

your ENROLLMENT CONNECTION

Winter 2024 | Edition 3

Keep your mind, body, finances and health in check all year. Here you will find tips and ideas for you to follow for a healthy lifestyle from year to year.



Retirement - Great Time or Bust?

Pension plans and asset accumulation are just one aspect of retirement. However, what about the decline of a retiree's social network and the risk of loneliness? Research indicates that successful retirees actively plan for their happiness and productivity. They assess what matters most and develop strategies to meet their needs and desires. By crafting a realistic vision of retirement and formulating an actionable plan to realize it, they actively and enthusiastically pursue their desired outcomes. Create a comprehensive vision for your retirement and review it regularly. Consider questions like, "What is working well?" "What isn't going as planned?" and "What adjustments do you need to make?"

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AEP vs. OEP

AEP stands for Medicare Annual Enrollment Period and OEP stands for Medicare Advantage Open Enrollment Period. This should help eliminate the confusion and clarify what these enrollment periods are. The Annual Enrollment Period (AEP) is the time of year when a Medicare beneficiary can make plan changes and is from October 15th - December 7th. OEP is January 1st - March 31st each year. OEP is for Medicare Advantage. This is a time for an individual on a Medicare advantage plan to have a one-time election to move to Original Medicare or a different Medicare Advantage plan.



Driving with Dignity

Robotic cats, dogs and even seals have been created to respond to touch, motion and sound. These robots have shown to reduce stress and provide increased engagement with both the older adult and their environment. These robotic pets mimic a live pet without the need for feeding or walking. They are a little pricey but it may be worth it if you or someone you know is in need of a companion.

What Taxes Will I Pay in Retirement?

Some individuals, including high earners, may mistakenly think that not having to pay payroll taxes in retirement means they won't owe any taxes at all. This is not the reality for most of us, which is why it's essential to factor taxes into retirement planning. Your federal tax liability in retirement will be influenced by: your filing status, your income sources and your total annual income. A good tax professional is essential to help mitigate your tax burden in retirement. Tax experts can minimize how much you'll pay via a variety of strategies, from varying which accounts you draw from to helping you make wise charitable donations.

Celebrate

There is a lot to celebrate this Summer! Here are just a few fun holidays to celebrate:

January 1: New Year's Day

January 20: Martin Luther King Jr.

February 2: Groundhog's Day

February 14: Valentine's Day

February 17: President's Day

Senior Financial Abuse

Senior financial abuse is increasingly prevalent, with one in five individuals over 65 victimized, costing seniors over \$2.6 billion annually. Most cases go unreported, often involving known perpetrators such as family or caregivers. Resources like a pocket guide and patient brochure from the Investment Protection Trust are available to help combat this issue.

How to Live Longer Without Exercising

A recent study highlights the remarkable impact of positive thinking on longevity. Movie legend Ingrid Bergman once remarked, "Getting old is like climbing a mountain; you get a little out of breath, but the view is much better." Researchers learned that maintaining a positive outlook on yourself and the aging process can lead not only to a longer life but likely a more fulfilling one as well. Their investigation examined subjective age and attitudes toward aging, revealing their influence on lifespan.

Surprising Things You Don't Know About Wills

Estate planning is crucial for securing your future and protecting family and assets. Key points include:

- Without a will, estate managers may incur bond premiums, which can be waived in the will.
- A will can permit the sale of real estate and assets without court approval.
- A trust can be created within a will to maintain the estate while distributing income to beneficiaries.

Sudoku Puzzle

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

5		4	7	2		6	3	
	2		8		4			9
	9	7			6	1		
						3	9	
		8	4		5	2		
	3	2						
		3	6			4	1	
2			5		1		8	
	8	1		7	3	9		6

“ Live your life and forget
your age ”

— Norman Vincent Peale



Spinach Dip

1. Cook spinach per package instructions, drain, and rinse with cold water.
2. Place spinach in a lint-free towel, squeeze out moisture, and chop finely.
3. In a bowl, mix sour cream, mayonnaise, garlic, scallions, water chestnuts, pimentos, Worcestershire sauce, salt, and pepper; then add spinach.
4. Serve in a bowl with sourdough bread, cut vegetables, and pita chips.

- 10 oz. frozen spinach
- 1 c. sour cream
- 3/4 c. mayonnaise
- 1 garlic clove, grated
- 2 scallions, thinly sliced
- 8 oz. jar water chestnuts, drained and chopped
- 4 oz. jar diced pimentos, drained
- 1/2 tsp. Worcestershire sauce
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper

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Dear Kurt: Medicare Questions

Q: Can I change my Part D plan if I go on a high cost prescription?

A: Unfortunately, going on a new prescription does not give you a Special Enrollment period at this time. If this happens to you, reach out. We may be able to help with ideas on lowering your cost. This is one reason CMS recommends reviewing your plans every year.

Winter Word Search


B T N E S T R Z G V
Q A U V S V O J O T
H Y T X C F F B U K
P H M O Y R O F L W
N N E L F Y N S A T
E G G N O G D S S U
Q S O U P K U T H R
Y A M S T P E E T K
Q R C I D E R W J E
J M K U G R A V Y Y

CIDER	NUTMEG	GOULASH
EGGNOG	SOUP	TURKEY
FONDUE	STEW	YAMS

***Keep an eye out
for the next
Spring newsletter!***



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