

Life Planning Retirement Group Bulletin

June 2023

June 28th is Insurance Awareness Day!
Be sure you review your plans, and make sure you have the right insurance coverage that protects you and your loved ones!

Other Important News and Dates:

HAPPY FATHER'S DAY!



June 18

The Sensitive Truth About Ageing

[click here to request a copy of free guide](#)



LEGACY BUILDING

There comes a time when you may need to think about the future generations of your family. You have worked hard, accomplished your goals, and accumulated funds to support a comfortable retirement. Along with your careful planning, maybe you would like to set aside funds to pass along to your children or grandchildren.

Whether the amount is a little or a lot, wouldn't it be nice to help ensure those funds are passed along in a tax-efficient manner? This would help maximize the money you will provide to your beneficiaries.

Legacy building is simply a strategy using Life Insurance to pass along money to your beneficiaries in a way that's most favorable for them and for you.

There are a number of advantages of using life insurance as part of a legacy building strategy such as Immediate death benefit protection, Income tax-free transfer to beneficiaries, and if funds are needed due to a qualifying illness, you may be able to accelerate a portion of the death benefit. These funds can be used for any purpose.

WHO CAN BENEFIT:

There are a few items to consider before deciding on a legacy building strategy using life insurance. Importantly, legacy building

should only be considered if you have funds available to support yourself throughout retirement. Those who have money already set aside for beneficiaries typically consider a legacy building strategy.

Here are a few questions to help you determine if the strategy is right for you:

- Do you have a death benefit need?
- Are you within the retirement ages of 55-75?
- Do you have children, grandchildren, or an organization you'd like to benefit?
- Are you holding funds designated to leave to beneficiaries?
- Have you named your beneficiaries joint owners of your assets?
- Do you have an annuity you'd like to pass along to beneficiaries or are you taking required minimum distributions from an account such as an Individual Retirement Account (IRA)?
- Are you looking for ways to find tax-advantage solutions to transfer funds?

It's important to explore your options and to work with a financial professional to gain a clear picture of your needs.

We offer one-on-one, educational zoom calls. Click on our logo below to schedule one today and to start building your legacy plan!



HEALTH IN THE NEWS

Need more brain power—eat some chocolate

Consumption of a cocoa drink rich in flavanols—a substance found in dark chocolate—gives the brain a boost of blood flow for two to three hours, a University of Nottingham study has found.

The increased blood flow could enhance performance, lead researcher Ian McDonald, professor of metabolic physiology, says. It can also improve general alertness. The study raises the possibility that ingredients of chocolate could be used to treat vascular impairment, such as strokes or dementia, and for maintaining vascular health.

The study also points to possibly using cocoa flavanols to enhance brain function when people suffer fatigue, sleep deprivation and the effects of aging.

McDonald emphasized that the level of cocoa-rich flavanol beverage was specifically designed for the study and not available commercially.

Flavanols are also found in red wine, green tea and blueberries.

Vitamin D may prevent falls

Seniors taking a high daily dosage of vitamin D experienced 72 percent fewer falls than those who took a placebo, a study has found.

Statistics report that around 50 percent of nursing home residents fall every year, and those who suffer injuries from the falls are more likely to take a future spill.

The study's authors, Kerry Broe and Douglas Kiel, say that lowering the risk of falls could improve the quality of life of the nursing home residents.

"Past studies have shown that vitamin D could help prevent falls in seniors and may be due to a possible strengthening effect the vitamin has on the musculoskeletal system. Until now, we didn't know what dosage amount would be effective," the researchers say.

The study found that the dose that was most effective was 800 International Units per day, which is higher than is normally prescribed to seniors. Taking this dosage should only be done through the approval of a patient's doctor—and certain conditions, such as high blood calcium levels, need to be considered by the doctor. A patient's current health conditions and such variables as ethnicity need to be studied, the researchers say.

Falls, the researchers point out, occur for many reasons, and taking vitamin D only may not result in fall reductions. They recommend that all preventative measures be considered. The study results were published in the Journal of the American Geriatrics Society.

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RECIPE OF THE MONTH

MANGO SALSA



The BEST mango salsa that's fresh, full of flavor and combines a little heat with a little sweet. This easy recipe makes the perfect snack, appetizer or topping!

Ingredients

3 ripe mangoes (peeled, seeded & diced)
1/2 red bell pepper (chopped)
1/4 cup red onion (diced)
1/4 cup chopped cilantro (more to taste)
1/2 jalapeno pepper (seeded and minced)
Juice of one lime
Salt & Pepper to taste

Instructions

Before you get started, make sure your mango is ripe! It should be soft to squeeze, and the color of the skin should be mostly red or yellow. You can also tell if it's ripe by the stem – if there's a yellow circle around it, then it's ready to use. Then cut the mango into cubes and dice the other veggies as well.

In a bowl, combine the mangoes, bell pepper, onion, cilantro and jalapeno. Add the lime and salt and pepper to taste. Stir to combine.

Refrigerate for at least 15 minutes to blend the flavors.

Store in the refrigerator until ready to serve.

Serve with chips or on top fish, chicken etc.

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