

Regent Financial Services

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What Will You Pay for Medicare in 2022?

Medicare premiums, deductibles, and coinsurance amounts change annually. Here's a look at some of the costs that will apply in 2022 if you're enrolled in Original Medicare Part A and Part B.

Medicare Part B premiums

According to the Centers for Medicare & Medicaid Services (CMS), most people with Medicare who receive Social Security benefits will pay the standard monthly Part B premium of \$170.10 in 2022.

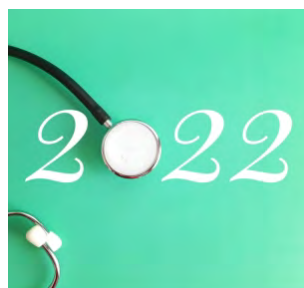
People with higher incomes may pay more than the standard premium. If your modified adjusted gross income (MAGI) as reported on your federal income tax return from two years ago (2020) is above a certain amount, you'll pay the standard premium amount and an Income-Related Monthly Adjustment Amount (IRMAA), which is an extra charge added to your premium, as shown in the following table.

You filed an individual income tax return with MAGI that was:	You filed a joint income tax return with MAGI that was:	You filed an income tax return as married filing separately with MAGI that was:	Monthly premium in 2022 including any IRMAA is:
\$91,000 or less	\$182,000 or less	\$91,000 or less	\$170.10
Above \$91,000 up to \$114,000	Above \$182,000 up to \$228,000	N/A	\$238.10
Above \$114,000 up to \$142,000	Above \$228,000 up to \$284,000	N/A	\$340.20
Above \$142,000 up to \$170,000	Above \$284,000 up to \$340,000	N/A	\$442.30
Above \$170,000 and less than \$500,000	Above \$340,000 and less than \$750,000	Above \$91,000 and less than \$409,000	\$544.30
\$500,000 and above	\$750,000 and above	\$409,000 and above	\$578.30

Other Medicare costs

The following out-of-pocket costs for Original Medicare Part A and Part B apply in 2022:

- Part A deductible for inpatient hospitalization: \$1,556 per benefit period
- Part A premium for those who need to buy coverage: up to \$499 per month (most people don't pay a premium for Medicare Part A)
- Part A coinsurance: \$389 per day for days 61 through 90, and \$778 per "lifetime reserve day" after day 90 (up to a 60-day lifetime maximum)
- Part A skilled nursing facility coinsurance: \$194.50 for days 21 through 100 (for each benefit period)
- Part B annual deductible: \$233

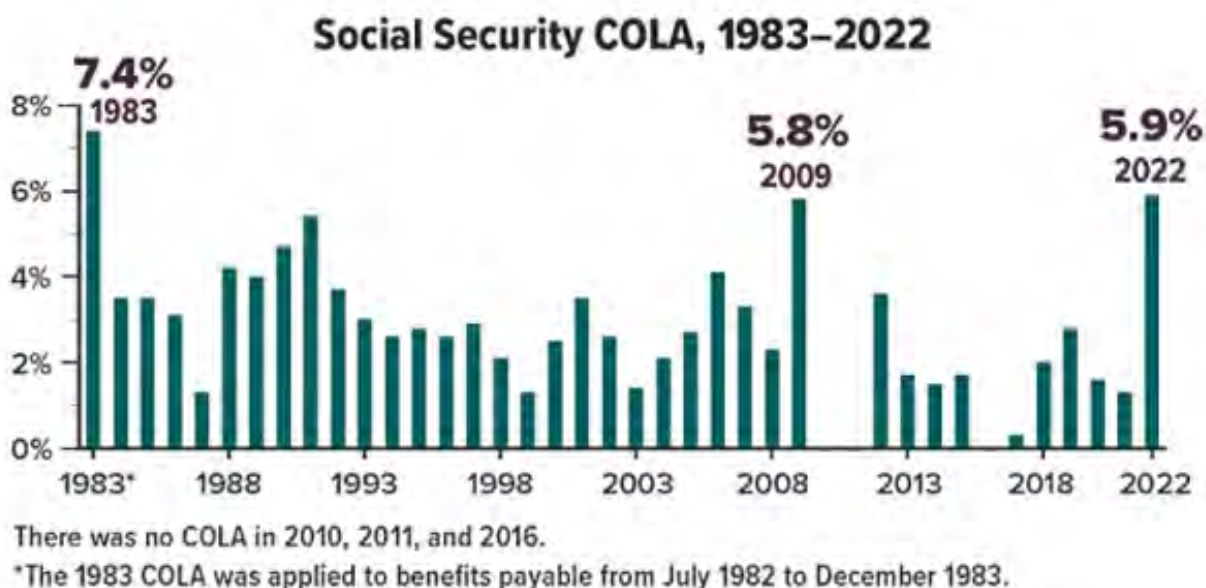


For more information on costs and benefits related to Social Security and Medicare, visit ssa.gov and medicare.gov.

Big Boost for Social Security Payments

The Social Security cost-of-living adjustment (COLA) for 2022 is 5.9%, the largest increase since 1983. The COLA applies to December 2021 benefits, payable in January 2022. The amount is based on the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from Q3 of the last year a COLA was determined to Q3 of the current year (in this case, Q3 2020 to Q3 2021).

Despite these annual adjustments for inflation, a recent study found that the buying power of Social Security benefits declined by 30% from 2000 to early 2021, in part because the CPI-W is weighted more heavily toward items purchased by younger workers than by Social Security beneficiaries.



Sources: Social Security Administration, 2021; The Senior Citizens League, August 11, 2021

SAVE THE DATE!



THE ANNUAL UPDATE 2022

Thursday, February 3rd

National Peanut Butter Day!

January 24th



National Peanut Butter Day on January 24th recognizes an American staple in our pantries. Whether creamy or chunky, with chocolate or with jelly, peanut butter gets the recognition it deserves each year on this day.

The early peanut butter made by the Aztecs and Incas around 1000 BC was more of a paste and not nearly as creamy as the peanut butter we know now.


We can thank four men for the inventions and processes that bring us the creamy, smooth peanut butter we enjoy today: Marcus Gilmore Edson of Canada, Dr. John Harvey Kellogg, Dr. Ambrose Straub of St. Louis, Missouri, and chemist Joseph Rosefield.

But the man who brought us the peanut butter we know and love today was Joseph Rosefield. In 1922, through homogenization, Rosefield was able to keep peanut oil from separating from the peanut solids. He later sold the patent to a company that began making Peter Pan peanut butter. Rosefield then went into business for himself selling Skippy peanut butter through Rosefield Packing. He also supplied peanut butter for military rations during World War II.



POPULAR PEANUT BUTTER SANDWICHES!

- *The Elvis* (Peanut butter, Bananas, Bacon)
- *The Health Nut* (PB&J on Whole Grain Bread, Fuji Apple, Orange Marmalade, and Granola)
- *The Midnight Mensch* (Cheese Doritos, Peanut Butter, Raspberry Preserves)
- *S'more Monsieur* (Broiled giant marshmallows, Peanut Butter)



Peanut butter is a good source of vitamin E, B6, niacin, calcium, potassium, and iron. Is packed with protein and is rich in healthy monounsaturated fat!

S'MORES PUDDING COOKIES

A delicious take on a classic treat! These cookies are soft, chewy and have the perfect combination of flavors!



PREP: 10 MINUTES



COOK: 10 MINUTES



SERVINGS: 24 COOKIES



INGREDIENTS

- 2 cups flour
- ¼ cup sugar
- ¾ cup brown sugar
- 1 (3.4 oz) box instant vanilla pudding, dry
- 1 tsp. baking soda
- ¾ cup butter, softened
- 2 eggs
- 1 tsp. vanilla
- ½-2/3 cup mini marshmallows
- 1 cup chocolate chips
- 3 sheets graham crackers, finely crushed

DIRECTIONS

Recipe by: <https://www.chef-in-training.com/smores-pudding-cookies/>

1. Cream butter and sugars together. Add in pudding mix and beat until well incorporated.
2. Beat in eggs and vanilla until well blended.
3. In a small bowl, stir graham cracker crumbs, baking soda and flour until evenly mixed.
4. Add the dry ingredient mixture to the wet ingredients and beat until well incorporated.
5. Stir in chocolate chips and mini marshmallows until evenly mixed in. Add more if desired.
6. Bake at 350 degrees F for 8-10 minutes. You want these cookies to be slightly undercooked. It helps make them extra soft.

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