

Life Planning Retirement Group Bulletin

MAY 2023

**MAY IS DISABILITY
INSURANCE
AWARENESS
MONTH**

**DISABILITY
INSURANCE PAYS
YOU A
PERCENTAGE OF
YOUR SALARY IF
AN ILLNESS OR
INJURY PREVENTS
YOU FROM
WORKING.**

**Other
Important
News and
Dates:**

**Recap of
The 3
Pillars of a
Successful
Retirement**

[click here to
request a
copy of entire
checklist and
more](#)

**Mother's Day
May 14**

**Armed Forces Day
May 20**

**HAPPY
MEMORIAL DAY!**



MAY 29



THE 3 PILLARS OF SUCCESSFUL RETIREMENT PLANS

PILLAR #1: A Holistic Income Strategy
PILLAR #2: A Market Readiness Strategy
PILLAR #3: A Forward-Thinking Strategy

**This month's issue provides a checklist
for Pillar #3: A Forward-Thinking
Strategy.**

If you're within 5 years of retirement, you're in a critical period – if you take action now, you may still be able to make up for past mistakes. The decisions you make now will define your retirement lifestyle and your ability to retire successfully.

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." —Marie Curie

This checklist is designed to highlight your strengths and weaknesses for retirement preparation.

PILLAR #3: A Forward-Thinking Strategy

- I have reviewed my strategies in light of recent changes in tax legislation to make sure I'm using every opportunity to potentially lower my taxes now and in the future.

- I understand how Taxable, Tax-Deferred, and Tax-Free wealth buckets work, and my drawdown strategy helps maximize my after-tax income.
- I understand that Medicare and Social Security depend on the future fiscal stability of the U.S.
- I understand that the debt held by the U.S. is expected to break historical records by the 2030s (surpass 100% of GDP) and that my future tax rates are likely to increase.
- I am staying abreast of changing tax rules and working with a financial professional to proactively plan for future taxes.

It's ok if you have not checked off any of the items in this checklist or for Pillars 1 & 2 checklists we have sent in the previous months. What's important is to identify where you need to take action.

Even if you have a current retirement plan, turning your savings into enough income to last the rest of your life is complicated — and frequent rule changes make it complicated to navigate alone. The Life Planning Retirement Group can help you stay focused and achieve your retirement dreams even in times of uncertainty.

We offer one-on-one, educational zoom calls. Click on our logo below to schedule one today to start planning for your well-deserved retirement!



HEALTH IN THE NEWS

Women and heart disease—do you know the risks?

Did you know that there are currently 8 million women in America living with heart disease? In fact, according to The National Coalition for Women with Heart Disease, 13 percent of women over the age of 45 have had a heart attack. Overall, 435,000 American women have heart attacks each year and, of those, 83,000 are under the age of 65—and 9,000 are under the age of 45. The average age for an American woman to have a heart attack is 70.4. As a matter of fact, heart attacks kill six times as many women as breast cancer each year.

African American women between the ages of 55 and 64 are twice as likely as white women to have a heart attack and 35 percent more likely to suffer from coronary artery disease. And smokers take note: women who smoke risk having heart attacks 19 years earlier than their nonsmoking counterparts! And according to statistics, 39 percent of white women, 57 percent of black women, 57 percent of Hispanic women and 49 percent of Asian/Pacific Islander women are sedentary and get no leisure-time physical activity. Even though more women than men die from heart disease each year, women receive only 33 percent of angioplasties, stents and bypass surgeries—and women comprise only 25 percent of participants in all heart-related research studies.

Tips for eating out if you're diabetic

If you're diabetic and eating out—here are a few things the American Diabetes Association says you should keep in mind.

- If it's not listed on the menu—ask what's in a dish and inquire about the serving size.
- If the serving size is larger than what you eat at home, either share some of the food with someone or ask for a container and immediately pack away the extra portion for another meal.
- Eat your meal slowly.
- Order your baked potato plain, and then add butter or low-fat sour cream yourself. That way you maintain control over the fat content.
- Ask for all sauces and salad dressings on the side. When eating a salad, try dipping your fork tines into the dressing and then spearing the bite you will eat—or add only one teaspoon of salad dressing at a time. This will help you eat less dressing—which can be loaded with fat.
- Order things that are not breaded or fried if possible. If you get something that is breaded, peel the outer coating off before eating.
- Take a creative look at what's on the menu. Order fruits for your dessert or combine a salad with a small low-fat appetizer instead of ordering an entrée.
- Make smart substitutions. Instead of french fries, ask for a double order of a vegetable. If no low-fat alternatives are available, consider asking that the high-fat items not be brought out to you.
- Ask if foods can be broiled rather than fried.
- Limit your alcohol intake. Alcohol adds calories, but no nutrition to your meal.

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RECIPE OF THE MONTH

Strawberry Lemonade Cookies



These lemon infused strawberry cookies are super easy thanks to a strawberry cake mix. With a tangy lemon frosting, they're sure to be a hit all summer long!

Ingredients

Cookies:

- 1 box of strawberry cake mix (any brand)
- 2 eggs
- 1/3 cup vegetable oil
- 2 tablespoons flour
- 2 teaspoons lemon juice
- 1 tablespoon lemon zest

Frosting:

- 2 cups powdered sugar
- 4-5 tablespoons lemon juice

Instructions

Preheat oven to 350 degrees. Line baking sheets with parchment paper.

In a large bowl, combine the cake mix, eggs, oil, flour, lemon juice and zest. Beat with an electric mixer until well combined (batter will be sticky).

Drop tablespoons of dough onto prepared baking pans. Bake for 8-10 minutes. Cool completely.

To make frosting, combine powdered sugar and about 4 tablespoons of lemon juice in a medium bowl until smooth. Add additional lemon juice, as needed, until frosting reaches desired consistency.

Spread frosting over cooled cookies.

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