

SEP  
OCT  
2022



# In the Know



## Financial

### NEWS YOU CAN USE

## What Retirement Means to You

All talk of money aside, have you figured out what you'll do with your time in retirement? With retirement rates increasing during the COVID-19 pandemic, many retirees have had to figure that out earlier than planned. Before the pandemic, the retired population grew by about 1 million retirees per year. But during 2020 and 2021, 3.5 million more people retired.<sup>1</sup>

Thinking about what you want to do in retirement is an important step, and that can differ between men and women, even husbands and wives. A recent study that surveyed retirees in both the U.S. and Europe found consistencies in how men and women approach retirement. Men may suddenly develop more significant relationships with family members and friends. Women, who typically have already developed these relationships and sustain them during retirement, tend to spend more time involved

in the lives of their grandchildren. Interestingly, wealthier men tend to gift more money to their children after they are retired than beforehand.<sup>2</sup>

As you decide what you want your retirement to look like — bigger and better than when you were working, about the same or a downsizing of your expenses — we can help you figure out a strategy.

<sup>1</sup> Richard Fry. Pew Research Center. Nov. 4, 2021. "Amid the pandemic, a rising share of older U.S. adults are now retired." <https://www.pewresearch.org/fact-tank/2021/11/04/amid-the-pandemic-a-rising-share-of-older-u-s-adults-are-now-retired/>. Accessed May 20, 2022.

<sup>2</sup> Center for Retirement Research at Boston College. Dec. 9, 2021. "Men Make Bigger Changes After Retiring." <https://squaredawayblog.bc.edu/squared-away/men-make-bigger-changes-after-retiring/>. Accessed May 20, 2022.



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# Wedding Anniversaries:

**Becky & Lee P.,**  
celebrating 50 years together on  
September 9



September 9 will be our 50th. We will be in Switzerland in the middle of a Viking River Cruise down the Rhine from Amsterdam to Basel...then a few days in Lucerne, a train to Lake Como, Italy, and a few days in Milan and then home.

Last September we were in England and Scotland, where we was able to visit the charming town of Inveraray, the seat of Clan Campbell (my grandmother was a Campbell.) Next year we have another Viking trip to Alaska planned with friends. We obviously love to travel, Lee does fly fishing, and I love to read and do afternoon tea with friends.

We miss Texas and the South! We are grateful for the help and advice of Lynne and LKJ Financial associates.

Lee & Becky Poquette  
Spokane, WA



**Chris & Priscilla S.,**  
celebrating 15  
years together on  
September 15

*Let us know when your milestones are so we can celebrate you!*

# Thank You for your Referrals

Carla Jones	Gordon Cook	Kirk Suddreath
Carmen Corrales	Deidra Lyons-Lewis	Jamie LeBlanc-Wilcox
Chloe Goldman	Kathy Bingham	Sandy Schoen

## Milestone Birthdays

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| Loretta M. turning 85 on September 19 | Kyle B. turning 60 on September 11    |
| Leona P. turning 80 on September 1    | Linda D. turning 60 on September 19   |
| Phil P. turning 80 on September 5     | Becky S. turning 60 on September 26   |
|                                       | Linda L. turning 60 on October 3      |
| Rosie C. turning 75 on September 10   | Norma U. turning 55 on September 15   |
| Janet R. turning 75 on September 20   | Kim B. turning 55 on September 16     |
| Karen S. turning 75 on October 29     | Michele H. turning 55 on September 21 |
| Joanne T. turning 75 on October 31    | Jill S. turning 55 on September 24    |
| Rena B. turning 70 on September 10    | Alfredo C. turning 45 on October 21   |
| Paul J. turning 70 on September 22    | Delfina S. turning 40 on September 23 |
| Manny N. turning 70 on September 26   | Laura S. turning 40 on October 16     |
| Caree P. turning 70 on October 5      | Katherine F. turning 40 on October 30 |
| Carol K. turning 70 on October 15     |                                       |
| Renee' P. turning 70 on October 18    |                                       |
| Sandra S. turning 65 on September 3   |                                       |
| Terry A. turning 65 on September 3    |                                       |
| Dawn M. turning 65 on September 5     |                                       |
| Vanessa E. turning 65 on September 13 |                                       |
| Susan H. turning 65 on September 30   |                                       |
| Debbie C. turning 65 on October 12    |                                       |
| Mike P. turning 65 on October 30      |                                       |



## THE GOOD LIFE

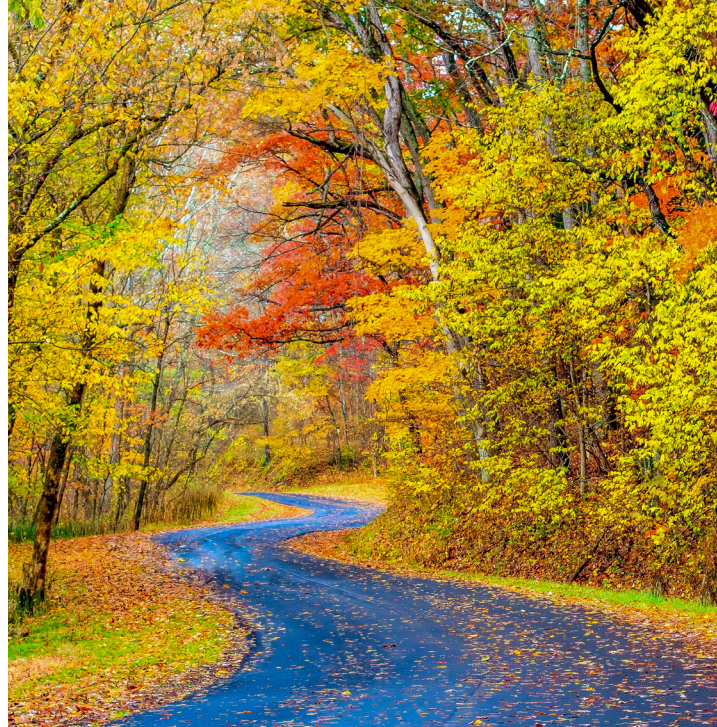
### Leaf Peeping Season

If you've never considered fall the ideal time for a road trip, you might want to reconsider. Leaf peeping season — that time of year when nature shows off her last burst of riotous color before heading to sleep for the year — is a wonderful time for family, fun and breathtaking views.

Dotted with breathtaking overlooks, hiking trails, and miles of rivers and streams, Old Canada Road National Scenic Byway is said to be like taking a trip back in time to America's beginnings. You'll find postcard-worthy views at every stop along the road, which follows the historical river trade routes of the Abenaki Tribe.

Looking for something a little off the beaten path? Glide through the Waterbury Reservoir in Vermont with a Fall Foliage Scenic Boat charter. Settled between two mountain ranges, this reservoir offers extraordinary fall foliage views and a beautiful shoreline surrounded by acres of forest.

Hoping to do some leaf peeping later in the season? Consider heading to the Connecticut shore — and away from the crowds — to explore the dunes and sheltered tidal wetlands of Long Beach



in Stratford, Connecticut. Shorebirds can often be spotted here, so don't forget your binoculars.

No leaf-peeping trip would be complete without visiting the local farm stand. In New Hampshire, stop by Spring Ledge Farm in New London. In addition to the gorgeous foliage, you'll find all your autumn needs, from freshly picked pumpkins to baked goods and more.



## HOW TO ...

### How to Pack a Carry-On Bag

First, be sure to check your airline's size and weight restrictions for carry-on bags. The last thing you want is to get to boarding only to find out your bag is too big and will need to be checked (possibly for a fee).

Consider rolling your clothes — especially pants — instead of folding them. This can save valuable space and allow for more strategic packing. If you're traveling with an extra pair of shoes, you can roll your socks and stick them inside for even more space-saving.

Remember, you don't need seven outfits for a seven-day trip. Stick with a few

neutral pieces that can be turned into several different outfits. No one will notice if you wear the same pair of pants two days. If needed, you can always find a nearby laundromat (or pack a travel-size bottle of Febreze).

With advances in technology, everything from plane tickets to hotel reservations to travel guides can be saved and accessed on your phone. Skip the paper printouts and keep your phone charged.



## DOLLARS&SENSE

# Replenish Emergency Funds

The pandemic largely affected Americans in one of two ways: Those who suffered income and net worth losses and those who gained wealth. A good example of this was the effect of the relief checks mailed out by the federal government. For some households, that money helped keep food on the table and utility bills paid. For others, their savings rates increased substantially — as high as 34% in April 2020.<sup>1</sup>

Since the economy has reopened and people are back to going out and spending money, savings rates have gone down. People who were out of work for just a few months may have relied on savings to get them through a challenging period. If you used some of the funds in your emergency savings account, draft a plan for how to replenish it.

A 2021 Bankrate survey revealed that less than half (39%) of Americans had enough savings to pay for a \$1,000 emergency expense. And fewer than four in 10 U.S. adults could absorb a four-figure financial emergency.<sup>2</sup>

Keep these tips in mind when funding your emergency savings:

- Have an actual cash account, not just an available balance on your credit cards.

Borrowing money for a large emergency expense doesn't get you out of hot water; it just delays and extends it.

- Consider using a basic savings account that can be linked to your checking account for quick, emergency access.
- Avoid accounts that charge annual fees.
- Look for accounts that offer a nominal interest rate, for growth.
- Aim to save enough to pay for a minimum of three to six months of expenses. For one-income families, try to save enough to pay for eight months up to a year.
- Set up an automatic transfer of \$100 or so a month, or from each paycheck, into the emergency savings account.
- Tap your emergency account only for true emergencies, such as a major auto repair, catastrophic home repair, medical bill or job loss.
- Once you've withdrawn money from the account, make it a priority to replenish it as soon as possible (because when it rains, it can pour).

If you need to cut expenses to create a savings stream, consider giving up regular staples that are a bit indulgent. One frequent example is a daily \$4 gourmet coffee habit — that alone could yield about \$80 to \$100 in savings each month. Scale back one week out of each month for no-frills, necessities-only spending, and see how much that garnishes.<sup>3</sup>

<sup>1</sup> Kim Blanton. Center for Retirement Research at Boston College. Dec. 14, 2021. "Is Americans' Savings Buffer Wearing Thin?" <https://squaredawayblog.bc.edu/squared-away/is-americans-savings-buffer-wearing-thin/>. Accessed June 6, 2022.

<sup>2</sup> Amina Mogaji. Morgan Stanley. Jan. 24, 2022. "Six steps to creating an emergency fund." <https://www.morganstanley.com/articles/emergency-funds>. Accessed June 6, 2022.

<sup>3</sup> Lisa Rowan. Forbes. Jan. 6, 2022. "8 Savings Challenges To Help You Reach Your Money Goals This Year." <https://www.forbes.com/advisor/personal-finance/savings-challenges/>. Accessed June 6, 2022.

# Moving During Retirement

If you're thinking of buying a new home in retirement, there are several things you should consider. Plenty of retirees can qualify for a mortgage while on a fixed income, but it can be more difficult. It's easier if you're looking to buy a primary residence, as a vacation home could be more of a challenge if you still have a mortgage on your main home.

Consider whether a move would give you the lifestyle you desire. While another location may be beautiful, some people regret leaving friends and family behind. Think about how you'll spend your days, who you'll spend them with, how difficult it may be to visit family and if you'll have easy access to medical care.<sup>1</sup>

You could also downsize in your own community, letting you cash in on the equity of a larger home and using that money to help fund retirement expenses. Moving to a smaller, more manageable property can reduce the time and money you spend to keep a larger home cleaned, repaired, maintained and insured — with the added benefit of lowering your property

tax bill. Plus, you'd be able to see your friends and family and maintain the same routines you currently enjoy.<sup>2</sup>

However, downsizing involves going through all of your stuff and deciding what to keep. Seasoned downsizers say it's best not to rush this process. Start the process a year or so before you plan to move and take it room by room.<sup>3</sup>

<sup>1</sup> David Rae. *Forbes*. Oct. 10, 2018. "8 Questions to Help You Decide Whether to Move in Retirement." <https://www.forbes.com/sites/davidrae/2018/10/10/move-in-retirement/?sh=6c1ff45c4ef4>. Accessed May 23, 2022.

<sup>2</sup> Jill Cornfield. *CNBC*. Sep. 8, 2020. "This gained us 8 to 10 years of not having to work. Here's what you need to know about moving in retirement." <https://www.cnbc.com/2020/09/08/escape-winter-save-money-plan-for-aging-why-people-move-in-retirement.html>. Accessed May 23, 2022.

<sup>3</sup> Liz Taylor. *Pods*. Sep. 14, 2020. "Relocating after retirement? Smart moving tips from retirees who've done it." <https://www.pods.com/blog/2020/09/retirement-relocating/>. Accessed May 23, 2022.



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

## BRAIN GAMES

### Sudoku

#### Game Rules

Fill in each square with one of the numbers 1 to 9 such that no number repeats in any row, column or 3 by 3 box. Grade is Easy



# FALL IS HERE!

The leaves are starting to turn colors and crisp up. Mornings are crisp, and pumpkin spice is everywhere. Best of all? There are so many great fall activities to take advantage of that it can be difficult to choose between them. Check out the following list for some fun suggestions for making the most of the season.

## Make a batch of apple cider

Apples? Cinnamon? Cloves? Apple cider is basically autumn in a mug. What better way to welcome the season than with this classic drink? Of course, you can buy the premade stuff, but did you know that apple cider is ridiculously easy to make? Seriously. Essentially, you throw all the ingredients in one big pot and let your stove do the work — and make your house smell amazing in the process. Plus, this drink is alcohol-free (although you can easily change that), so the whole family can enjoy it. A quick Google search will reveal a wealth of recipes just waiting to be sampled.

## Rake a giant pile of leaves

With the blistering summer heat fading away, fall is a great time to be outdoors, even when it means an afternoon of raking leaves. Why not make some of that yard work a little more fun? Admit it; when you see a big pile of leaves, you're still tempted to jump in. Embrace your inner child and do just that! Invite your children and grandchildren to get involved. See who can rake the biggest pile and who can make the biggest "splash." It might take a little longer to get the yard cleaned up, but the fun memories will be more than worth it.

## Decorate a pumpkin

If haunted houses aren't your thing, but you're still feeling the Halloween spirit, try this classic — with a twist. Challenge yourself to decorate a pumpkin without carving it. Instead, break out the paint, construction paper, color markers, glitter pens, stickers, pipe cleaners, googly eyes and whatever else you can think of and get to work. Bonus points: Get the whole family involved and see who can come up with the most unique design. Bragging rights to the winner — and maybe a pumpkin spice latte?

## Host a fall food gathering

Fall means the holidays are almost here. Why not test out some new Thanksgiving or Christmas recipes ahead of time by hosting an autumn harvest party? Invite a small group of taste testers, break out a few bottles of wine — or some homemade cider — and try out your best fall-themed appetizers, desserts or whatever. Truly, the important part is the time with your family and friends. Everything else is a bonus. Except pie. Pie is a must.

## CENTER STAGE

# LKJ Summer Intern

LKJ Financial is thrilled to introduce our summer financial planning intern, Ashley Gottlieb!

Ashley recently graduated from Lone Star College with an Associate of Arts in Business and will start at the University of St. Thomas this fall to pursue her Bachelor's Degree in Finance with a minor in Accounting. She is drawn to the world of financial planning after personally witnessing the impact that a well-laid financial plan could have had in the lives of those around her and is excited to gain more real-world experience during her time with LKJ Financial.

On a personal note, Ashley is a fur-mama to an 11 month-old Golden Retriever named Sasha and enjoys hiking, working out at the gym, yoga and cooking Colombian and Mediterranean dishes. She loves listening to music and plays the saxophone. Although Ashley's internship will end in August when she returns to school, we are very happy to have her here with us this summer. **Welcome, Ashley!**



**Thank you** to our amazing LKJ Financial clients who recently volunteered with us at Kids' Meals! Together, we helped prepare free, healthy meals for up to 7,000 children in Houston. We loved the opportunity to give back and spend quality time with our generous clients.

<https://kidsmealsinc.org/>

## BRAINGAMES

ANSWER KEY:

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



## RECIPE

### CRANBERRY APPLE CIDER PUNCH

#### INGREDIENTS

- 2 cups apple cider
- 1 cup cranberry juice
- 1 cup pineapple juice
- 4 dashes angostura bitters
- 1/2 cups club soda
- Ice
- cranberries for garnish
- apple slices for garnish
- 6 sprigs rosemary for garnish

#### HOW TO MAKE IT:

This delicious punch recipe is so easy to make in just three easy steps!

**Mix** the apple cider, pineapple juice, orange juice and angostura bitters in a large carafe or pitcher.

**Pour** the punch over ice to fill a glass about two-thirds of the way.

**Top** with club soda and stir, then garnish with cranberries and a rosemary sprig. Serve with a straw.

This recipe does not call for alcohol, but you can add it if you wish. For garnish, cranberries, apple slices and sprigs of rosemary are beautifully festive!

cut here 



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## UPCOMING EVENTS

### SEPTEMBER

- 5 Labor Day
- 11 Patriots Day
- 11 Grandparents Day

### OCTOBER

- 10 Columbus Day
- 16 Boss's Day
- 31 Halloween

### LKJ TEAM BIRTHDAYS:

- Lindsey (9/5)
- Leandra (10/25)



**Amelia Weber**  
*Client Services Specialist*



**Leandra Guerrero**  
*New Business Specialist*



**Sari Enriquez**  
*Marketing Director*



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