



Ray's Retire Right Report

Retire Right — Retire Smart!

Raymond T. Martin, Retirement Coach and Medicare Planning

May 2024

Happy Mother's Day to mothers, mother figures and those who love them. Perhaps also celebrate, "Eat What You Want Day" on the 11th.

ZANY HOLIDAYS!

May is

Creative Beginnings Month

May 4th – 5th is

Toad Suck Days

And May 11th is

Eat What You Want Day

Gold Rush to Gucci

Denim, a type of serge fabric, dates to the 17th century. It was first created in the city of Nimes, France, hence its name, serge de Nimes (de Nimes = denim). The fabric was so durable, it was widely used for workman's pants. In 1850, Levi Straus, a Bavarian immigrant, arrived in San Francisco with the intention of selling dry goods to Gold Rush miners. But he heard of a more pressing need, durable pants. He first worked with a tailer to make pants from canvas, however the men complained of skin irritation from the rough fabric. Then Levi substituted a softer but still durable twilled cotton cloth from France -- denim. And he introduced one innovation that made his pants superior to any other: copper rivets at the pocket junctures. The best work pants, patented on May 20, 1873, for miners, became blue jeans, high fashion in the 1960s and thereafter.

TRIVIA TEASER

Cinco de Mayo is not Mexico's Independence Day. What does it celebrate?

(See the Answer Area.)

MEDICARE MATTERS

Big Medicare Changes for 2024

Medicare's more than 65 million enrollees will continue to feel the positive effects of 2022's historic drug law curbing what older Americans pay for medications. At the same time, beneficiaries will face higher premiums and deductibles for their medical care. Medicare continues to shift as more than 50% are enrolled in Medicare Advantage (MA, the private insurance alternative to original Medicare.) MA plans will have new requirements including added behavioral health coverage and a mandate to let consumers know midyear what extra benefits they are still entitled to use.

Meena Seshamani, a surgeon, health economist and director of the Federal Center for Medicare, said, "And that's coupled with changes that we're making to the program to make sure that people are taken care of as real people." The agency has a goal by 2030 of having all Medicare beneficiaries enrolled in organizations that coordinate the quality and cost of all their care. "When people have a serious illness, it can be really daunting to navigate all of the doctors and the prescriptions and the lab tests and imaging." To help providers better coordinate such care, beginning in 2024 Medicare will reimburse providers for helping patients navigate their health care, especially when facing a complicated illness. Seshamani also pointed out ways beneficiaries will be able to spend less on their health care to help offset higher premiums. "There are changes that are coming in 2024 that people will feel in their pocket with the changes in the drug law," she says. These include expanded eligibility for the Extra Help program, which helps seniors with low incomes afford their prescription drugs. The new law in 2024 also places limits on how much enrollees with high medication costs will have to pay out of pocket.

Typos Gone Wild!

These classified ads appeared in a newspaper on consecutive days, the last three hopelessly trying to correct the first day's mistake.

Monday: "For sale - SK Sharath has a sewing machine for sale. Phone 255-0707 after 7PM and ask for Mrs. Mani who lives with him cheap."

Tuesday: "Notice: We regret having erred in SK Sharath's ad yesterday. It should have read, I have one sewing machine for sale cheap. Phone 255-0707 and ask for Mrs. Mani, who lives with him after 7PM."

Wednesday: "Notice: SK Sharath has informed us that he has received several annoying telephone calls because of the error we made in the classified ad yesterday. The ad stands correct as follows:

'For sale - SK Sharath has a sewing machine for sale. Cheap. Phone 255-0707 after 7PM and ask for Mrs. Mani who loves with him.'

Thursday: "Notice: I, SK Sharath, have no sewing machine for sale. I smashed it. Don't call 255-0707 as I have had the phone disconnected. I have not been carrying on with Mrs Mani. Until yesterday, she was my housekeeper but she quit."



Bet You Didn't Know

Our Mother's Day celebration is over 100 years old. It began in 1908 in Grafton, West Virginia by Anna Jarvis. She believed that grown children were preoccupied with their own families so neglected their mothers. Few proposed holidays have had so much national support with so little opposition. It was approved in 1914. Within a few years almost every country in the world had its own Mother's Day.

Give Yourself up!

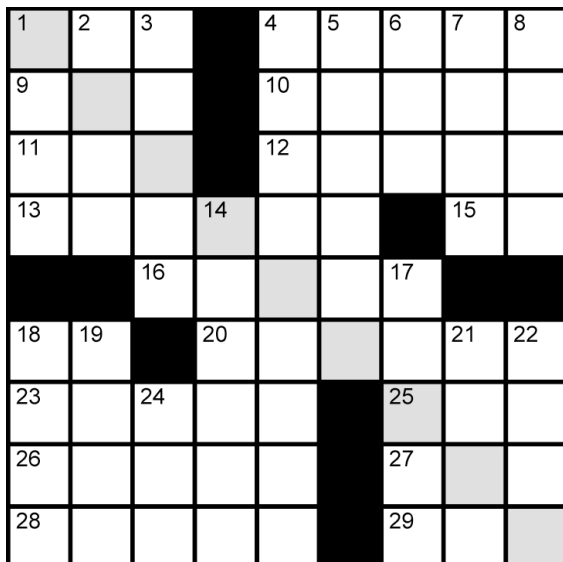
Police in Oakland, Ca, spent two hours trying to get a gunman out of his barricaded home. Mystified that he didn't come out after they fired 10 tear gas canisters inside, officers discovered that the man was actually standing right beside them, shouting pleas to come out and give himself up!

QUOTE OF THE MONTH

"Good books, like good friends, are few and chosen; the more select, the more enjoyable."

Louisa MayAlcott

Crackle & Pop



Across

- TV watchdog org.
- Piano key material
- ___ Bravo
- Nearby
- Crew need
- Solder with an alloy
- Continued ahead
- "___ a little teapot"
- Single
- '___ Thee I Sing'
- Excite
- "Remember the ___!"
- Piano piece
- Forbidden
- Hit the slopes
- Buzzing cloud
- Poetic contraction

Down

- Kermit, for one
- Italian farewell
- Object shaped like a horn
- Space to maneuver
- Brunei's island
- Mozart's "L'___ del Cairo"
- W.W. II foe
- Primordial substance
- Captivate
- Showed courage, old-style
- Horse feed
- Blemish
- Pseudonym of H. H. Munro
- Auspices
- Attorneys' org.

(See the Answer Area.)

RANDOM FACT FILE

- In almost every language on Earth, the word for mother begins with the letter “m”.
- The most popular pizza topping in South Korea is tuna fish.
- Glass never wears out. It can be recycled forever.
- Hippos can run faster than humans.
- The largest air force in the world is the US Air force. The second largest is the US Navy.
- Robots get their name from *robata* the Czech word for “worker”.
- An Albatross flies as fast as 25 mph while sleeping.
- There are more Barbie dolls in Italy than there are Canadians in Canada.
- Tennis balls used to be black and white but changed to yellow for TV viewers thanks to a suggestion by David Attenborough.
- Prior to 1970, most pistachio were died red.
- It would take about 17 months to walk the great wall of China.
- One of the eight Hawaiian Islands, Ni’ihau is privately owned, invitation only, 84 residents living primitively like their ancestors.
- Denver is the smallest US city with teams in four major league sports.
- The average person will grow 6.5 feet of nose hair in their lifetime.

Fun, Fitness, Transportation



National Bike Month

Funny Bone

“Don’t let aging get you down.
It’s too hard to get back up.”

John Wagner

The Answer Area

Trivia Teaser: The Battle of Puebla

M	E	A	D		C	H	A	T
A	S	C	I		I	N	N	S
M	O	N	O		T	A	T	E
I	R	I	S	H	S	T	E	W
			P	S	I			
V	E	R	I	A	A	L	S	T
C	A	R	I		R	E	G	M
E	D	E			U	M	P	S

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Scan for Facebook Group



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Join our Facebook Group:

Medicare Matters with Martin & Associates



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Ray's Retire Right Report



Ray Martin specializes in Personal Finance, Investor Coaching, Medicare Planning and is the author of ...

Educational Guide
The Nuts & Bolts of Original Medicare, Medicare Advantage and Medicare Supplement Insurance
 Understand Your Medicare Options in 30 Minutes ... or Less!
 by Ray Martin

New Clients Accepted!

The finest compliment I can receive is a referral from a satisfied client like you. Thank you for the trust you have placed in me with your retirement needs. Please send your friends and family to me knowing that I will care for them as I have cared for you!

Heartfelt Thanks for Referrals!

Glen M., Brian K., Gary K., Pat B., Marcy S., Mark S.
 Steve C., Kenny S., Lisa I., Kerry N., Jim S., Carol S.
 Mike P., Robert Z., Bill D., Steve C., Kay J., and John P.

Need a Speaker for Your Group?

Invite Ray Martin to be a guest speaker at your next club meeting, retreat or gathering for an informative presentation on Medicare or Social Security, crucial for a successful retirement. Ray is a frequent speaker at local colleges, school districts and major corporations. To schedule an available date for your group, call Ray or Lori today at (800) 464-4941 or email ray@WeRetireSmart.com

Living To 100: Simple Rules

This is becoming an increasing reality for many Americans, joining the Century Club. More and more Americans are living to 100. According to the Centers for Disease Control and Prevention (CDC), the number of Americans 100 years old or older increased by nearly 41 percent between 2000 and 2014.

“For the average American, about 20 percent of life expectancy is genes, and the other 80 percent is lifestyle,” says Dan Buettner, author of the book The Blue Zones, an exploration of five places around the world that have the highest populations of people who live to 100. “*Healthy habits can help eliminate the diseases that tend to shorten your life—such as cancer, diabetes and heart disease.*” Here are the lifestyle changes that seem to make the most impact.

Swap Out Red Meat

You don’t have to become a strict vegetarian—in fact, research has shown that swapping out some of your servings of red meat for high-quality plant protein (such as soy or legumes), can reduce your cholesterol levels. Other studies have found that making those healthy swaps can significantly lower your risk of premature death—especially from heart disease.

Eat Even More Fruits, and Veggies.

You already know you need to eat your fruits and veggies, but did you know that skimping on them could lead to an earlier demise? A 2017 study found that an astounding 5.6 to 7.8 million premature deaths worldwide stem from people eating less than 500 grams of fruit (approximately two servings) and 800 grams of vegetables (about 3.5 servings) daily.

Manage Stress Better

You probably know that too much stress can raise your risk of diseases that can shorten your life. But stress isn’t going away, so set the goal of finding ways to cope. Meditation is one very effective method for reducing the negative health impacts of stress, but even some simple breathing exercises like these can help. Once a day, sit quietly for a few minutes and focus on nothing but breathing in and out, trying to slow down your breath to a count of four (or more) on both the inhale and exhale.

Walk Everyday

The current government advice on exercise calls for getting at least 30 minutes a day of moderate physical activity—such as walking. Even if you don’t hit that number, as long as you’re consistently active, you’ll

lower your mortality risk, research shows. Instead of making exercise just one more thing to check off your to-do list, experts advise finding more ways to work activity into the fabric of your daily life. Walking or biking to the store, vacuuming the house, or mowing the lawn all count toward your goal of living to 100.

Rethink retirement

We’re not saying you have to deal with a 9-to-5 grind forever, but there is great value in continuing to do something you love; it brings purpose to your life. Researchers were able to link a sense of purpose in life with an 83 percent reduction in death from all causes and a significantly lower risk of cardiovascular trouble such as stroke or heart attack, according to a 2016 review of ten studies.

BEFORE you make any financial move, call with your “Here’s what I’m thinking about doing…” as opposed to the dreaded, “Guess what I just did…” announcement! We offer a one-hour Complimentary Consultation.

Ray Martin is an Investor Coach and Investment Advisor Representative for Martin Wealth Management, LLC.
(800) 464-4941

Registered Investment Advisor
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SMARTER SOLUTIONS

A Better Rate for Your Savings

It's hard to earn significant interest on your money in today's low interest rate environment. To make things worse, the small amount that you do earn is typically subject to tax.

Fixed rate annuities — also known as **MYGAs** (Multi-Year Guaranteed Annuities), offer competitive interest rates and tax deferral, as well as earnings protection and access to funds. Interested?

Unlike stocks and bonds, annuities were designed to provide protection from significant risks to retirees such as market uncertainty and longevity while providing their owners moderate returns.

* A surrender charge may apply to withdrawals during the surrender charge period.

** <http://www.bankrate.com/finance/cd/current-interest-rates.aspx>

*** Contractual obligations are backed by the claims-paying ability of the insurance company.



MARTIN WEALTH
— MANAGEMENT —



MYGA vs. CD

(Multi-Year Guaranteed Annuity)

(Certificate of Deposit)

CURRENT OUTLOOK	MYGA	CD
The interest accumulates tax deferred until withdrawn.	YES	NO
The interest is taxable every year.	NO	YES
You can withdraw interest and some (up to 10%) principal.*	YES	NO
Early withdrawal penalties average 3 to 6 month's interest.	NO	YES
Annual interest rates have been sustaining at less than 2%.**	NO	YES
Guarantee periods from 3-10 years, with rates up to 5.5% depending on the product and guarantee selected.***	YES	NO

MYGA RATES

3 YEAR RATE:

5 YEAR RATE:

7 YEAR RATE:

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*Guarantees are backed by the financial strength and claims paying ability of the insurer. Fixed Annuities are not FDIC insured. Fixed Annuities are long term insurance contracts and there is a surrender charge imposed generally during the first 5 to 7 years that you own the annuity contract. Withdrawals prior to age 59-1/2 may result in a 10% IRS tax penalty, in addition to any ordinary income tax. Any guarantees of the annuity are backed by the financial strength of the underlying insurance company.