

Retirement Wellness Report™

Retirement Perceptions & Reality

One of the biggest reasons people struggle to make a successful transition into retirement is because they rely on their own ability to understand and control it.

Many pre-retirees create unrealistic expectations about how different and fulfilling it's going to be only to learn that their thoughts and desires don't exactly measure up. In fact, for many it doesn't even come close to what they hoped and mentally planned for it to be.

One report suggests that 75% of pre-retirees expect life in retirement to be better; but only 40% of actual retirees find that to be true. That's a major gap between perceptions and reality, and a fundamental reason why new and soon-to-be retirees need a plan to replace their work identity, fill their time, stay connected, and keep physically fit.
Source: Forbes.com



Need a helping hand with your retirement situation?

I can help. Call me today to schedule

an appointment!

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Retirement's Greatest Threat

Some say retirement's greatest threat is inflation, the cost of adult children or the potential of getting ripped off. Yet retirees face even greater threats, some of which never get discussed and are rarely planned for, including the loss of one or more of their five senses.

This became evident when a woman in her early sixties shared that her biggest fear was, "Losing my hearing and the ability to enjoy my friends." She added, "I don't know what I would do if I couldn't communicate with my family and friends!"

Another retiree shared that she was no longer able to drive. At just age 67, she's been denied the doctor's note needed to renew her license because of declining vision. For-tunately, there is a local shuttle service available; however, her location and other stops make a simple trip to the grocery store a five hour ordeal. Rest assured, no one goes into retirement dreaming of spending that much time on a bus to grab a few things.

Another recently retired man confessed to a vision problem that has left him unable to read, watch TV, or drive. This has not only brought on a lifestyle change for him but also his spouse. When one spouse loses one or more of their senses, the other can become tethered to the afflicted one... and without any training or breaks, stress and frustration can result.

Dental changes are also common among retirees. Adjusting to dentures isn't as simple as throwing a fancy new grate on your BBQ grill. New chompers usually require re-learning how to chew and taste. Altered textures can change the way food is perceived and affect both appetite and nutrition.

Keep in mind that a person's sense of touch and smell will also erode over time. Touch can be affected by arthritis or other diseases and quickly turn an active retirement into a sedentary one. Likewise, odors and aromas can take us back in time and help us recall pleasant memories of days gone by. Yet allergies, sinus infections, and medications can slow down your ability to experience the fragrance of life.

Reality is, all the music in the world stems from a mere five pitches, and five basic colors combine to paint every amazing sight we see, therefore, losing just one or more of our five senses is the biggest risk retiree's face.

Email us for a fun and engaging list of things every retiree should touch, taste, hear, see, and smell during retirement.



Chains, Stains & Pains Of Retirement

When it comes to life in retirement, certain situations can hold retirees back, while others can discolor relationships and present uncomfortable challenges. We refer to them as the chains, stains, and pains of retirement.

The chains limit or hold a person back during retirement. One of the strongest and most difficult retirement chains to break is a person's link to the workplace. For many retirees, work was the main source for their friendships, daily physical activity and even self-esteem. Therefore, it's important to have a plan to replace each of those benefits once they're no longer working.

The stains are situations, events and feelings that inhibit or discolor our relationships. Whether its guilt, shame, anger or sadness, people tend to carry these stains with them into retirement instead of starting with a clean slate.

To help identify stains, ask yourself, "What's the one thing you hope no one ever finds out about your retirement situation?" Or, "What retirement conversations are you avoiding?"



Answer: b) Kathleen Casey-Kirschling

She is a retired teacher who was born one second after midnight on Jan. 1, 1946. Otto Von Bismark was the "Iron Chancellor" who instituted the first social security plan in Germany in 1883. Shelby Steele was also born on Jan. 1, 1946, just later in the day. Ted Benna is famous for exploiting the 401(k). it's reported that he actually tried to patent it.

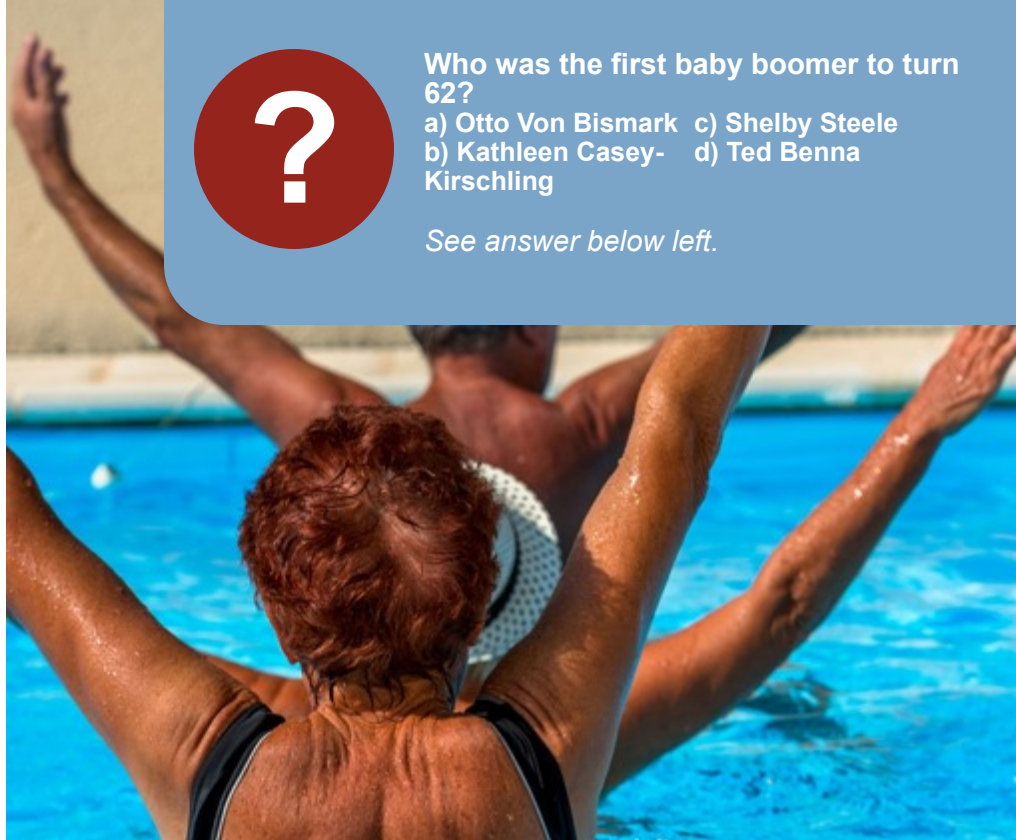
Source: USA Today, NY Times, IRS.gov



Who was the first baby boomer to turn 62?

- a) Otto Von Bismark c) Shelby Steele
b) Kathleen Casey-Kirschling d) Ted Benna

See answer below left.



Fact is relationship problems and related feelings don't just go away. In fact, they're likely to get bigger and worse because a retiree has more time to dwell on them, and less distractions to keep them at bay.

Retirement pains often come about as a result of change. We live in a constantly deteriorating world where relationships, thoughts and feelings, as well as mental and physical skills, can stagnate. Unfortunately, if retirement planning doesn't include specific strategies for learning new things, sharpening or acquiring new skills, or managing life more effectively, retirees can quickly lose touch, become bitter, and even resentful toward others and new norms.

Fortunately, managing change, staying relevant, and sharpening skills can be done in a variety of ways including writing a book or teaching a class for example. These, and other activities, can be a great way to stay sharp and plugged in, as well as give retirees something to identify with and feel good about by helping others.

By being aware of the impact that various chains, stains, and pains of retirement may provide, retirees can make the most of their life after work by replacing the things they will lose once they leave work, repairing personal relationships now, and by preparing for the inevitable change that lies ahead for them.

P.S. We want to hear from you. What retirement chains, stains, and pains may hold your retirement back? How can you begin to address some of those concerns today? Email us.



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