

# Life Planning Retirement Group Bulletin

September 2022

**48%  
OF AMERICANS  
DON'T OWN LIFE  
INSURANCE**



**LIFE INSURANCE CAN  
PROVIDE FUNDS WHEN YOU  
AND YOUR FAMILY NEEDS IT  
MOST:**

**AFTER A LOSS**

**IN RETIREMENT**

**IN THE EVENT OF A  
QUALIFYING ILLNESS**

**TO LEARN MORE:**

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[WWW.LIFEPLANNINGRETIREMENT.COM](http://WWW.LIFEPLANNINGRETIREMENT.COM)



## **SEPTEMBER IS LIFE INSURANCE AWARENESS MONTH**

**What Financial Obligation is more Important than your  
Loved Ones' Future?**

### **QUESTIONS YOU MIGHT ASK YOURSELF:**

- Do I have any earnings safeguards in place right now?
- How would I replace my monthly income if something happened to me?
- What happens to my family if my medical costs eat into my savings, and I'm not earning any income?
- How can I find a way to protect my income over both the short and long term, without spending too much money?

### **BENEFITS OF LIFE INSURANCE:**

1. Protect your family
2. Retire when you want
3. Leave a legacy while covering medical needs
4. Prepare for Life's uncertainties
5. Helps to cover long term expenses

**We host one-on-one educational zoom meetings that will help answer all your questions.**



## HEALTH IN THE NEWS

### • Follow this advice at the doctor's office

You and your doctor are partners in maintaining your health. That means you should work together. The Eat This, Not That website shares these basic guidelines for making your doctor's job a little easier:

- **Follow masking rules.** Don't ignore or argue with mask rules. Other patients may be in a more vulnerable condition than you.
- **Be on time.** Running late can't be avoided sometimes, but you should try to arrive for your appointment on time. Being punctual also shows respect for your doctor's time.
- **Don't demand specific prescriptions.** Just because you saw something on TV, or a friend takes it, doesn't mean a medication is right for you. Doctors get frustrated when patients view them as just dispensers of drugs. Your doctor has the expertise and experience to decide which medication is best for your condition and symptoms.
- **Be honest.** You may be embarrassed about your weight, your drinking, how much pain you're feeling, or other information, but your doctor can't help you if he or she doesn't have accurate data. Tell the truth so.
- **Stay polite.** You may be frustrated by your condition or angry at the wait, but don't take it out on your doctor. Doctors have feelings, too, so treat them with the respect they deserve.

## BABY BOOMER DILEMMA MOVIE

Doug Orchard Productions

Learn how to receive a lifetime access by visiting

<https://www.lifeplanningretirement.com/baby-boomer-dilemma-movie.html>



A must-see educational movie that can help you become more prepared with your retirement.

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## RECIPE OF THE MONTH

### Zucchini Tomato Bake



Enjoy the fresh flavors of baked zucchini and tomatoes in this cheesy, herby Zucchini Tomato Bake. All you need is just 6 ingredients and 30 minutes for a fresh and flavorful zucchini tomato casserole!

#### Ingredients

2.5 lbs. zucchini 2 large, cut into quarters  
10 oz grape tomatoes cut in halves or 2 large tomatoes, diced  
5 garlic cloves minced  
1/2 cup Parmesan cheese grated  
1 tsp any dried herbs like basil oregano or Italian  
3/4 tsp salt  
Ground black pepper to taste  
1/3 cup parsley or basil finely chopped  
Cooking spray

#### Instructions

Preheat oven to 350 degrees F and spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside.

In a large mixing bowl, add all ingredients, except parsley/basil; stir to combine.

Transfer to a prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. Check for doneness with a fork or knife after 25 minutes.

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