

RETIREMENT *IN* SIGHT

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MONTHLY NEWS AND INFORMATION FOR CURRENT AND FUTURE RETIREES

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"If you can't sleep, then get up and do something instead of lying there and worrying. It's the worry that gets you, not the loss of sleep."

- Dale Carnegie

RECIPE

Pork Chops with Apples

4 bone-in pork loin chops
(¾" thick, 7 oz. each)
2 tablespoons vegetable oil
½ teaspoon salt
¼ teaspoon pepper
2 medium onions, thinly sliced
1 lg. green apple, cut in thin wedges
1 lg. red apple, cut in thin wedges
2 tablespoons Dijon mustard
1 tablespoon brown sugar

Brown pork chops in oil on each side in a large skillet. Season with salt and pepper; remove them and keep them warm. In the same skillet, sauté onions and apple wedges until crisp/tender. Combine mustard and brown sugar; brush it over the chops. Return the pork chops to the skillet; cook them for 4 minutes or until the meat juices run clear. Yields 4 servings. Prep + cooking time: 30 minutes.

BRAIN TEASER

Presidents Quiz.

How many Vice-Presidents are on Mount Rushmore?^{*}

DID YOU KNOW?

America's waiting game

An average NFL game lasts 3 hours and 11 minutes. The football is actually in play for only about 11 minutes of that time.⁵

HOW CLOSELY WILL RETIREMENT MATCH YOUR EXPECTATIONS?

All of us approach retirement with a vision of what life after work might be like. The time freedom that comes with a retirement transition is exciting, and if we plan, save and invest considerably, we may enter the "third act" of life with sufficient financial freedom as well. Even so, we may discover that some things about retirement differ than what we expected.

Some of us may decide to and keep a foot in the workforce after age 65. Even an "endless Saturday" can get a little boring sometimes. We may regard time as our greatest asset, and our health a close second; even more than wealth, health is foundational to retirement happiness. Speaking of health, we may end up spending in the vicinity of \$220,000 to cover retirement medical costs (so notes *Forbes*); we may not anticipate such an outlay. Spouses or partners may find that their retirement outlooks vary, and that may mean a bit of negotiation.

Whether your retirement turns out to match or differ from your long-held vision, one thing is certain: as you may live into your 80s (or longer), you must stay invested and stay financially vigilant. You don't want to outlive your money, so keep planning to preserve it and sustain it.¹

COULD BRAIN STENTS CUT STROKE DEATHS?

University of Pittsburgh researchers maintain that they could. So far, only intravenous medicines have dissolved blood clots lodged in the brain; doctors have relied on such treatment for over 20 years. Now, endovascular treatment (removable brain stents) may provide a more effective option.

Doctors at the University of Pittsburgh Medical Center published their findings in the *New England Journal of Medicine*: in treating 300+ stroke patients, they observed that the normal mortality rate was cut in half to 10% when stents were inserted into the brain to dissolve blockages. Additionally, the treatment brought overall positive results in 55% of patients, compared to 30% of the time with intravenous medicines. The Pitt researchers also noticed that after endovascular treatment, patients had comparatively better odds of living independently and lower odds of the stroke leading to a lasting disability.²

ON THE BRIGHT SIDE

The S&P 500's "lost decade" (2000-2009, in which it retreated 24.1%) is well into the rear-view mirror. At the close of trading February 11, the S&P 500 had advanced more than 85.5% during the 2010s.^{3,4}

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* TRIVIA ANSWER: Stumped? Contact me for the answer! At 302-824-7063

CITATIONS.

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- 2 - triblive.com/news/adminpage/7756471-74/stroke-doctors-endovascular#axzz3RUWpRFUd [2/11/15]
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- 4 - bigcharts.marketwatch.com/historical/default.asp?symb=SPX&closeDate=2%2F11%2F15&x=0&y=0 [2/11/15]
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