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FINANCIAL TIPS & LIFESTYLE TRENDS



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Over 40 Years of Leadership

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YOUNG AMERICANS WILL BE CARING FOR BOOMER PARENTS

The Baby Boom has led, somewhat inevitably, to a Senior Boom. Ten thousand Americans turn 65 every single day. While many have made plans toward their senior years, not everyone is financially in the same place. A third of American seniors have savings of \$50,000 or less. For many of these people, they may be considering ways to save money, including moving in with family. Why is this? Unlike earlier generations, Boomers are more likely to retire single. Whatever the reason for living alone, these retirees don't necessarily have a second retirement income in their household. This multi-generational cohabitation isn't necessarily out of financial necessity either. It's not unusual for parents to live with their adult children because it offers both parties a warm and mutually beneficial household.

While not every young adult American would consider welcoming a parent or other elder into their home their number one choice of living arrangement, it's not without its advantages. If you have children, for example, a live-in grandparent can mean childcare after school, as you meet professional and personal obligations. Beyond that, many seniors are not interested in a totally free ride



and may help with rent or mortgage payments, utilities, and even groceries. It's also important to remember that these family members are not going to be homebodies either. Living with family might be their home base, as they travel or pursue other interests.

GOOD CAREER CHOICES MAY LEAD TO AN IMPROVED RETIREMENT

What is your most powerful tool for building retirement savings? Perhaps, your income. For that matter, the path of your career could influence when and how well your retirement begins.

Is there merit in changing jobs (or even careers) with an eye toward what the move might do for your retirement? One job may offer you a better type of employer-sponsored retirement savings account than another. One employer may offer to match your retirement savings account contributions, but another may not. (Fidelity says that the average employer match reached an all-time high of 4.7% last year.) Perhaps one workplace will offer you dedicated accounts to save toward health expenses. Beyond these attractions, there is the potential of greater income, which not only boosts your retirement savings potential, but may also positively influence your Social Security benefit calculation. Social Security determines your benefit through a formula that calculates your average monthly income during your 35 highest-paid working years, so changing jobs for better pay can potentially have both an immediate and future impact on your income. If you want to stay where you are, then think about the positive effect a raise or a promotion might have on your present financial situation as well as your retirement prospects.

ACCENTUATE THE POSITIVE

It's no secret that we are in a better mood when we're feeling well. However, evidence demonstrates that there may be genuine health benefits to maintaining a positive, optimistic outlook. In September of last year, JAMA Network Open published a meta-analysis taking a look at 15 studies of nearly 230,000 individuals. In these studies, optimism was linked to lower risk of cardiovascular disease (including heart attack) and an overall lower rate of mortality. What is the reason for this? Some have cited a lower levels of stress hormones, which in excess amounts and extended durations, can have negative effects on the body. Others have suggested that a positive frame of mind may improve a person's problem-solving skills and is associated with lower rates of engagement in unhealthy habits. Pessimism itself is a habit, and it is possible to give yourself a more optimistic outlook through practice. There is, of course, such a thing as too much optimism. If you were to be too optimistic, it's possible to take undue risks or become oblivious to certain threatening situations.

As with many aspects of life, you have the choice to accentuate the positive in a balanced, careful way that keeps you both happy and healthy.



DID YOU KNOW?

The rarest of the rare...

Astatine (At) is the rarest element that naturally occurs in the Earth's crust. Only about 28 grams of astatine appear to exist worldwide, across 197 million square miles of the planet's surface.

- [thoughtco.com/fun-and-interesting-chemistry-facts-604321#citation-5](https://www.thoughtco.com/fun-and-interesting-chemistry-facts-604321#citation-5) [2/10/20]

GOLF TIP



ETIQUETTE ON THE TEE

Stand still and ssshhh
Respect 'honor' unless playing 'ready golf'
Wait until everyone has teed off

ETIQUETTE ON THE GREEN

Don't stand on other players' lines
FIX YOUR PITCHMARKS!
Mark your ball
Watch your shadow
Hold the pin for others

Source: <https://www.golfsidekick.com/knowledge/five-rules-golf-etiquette/>



BRAIN TEASER

- 1) In 1965, President Johnson signed Medicare into law and presented the first Medicare card. Who was the recipient?
- 2) Make an equation that equals 1,000, using only addition and only the numbers 8, 88, and 888. You must use all three numbers. You may use a number more than once.
- 3) What 3 positive numbers give the same result when multiplied together as when added together?
- 4) A farmer has 17 sheep and all but 9 die. How many are left?
- 5) I am a three digit number. My tens digit is five more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?

1. HARRY TRUMAN, 2. 888 + 88 + 8 + 8 = 1000, 3. 1, 2, AND 3, 4. 9, 5. 194

Health Tip

Stuck inside, but want to stay fit?

Check out YouTube for free workout classes that you can do at home (with little to no equipment). Many certified personal trainers and other professionals upload different videos to suit pretty much workout you are looking for.

Travel Tip

Make extra copies of your passport and important documents.

Don't forget to e-mail a copy to yourself too. You never know when you might need to have some sort of documentation with you and might not want to carry your original. Additionally, if your passport gets stolen having a copy will come in handy for your police report.

Take pictures of your luggage and clothes.

If your bag gets lost, this will help identify it more easily and speed up the process of having your travel insurance reimburse you.

WHO SAID IT? ERIC HOFFER

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WHO SAID IT?

"In a time of drastic change,
it is the learners who inherit
the future."

See page 3 for answer

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