



PREPARING FOR THE
Age of You

*How to make your
retirement a perfect fit.*

MONEY IS ONLY ONE ASPECT OF RETIREMENT.



The financial aspects of retirement are often all-consuming. With all the considerations of health care, investments and meeting anticipated day-to-day needs, it's easy to miss the big picture: how you'll want to spend those many days.

For most Americans, retirement is the first time in a lifetime when days aren't guided by the needs of a family or a career. It's an era of freedom from years of office politics, school carpool and putting others' needs first.

Retirement is your time. Here's how you can prepare to make the most of it.

PART ONE

explore

PART TWO

strategize

PART THREE

pursue

explore

1

A sense of purpose never retires.

Retirement is a huge transition. The minutes and hours once beholden to other things and people will finally be yours to spend. It's a shift that can leave your days feeling inspiring and purposeful. Or, on the flip side, echoing with emptiness.

You'll have time to do things that really matter to you. So now's the time to start thinking about exactly what those things are. Two questions to consider:

Do you have interests or hobbies to pursue?

Think long and hard about things you've never had the free time to do. There's going to be plenty of opportunity to learn to sew, take painting classes or whittle away at your dream car restoration.

Are you really ready to retire?

For some people, a dream retirement is embarking on a second career or converting a Big Idea into a business. If you're not quite ready to hang up your suit for good, your retirement could launch a multi-year project.



explore

1

Regardless of how you plan to spend time, it's important to start thinking about how you envision your post-retirement life, early. One way to make planning easier is to create a five-year plan. Talk things over with your spouse or partner to identify emerging and shared goals and plans.



RETIREMENT STRATEGY

Don't isolate yourself.

– Wes Moss

Certified Financial Planner, Chief Investment Strategist for Capital Investment Advisors, and host of the popular radio show Money Matters

Moss has found that the top pursuits of the happiest retirees often include volunteering, travel or golf. The unhappiest retirees usually cite pursuits that include reading, hunting, fishing or writing. There's logic in finding happiness. "The happiest people don't do things in isolation," says Moss.

Rosato, Donna (Jan. 12, 2015). "5 Secrets to a Happy Retirement." www.time.com/money

MY EXPERIENCE

"Pursuing longtime dreams and interests has provided purpose in our lives — an unexpected payoff of retirement."

– John Blasingame & Kathryn Coleman, 16-year retirees

YELLOW FLAG

How much activity is enough?

For a good rule of thumb, happier retirees tend to engage in three or four regular activities. Engaging in just one or two activities can lead to lower levels of happiness. Double the happiness impact by picking a hobby that's also social.

strategize

2

Start plotting the path to an inspired life.

Now that you've put thought into what you'd like to do after you retire, push pause. It's time to hone in a bit.

Whether you created a spreadsheet or just jotted notes onto a napkin, let your ideas breathe a bit. Maybe put them away for a few days or weeks and then revisit them. Take time to ensure what was a good idea yesterday is still a good idea today.

Here are a few considerations as you begin to move from exploring ideas to taking action on them:

Is there a better choice for you?

While your love of golf is unflagging, perhaps your goal of becoming a scratch golfer may need tweaking. Think of ways to translate your love of the links (or anything, really) into something next level. Perhaps you could volunteer for a local children's golf clinic, start a new league or launch a community tournament. Find ways to turn your passions into projects, big or small.



strategize

2

Are your priorities in order?

Be realistic about what lies ahead. After a lifetime of work, it's advisable to ease into retirement. Plan your transition accordingly. Find one thing you'd like to do right away. Maybe it's to travel while you're in great health or before grandchildren begin to appear. There's time to ease in additional opportunities, as you grow comfortable in your retirement.

How's your health?

While you can't slow aging, you can certainly slow the pace with healthy living practices. Plan for good health and make lifestyle changes that will resonate in your retirement. Whether you're looking to start exercising in anticipation of a transcontinental journey or to rediscover the joy in your marriage, the secret to living happier is to live healthier in mind, body and spirit.

Now that your plans are taking shape, it's time to test drive how you're going to transfer them into action.

MY EXPERIENCE

“Partners should respect each other's space and support their interests — we needed a bigger calendar just to keep track of all the ‘his,’ ‘hers’ and ‘us’ things.”

– John & Janice Parker,
26-year retirees

RETIREMENT STRATEGY

Be at home in your marriage.

– Michael S. Finke, PhD

Professor, Director of Retirement Planning and Living in the department of Personal Financial Planning at Texas Tech University, and President of the American Council on Consumer Interests.

Some marriages thrive with the newfound close quarters of retirement together while others fall apart. Finke says a good marriage can be one of the strongest predictors of a happy retirement. “Positive relationships with your spouse become even more important after retirement,” says Finke.

Grant, Kelli B. (Jan. 21, 2015) “Retirement planning isn't just about the money.” www.cnbc.com

YELLOW FLAG

Who should retire first — you or your spouse?

For dual earning couples, knowing how to sync two retirements can be vexing. Here's one thing to keep in mind: when you retire impacts more than earnings. Couples in which one spouse retires before the other are more likely to report themselves as less satisfied than couples that retire closer together. Carefully coordinate workplace exits to limit retirement's impact on your relationship.

pursue

3

Enjoy the Age of You in every sense.

So far, you've focused on what you want to do in retirement. You've also considered thoughtful ways to turn those ideas into action. Congratulations — you've put more thought into retirement than the average American does!



What's your next move?

You have plenty of options, whether you're ready for retirement or not.

A few years shy?

Consider a test drive of your retirement lifestyle. Use an extended window of vacation time to try out hobbies and interests. Not only will you gain a feel for the retirement lifestyle, you'll also get an accurate gut check on your true level of retirement readiness.

Getting close to go time?

Launch a careful vetting of the place you'll call home from local taxes to must-have amenities. Perhaps you'll stay in the family home or move elsewhere to be closer to family. Maybe you'd enjoy retirement even more surrounded by fellow retired neighbors in an active adult community or with the added security of a continuing care retirement community (CCRC) or life plan community. Make your short list and schedule tours and overnight stays to gain the full experience.

pursue

Financially and emotionally ready?

Pencil in a date. Nothing gets you moving quite like accountability. When you and your spouse commit to a date, you're opening the door to what's next in your life.

Reliably, one of the greatest laments retirees share is a wish that they'd not waited so long to retire. Retirement is The Age of You. It's time you worked a lifetime for. Shape it to fit your dreams, passions and goals to experience a limitless, fulfilling retirement experience.

YELLOW FLAG

Seek quality in less obvious places.

It's easy to see if a retirement community is well maintained with one look at the exteriors, landscaping and carpet. There are, however, less visible quality indicators retirees should seek. Look for a community with accreditations and industry ratings that verify standards of operation across the board. Residents also should have an organized voice through resident councils and representation to the board.

RETIREMENT STRATEGY

Change how you envision retirement.

– Stephen Maag

Director of Residential Communities for LeadingAge, an association of 6,000 not-for-profit aging services providers.

Retirement can redefine how you live. Some rent rather than owning a home or travel full time on a home on wheels. Still others trade the expense of homeownership for the secure, lock-and-go ease of continuing care retirement communities — now called life plan communities. “Today's retirees don't want to be cared for; they want to be in control. They look for a new home where they can flourish and grow, not one that makes them feel dependent and frail,” says Maag.

Maag, Stephen (Dec. 7, 2015). “Getting on Board with Life Plan Communities.” www.leadingage.org

MY EXPERIENCE

“Paradise Valley Estates is a true community. There's so much to do here, and plenty of space to call your own.”

– John & Mary Weigelt,
Two-year retirees

ARE YOU PREPARED FOR THE

Age of You?



TO LEARN MORE, EMAIL US
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