

LifeLines

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Aging On Your Terms

How to build your best life after retirement

Many have heard the term “aging in place,” but few actually know what it means. Aging in place is a relatively new idea that can help you, or your loved ones, live your best life after retirement in the home of your choice. It’s about being prepared for the changes that occur as you grow older, with a focus on maintaining your independence and quality of life.

Here’s what you’ll want to know about aging in place, including why it’s important and how you can start planning now.

Why is aging in place important?

With age comes change ... and it’s important to understand how our bodies and capabilities will evolve over the years. Reduced vision and hearing, decreased mobility, and decreased mental sharpness are just some of the changes that most aging adults will face at one point or another. And while understanding these changes is important, preparing for them is even more crucial. In many cases, planning for the impact of these changes can mean greater control of your independence and quality of life — allowing you to age in place.

What can it mean for me and my family?

There are many benefits to aging in place that can help ensure that your later years in life are among the best. For most, aging in the home of your choice can mean remaining in a comfortable, familiar environment surrounded by friends and family, stores, restaurants,

doctors, places of worship and more. It also presents the opportunity to lessen the potential burden on relatives or caregivers.

In many cases, planning for the impact of these changes can mean greater control of your independence and quality of life — allowing you to age in place.

How can I start planning?

There are many steps you can take now that can help you prepare for the future. You can start by asking yourself some of these important questions:

- First and foremost, you’ll want to define what aging in place means for you and your loved ones.
- How do I want to spend my retirement years?
- How do I want my home to be set up?
- What are my healthcare and assistance choices?

- What are my wishes for major life events (illness, financial decisions, transportation, etc.)?

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Do You Have Enough Life Insurance?

Find out how you can get more from your protection

IT HAPPENS ALL TOO OFTEN.

You buy a life insurance policy, file it away and forget about it. Life goes on, and changes happen — a move, retirement, grandchildren — all kinds of events that occur over time. The only thing that hasn't changed is the coverage you purchased years ago. So is it still the right coverage amount for where you are in your life now? If not, what are your options?

One in four Americans doesn't think he or she has enough life insurance.* But what many don't realize is that

getting additional protection can be more affordable than they may think.

As a customer of the AARP Life Insurance Program from New York Life, you have easy access to qualified, licensed life insurance agents who can review the coverage you have and explain any additional coverage options that are available to you. Call today to find out how you can ...

- Help ensure that your life insurance stays current with your family's changing needs

- Review options for increasing your coverage — easily and affordably
- Get answers to any questions about your coverage

If you think it's time to review your life insurance coverage, call New York Life today at 1-800-288-9867. Representatives are available from 8 a.m. to 10 p.m. (Eastern Time) Monday through Friday, and 9 a.m. to 5 p.m. Saturday.

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DO YOU EVER FEEL MOODY, foggy or just simply worn out? You might not realize that these symptoms can be directly linked to poor sleep. Often, how you feel during the day has a lot to do with how well you're sleeping. Similarly, the trick to better sleep can be changing some of the things you're doing throughout the day.

Here are some simple steps that you can take to help optimize your sleep ... and ensure that you remain balanced, mentally sharp and energetic all day long.

1. Keep a regular schedule.

Being consistent with your schedule can have a positive impact on your sleep-wake cycle, which promotes quality sleep at night. For better sleep, try going to bed and waking up at the same time every day — including weekends and holidays. Also, cut back on the number of naps you're taking. If a nap is necessary, make sure to take it in the early afternoon, and limit your sleep to 30 minutes.

2. Create a relaxing bedtime routine.

A peaceful bedtime routine can send a signal to both your brain and your body that it's time to shut down for the day. In many cases, making a consistent effort to relax and unwind will improve

All In A Good Night's Sleep

5 simple steps to getting better sleep

your quality of sleep. Some suggestions for relaxing bedtime rituals include reading a book, taking a warm bath, listening to soft music or doing some easy stretches.

3. Eat right and exercise regularly.

It's hard to believe that what you eat and how much you exercise can have a direct impact on how well you sleep. But it's true. Maintaining a balanced diet combined with regular exercise can be an important factor in helping you rest easier at night.

4. Don't watch the clock.

We all do it — but glancing at the clock in the middle of the night can cause your sleep to suffer. In many cases, it prompts you to worry about the few hours you have left before having to start your day. If you're a clock watcher, try putting your alarm clock out of sight, or facing away from your bed.

5. Ban blue light in the bedroom.

Many times, lack of sleep can be directly related to some of the modern conveniences that we enjoy. As part of your bedtime routine, try banning cell phones, computers and TVs from the bedroom. Disconnecting from the world might just be the best way to connect with better sleep.

How Much Money Do I Need To Retire?

HERE'S A SIMPLE ANSWER. Research shows that you'll need about 70 percent of your current income.* Sound daunting? Don't think your situation is dire just yet. You can make lifestyle adjustments and financial choices today that can help set you up for a comfortable retirement.

Before you make any decisions, it helps to figure out what really matters most to you. If you have a clear picture of what you want your retirement to look like — travel, gardening, golf, reading, volunteering — you'll have an easier time making choices that will shape your retirement.

Fine-tune how you save and what you spend

- Have a short-term savings goal in sight. You'll save more successfully. (It's easier to think about saving \$200 a month than \$2,400 a year.)
- Spend less on nonessential indulgences ... fast food, designer coffee, movies, clothing. You'd be surprised how much more you could save.
- Find inspiration to make smart choices. Retire early? That may make you think twice about buying a bigger television or a pair of new shoes, or adding another premium cable channel.
- Whenever you pick up an item to buy, ask yourself if you really need it and why. No good reason? Put the money you would have spent into savings.
- If you're not already doing so, contribute enough money into your 401(k) to get the company match. Don't pass up free money.

Saving for retirement is something most Americans feel is a "must do." But there's one critical phase many

don't consider: how to switch from saving to spending your money in retirement. Many financial experts ask that people find efficient ways to tap into their savings, to ensure that they last 30 years or more. One consideration: add more guaranteed income to your retirement checklist.

Make what you saved last a lifetime

- Consider buying a lifetime income annuity with money from a 401(k), IRA or other savings.
- Any money you put into the annuity today, and over time, can provide a sizeable monthly paycheck that starts in retirement.
- When this annuity income starts, just like Social Security, it will continue for life.
- This is guaranteed income you can allocate toward whatever you like: fixed expenses or to maintain the lifestyle you envisioned.

If you'd like to learn more about how income annuities fit into your checklist, call New York Life at 1-800-681-4632 or visit futureincomeforlife.com/newsletters.

*Center for Retirement Research at Boston College.

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Get The Most Out Of Life With AARP

AS AN AARP MEMBER YOU ALREADY KNOW — when it comes to realizing life's possibilities, AARP is your go-to resource for helping you accomplish your personal goals. Building on the foundation of your life experiences, AARP will give you tools and resources that help you and your family make the most of your lives.

Renew your AARP membership for just \$16 a year and enjoy access to rewarding programs and benefits, such as:

- *AARP The Magazine* and *AARP Bulletin*
- AARP Prescription Discount Program by Catamaran
- Savings on travel, dining, eye exams, glasses and more
- Online tools and information that help you manage your life
- Protection of your rights in Washington

PLUS, as an added bonus, you'll get a FREE trunk organizer when you renew your AARP membership today. www.aarp.org/reneworextend

DID YOU KNOW? As an AARP member, you have exclusive access to savings and activities such as educational opportunities, volunteering and events. Now you can view the benefits you've enjoyed and discover the possibilities to get more out of your membership with the AARP Member Benefits Snapshot.

Login: www.aarp.org/mybenefitssnapshot, or register to view your benefits and see how much you've saved!

Understanding Your Beneficiary Designation

Ensure that your life insurance benefits will go to the right person at the right time

Life insurance can make an important difference at a time when your loved ones need it most. That's why it's important to understand your beneficiary designation — the people, or individual, you choose to receive the cash benefit from your life insurance policy after you pass away.

Selecting a beneficiary is a personal decision ... and it's important to consider the reason for the life insurance policy. For example, who will need the extra money when you pass away? Are there people who count on you for financial support? These are important questions to ask when choosing your beneficiary.

While cash benefits go directly to the designated beneficiary, the life insurance benefit will automatically go to your estate. Typically, these types of claims are subject to probate and

can incur all of the expenses and delays that come with settling an estate. With named beneficiaries, probate is bypassed, allowing your beneficiaries quicker access to benefits.

With any life insurance policy, it's important to review and update your coverage periodically ... and this includes your beneficiaries and their contact information. Keeping this information up-to-date can ensure that your life insurance benefit will go to the right person in a timely manner.

If you have questions about your policy, or to update your beneficiary, please call New York Life at 1-800-288-5516.

Representatives are available from 8 a.m. to 10 p.m. (Eastern Time) Monday through Friday, and 9 a.m. to 5 p.m. Saturday.

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Answering these questions now can help you and your family get a jump-start on creating a plan for aging in place. Then, you can map out the things you'll need to do — such as home repairs and renovations, planning various recreational activities and interviewing caregivers.

Most importantly, creating a plan means you don't have to do everything yourself. It gives you the opportunity to define your needs and decide how you want to age in place.