

# Life Planning Retirement Group Bulletin

November 2022

## MEDICARE 2023 ANNUAL ENROLLMENT

October 5<sup>TH</sup> – December 7<sup>TH</sup>



### Other Important Dates and News:

- **All Saints Day**  
November 1
- **Day Light Saving Time Ends**  
November 6
- **Election Day**  
November 8
- **Thanksgiving Day**  
November 24
- **Watch for more information on Hidden Tax Opportunities**
- **Want a Guaranteed Income for Life**  
[click here](#) to find out how

### HIDDEN TAX OPPORTUNITIES

Did you know that The 2017 Tax Cuts and Jobs Act (TCJA) rolled back the required age for minimum withdrawals from retirement accounts from age 70 ½ to 72? If you don't need the income when you turn 72, you may resent having to pay taxes on withdrawals you don't need to take.

**That's money that you'd prefer to leave in your retirement accounts for later when you may need it or to provide a legacy.**

In addition, the Secure Act 2022 eliminated the *stretch provision* that allowed a beneficiary of a qualified plan to be able to extend distributions from the lifetime of the beneficiary to now only 10 years for most non-spouse beneficiaries. This can be problematic for some since they may already have their own retirement plan RMDs to take at age 72. Again, this can result in having to take RMDs when you don't need them.

**The good news is that there may be some tax opportunities buried in your tax return, and all you need to do is a little digging.** The bad news is that these opportunities could disappear if they aren't used before midnight on December 31, 2022.

However, by capturing the strategies that work for you before they expire, you won't have to worry about paying too much – or too little – in the eyes of the IRS.

#### Here are Five "Hidden" Tax Opportunities:

1. Convert your way to more after-tax money
2. Be charitable and skip your required withdrawals
3. Make the right investment account moves
4. Gather your deductions while you may
5. Wring out your 2022 tax rates

At The Life Planning Retirement Group, we put your best interests first. Your roadmap to your financial future is tailored to your circumstances.

To learn more, contact us. We offer one-on-one educational zoom calls. Click on our logo below to schedule one today!



## HEALTH IN THE NEWS

### *How to choose the right doctor*

A primary care physician is your first line of defense in maintaining good health. Finding one you like, and trust may take a little effort, though. Here's some advice from the Healthline website:

- **Check your network.** Staying within your health plan's network can save you money. Look through your plan's documents to locate primary care doctors in your community.
- **Talk to family members and friends.** Ask who they go to, and whether they like and trust them. You can also look to other health care workers you know—your pharmacist, physical therapist, eye doctor, and the like.
- **Consider the location.** Is it easy for you to visit the doctor's office? Ask about public transportation, parking, access, and other physical issues. If your doctor's office is inconvenient to get to, you won't go as often as you should.
- **Check availability.** How busy is the doctor? Will you be able to get an appointment when you need one? Is telemedicine an option? You should be able to see a doctor quickly when you need to.

**WISHING YOU AND YOUR FAMILY A  
HAPPY THANKSGIVING  
& MANY BLESSINGS  
FROM THE LIFE PLANNING  
RETIREMENT GROUP**



**FOLLOW US ON FACEBOOK AND LINKEDIN**



<https://www.facebook.com/babyboomerretirement/>



<https://www.linkedin.com/in/gary-szewczyk-1599b5136>

## RECIPE OF THE MONTH

### APPLE WALNUT STUFFING



#### Ingredients:

|  |  |
|--|--|
| ¾ pound bulk sausage                               | 2 tbs fresh parsley, minced            |
| ½ cup onion, diced                                 | 2 tbs fresh sage, minced               |
| ¾ celery, diced                                    | 3 cups sourdough bread, cut into cubes |
| 2 tbs butter, plus 3 tbs melted butter             | 1 cup canned chicken broth, warm       |
| 2/3 cup walnuts, roughly chopped                   | Salt and pepper to taste               |
| 1 cup Granny Smith Apples, cored, peeled and diced |  |

Preheat Oven to 325 degrees Fahrenheit

In a skillet over medium heat, cook sausage until well-browned and no longer pink inside. Drain grease and set sausage aside in a large bowl. In the same pan over medium-low heat, sauté onions and celery with 2 tablespoons butter until softened, about 6 to 7 minutes. Transfer to bowl with sausage. Add walnuts, apples, herbs and bread cubes; mix well. Add warm chicken broth, melted butter, salt and pepper; mix thoroughly, making sure the bread is very well coated, so stuffing does not dry out. Put stuffing in a large, buttered casserole dish (about 3-quart). Cover with foil and bake 30 minutes. Remove foil and bake for another 10 minutes. Makes approximately 10 (½ cup) servings. Can be prepared 4 days ahead of time and stored in refrigerator. Reheat in 300 degrees Fahrenheit oven for 15 to 20 minutes or until heated through.

Make It Simple: Use favorite stuffing mix, ¾ cup celery, diced 1 (7-ounce) package of sausage patties, diced, 2/3 cup walnuts, roughly chopped, 1 cup Granny Smith apples, cored, peeled and diced. Prepare stuffing mix according to package, adding the remaining ingredients during the last 5 minutes of instruction time. Fluff with fork and serve. Makes 8 servings.

**GARY SZEWCZYK | PRESIDENT**  
Retirement Income Specialist

**LYDIA YANGINSKI**  
Retirement Income Specialist

**THE LIFE PLANNING RETIREMENT GROUP, LLC**  
281 E. Mount Road, Middletown, CT 06457  
CT: 860-343-1777 MA: 413-338-8020  
Email: [info@lifeplanningretirement.com](mailto:info@lifeplanningretirement.com)  
[www.lifeplanningretirement.com](http://www.lifeplanningretirement.com)