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**How well are Americans doing in retirement?**

The real estate company Clever commissioned an online survey in November 2022 to investigate that question, and the responses have lead them to conclude that **most retirees have not saved enough to cover their expenses.** During the pandemic, retirement rates increased. The 53% that cited health

The average monthly Social Security payment covers only 40% of average retiree monthly expenditures, possibly why retired Americans outspend their annual income by just over \$4,000.

**Perhaps the most concerning, 51% expect to outlive their savings.** Transitioning into retirement can be especially risky when health issues or unexpected job loss shift the timing earlier than expected. Savings, investments, and



considerations may not have been prepared, with 56% of retirees wishing they had retired later and 40% who wish they saved more. **The vast majority, 75% of retirees, still hold debt in retirement.**

supplemental earnings can build on what Social Security provides. Annuity features such as guaranteed lifetime income riders can address this concern of outliving savings.

[listwithclever.com/research/retirement-finances-2022/](https://listwithclever.com/research/retirement-finances-2022/)

## Celebrate Mom



**Mothers are a treasure. The following quotes are a small expression of the love we feel for our Moms on their special day.**

Mothers hold their child's hands for a short while, but their hearts forever.  
- Anonymous

The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.  
- Balzac

God could not be everywhere and therefore he made mothers.  
- Jewish Proverb

Being a full-time mother is one of the highest salaried jobs... since the payment is pure love.  
- Mildred B. Vermont

There is only one pretty child in the world, and every mother has it.  
- Chinese Proverb

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.  
- Sophia Loren

<http://www.mothersdaycelebration.com/fifty-inspirational-quotes.html>

## Popular Financial Myths

### **Financial rules can vary according to your personal financial**

**situation.** A lot of "rules" in personal finance are not one-size-fits-all. That may be the greatest myth of all. Some other considerations:

**Have 3-6 months of living expenses saved in an emergency fund.** This is a good rule of thumb, but those with variable incomes, the self-employed, and single income families, may need a year or more of living expenses in their emergency fund.

**You cannot lose money in a checking or savings account.** While FDIC-insured banks protect up to \$250,000 in each account in the event of a bank failure, money in traditional bank accounts is earning very little interest. This means the accounts are technically losing buying power over the long-term, which is basically losing money. Especially in today's high inflation environment, a

dollar today is worth more than a dollar in 10 years without compounding interest.

**It's better to buy a home instead of rent.** Home owners build equity, avoid high rent, can live more on their own terms, and can write off mortgage interest if they



itemize tax deductions. However, they are also on the hook for maintenance costs and may have to sell in order to relocate.

**Insurance is only for the old and wealthy.** Renters insurance, life insurance, and disability insurance can protect a wide array of people of different ages and economic circumstances from risk of loss, allowing them to rebuild from a robbery, disaster, or a breadwinner's injury or death.

[thetreet.com/retirement-daily/nextgen-money/10-popular-financial-myths-busted](http://thetreet.com/retirement-daily/nextgen-money/10-popular-financial-myths-busted)

## Brain Building Exercises



**Want to improve your overall mental functions? Challenge your mind with these recommended mental exercises:**

**Cultivate New Experiences or Skills.** Take a class on something totally unrelated to your daily life. Join a reading group that challenges you to read outside your normal interests, or learn another job at work.

**Improve on what you already do well.** Don't just repeat your actions, focus on performing better, smarter, and faster at tasks you already do well. *Practice does not make perfect, Perfect Practice makes perfect!*

**Reduce your TV Time.** Research clearly suggests a relationship between increased TV watching and everything from ADD to increased cholesterol, and video games are generally damaging as well.

Daniel G. Amen, Making A Good Brain Great p.113-120

## The Skinny on Fat: What's Good, and What to Avoid

Fat is like the witches in The Wizard of Oz – there are good fats and bad fats.

**Everyone needs to consume good fats.** Fat is part of every cell membrane in your body. In order for them to heal, repair, or make a new cell when one dies, you need fat as the raw material. Fat also helps absorb certain nutrients and vitamins A, D, K and E. Good fats reduce inflammation known to trigger premature aging.<sup>1</sup>

**Good fats promote better health.** Studies show that eating foods high in monounsaturated and polyunsaturated fats, the good fats, may slightly lower LDL (low-density lipoprotein) cholesterol levels. Decreasing LDL cholesterol can reduce your risk of heart disease, blood sugar levels, and insulin resistance. Foods with healthy fats are satisfying and make people feel fuller, so they eat fewer calories.<sup>1</sup>

**Bad fats can increase your risk for certain diseases.** Trans and saturated fats clog arteries and raise blood cholesterol, particularly bad LDL cholesterol, causing heart attacks and strokes. The consumption of too much trans fats can cause the digestive tract to run amok.

**Foods rich in good monounsaturated fats:** Avocados, nuts (almonds, hazelnuts and pecans) and olive, safflower and canola oils.

**Foods rich in good polyunsaturated fats:** Salmon, trout and herring, fish rich in omega-3 fatty acids. Walnuts and flax-seed, and soybean, corn and cottonseed oils.

**Foods rich in bad saturated fats:** Beef, veal, lamb, pork, and dairy products made from whole milk- but some studies show pasture raised meats and dairy provide healthier fat profiles with higher Omega 3 levels.<sup>2</sup>



**Foods rich in bad trans fats:** Doughnuts, cookies, cakes, muffins and crackers, partially hydrogenated vegetable oils, fried foods, margarine and shortening,

1 – Shapin, Alice, "The Skinny on Fat"  
2 – Jo Robinson, Pasture Perfect

## It Happened In ...



### May 10<sup>th</sup> 1869 –

The Union Pacific and Central Pacific railways were first linked at Promontory Point, Utah. A golden spike was driven by Leland Stanford, president of the Central Pacific, to celebrate the linkage. It is said that he missed the spike on his first swing which brought roars of laughter from men who had driven thousands upon thousands of spikes themselves.

### May 18<sup>th</sup> 1980 –

Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

### May 27<sup>th</sup> 1937 –

In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.

<http://www.historyplace.com/specials/calendar/may.htm>

## Easy Ways To Save On Home Energy



**Increasing your home's energy efficiency can lead to savings in your utility bills, but with so many options it can be confusing which options would provide the best results.** The following two options provide a high return on energy savings with very little investment on your part.

As energy costs fluctuate, homeowners who invest in efficiency are guarding against future cost increases. The following steps can provide the lowest cost home energy improvements.

**Insulate windows and doors.** About one-third of a home's total energy loss occurs through windows or doors.<sup>1</sup> Reduce energy loss by sealing all window edges and cracks with rope caulk. Apply weather stripping and install door sweeps on the bottom of the doors, if they aren't already in place.

Install storm windows over single pane windows.

If existing windows have rotted or damaged wood, cracked glass, missing putty, poorly fitting sashes, or locks that don't work, they should be repaired or replaced.

**Switch to LED Bulbs.** With zero mercury to worry about and a 75% energy savings compared to incandescent bulbs, LED energy savings adds up.<sup>1</sup>

**Check into Tax Credits or other incentives offered by your state or city.**

When you invest money improving the efficiency of your home, research city and state programs to take advantage of benefits, from no-interest loans to rebates — you may save even more money than you expected.

Many states and local utility companies provide home energy audits for free or at a discount. Someone will thoroughly inspect your home to find where you're wasting energy. They'll look for air leaks and uninsulated pipes, test the efficiency of your heating and cooling equipment, and even replace any older incandescent light bulbs for free.<sup>2</sup>

1 - <https://www.nachi.org/increasing-home-energy-efficiency-client.htm>

2 - <http://www.thesimpledollar.com/18-things-a-new-homeowner-should-do-immediately-to-save-money/>