

# Retirement Matters Newsletter

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GenWealth Advisory Group

HELPING YOU NAVIGATE THE ROAD TO & THROUGH RETIREMENT



## Financial Basics: Long Term Care

As we grow older, some of us, if not most of us will require someone else to help us with our some activities. Most healthy people take these activities for granted, but when you require help with...

- Walking
- Bathing
- Dressing
- Using the bathroom
- Helping with incontinence
- Managing Pain
- Preventing wandering
- Providing comfort and assurance
- Providing physical or occupational therapy
- Attending to medical needs
- Feeding
- Answering the phone
- Meeting doctors' appointments
- Providing meals
- Maintaining the household
- Shopping and running errands
- Providing transportation
- Administering medications
- Managing money
- Paying bills
- Doing the laundry
- Attending to personal hygiene
- Helping with personal grooming
- Making repairs to the home
- Maintaining a yard

When the time comes and we need help with these physical or emotional needs over an extended period of time, this is where long-term care comes in. *...continued on top of page 2*

## Wanted: Budget Killer #1 Impulse Buying!

Impulse buying is something we've all done. Impulse buying can be a trivial purchase like a pack of gum at the checkout line to a new pair of shoe that were on clearance. These small, irrelevant items that find their way into your shopping cart add up quickly. Impulse buying has dealt a fatal blow to many of my client's household budgets. The good news is yours doesn't have to be next. Here are some tips you can use to resist these costly, budget killing purchases.

- 1. Make a list.** Know what you need before shopping. This cuts down on time spent browsing, which is most often when the impulse to buy strikes.
- 2. Eat before going shopping.** It sounds silly, but a lot of impulse shopping happens when people grocery shop on an empty stomach. Everything is tempting, making shoppers more likely to buy pricier things than they would normally buy to satisfy a food craving.
- 3. Shop alone.** Friends, spouses and children can all be a hindrance on a budget-conscious shopper's mission. The urge to splurge gets stronger around certain influences – such as shopaholic friends and crying children.
- 4. Avoid temptation.** Some impulse buyers have a particular weakness. It might be cosmetics, clothing, DVDs or even books. Avoid these sections all together!

*...continued on bottom of page 2*

## Interesting Facts

We, as humans, forget 90% of our dreams

Approximately two-thirds of people tip their head to the right when they kiss

Your foot is the same length as your forearm

A German World War II submarine was sunk due to malfunction of the toilet.

The stall closest to the door in a bathroom is the cleanest, because it is the least used.

Tokyo has had 24 recorded instances of people either killed or receiving serious skull fractures while bowing to each other with the traditional Japanese greeting.

## Tired Of Losing Money?

Now you can get stock market type returns without the stock market risks.

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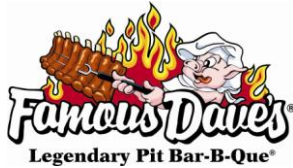
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- \* Enjoy "stock market" returns **without risk**.
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- \***Protect** your assets today from a possible market crash
- \***Why** a Family Trust may actually rob you of your hard earned retirement dollars!

**Manny will be personally presenting this workshop and will give you information that will potentially save your retirement.**

Please RSVP today at  
**801.892.HELP**

**Wednesday, Sept 26<sup>th</sup>  
at 2:00 PM & 6:15 PM**

**Thursday, March 27<sup>th</sup>  
at 2:00 PM & 6:15 PM**

**\*\*Current clients are welcome!  
Just bring another couple you care about!\*\***

## Financial Basics: Long Term Care

The need for long-term care help might be due to a terminal condition, disability, illness, injury or just old age. Estimates by experts are that at least 60% of all individuals will need extended help in one or more of the areas above during their lifetime. The need for long-term care may only last for a few weeks or months or it may go on for years. It all depends on the underlying reasons for needing care.

Recovery from an illness or injury may only take a few weeks up to a couple months. Whereas, people suffering from chronic medical conditions, permanent disabilities and dementia will require ongoing long term care that could last months to years.

Now, Long Term Care does not mean you will have to go into a Nursing home, in most cases these services can be provided...

- In the home of the recipient
- In the home of a family member or friend of the recipient
- At an adult day services location
- In an assisted living facility or board-and-care home
- In a hospice facility

Long Term Care is a can be a large piece of your financial puzzle. For more information on Long Term Care and how it can affect you in retirement please contact my office.

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## Wanted: Budget Killer #1 Impulse Buying!

The above tips will help you curb those urges on the daily shopping trips, and help you save money starting tomorrow. But what if that isn't enough here are a few more tips to change your brain into a '**money saving**' shopper rather than a '**budget killing**' impulse buyer.

**1. Learn to separate "needs" from "wants".** Make every attempt to justify your purchases based on a *need* instead of a want. Just because you *want* that leather jacket you saw on sale at the mall doesn't mean you *need* it – especially with four others hanging in your closet.

**2. Develop a mantra.** Remind yourself that every impulsive purchase you resist is \$X toward a vacation or other special treat, \$X more dollars in your savings account or \$X less dollars in debt

**3. Sleep on it.** If you find something that you think you truly cannot live without – sleep on it. Return to the store the next day. If the urge is still there and still as strong, you might consider making the purchase. If not, recite your mantra from #2 and give yourself a pat on the back.

By following these tips, you will save money, you will be able to save for your future, you will be able to get out of debt, you will be able to do it!