

CERTAIN UNCERTAINTIES IN RETIREMENT



The financial uncertainties we face in retirement may risk reducing our sense of confidence, potentially undermining our outlook during those years.

Indeed, according to the 2018 Retirement Confidence Survey by the Employee Benefits Research Institute, only 17% of pre-retirees said they are “very confident” about having enough assets to live comfortably in retirement. In addition, just 32% of retirees were “very confident” in their prospects for doing so.¹

Today, retirees face two overarching uncertainties. While each one can lead even the best-laid strategies awry, it is important to remember that remaining flexible and responsive to changes in the financial landscape may help you meet the challenges posed by uncertainty in the years ahead.

An Uncertain Tax Structure. A mounting national debt and the growing liabilities of Social Security and Medicare are straining federal finances. How these challenges will be resolved remains unknown, but higher taxes – along with means-testing for Social Security and Medicare – are obvious possibilities for policymakers.

Whatever tax rates may be in the future, taxes can be a drag on your savings and may adversely impact your retirement security. Moreover, any reduction of Social Security or Medicare benefits has the potential to increase financial strain during your retirement.

Consequently, you will need to be ever mindful of a changing tax landscape and strategies to manage the impact of whatever changes occur.

Market Uncertainty. If you know someone who retired (or wanted to retire) in 2008, you know what market uncertainty can do to a retirement blueprint.

The uncertainties have not gone away. Are we at the cusp of a bond market bubble bursting? Will the eurozone find its footing? Will U.S. debt be a drag on our economic vitality?

Over a 30-year period, uncertainties may evaporate or resolve themselves, but new ones may also emerge. Solutions for one set of financial or economic circumstances may not be appropriate for a new set of circumstances.

Scottish philosopher Thomas Carlyle said, “He who could foresee affairs three days in advance would be rich for thousands of years.” Preparing for uncertainties is less about knowing what the future holds as it is being able to respond to changes as they unfold.

While uncertainties may exist, we are here to help discuss any questions you have regarding your retirement.

Have a great weekend!

Source: Marketing Pro

Golf Tip of the Week



Emerge from the Sand

Everyone loves the beach... unless you're golfing. Getting stuck in the sand is the best way to torpedo your score. To get out of the bunker, most golfers try technical swings that involve their wrists.

Leave that stuff to the pros and go for something more predictable. Try lining up in the middle of the ball and put most of your weight on your forward leg. Keep your wrists straight, swing the club back to hip level, and then swing through the ball. You should try to end with the club head at hip level. With a little practice, this should get you out of the sand nearly every time.

Recipe of the Week

Roasted Sunday Chicken



Serves 4

Ingredients:

2 bunches of fresh herbs, such as basil, flat-leaf parsley, marjoram
1 lemon
4 fresh bay leaves or 3 dried bay leaves
1 2- to 4-lb. whole chicken (preferably, free range)
Olive oil
1 stick butter
2 sprigs of fresh rosemary

Directions:

1. Place a roasting tray in the oven, then preheat the oven to 425°F.
2. Chop the herbs, cut the lemon in half, and tear or crumble the bay leaves.
3. Rub the cavity inside the chicken with sea salt.
4. To season, carefully grab the skin at the top of the chicken breasts and gently pull away from the meat of the breast. Rub in salt, insert pieces of butter, and push in most of the chopped herbs.

5. After putting the lemon halves, bay leaf and rosemary sprigs inside the chicken, return the skin of the chicken breast over the flesh.
6. Tuck the wings under and firmly tie up the legs.
7. Rub oil and butter over the chicken skin, sprinkle on the remaining herbs, and add salt and pepper, to taste.
8. Put a few small slashes in each thigh to allow the heat to penetrate directly.
9. Take the heated tray out of the oven and drizzle with enough oil to coat the pan. Put the chicken into the tray (breast-side down and leaning to one side), then place in the oven and brown skin. Roast for five minutes, then lean it to the other side. Cook for an additional five minutes, then place the chicken on its bottom and cook for approximately one more hour until skin is crispy and golden brown and juices run clear.

Recipe adapted from jamieoliver.comⁱⁱ

Health Tip of the Week



Gut Health for Total Wellness

When your gut is unhealthy, you'll probably feel it. From weight management and mental health to mood and immunity, the health of your gut matters significantly to your overall wellness. If you consume a lot of alcohol, sugar, and the wrong kinds of fats, you could have poor gut health. Here are a few tips to help balance your good bacteria, which could assist in maintaining (or improving) the microbiome of your gut:

Eat a wide range of high-fiber foods: Eat legumes, beans, and fruits, which are all high in fiber.

Eat fermented foods: Eat yogurt, kefir, sauerkraut, and drink kombucha to increase dietary intake of good bacteria.

Eat foods that contain prebiotic fiber: Eat artichokes, bananas, asparagus, oats, apples, and other foods that contain prebiotic fiber, a special carbohydrate that facilitates the growth of good bacteria.

Take a probiotic supplement: These supplements contain live bacteria, which can help maintain levels of good bacteria in the gut. Probiotics can also help restore bacteria levels in the gut when they are compromised, such as after taking antibiotics.

Eat food high in polyphenols: These are plant compounds found in red wine, green tea, dark chocolate, olive oil, and whole grains.

Take antibiotics only when necessary and as prescribed: Antibiotics kill both good and bad bacteria. So, replenish your gut's microbiome after you've completed your course and only take these medications when necessary.

Tip adapted from Healthlineⁱⁱⁱ

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- 1 - https://www.ebri.org/docs/default-source/rcs/1_2018rcs_report_v5mgachecked.pdf?sfvrsn=e2e9302f_2 [4/24/18]
- 2 - https://www.brainyquote.com/quotes/thomas_carlyle_118785 [12/17/18]

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ⁱ <https://www.menshealth.com/trending-news/a19531965/expert-approved-golf-tips/>

ⁱⁱ <https://www.jamieoliver.com/recipes/chicken-recipes/my-perfect-roast-chicken/>

ⁱⁱⁱ <https://www.healthline.com/nutrition/gut-microbiome-and-health#section8>