

# RETIREMENT, YOUR NEXT BIG CHALLENGE

You've spent the last 50 years, or more, getting an education, starting a family and building a career. All relatively high intensity and high energy activities. Now you are embarking on a new, and more difficult than you expected, phase in your life: retirement. A successful retirement, like everything you've done before, can benefit from a plan.

In the following paragraphs we have highlighted some things that you may want to think about in formulating your retirement plan. Not everything may be suitable for your circumstances and it is not intended to be comprehensive.

Before you actually reach your retirement date, it would be appropriate to review your financial plan as there are several things that change when you are no longer working.

Once you have stopped going to a regular job, it is important to remain active and get out of the house on a regular basis. Maybe a part time consulting project would work, or, what about volunteering? There are myriad needs and surely it would not be too difficult to find something that suits your interests and abilities. It's not what you do that's important, it's getting dressed, getting out of the house, showing up at a time and place where you are expected, and maintaining human interactions, that is the key.

Nothing in the foregoing should be interpreted to suggest that structured activities are the only way to go. Travel, visits with friends, joining a book club and any other form of social discourse is important to maintaining personal wellbeing and a successful retirement.

local independent personal accessible  
interactive creative local independent personal  
knowledgeable thoughtful ethical experienced

Of course, an important part of any retirement plan is taking care of yourself. Consider your approach to diet, physical health, and seeking medical care as circumstances suggest. Perhaps the key word here is, moderation.

In terms of longer-term planning. If you're a couple now, it is nearly certain that you won't always be. Learn how to do the things that your partner does now. Is your primary residence the right size and location? Have you thought about the possibility that one of you may become a caregiver?

Although it may be long anticipated and much celebrated, a successful retirement still requires some planning, beyond visions of spending all summer out on the golf course. Thinking through how you'll spend your time, and how you'll maintain your health and sense of purpose are almost as important to your retirement happiness as ensuring your financial plan is in order.

Walter J. Kirchberger, CFA

Disclosures: The information presented in this newsletter is the opinion of Sigma Investment Counselors and does not reflect the view of any other person or entity. The information provided is believed to be from reliable sources but no liability is accepted for any inaccuracies. This is for information purposes and should not be construed as an investment recommendation.

**Please remember to contact Sigma Investment Counselors if there are any changes in your financial situation or investment objectives**