

# Retirement Wellness Report™



## World Currencies

There are 180 world currencies recognized by the United Nations. The British pound is the world's oldest, dating back to the 8th century.

Several countries simply use the US dollars in place of their own currency. The US dollar is the official currency of East Timor, Ecuador, El Salvador, Palau, Marshall Islands, Panama, and the Caribbean.

The Philippines have the largest bank note at 8.5 inches wide and 14 inches long. Romania has the smallest at only 1.75 inches by 1.3 inches.

In 2009, US citizens could convert \$5 US into \$100 trillion Zimbabwe dollars, thanks to massive inflation.

Every year, Parker Brothers prints an impressive \$30 billion dollars for the game of Monopoly while there's around \$974 million printed in real money in the US.

Source: [travelex.com](http://travelex.com)



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

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

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

## Can You Win At Retirement?

**T**he idea of winning at retirement isn't a traditional retirement planning question. In fact, most people have never even thought about retirement this way. So, what's your immediate response?

- a) Yes
- b) No
- c) Not sure

For many people the answer will likely be "Not sure" because they don't have a frame of mind for winning in retirement. Perhaps a better way to ask the same question is: How will you measure success in retirement?

One of the challenges people have as they make the transition into retirement is they take their standards of excellence and success from the corporate world with them into this next, very different phase of life. I'm not saying that's bad, but rather that it may be misplaced and opens the door to disappointment and regret.

Let me give you another example to establish some context. Can you win at vacation? The answer depends on how you measure success during it.

Some people go on vacation and cram in as many activities as possible. They have a detailed schedule, follow it diligently, and in the process check off as much as they can. As a result, when they return home they may be more exhausted than when they left. Despite the rigid and hard charging schedule, for some, that's a big win for them and mission accomplished.

On the other side of the coin, some people prefer to lounge at the beach or poolside, consume a couple of umbrella drinks, and do as little as possible. They'd prefer to go with the flow and plan to return home relaxed and rejuvenated. Once again, for some this is a major win, but others may see it as falling short of what a vacation is all about.

The application for your retirement is that you need to stop and identify what your style and approach will be... at least for the first few years. Will you try to do as many things as possible, or sit back and coast after decades of diligent work and saving? This is especially important for couples who may have different styles and approaches.

We all know that opposites attract, so it's not uncommon to find one spouse wanting to live like a gypsy for a few years, while the other would prefer to stay home and putz around home. These differences can unnecessary frustrations and disagreements, which makes it important for new and soon-to-be retirees to talk through lifestyle wants and needs.

Either way, one of the biggest mistakes retirees make is not planning ahead for the everyday life. You don't need to have each day planned out in detail, but you should have a framework within which you do things. This will go a long way in helping you measure success and ultimately win at retirement.



# A Titanic Retirement Plan

**T**he RMS Titanic was considered unsinkable because of its size, speed and design. It was nearly 900 feet long and more than 100 feet high. It was said to be the world's fastest ship, capable of reaching speeds of 30 knots. It was also equipped with a double-plated bottom and sixteen watertight compartments in the hull providing the utmost in security.

On its first voyage, the Titanic was carrying 2,208 people, including a crew of 898. A relatively mild winter had produced a large number of icebergs in the North Atlantic, but the crew, believing their ship was unsinkable, didn't heed the warnings.

During the evening of Sunday, April 14 the Titanic's starboard side violently scraped an iceberg, ripping open six compartments. The ship's design could withstand only four of them flooding. Ten minutes after midnight, the order for passengers to head for the lifeboats was given. At 2:20 a.m., the Titanic finally sank. Breaking in half and killing 1,503 people

The Titanic disaster has stayed in the collective memories of people worldwide since that date more than 100 years ago and continues to fascinate people today because the idea of being in such a situation is



## Answer: Six

Most people say three. Why? They miss the word "OF" for two reasons. First, the letter F usually makes the "f" sound, like in "fox". However, in the word "of", it makes a "v" sound.

Second, you have probably read the word so many times that you overlook it.

Source: [sharpbrains.com](http://sharpbrains.com)



Quick! How many times does the letter F appear in the following sentence:

*"Finished files are the result of years of scientific study combined with the experience of years."*  
How many did you find?

See answer below left.



both terrifying and exhilarating to think how one would handle it. As a result, it provides a foundation for us to adapt and learn how to avoid icebergs in retirement.

### Don't Compartmentalize

The White Star Line put undue faith in the watertight hull. They were not sealed at the top, so once they were breached, seawater would flow from one to the next, like the way water fills an ice tray.

The same idea holds true for compartmentalizing retirement. Investors should not institute certain rules for saving and retirement but neglect non-financial areas like their hobbies, health, and marriage. Simply because at some point there will be a breach, and you don't want your ship to sink.

### Too Big To Fail

The Titanic was the most expensive ship ever assembled. It cost an estimated \$7.5 million in 1912 dollars, or \$180 million today. It boasted ten decks, and

first time features such as a swimming pool and a gym. On paper, it was the place to be, but regretfully, there were only half as many lifeboats as needed. The lifeboats had been constructed and installed but were removed to reduce the "clutter" on the first-class deck, and because they didn't need them.

In retirement, life boats come in the form of good mental and physical health, strong relationships, and connections. It's up to you to install them and make sure they are in good working order.

### Follow Your Own Path

One of the primary reasons for the Titanic disaster was the plan to reach New York in record time. The goal to set a new record combined with a moonless night made it hard to see icebergs and put the lives of thousands at risk.

When it comes to charting your way through retirement, make sure you don't end up in an icy ocean, full of regrets. Treat it as a voyage of discovery where you chart your own course.

