The Four Biggest Retirement Risks

January 2016

After years of planning for retirement, you're approaching the finish line. But it can be nerve-wracking to leave behind a steady paycheck and make the leap to retirement. You'll be living on your savings for the rest of your life, and you might wonder how you will manage your budget on a fixed income.

While there are never any guarantees about anything, we will all face the following four retirement risks to some degree. If you anticipate these budget pitfalls, you can take steps to address them now, before you retire.

Inflation. You might not notice inflation from one year to the next, but you can bet the rise in prices will become evident over a decade or two. However, not all prices will rise at the same rate. Some will rise much more rapidly, while you might be able to manage other expenses that are now mostly optional. For example, a rise in gas prices hits you hard now, while you have a daily commute, but it might not affect you nearly as much in retirement. Consider establishing a stream of income that will increase gradually to keep pace with inflation, and remember that Social Security will offer cost of living adjustments during most years.

Health Care Expenses. You might not be surprised to learn that you're more likely to experience health problems, and the resulting bills, as you age. But it can be shocking to discover that Medicare doesn't cover nearly as much as you had anticipated. If you start taking care of your health now, you can prevent or at least postpone many common health problems. You might also consider opening a health savings account, if you're eligible to do so, so that you can save pre-tax dollars for your eventual health care expenses.

Long-Term Nursing Care. While we're discussing Medicare's failure to cover many of your future medical expenses, we absolutely must mention long term care. Contrary to popular belief, Medicare actually doesn't pay much toward long term nursing care, in most circumstances. You might consider long term care insurance, or investigating the possible impact upon your savings.

Investment Losses. In the early years of your career, you might have engaged in riskier investing practices. You knew that the growth potential was worth the risk, and that you had many more working years to make up for any losses. But now, as you enter retirement, you would be wise to reassess your investing philosophy and switch to a more conservative approach that will protect your assets.

If you're worried about any of these retirement risks, call our office to schedule an appointment. We can show you more ways to address your concerns and enter retirement feeling more confident about the future.

http://money.usnews.com/money/blogs/on-retirement/2015/10/28/4-retirement-risks-that-can-be-reduced

Best Regards,

Brian

This newsletter contains general information that may not be suitable for everyone. The information contained herein should not be construed as personalized investment advice. Past performance is no guarantee of future results. There is no guarantee that the views and opinions expressed in this newsletter will come to pass. Investing in the stock market involves gains and losses and may not be suitable for all investors. Information presented herein is subject to change without notice and should not be considered as a solicitation to buy or sell any security.
**January 2016**

Across
1 Agitate
5 Bellyache
9 Genetic material
12 Blue-pencil
13 Facts, for short
14 Cries like a cat
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24 Most inferior
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27 Columbus Day mo.
28 Kind of spin
31 Well-behaved
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34 Baseball card stat.
35 Stadium cheer
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53 Words for when the actors go on strike
55 ___ Lanka
56 Cable channel
59 Zagreb native
60 Baseball game rainies
63 Charters
64 Coupled
65 Seed coat
66 Belch
67 Small whirlpool
68 Jumping stick

Down
1 NV city
2 Hollywood favorite
3 Citrus fruit
4 Gt. letter
5 Ballroom dance of yore
6 Unique person
7 It’s south of Eur.
8 Diet directions
9 Fix a bell
11 Blown away
14 Cheese nibblers
15 Box office sign
17 On and on with words
22 Old Roman port
23 D.Captive, to fans
24 Fuzzy noodleware
25 Small terrestrial lizard
26 Minor accident words
29 Assist, illegally
30 Linear unit
33 Without restraint
35 Ewe’s mate
37 Crosswise, on deck
38 Success out of the question
43 Aurora’s counterpart
45 Cuckoo
47 Whirl
49 Equality
51 Tanner and others
53 ATM maker
54 Assayer’s stuff
55 Not barefoot
56 Life saver
57 Two-masted sailing vessel
58 Norway’s capital
61 Aged
62 Faucet

**Lucky New Year’s Black-Eyed Pea Stew**

**Ingredients**
- 3 tablespoons vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 cups finely shredded Napa cabbage
- (1/2 ounce) can sliced water chestnuts, drained
- 1 pound ham hocks
- 1/8 teaspoon cayenne pepper
- 2 bay leaves
- 1/2 teaspoon Cajun seasoning
- Salt to taste
- 3 quart chicken stock
- 1 (10 ounce) package frozen black-eyed peas
- 1 1/2 cups Basmati rice, well rinsed
- 3 cups water

**Directions**
1. Heat the oil in a deep pan or stockpot set over medium-high heat. Stir in the onions and garlic, and cook until transparent, about 5 minutes. Mix in the Napa cabbage; toss and cook until wilted, about 2 minutes. Add the ham hocks, water chestnuts, bay leaf, Cajun seasoning, and salt, stirring for 2 minutes more. Pour in the chicken stock and black-eyed peas. Bring the mixture to a boil, and then reduce heat to low and cook uncovered for 2 hours.
2. Meanwhile, place the rice and water into a saucepan. Bring to a boil, reduce heat to low, cover, and simmer until all liquid is absorbed and rice is light and fluffy, about 20 minutes.
3. Before serving, remove the ham hocks from the pot. Coarsely chop the meat, and return to the black-eyed pea mixture. Serve hot over Basmati rice.

Eating black-eyed peas on New Year’s started back in the days of the Civil War. Apparently in 1864 the Savannah Campaign was led by Major General William T. Sherman. After the bloody march had ended, the people that had survived had come out of hiding. They found that all of their food and livestock were taken. Everything they had that was of value had been stolen. They were left there to starve and die. For an unknown reason the soldiers led by Sherman took all they could but left black-eyed peas. Because these men had nothing to eat but these peas; it saved them from starvation, and from then on became a tradition to eat them on New Year’s Day.
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**Come check out our website at www.bambrose.com**

For more information about Ambrose Financial, visit www.bambrose.com, email Brian directly at brian@bambrose.com or call him at (925) 906-4615.

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**This Month In History ...**

### January 2016

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<td>1790 - President George Washington delivered the first State of the Union address.</td>
<td>1806 - Dow Jones closes above 100 for the first time.</td>
<td>1875 - The Den- drite Drill was patented.</td>
<td>1878 - James Cook is the first known European to discover the Hawaiian Islands.</td>
<td>1951 - DeYoung Museum in Golden Gate Park opens.</td>
<td>1987 - The Dow Jones industrial average first topped the 2,000 mark.</td>
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<td>1701 - President Washington delivered the first State of the Union address.</td>
<td>1807 - The first official basketball game played at the YMCA gym in Springfield, Mass.</td>
<td>1879 - The first eye surgery was performed.</td>
<td>1882 - The first official basketball game played at the YMCA gym in Springfield, Mass.</td>
<td>1893 - Miami Dolphins win Super Bowl VII and become the first undefeated team in NFL history.</td>
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### Tips for a Healthier Lifestyle

#### GRAINS
**Make half your grains whole**
- Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day.
- 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta

*Eat 6 oz. every day*

#### VEGETABLES
**Vary your veggies**
- Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.
- Eat more orange vegetables like carrots and sweet potatoes.
- Eat more dry beans and peas like pinto beans, kidney beans and lentils.

*Eat 2 ½ cups every day*

#### FRUIT
**Focus on Fruit**
- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

*Eat 2 cups every day*

#### MILK
**Get your calcium-rich foods**
- Go low-fat or fat-free when you choose milk, yogurt, and other milk products.
- If you don’t or can’t consume milk, choose lactose free products or other calcium sources such as fortified foods and beverages.

*Eat 3 cups every day*

#### MEAT
**Go lean with protein**
- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your protein routine – Choose more fish, beans, peas, nuts and seeds.

*Eat 5 ½ oz. every day*

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**Find your balance between food and physical activity**

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.

**Know the limits on fats, sugars and salt (sodium)**

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening and lard, as well as fast food that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food beverage low in added sugars. Added sugars contribute calories with few, if any, nutrients.

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*These portions are based on a 2,000 calorie diet*


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Across

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66  Behold
67  Small whirlpool
68  Jumping stick

Down

1  NV city
2  Hollywood favorite
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4  Gr. letter
5  Ballroom dance of yore
6  Unique person
7  It’s south of Eur.
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9  Fix a bell
10  Lack of curiosity
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24  Fancy neckwear
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57  Two-masted sailing vessel
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62  Faucet