. Roth IRAs do not have any required minimum distribution rules.³

Defined Contribution Plans. Many workers are eligible to participate in a defined-contribution plan such as a 401(k), 403(b), or 457 plan. Eligible workers can set aside a portion of their pre-tax income into an account, and the invested assets may accumulate with taxes deferred, year after year. (Some of these accounts are Roth accounts, funded with after-tax dollars.) Generally, once you reach age 70½, you must begin taking required minimum distributions from these workplace plans.⁴

Defined Benefit Plans. Defined benefit plans are “traditional” pensions – employer-sponsored plans under which benefits, rather than contributions, are defined. Benefits are normally based on specific factors, such as salary history and duration of employment. Relatively few employers offer these kinds of plans today.⁵

Continued Employment. In a recent survey, 68% of workers stated that they planned to keep working in retirement. In contrast, only 26% of retirees reported that continued employment was a major or minor source of retirement income. Many retirees choose to continue working as a way to stay active and socially engaged. Choosing to work during retirement, however, is a deeply personal decision that should be made after considering your finances and personal goals.

PET OWNERSHIP COULD CORRELATE WITH HEALTHIER AGING

Each fall, the American Association of Retired Persons (AARP) and the University of Michigan sponsor a National Poll on Healthy Aging. In the 2018 poll, a majority of adults aged 50-80 said that they

GOLF TIP

Use Your Body For Power

Every good golfer knows that power comes from the body, not the arms. To learn to power the club with your body instead of your arms and hands, put the club behind the ball at address, with your body in a dead-stop position. Without taking a backswing, try to drag the ball into the air. If you're a player who uses his or her hands to control the club, you'll probably struggle at first. However, you'll quickly find that once you start moving the club with your body, you'll begin to get the ball in the air more consistently. This helps you turn fully through the ball on the downswing. *Braddy Riggs, PGA*

DID YOU KNOW?

✓ **11% of people are left handed**

✓ **the most commonly used letter in the alphabet is E**

✓ **the safest car color is white**

✓ **rubber bands last longer when kept refrigerated**

✓ **the Arctic Ocean is the smallest in the world**

✓ **hummingbirds are the only bird that can fly backwards**

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owned a pet, and many reported distinct benefits from that friendship. Eighty-six percent said that their pet(s) made them feel loved, and 79% credited their pets for reducing stress in their daily lives.

There was more. Forty-six percent of the respondents who indicated they were pet owners and also in fair or poor health said that their pets help distract them from their pain, and 72% of these same respondents noted that their pets helped them to contend with physical or emotional symptoms. Additionally, 73% of all pet owners polled indicated their pets gave them a sense of purpose, and 64% said that their pet led them to be more physically active than they would be otherwise. If owning a pet seems like too much responsibility to take on,

Consider a little pet therapy. Organizations like the Alliance of Therapy Dogs and Therapy Dogs International can bring you the company of a trained service dog for 30-minute or 60-minute sessions.

BRAIN TEASER



1) A sundial has the fewest moving parts of any timepiece. Which has the most?

2) It is flat as a leaf, round as a ring,
Has two eyes, yet cannot see a thing.

3) What four-letter word can be written forward, backward or upside down, and can still be read from left to right?

4) When you need me,
You throw me away.
But when you are done with me,
You bring me back.
What am I?

5) What is always coming but never arrives

TOMORROW

1. HOURGLASS 2. A BUTTON 3. THE WORD "NOON" 4. ANCHOR 5.

HEALTH TIP

Get Enough Sleep

Make a special effort to get enough sleep and to sleep well on a regular basis. Sleep impacts energy levels, ability to make good decisions and to put your best face forward — all of which can impact self-confidence and more.



WHO SAID IT? Eleanor Roosevelt

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WHO SAID IT?

“A woman is like a tea bag;
you never know how strong it
is until it's in hot water.”

See page 3 for answer

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