

Retirement Wellness Report™



Don't just celebrate typical holidays in retirement. Consider making time for some of these interesting celebrations.

Jan 27: National Puzzle Day

Feb 17: Random Act of Kindness Day

Mar 4: Holy Experiment Day

Apr 7: No Housework Day

May 4: National Bird Day

Jun 29: National Camera Day

Jul 1: International Joke Day

Aug 9: Book Lovers Day

Sept 8: Pardon Day

Oct 1: World Vegetarian Day

Nov 6: Saxophone Day

Dec 7: National Letter Writing Day

Source: Treasurydirect.gov



Need a helping hand with your retirement situation?

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

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4 Personal Ways To Celebrate Retirement

1: Start An Annual Tradition

Just as people make an annual celebration of their birthday, wedding anniversary, or even their sobriety, make your retirement date a special time for the new life you are creating. Use the day to check something off your bucket list, eat a meal good enough to be your last, indulge in a day of relaxation, or let others know you're no longer in a rush by driving below the speed-limit during rush hour with your blinker constantly on.

2: Give It Away

No not your money! Your knowledge and wisdom. Start writing a book or blog, mentoring someone new in the field, or teaching a class. But don't do it on someone else's terms and worry about what you're going to wear or the logistics of driving to a campus and sitting in a classroom all day. Make technology your friend and do it all online. Whether it's Skype, Adobe Connect, or GoToMeeting, get familiar with online teaching and media platforms that allow you to flex your freedom and share your knowledge in the comfort of your own home and PJ's if necessary.

3: Celebrate With Something Permanent

Whether you prefer tattoos or jewelry, commemorate retirement with a permanent mark that says goodbye to your old life and hello to your new one. Whether it's the Chinese letters for success, a butterfly to convey freedom, or your favorite mantra that got you through sticky business situations, use it as a visual affirmation to commemorate this major accomplishment. After all, retirement is a privilege that some people may never experience, so don't be shy about using it to re-brand yourself or your accessories.

4: Redo The Home Office

Retirement's biggest household opportunity is not in redoing the kitchen or bath but in transforming that home office. The stogy look and feel of a traditional desk, proper chair, and overtly organized file cabinets are no longer required. Instead, add in a counter top for multi-purpose use, including arts and crafts with the grand kids or creating your family tree. Replace your chair with an exercise ball, throw in a yoga mat, piano keyboard, hip set of speakers, cool lampshade, and whatever else that will make your old home office a new retirement suite.

Use your time in retirement to break out of your old conventional shell and celebrate it in your own special way each and every day.

Interested in more ways to celebrate retirement? Email us and we'll share a few more unique ideas with you.





Which president was the first Medicare beneficiary?

- a) Lyndon Johnson
- b) Harry Truman
- c) Richard Nixon
- d) Jimmy Carter

See answer below left.

The Echo Of Retirement

A grandfather and grandson were walking down a canyon when the boy suddenly tripped on a rock. He caught himself before nearly falling face down. "OUCH" he screamed at the top of his lungs! To his immediate surprise, a voice from the valley walls hollered back "OUCH!"

Shaken and afraid, the boy shouted, "WHO ARE YOU?" The answer he received was of course, "WHO ARE YOU?"

A little embarrassed by his fall, and not knowing what else to do, the young boy yelled again at the canyon walls, "BE QUIET!" In return, the hills answered, "BE QUIET."

Puzzled, he looked over to his grandfather. Drawing a deep breath, his granddad shouted, "I LOVE YOU!"

His voice echoed back, "I LOVE YOU!" Then grandpa shouted again, "YOU ARE AMAZING!" And the voice returned, "YOU ARE AMAZING!" Now his grandson was smiling but still didn't quite understand.



Answer b: Harry Truman

President Johnson signed the Medicare program into law, July 30, 1965. At the bill signing ceremony, President Johnson enrolled President Truman as the first Medicare beneficiary and presented him with the first Medicare card. President Johnson signed as a witness.

Source: SSA.gov



"No matter how young or old you are, always remember that your life will echo the things you think, say, and do each and every day."

He explained, "It's called an echo and it acts like life itself. It gives you back everything you say or do. "If you want more love, than you have to give more love. If you want more happiness, than it's important to give others happiness."

Putting his arm around his young grandson and helping him take his first step after the fall he suggested, "No matter how young or old you are, always remember that your life will echo the things you think, say, and do each and every day."

Whether you're already in retirement or making preparations for it, consider it a vast canyon of opportunity.

One where you can reap amazing rewards by acknowledging the fact that you'll get from it exactly what you put into it.

No matter if you walk into that canyon with a loved one or on your own, expect to fall down every once in a while and in doing so, be cognizant of what you holler out to the canyon walls of family, friends, and other around you. For it will surely be shouted back.

Email us with your canyon story. What personal lessons, stories, and ideas have you echoed to your family and friends? How have they made a difference in your life?



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