

# Retirement Wellness Report™



## Weird History Of Status Symbols

There are many things people do today in order to symbolize their status. However, displays of status have changed dramatically over time.

In the 1700s pineapples were so rare that being seen with one was an instant indicator of wealth. One could cost the equivalent of \$8,000 today, and so they were often rented to show off to fellow party-goers.

Prior to printing presses, a large collection of laboriously hand-copied books was a symbol of wealth.

During the Middle Ages, The Crackowe was a long pointed shoe that measured anywhere from six to twenty-four inches in length. Their impracticality proved the owner didn't have to do work.

Americans were so enamored with X-rays in the early 20th century they often gathered at the machines to "see their bones." As a result, owning your own personal X-ray picture became a status symbol.

Source: Wikipedia.com

## How To Stay Relevant In Retirement

Initially, retirement can feel like finally reaching the top of the hill but, to quote cowboy legend Roy Rogers, "Even if you're on the right track you'll get run over if you just sit there." Retirement is not a stationary target that you can be content to simply hit. We live in a constantly deteriorating world that eats away at comfort zones and the status quo, leaving those who aren't prepared to move forward and stay ahead of the curve feeling unfulfilled and out of sorts.

Take a moment to think about someone you consider irrelevant. How would you describe them? Now picture someone tuned in, on top of things, and ready to meet the day's challenges. There's a major difference, right? Staying relevant means staying connected, affiliated, and being part of something bigger than oneself. It's remaining aware of the big picture, and being not only interested in experiencing it, but eager to share it with others. Here are three ways new and existing retirees can stay relevant:

**Get In For Free:** Retirees are often depicted as gentle helpers who volunteer at hospitals and for church committees, but there's nothing more irrelevant than that portrayal. Yes, volunteer work can be rewarding, but so can trading time for privileges at cultural centers, sporting arenas, theatres, universities, political rallies, etc. There's an entire underground network of people who stay relevant and in touch for the price of a little time or sweat equity. Instead of worrying about how much it costs, these folks simply ask about trading volunteer time for access.

**Be An Optimist:** Positive people are a precious commodity who are highly sought after. Pessimists and some realists are notorious for highlighting the negatives, which can leave others feeling empty instead of full. Just because you have seen a lot of life go the wrong way and learned your own hard lessons doesn't mean you have to announce or share them with others. Let someone else be Debbie Downer or the buzz kill. Instead, take on the role of optimist, encouraging others and shining a light on possibilities.

**Stay In Shape:** The way we look says a lot about us. Whether you opt for tennis, pickle ball, or some dance aerobics, staying active and in shape will give you numerous advantages. First, you'll have the necessary energy to stay abreast of things going on and, more importantly, participate in them. Second, you'll look and feel healthier, which puts a smile on your face and confidence in your step, which are both open invitations to be engaged by others.

These steps position retirees to stay relevant and be happy, healthy and connected. By remaining part of the bigger picture, and aware of what's going on, retirees can avoid feeling stale and out-of-touch.

*Interested in more personal advice for everyday life in retirement? Email us for two more fun and interesting ideas.*



**Need a helping hand with your retirement situation?**

*I can help. Call me today to schedule an appointment!*

**Jeff Bingham**  
B&H Wealth Strategies  
1402 East Center Street  
Kingsport, TN 37664  
(423) 247-1152  
[jeff@bhretire.com](mailto:jeff@bhretire.com)



Which U.S. President is considered to be the wealthiest?

- a) George Washington c) Teddy Roosevelt
- b) Thomas Jefferson d) James Madison

See answer below left.

## You're Sick Of Your Job But Aren't Ready To Retire Yet

**T**his is an extremely difficult situation to be in. What's hard is that your mixed bag of feelings is difficult to describe and put in order of importance. It's not that you hate your job, or that you're not grateful for what it provides, but you're ready for a change.

You may be getting near or perhaps reached a retirement age milestone... maybe even have friends who have taken the leap... but you're just not ready to walk completely away from work.

Others feelings may include a desire to do something that has a greater influence and impact on others. Many people have worked a job for decades but no longer feel the connection between what they do and its impact on the end user or customer. Some people just feel out-of-touch, or excluded, and want to be part of something bigger, while others are just ready to be done with all the stress and office drama.

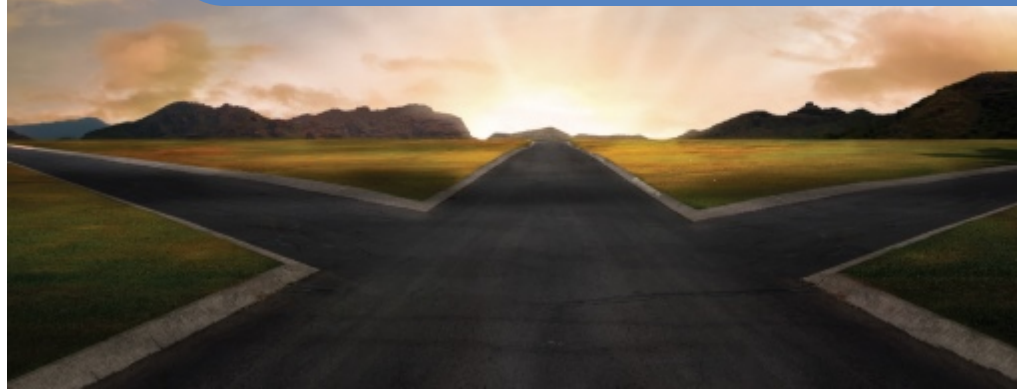
Your situation is best described as dealing with "competing responsibilities," which we all face it at varying stages of life. Essentially,



### Answer a: George Washington

Our first president was also our richest. US Today estimates his net worth at roughly \$525 million based on his extensive land holdings including Mount Vernon, which consisted of five separate farms on 8,000 acres of prime farmland. Jefferson is the second wealthiest followed by Roosevelt and Madison.

Source: *USAToday.com*



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there are always a myriad of things constantly competing for our time, energy, and attention. So how do you sort it all out? Here's some advice from an inspirational essay by Albert E. N. Gray, titled "The Common Denominator of Success." Gray says, "Success is accomplished by a minority of people and therefore can be considered unnatural. It will not, then, be achieved by doing what comes naturally to us, nor by following our natural likes and dislikes."

Put another way, for you to get where you ultimately want to go, you're going to have to do some things you won't always like. To be successful at anything: marriage, family, sports, work, friends, music, etc., you can't get there by simply following your natural likes and dislikes... a point many people miss during various stages of life.

The underlying principle that helps you achieve retirement success is the rule that says you will have to pay to play the game. You'll have to do some things you don't like or that aren't easy. Once you embrace that,

you can weigh your options based on the price you'll have to pay and the final reward you wish to reap... a step designed to filter out some of the competing responsibilities.

Another consideration is to analyze your habits. It's been said that first we make our habits and then our habits make us... and if you've been working for 30 years or more, it's a habit pretty much ingrained in your life. However, instead of worrying about whether you should give it all up for something else, look at work as a habit you'll have to slowly break and replace (you don't have to change your situation or retire cold-turkey).

Adopting this attitude will lessen the burden of facing such a major decision, and starts you down an open path by introducing new habits, such as enrolling in a college course, taking a weekend job with a new career in mind, or exploring books or attending events to learn how to start your own business.

*We want to hear from you! Email us about your work situation and what you're thinking about as far as next steps toward retirement.*

