

# Retirement *in Sight*

MONTHLY NEWS AND INFORMATION FOR CURRENT AND FUTURE RETIREES  
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## QUOTE OF THE MONTH

*"Whatever advice you give, be brief."*

HORACE

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## WORKING A LITTLE IN RETIREMENT MAY BE EASIER THAN YOU THINK

Increasingly, Americans older than 65 are finding compelling reasons to return to the workforce, whether part time or full time. Some want the money; some want the challenge and sense of purpose. One factor in their favor: companies in many industries are having a hard time finding enough qualified workers. So far this year, U.S. job openings have outnumbered job applicants. That was also true in 2018. Strong economy or not, this disparity could go on into the future because, generationally speaking, more Americans are exiting the workforce than entering it. So, employers may want older workers with decades of experience to stick around or soon return.

A *Harvard Business Review* analysis says that by 2025, 25% of U.S. workers are expected to be at least 55 years old. This implies that more than a few doors may be open for retirees who want to work again. You may be one of them. To find compelling work, in which your contributions are valued, think about what your interests are now, as opposed to when you started your career. Announce your job search to your friends and update your skills. Attend meetups and events where you can meet like-minded retirees and employers who respect them and reach back to some of your old career or college contacts.<sup>1</sup>



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## RECIPE

### *Roasted Garlic Mac & Cheese*

*(serves 6)*

#### *Ingredients*

- \*2 whole garlic heads
- \*1 Tbsp. olive oil
- \*3 Tbsp. water
- \*10 oz. whole-grain penne (such as Barilla)
- \*2¾ cups 1% low-fat milk
- \*3½ Tbsp. all-purpose flour
- \*1 tsp. kosher salt
- \*½ tsp. freshly ground black pepper
- 4 oz. sharp cheddar cheese, shredded and divided (about 1 cup)
- 2 oz. part-skim mozzarella cheese, shredded (about ½ cup)
- Cooking spray

#### *Directions*

- \*Preheat broiler to high.
- \*Remove white papery skin from garlic heads (do not peel or separate cloves). Place garlic heads in a microwave-safe bowl; rub heads with oil. Pour 3 Tbsp. water into bottom of bowl. Cover with plastic wrap. Microwave on HIGH for 4 minutes and 30 seconds or until garlic is very tender; cool slightly.
- \*Cook pasta according to package directions, omitting salt and fat; drain.
- \*Combine milk and flour in a medium saucepan, stirring with a whisk. Bring to a boil over medium-high heat, stirring frequently. Cook 3 minutes or until thickened; remove from heat. Stir in salt, pepper, 1 oz. cheddar, and mozzarella.

\*Separate garlic cloves; squeeze to extract garlic pulp. Discard skins. Place pulp and 2 cups milk mixture in a blender; process until smooth. Stir garlic mixture into milk mixture. Add pasta; stir to coat. Spoon pasta mixture into 6 (10-oz.) ramekins, gratin dishes, or a broiler-safe 11" x 7" glass or ceramic baking dish coated with cooking spray. Sprinkle evenly with remaining 3 oz. cheddar. Broil 2 minutes or until cheese melts and begins to brown. Let stand 5 minutes.

Source: *Cooking Light*<sup>2</sup>

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## THE RIGHT HABITS MAY HELP YOU LIVE WELL IN RETIREMENT

A 2018 study published in *Circulation*, a journal of the American Heart Association, concludes that about 60% of early deaths can be linked to negative lifestyle factors. As you approach what is considered retirement age, think about what habits or behaviors could promote health and happiness in your future.

Are you exercising to a degree that, while not arduous, takes you slightly out of your physical comfort zone? Strength training and endurance training are particularly important as we age, and so is stretching to maintain flexibility. (Flexibility relates to balance and joint health.) Nutrient-rich foods need to win out over foods that are merely calorie dense. Living, volunteering, or working with purpose rescues you from the dilemma of having nothing to do. Intellectual challenges and engagement become vital for your mental health, as does your attitude and degree of social interaction. The choice of being a participant in life and its adventures and activities, instead of simply a watcher, may bring recurring physical and mental payoffs.<sup>3,4</sup>



### DID YOU KNOW?

*Major League Baseball will come to Iowa next year*

The Chicago White Sox and New York Yankees are scheduled to play an official Major League Baseball game in a temporary 8,000-seat stadium in Dyersville, Iowa on August 13, 2020, next to the property where the classic movie *Field of Dreams* was filmed.<sup>5</sup>

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## ON THE *BRIGHT SIDE*

While Social Security retirement benefits may be taxable at the federal level, depending on income, 37 states do not tax them. (For more information regarding state tax treatment of these benefits and your tax situation, check with your tax or accounting professional.)<sup>6</sup>



### BRAIN TEASER

*Take it out, scratch its head. Minutes later it is black, moments after it was red.  
What is this object?*

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#### CITATIONS.

1 - [investors.com/etfs-and-funds/personal-finance/retirement-concerns-why-you-should-never-retire/](https://investors.com/etfs-and-funds/personal-finance/retirement-concerns-why-you-should-never-retire/) [10/23/19]

2 - [myrecipes.com/recipe/roasted-garlic-mac-cheese/](https://myrecipes.com/recipe/roasted-garlic-mac-cheese/) [10/14]

3 - [ahajournals.org/doi/10.1161/CIRCULATIONAHA.117.032047](https://ahajournals.org/doi/10.1161/CIRCULATIONAHA.117.032047) [4/30/18]

4 - [forbes.com/sites/rogerwhitney/2019/10/25/longevity-and-retirement-8-great-habits-to-rock-life-as-you-age](https://forbes.com/sites/rogerwhitney/2019/10/25/longevity-and-retirement-8-great-habits-to-rock-life-as-you-age) [10/25/19]

5 - [mentalfloss.com/article/63209/25-fast-facts-about-field-dreams](https://mentalfloss.com/article/63209/25-fast-facts-about-field-dreams) [10/28/19]

6 - [kiplinger.com/slideshow/retirement/T037-S001-states-that-don-t-tax-social-security-benefits/index.html](https://kiplinger.com/slideshow/retirement/T037-S001-states-that-don-t-tax-social-security-benefits/index.html) [2/8/19]