

RETIREMENT *IN* SIGHT

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MONTHLY NEWS AND INFORMATION FOR CURRENT AND FUTURE RETIREES

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“Example is not the main thing in influencing others. It is the only thing.”

- Albert Schweitzer

RECIPE

Kale, Roasted Peppers & Olives

2 large bunches kale, cut to bite size, rinsed and dried
2 tbsps. olive oil
2 cloves garlic, thinly sliced
2 tsp. sugar
1 tsp. salt
12 Kalamata olives, pitted, chopped
1 4 oz. jar roasted red peppers
2 tbsps. aged balsamic vinegar

Warm oil and garlic in a large stockpot over medium-high heat. Remove garlic once browned. Add kale and stir-fry 5 minutes. Add 1/4 cup water, cover, and cook 8 to 10 minutes or until tender. Uncover and add sugar, salt, olives, and peppers. Cook over medium-high heat until liquid has evaporated. Spoon into serving dish, scattering garlic over top. Drizzle with vinegar. Serve warm or at room temp.

BRAIN TEASER

Anagrams of the Stars.

If Alec Guinness can be rearranged into “Genuine Class,” which well-known American actor and filmmaker can be rearranged from “Old West Action?”*

DID YOU KNOW?

Now That’s Water Power

Each second, 3,160 tons of water flows over Niagara Falls.⁵

MARRIAGE HAS DEFINITE (RETIREMENT) BENEFITS

If you’re retired and married, it pays to remain so. America’s married couples have retirement advantages that singles simply don’t.

Social Security, for example, permits a degree of strategy for marrieds. When one spouse retires and starts collecting Social Security income, the other spouse has a chance to claim spousal benefits that may be as much as 50% of that monthly payout. When the higher-earning spouse passes away, the surviving spouse can potentially receive all of his or her benefit; in fact, that spouse has the choice to continue collecting benefits based on his or her work record or survivor benefits, whichever is greater. A divorced person is only eligible for survivor benefits if the marriage lasted 10 years or more.

When both spouses participate in 401(k) plans, you’re talking twice the tax deferral on the collective contribution as a single person gets, and two opportunities for an employer match. A surviving spouse is usually the default beneficiary for a 401(k). Spouses who inherit an IRA get the choice of rolling that money into their own IRA or maintaining it as a separate IRA and taking Required Minimum Distributions based upon when their spouse would have turned 70½ - a choice unavailable to unmarrieds.¹

THE SOIL CAN PROVIDE SUSTENANCE – AND INCOME

Enterprising retirees whose homes occupy larger lots or parcels of land are using some of their properties for microgardens. They grow organic vegetables, fruits and herbs for their dinner table; they generate a little money by growing perennials, annuals and even organic spa products for eventual sale. They grow garlic; they grow bamboo; they grow oyster mushrooms; they grow ginseng. Some plants are not only easily propagated, but also potentially profitable. Demand is quite high for bamboo, and potted bamboo plants can easily sell for \$100. Oyster mushrooms also grow quickly and sell from \$3-9 a pound.

Microgardening is a worldwide movement, and with a little research and possibly a college course on the subject, you too might join the ranks of these backyard farmers. In addition to generating some extra retirement money, there is the added benefit of getting some exercise and relaxation.^{2,3}

ON THE BRIGHT SIDE

American households grew 14% richer in 2013, according to the Federal Reserve; household net worth totaled \$80.7 trillion in the fourth quarter.⁴

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*** TRIVIA ANSWER: Stumped? Contact me for the answer! At 571-969-4262**

CITATIONS.

- 1 - dailyfinance.com/2014/03/11/how-marital-status-affects-retirement-benefits/ [3/11/14]
- 2 - money.usnews.com/money/retirement/slideshows/10-uncommon-sources-of-income-in-retirement [5/19/10]
- 3 - profitableplants.com/turn-dirt-into-dollars-with-a-microfarm/ [3/12/14]
- 4 - foxbusiness.com/economy-policy/2014/03/06/household-net-worth-rose-14-in-2013/ [3/6/14]
- 5 - niagarafallsstatepark.com/amazing-facts.aspx [3/11/14]