

RETIREMENT IN SIGHT



MONTHLY NEWS AND INFORMATION FOR CURRENT AND FUTURE RETIREES
PRESENTED BY SCOTT E. HOLSTEIN, CPA, PFS, CFP® - FEBRUARY 2022

QUOTE OF THE MONTH

“You can't be that kid standing at the top of the waterslide, overthinking it. You have to go down the chute.”

TINA FEY

GUARDING AGAINST THE FOUR COMMON MONEY BIASES

Our attitudes about investing, saving, spending and financial matters are shaped by a variety of influences, both early and later in life. These attitudes can foster some very good habits, ones that may promote smart financial choices, early investment, and the accumulation of assets. The downside is that they may also encourage unconscious biases about money, and like many varieties of bias, it is wise to acknowledge and be aware of them.

There are four common money biases. One is loss aversion, when the fear or worry of losing assets seems out of proportion to the opportunity for gains or asset accumulation. Two is overconfidence – assuming that financial markets nearly always perform well, or that one's personal financial acumen is infallible. Three is present bias, which is often seen in consumer behavior – the preference for a material item or a quick financial gain now, instead of delayed gratification for the possibility of better outcomes years ahead. Lastly, there is base rate neglect – an overreaction to bad (or good) news that makes a saver or investor lose sight of the worth, or risk, of a particular investment. Recognizing our potential for these biases may prevent a rash financial decision or two, especially as the retirement transition nears or occurs.¹



RECIPE

Easy, Healthy Banana Pancakes for 4

Ingredients

2 ripe bananas
2 eggs
1 tsp. vanilla extract
½ cup quick-cook oats
1 tsp. cinnamon

Directions

Mash bananas until smooth.

Mix in the eggs and vanilla thoroughly, and next, mix in the cinnamon and oats.

Now that you have your pancake batter, set a skillet to medium heat and add in 1/2 cup (65g)* worth of that batter. Smooth it out for evenness, and let it cook until you start to see bubbles forming atop the batter (which will likely take 2-3 minutes). Once this happens, flip and cook about 1-2 minutes more, until the other side is a nice golden brown. Voila! An easy, healthy banana pancake. Repeat 4x. Then serve and add your favorite toppings.

*Use a half-cup of the batter per pancake if you want 4 pancakes and a third-cup per pancake (40g) if you want 6 (small) pancakes.

Source: Tasty.co, January 16, 2022²

WHERE ARE THE HEALTHIEST PLACES TO LIVE?

Set the pandemic aside for a moment. If keeping healthy ranks as your top priority, where should you retire or live? You have many choices, of course. One annual study is so bold as to rank hundreds of them: the Healthiest Communities Rankings issued by U.S. News.

These rankings consider ten factors, given roughly equal weight: population health, equity, education levels, local economy, affordability of housing, food and nutrition, environment, public safety, community vitality and infrastructure. Could the healthiest county in the country be Los Alamos County, New Mexico? The 2021 survey ranks it #1 out of 500 U.S. counties (a new edition of the rankings appears each summer). Juneau City and Borough, Alaska ranked #500 last year. Data collection and analysis for the survey comes courtesy of the University of Missouri Extension Center for Applied Research and Engagement Systems, dedicated to understanding natural

resource systems, public health risks and community health assessment – performed data collection and analysis. Colorado placed five counties in the top ten last year (Broomfield, Douglas, Pitkin, Routt, San Miguel). Two Virginia counties – Falls Church and Loudoun – made the top ten. Howard County, Maryland and Morgan County, Utah were the two others ranked among the ten best.³



DID YOU KNOW?

Yes, it has snowed in the Sahara Desert

In both February 1979 and December 2016, a thin blanket of snowfall decorated the landscape in and around the town of Ain Sefra, Algeria, at the foot of the Atlas Mountains. These snowfalls are the only two on record in the Sahara; snow may have fallen in previous centuries at or near this location.⁴

ON THE BRIGHT SIDE

In a January Harris Poll survey, 62% of members of Generation X (age 41-55) indicated that financial goals such as investing, saving and budgeting would be their top household goals for 2022. That was the highest percentage among four age groups (Boomers/Seniors, Gen X, Millennials, Gen Z).⁵



BRAIN TEASER

How can you make 77 into 1 by adding only one line?

STUMPED? CALL 800.458.9330 FOR THE ANSWER!

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CITATIONS.

- 1 - CNBC, January 14, 2022
- 2 - Tasty, January 16, 2022
- 3 - US News, January 16, 2022
- 4 - Forbes, December 30, 2016
- 5 - Yahoo! Finance, January 10, 2022