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Future Focus

*Monthly Insight Into Your
Insurance, Health & Finances*

Special Event

May 2018

Free Workshop - Join us May 10th @ 6:30pm / Laguna Niguel, CA

MAXIMIZE YOUR SOCIAL SECURITY BENEFITS and RETIREMENT INCOME

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DON'T OUTLIVE YOUR INCOME

With the added complexity found across today's financial topography, there seem to be more questions than ever before for investors and retirees alike when it comes to determining how long their savings will last them.

Whether it's the rising cost of healthcare, uncertainty in the stock market or skyrocketing consumer and credit card debt, being able to comfortably retire in today's financial landscape may seem more like a chess match than a relaxing game of checkers.

If each of us knew the exact day in which we would take our last breath, retirement planning would be a breeze. Other than the extreme morbidity of knowing your ultimate expiration date, you'd have the ability to walk your budget backwards, carefully earmarking funds for all the important things you'll...

Spring Trivia

1. The first day of spring is also called the vernal equinox. The day is one of only two days every year when the sun passes directly over the equator.
2. 'Vernal' is Latin for spring while 'equinox' is Latin for 'equal night'
3. The spring and fall equinoxes are the only two times in the year when the sun rises due east and sets due west.
4. In ancient Greece, Persephone was the goddess of spring. During winters, she was known as the Queen of the Underworld, and she would return to the earth in spring to preside over growth.

ORGANIZING YOUR RESOURCES FOR RETIREMENT

You'll need to outline a plan for yourself to dictate how much of your retirement savings you're able to spend each year, carefully taking into account how long you'll expect to live, how much you'll need for basic living costs such as housing, health insurance, etc. each year.

Not knowing exactly how to plan for retirement makes it easier for them to procrastinate in doing so, and spend money on other things. This problem can flow downstream and lead to other issues, like being forced to start drawing your Social Security benefit when first eligible, thus making the monthly checks smaller than if you waited a few years. This can also force a retiree's hand in their risk preferences, exposing their nest egg to unnecessary levels of risk in trying to play catch-up.

Knowing which companies are holding your money, how to access them, and how much is contained in each account is crucial to savvy financial management. Organizing this all can seem daunting, but you'll be happy you did so when you get to your elder years of life. This can start with a simple list of the financial products you own and a list of your debts and other obligations. This, of course, can be accomplished with the help of a financial services professional.

Piles and piles of paperwork can lead to unnecessary clutter, and be a source of stress. Register for online access to all of your accounts and keep the account balances, usernames and passwords centralized in one list or report, in addition, if you've had a number of employers over the course of your career, centralize the contact information for all of them and maintain them in the report, as well as previous years' tax returns and documents. Share the location of this list or report with your spouse or financial services professional. It's also crucial to make sure that the correct beneficiaries are updated, and revisited often, or whenever you or your

beneficiaries' situation changes. This also presents a great opportunity to update wills, trusts, financial and medical powers of attorney, real estate titles, business ownership agreements, and anything else where you could stand to pass on considerable wealth.

Structuring assets to create an income-generating retirement requires a different approach than earning income via the workforce – saving money for retirement, which is what some have spent their life doing, and planning a retirement are two different things. Add the complexities of taxes, required minimum distributions (RMDs) from IRAs and legacy planning, and you can begin to see why retirement planning requires more than simply a hope and a prayer.

Communication among couples is also very important, and both members of the household should know where all the important financial documents are kept, how to contact any money managers you employ, and every other element of the complete financial picture. In decades past, men were the ones to deal with the money, but times have changed and we now realize how risky this can be – especially with women typically outliving their male counterparts. It's also a good idea to involve your children in the process, since they'll be the beneficiaries in many cases.

Lastly, now that you've got some degree of organization in your life, take stock of life changes from the previous year. Such events include buying or selling a home or property, a change or employment, marriage or divorce, a financial windfall such as an inheritance, and of course – retirement. Readjust your spending, saving and rebalance your investments. Getting caught off guard is never pleasant – especially when it comes to your finances.

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WHAT IS THE DIFFERENCE BETWEEN A **FIXED ANNUITY** AND A **VARIABLE ANNUITY**?

An annuity is a contract with an insurance company in which you make one or more payments in exchange for a future income stream in retirement. The funds in an annuity accumulate tax deferred, regardless of which type you select.

Deferred fixed annuity

A deferred fixed annuity is an insurance-based contract that can be funded either with a lump sum or through regular payments over time. Fixed annuity contracts are issued with guaranteed minimum interest rates. The funds in your fixed annuity are able to build and earn interest during the accumulation phase. You don't have to pay taxes on interest earned until it is withdrawn. By postponing taxes while your funds accumulate, you keep more of your money working and growing for you instead of paying current taxes. This means an annuity

Deferred variable annuity

A variable annuity is a contract that provides fluctuating (variable) rather than fixed returns. The key feature of a variable annuity is that you can control how your premiums are invested by the insurance company. Thus, you decide how much risk you want to take and you also bear the investment risk. Most variable annuity contracts offer a variety of professionally managed portfolios called "subaccounts" (or investment options) that invest in stocks, bonds, and money market instruments, as well as balanced investments. Unlike a fixed annuity, which pays a fixed rate of return, the value of a variable annuity contract is based on the performance of the investment subaccounts that you select. These subaccounts fluctuate in value with market conditions, and the principal may be worth more or less than the original cost when surrendered.

Variable annuities provide the dual advantages of investment flexibility and the potential for tax deferral. The taxes on all interest, dividends, and capital gains are deferred until withdrawals are made. When you decide to receive income from your annuity, you can choose a lump sum, a fixed payout, or a variable payout.

Annuities have contract limitations, fees, and charges, which can include mortality and expense risk charges, sales and surrender charges, investment management fees, administrative fees, and charges for optional benefits. Annuities are not guaranteed by the FDIC or any other government agency; they are not deposits of, nor are they guaranteed or endorsed by, any bank or savings association. Any guarantees are contingent on the financial strength and claims-paying ability of the issuing insurance company.

Greek Style Potato Salad

Tired of the same old BBQ potluck dishes?

Add a Greek flair to your Memorial Day celebration with this Tzatziki potato salad!



INGREDIENTS

6 medium golden potatoes, peeled and cut into 1 inch cubes
3/4 cup of fat-free greek yogurt
2 tablespoons of low-fat mayonnaise
1 large clove of garlic, grated
juice of half a lemon
half a cucumber, peeled and grated
2 tablespoons of fresh chopped dill
salt and pepper to taste
1/4 cup of crumbled feta cheese (optional)

DIRECTIONS

Bring large pot of water with potato cubes to a boil. Allow potatoes to cook until fork-tender. Drain and rinse potatoes under cold water. Set aside.

Place shredded cucumber in a bowl lined with paper towels. Allow cucumber to sit for about 10 minutes while the potatoes cook, so that some of the cucumber juice is absorbed.

In a small bowl, whisk together the fat-free greek yogurt, low-fat mayonnaise, garlic, and lemon juice. Add drained, shredded cucumber. Season with fresh chopped dill, salt and pepper. Note: if you are using feta, don't use too much salt when seasoning the tzatziki.

In a nice serving bowl, combine the cooled potatoes and the tzatziki sauce. Add 1/4 cup of crumbled feta cheese and mix. Allow potato salad to sit in the fridge or at room temperature for at least 30 minutes before serving to allow flavours to meld.

NUTRITION INFORMATION

Serves: 4-6

Per serving: Calories: 176; Total Fat: 1g; Saturated Fat: 0g; Monounsaturated Fat: 0g; Cholesterol: 1mg; Sodium: 95mg; Carbohydrate: 36g; Dietary Fiber: 4g; Sugar: 3g; Protein: 7g

Source: <http://blog.myfitnesspal.com/10-potluck-barbecue-dishes-250-calories/>



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New Website & Resource Center



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