

Retirement Wellness Report™



Cybersecurity Tips

Back up NOW! Not just your computer, but also your phone and tablet so you can restore them if something happens... and make sure your anti-virus software is always up to date.

Think twice before clicking on attachments or links in an email. If it's unexpected or suspicious for any reason, don't click on it.

Sensitive browsing, such as banking should only be done on a device that belongs to you, and on a trusted network, not on a public computer or free WiFi.

Offline, if someone calls asking for sensitive information, it's okay to say "No." You can always call the company directly to verify credentials before giving out any information.

Be mindful of the permission you give to apps that you download. For instance, it doesn't quite make sense for a weather app to demand access to your photos.

Source: heimdalsecurity.com



Need a helping hand with your retirement situation?

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

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Is Failing At Retirement Good?

Whether it was boredom, missing work, too much time with the grandkids, bad golf game, or feeling called to a second career, it seems that the rate of failure in retirement is escalating. Ironically, while most failures in life are seen as bad or negative, retirement failures are often heralded rather than used to judge or criticize. In a weird way, it's portrayed as a good thing.

There are no red faces or bowed heads when people say, "I tried retirement but it didn't work for me."

This phenomenon takes place for a number of reasons. First, because of healthy aging. It's common to hear age based expressions like, "60 is the new 40" or "70's the new 50," which suggest that people look and feel better at a specific age than previous generations. Improvements in medical technology and a renewed focus on well-being, helps slow down the aging process.

Second, society maintains a lopsided view of retirement. While current and future retirees may argue that they are busier and more productive than during their work years, retirement is viewed as a leisurely time in life and as less important than those who are still grinding their way towards it.

Yes, baby boomers are doing everything they can to change this perspective, but the assumption that people are playing golf and baking apple pies all day, creates a negative bias around it, which makes those who fail at it look good.

Third, retirement is a manufactured phase of life that comes with a number of flaws. Retirement technically didn't exist until Social Security was created in 1935 but at the time, most people died before they got to enjoy their sunset years. As retirement has evolved and people are spending more time in it, they have a different perspective than past generations.

Retirement today assumes that people don't like what they do for a living, that they can actually save enough money to avoid working for the 30-40 years while maintaining the same standard of living, and doesn't put enough value on the mental, social and physical outlets that work life provides.

Retirement has become a much more complicated decision than ever before, it's no longer a simple financial choice.

Finally, peer pressure doesn't just show up in middle or high school, it's equally rampant in retirement as well. Reaching a certain age, having a retired spouse, family members, and friends, as well as having people at work asking why you are still there, can cause some people to pull the plug, before they are actually ready.

The follow-the-herd mentality can be exacerbated by buy-outs or company closings which may imply it's the right time to retire, but many who are in this situation find that they may not be ready to go just yet.

With little warning to make the transition, it's easy to see why this group is excited to fail at retirement.



Four Things People Hide In Retirement

Life is full of secrets and retirement is no different. Whether it's disguising one's physical abilities, bad habits, personal schedule, or financial status, people in retirement may be masking a variety of things including:

1) Driving Capacity

As we age, it's not uncommon for people's vision to decline. Prescription lenses, reading glasses, and eye surgery do allow many people to fend off the natural effects of aging, but many retirees hide the fact that they shouldn't be driving, particularly when it comes to night time, when glaring headlights, dim street lights, and the varying colors of lane stripes can complicate depth perception, and lead to accidents.

It's one reason many retirees become morning people, or hit the early-bird special in order get home before the street lights come on.

2) Availability

"I'm busier than ever," retirees may remark but, as the conversation continues, they disclose, "If I can't say I am busy, I'll get the dreaded babysitting call again. I enjoy spending time with my grandchildren but I didn't retire to become their full-time nanny and housekeeper."

In actuality, grandparents may be hiding their real availability, especially if they are the first line of defense when kids are sick, or on holiday.



Answers:

1: The one-ball is yellow

2: 12: No matter what it's made up of, a dozen is a dozen.

3: Lee Iacocca

Source: Ken Jennings Trivia Almanac



1) What color is the one-ball in a traditional pocket billiards game?

2) How many two-cent stamps are there in a dozen?

3) What CEO bounced back after being fired by Henry Ford II in 1978?

See answer below left.



3) Substance Abuse

Retirement isn't always stress free, and may even include some unpleasant feelings, which can turn some people to alcohol or drugs.

In the past, a busy work day, project deadlines, and evening events helped to reduce or eliminate recurring worries and concerns. However, in retirement, with fewer interactions and opportunities, it can become increasingly easier to turn to mood enhancers as remedies.

Combine those tendencies with the fact that every day can feel like a Saturday, complete with easy access to alcohol or prescription meds, and a retiree's jovial behavior may be hiding what's really going on.

4) Finances

Money is often a taboo topic among retirees, and many choose to be secretive about it. Some feel the need to downplay their saving skills because they don't want to be a bank for family members.

Whether it's a request to help with credit card debt or to start a business, few make it through retirement without getting asked to help fix a family member's financial woes.

The flip side are retirees who hide their lack of savings. With an estimated 22% of elderly married couples and 47% of senior singles relying on Social Security for 90% of their income, some retirees feel compelled to hide the financial short-cuts they're taking, such as cutting medications in half and failing to turn on the heat or air.

Therefore, beware that retirement can serve as a sleeve to cover up information retirees don't want others to know or see.

