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#### UPCOMING DATES

##### JULY

04 Independence Day  
23 Parent's Day

##### AUGUST

2 Webinar: FERS Federal  
Pension Eligibility?  
21 Senior Citizens Day  
26 Women's Equality Day

JULY  
AUG  
2023



## STRATEGIC WEALTH DESIGN

### WARNING- DON'T RETIRE WITHOUT PURPOSE

## Quality Tips For Retirement Longevity

What are you retiring to? What are you retiring for? Why are you retiring? These may seem like obvious answers to some, but these questions should be focused on, contemplated, and answered. Without it, you may slumber off mentally emotionally and physically.

I too often have seen folks retire and just a few short months or years later pass away. They seemed perfectly healthy and well, but alas, there was nothing driving them forward. Purpose is essential. What is the driving force now in your life, once you do retire?

#### KEYS TO LONGEVITY

I recently wrote an article about centenarians, and the 6 keys to longevity. There was a sense of community, and commitment to others. Many of you have had this sense intact for years at work. I know Public Defenders who are ever so passionate about what they do. Or US Forest firefighters who feel an identity with their teams and the mission they have to accomplish. Thru near-death experiences they form a solid bond with their co-

workers. This feeling of belonging is critical to success and living into retirement with prosperity.

Many of you are proud of the work you do. It's part of your identity. Who will you be without work to define you? What will you be without that work community and goals? Before stepping into retirement, a transition of goals, and your community outside of work, may be so important that it becomes life-saving.

Some have told me they get involved in their church. Others have family members kids parents and grandchildren that need them. So many of you cherish these moments with the grand kids. You run them to soccer games and school and activities, or just give them all you have as toddlers when their parents go to work, helping to see them raised with tenderness and love.

Continued on the next page-



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Perhaps it's your direct community or organization that relies on you, for that extra special touch or zeal you bring to your tasks, or the personal interest you show in others. Maybe you are volunteering your time to a non-profit, or giving back to the community. Some I know take meals to others, or help out at local food banks and other charitable tasks. The key is you now have a community, and without that, however big or small, you might fizzle out. It could be that your parents need you for care. What a rewarding and satisfying work this can be, to look after those parents who looked after you for so many years. Be aware it is especially important you have a plan that is balanced, as your siblings and other family members may be tempted to walk away and let you carry that burden. Without a plan, you could burn out, and be no help to your parents or yourself. Have an open discussion that is realistic and review your own health often with other family members, and take the necessary breaks to continue in this labor of love.

SUDDEN FREE TIME

You see, poor planning for the use of the sudden free time in retirement can factor into an unhappy retirement. The workplace

for many is a socially interactive environment. When you are removed from that environment, you may feel less engaged in life. So get engaged with others and your community. You will experience more happiness in giving and it will no doubt fill the soul and truly satisfy. Make friends and keep the old friendships going, working at them with patience, forgiveness, and genuine love. Plan trips together, to those places you always wanted to go to. Your hospitable spirit will be rewarded for sure. I know many that belong to hiking groups, or that gather together monthly for luncheons with former co-workers. It gives you something to look forward to, and staying connected is key. Those that are active with others I feel a real warmth from. In their facial expressions and in their voice it is evident that being a part of something bigger than themselves is having a wonderful joyful effect on them. Here's to a long and happy retirement!

To Your Success,  
  
Charles Dzama

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INDIANAPOLIS

BELOW:  
James (colleague) & me chillin' in Colts locker room



RIGHT:  
Indy car on display at the airport



ABOVE:  
Indiana Capitol Bldg



cut here ✂



RECIP  
HONEY MUSTARD PEPPERJACK CHICKEN  
WITH FRESH PICO DE GALLO

This easy chicken dinner is so delicious and easy to make. coming together in just about 30 minutes, it's full of flavor and fresh summer flavor perfect for the warmer months!

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 cup honey mustard marinade (see note #1)
- Salt & pepper
- 2/3 cup shredded pepperjack cheese, divided
- 1 recipe for easy pico de gallo (or buy your favorite fresh salsa at the store!)
- For serving: fresh avocado, roasted potato or chips

HOW TO MAKE IT:

1. Add chicken breasts to a ziploc bag with honey mustard and allow to marinate for a minimum of 30 minutes.
2. Preheat oven to 400° F and line a baking sheet with foil.
3. Drizzle 1 teaspoon olive oil over the foil and lay marinated chicken onto it, sprinkling with salt and pepper
4. Bake for 30 minutes then remove chicken and cover each breast with the pepperjack cheese
5. Place back in the oven and bake for a final 5 minutes (or until chicken has an internal temperature of 165° F)
6. Remove, top each breast with fresh pico de gallo and serve with avocado, roasted potatoes or chips

BRAIN GAMES

ANSWER KEY:

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



# Going Live!

## FIND EVENTS THAT MATCH YOUR INTERESTS

Comedians, musicians, magicians and other live performers are always traveling the country to bring their talents to new places. Attending live events is not only fun, but it allows you to explore new interests, meet new people and make memories that will last a lifetime. Whether your favorite musician is playing near you or a traveling circus is passing through your city, be ready with these tips.

### PLAN IN ADVANCE

Though the thought of spontaneously attending a live event sounds fun, it can actually become a hassle before the event starts. To avoid any stress and enjoy the event to the fullest, you have to start planning! Once you know what kind of event you want to attend, research ticket prices and locations.<sup>1</sup> Consider if you want to splurge on VIP tickets, if they are offered. Research key details like the venue's parking options, whether the venue will have air conditioning and what you're allowed to bring.<sup>2</sup> It's also a good idea to know how much money you are going to bring with you for food, merchandise and in case of an emergency.<sup>3</sup> If there won't be food at the venue, make plans to eat before the event.

### KNOW BEFORE YOU GO

Each live event is different, but knowing a few general guidelines beforehand will make all the difference. Plan ahead for the weather and the traffic and — to avoid long lines and the stress of feeling rushed — plan to arrive early.<sup>4</sup> Popular events are usually crowded, so it's also important to be respectful. For events where you are primarily seated, be mindful of those around you and try to keep your personal items in your area.

### LIVE IN THE MOMENT

The biggest trick to enjoying whatever event you attend is remembering to live in the moment. Take a minute to put away your phone and listen to the music, laugh with others about a joke, be amazed by a magic trick or reflect on the speaker's inspirational words. Live events can make you feel alive again, so be sure to soak in the experience and make great memories!

#### SOURCE:

<sup>1,2,3,4</sup> Akshay Bhanawat. Nov. 21, 2021. "5 Tips and Tricks Every Music Concert Goer Should Know." <https://themusicessentials.com/editorials/tips-and-tricks-every-music-concert-goer-should-know/>. Accessed April 26, 2023.

## THE GOOD LIFE

### Make Your Car Feel Brand New

Many people consider their car a second home because they spend so much time in it. Whether you have a brand new car or one that is racking up miles by the minute, you deserve to feel good about what you are driving. Keeping up your car's maintenance will keep it driving longer and make you feel like you have a new ride.

One of the best ways to make sure your car is safe and looking its best is checking on the smaller details. Regularly check your tire pressure, windshield wipers, air filters and oil.<sup>1</sup>

Not only does having good tire pressure give the car better fuel efficiency, but it keeps you safe.<sup>2</sup> Drivers can avoid accidents by checking their tires regularly. Wipers need replaced every six



months to ensure you can see during unforeseen weather.<sup>3</sup> Look at your air filters annually, and check your oil levels monthly if you're driving regularly and your car has less than 100,000 miles on it — or twice a month if it has more than 100,000 miles on it.<sup>4</sup>

Aside from these maintenance tasks, you may want to invest in professional detailing to make your car sparkle like new. Professionals will thoroughly clean the inside and outside of your car, but even without professional help, you can keep your car clean and uncluttered to make your drive more appealing.<sup>5</sup> With summer travels beckoning, take the time now to make your car look and feel new!

**Sources:** <sup>1,2,3,4</sup> Gabrielle Horton and Sylvie Douglass. NPR. July 29, 2022. "Simple DIY maintenance tasks that will keep your car running smoothly — and save money." <https://www.npr.org/2022/07/01/1109431302/car-maintenance-tips-checklist>. Accessed April 26, 2023.

<sup>5</sup> Chaya Milchtein. AAA. Sept. 20, 2022. "Make Your Car Feel New Again." <https://mwg.aaa.com/via/car/how-to-make-car-feel-new-again>. Accessed April 26, 2023.



## HOW TO ...

### How to Reduce Food Waste

Summer means get-togethers with friends and family, which sometimes can result in leftovers galore. Figuring out what to do with uneaten food can be a hassle, but don't throw it away! Instead, learn how you can reduce food waste and help the environment.

**The Freezer is Your Friend.** Leftovers can go in the fridge for three days, but if you know it will take longer to eat them, store the food in the freezer. Organize your freezer so you can find the food easily, and label it so that you can eat the oldest items first and avoid freezer burn over time.

**Start Composting.** Food scraps can be easily composted in your backyard. Add the scraps to a compost pile in your garden or buy a small compost bin for inside your kitchen.

**Think Outside the Box.** Making things like vegetable stock or soups are some great ways to use up leftover food. Use food in dishes that are easy and delicious, then store them for later!

**Source:** Romi Londre. Mayo Clinic Health System. June 4, 2021. "7 ways to reduce food waste in your kitchen." <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/7-ways-to-reduce-food-waste-in-your-kitchen>. Accessed April 26, 2023.





DOLLARS & SENSE

Your Choices Today Can Impact Your Family For Generations

What does it mean to pass down wealth? If you have invested in stocks, bonds or other assets, or are building equity in real estate or a business you own, then generational wealth can look like many different things. One Federal Reserve estimate suggests that over 2 million households receive some inheritance<sup>1</sup>.

When planning for the future, it can be good to remember ways you can pass down your wealth if you choose and do so with confidence.

Generational wealth refers to financial assets passed from one generation of a family to another.<sup>2</sup> Many families tend to pass down assets and other valuable items when a death occurs, but this doesn't have to be the only time you make such transfers.

A creative way to transfer generational wealth is through gifts. As of 2023, individuals may gift up to \$17,000 and couples up to \$34,000 annually in either money or property without incurring the federal gift tax.<sup>3</sup>

Tuition paid directly to an educational institution is also exempt from gift taxes, so this is another way to help the next generation. Like tuition, eligible medical expenses paid directly to the provider are also exempt from gift tax.<sup>4</sup>

Building generational wealth takes time but can benefit your family and loved ones. Here are several ways to start building generational wealth:<sup>6</sup>

**Improve Your Financial Literacy.** Once you have a strong understanding of your finances, budgeting, credit score and savings, you will be able to make better choices when building your generational wealth.

**Pay Down Your Debt.** There are various options for paying back debt, and understanding how your debt impacts your finances is one of the first steps. It may be time to look into setting aside an emergency fund for the unexpected and getting on track with a debt-repayment strategy.

**Focus on Budgeting.** Knowing how much money is coming in and how much money is going out is a great starting point for building your budget. By planning ahead, your budget can accommodate wants, needs and unexpected expenses.

**Create Goals.** Consider your short-term and long-term financial goals to set a reasonable timeline. These goals may include retirement savings, insurance policies, investments and emergency funds. We can help you look at where you stand in relation to your goals and help you craft a financial strategy.

**Plan for the Next Generation.** Keep the next generation in mind while you plan, determining which vehicles you'd like to use to pass wealth to heirs, for example educational savings accounts or tuition payments; wills or trust funds; or insurance policies.

**Take Your Financial Pulse.** Financial plans aren't permanent, so revisit your budgets and plans regularly, especially if you experience a life change. This will help you build toward your generational goals.

Generational wealth can open many doors for your family, but planning ahead is key. If you are considering giving valuable items, property or funds to family members, remember that there are options for those transitions. Whether you are just starting to think about generational wealth, just starting to build it or you've been growing your assets for years, a plan can help keep you on track.

Sources: <sup>1,5</sup> Capital One. Jan. 5, 2023. "What is generational wealth?" <https://www.capitalone.com/learn-grow/money-management/what-is-generational-wealth/>. Accessed April 26, 2023.

<sup>2,4</sup> Greg Daugherty. Investopedia. Dec. 21, 2022. "Generational Wealth: Overview, Examples and FAQs." <https://www.investopedia.com/generational-wealth-definition-5189580>. Accessed April 26, 2023.

<sup>3</sup> IRS. Oct. 27, 2022. "Frequently Asked Questions on Gift Taxes." <https://www.irs.gov/businesses/small-businesses-self-employed/frequently-asked-questions-on-gift-taxes>. Accessed April 26, 2023.

THE SCOOP

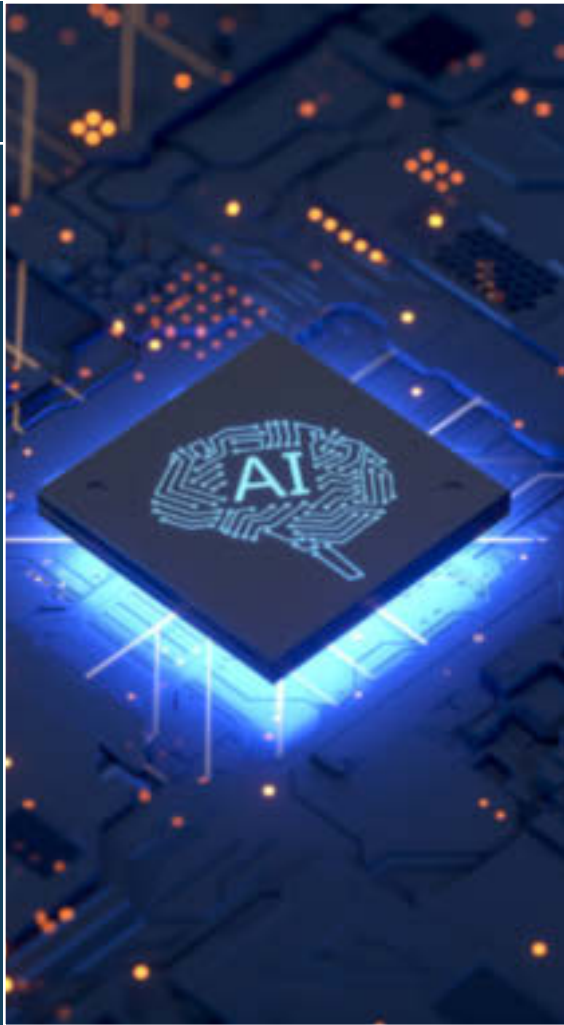
AI: The Technology of the Future

Technology has advanced in big ways in such a short time. One of the most recent developments has been artificial intelligence (AI). The possibilities become endless with this type of technology, which is now benefiting people in various ways.

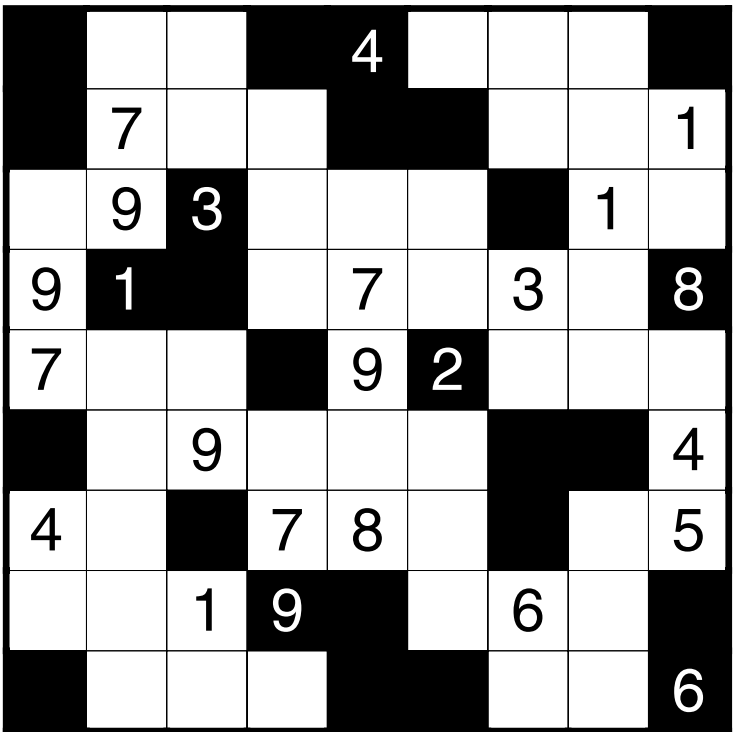
AI mimics human intelligence and is essentially a computer simulation of human behavior. Though the movies can make it seem like AI could backfire and take over the world, that is far from the truth. This technology is used to maximize efficiency, productivity and profit. AI-powered programs will be able to take on more dangerous jobs as well as jobs that are detail-oriented or repetitive.

AI can be found in a wide range of industries, including health care, machine operation, finances, gaming, user assistance and data analysis. Each of these industries is different, but AI enhances each in its own way. From helping with medical diagnoses to powering self-driving cars to telling you the weather each morning, AI has made people's way of life easier in many ways.

One of the biggest upsides to artificial intelligence is the fact that human error is significantly decreased. The programs don't break or make mathematical errors as often as humans, which can be essential for detail-oriented and routine tasks. Though this technology is a great enhancement, one of its current downsides is its expense and the need for staff with the expertise to leverage it. Though it is a great tool that holds a world of potential, AI is still being developed and evolving.



Source: Entrepreneur. Dec. 27, 2022. "What Is Artificial Intelligence (AI)? Here Are Its Benefits, Uses and More." <https://www.entrepreneur.com/science-technology/what-is-artificial-intelligence-ai-here-are-its/441570>. Accessed April 26, 2023.



BRAIN GAMES

Str8ts

Game Rules

Rows and columns are divided into compartments of white squares. Use single numbers to complete a straight for each compartment. A straight is a set of numbers with no gaps and in any order. No single number can repeat in any row or column. Clues in black cells remove that number as an option in that row and column, and are not part of any straight.