



Registered Investment Advisor

Pash & Benson International
5435 Balboa Boulevard
Suite 106
Encino, CA 91316
818-990-9777
www.pash-benson.com

Gary G. Benson, CFP®
Gregory J. Meyer, CFP®
Mark S. Pash, CFP®

Securities offered through
NPB Financial Group LLC,
Member FINRA/SIPC
Pash & Benson International Ltd.
Inc. and NPB Financial Group
LLC are separate and unrelated
companies.

Are You Worried About Spending Too Much in Retirement?

Even if you receive a decent pension and/or have adequate savings in retirement accounts, you still may worry that you're spending too much in retirement. It's not uncommon for people who transition from diligent saving to spending to have these feelings of uncertainty. Luckily, there are ways to mitigate them.

First, shift the focus from what you're spending to the activities that could make your retirement more satisfying. Spending isn't the end goal; it's a means of helping you better enjoy this new phase of your life. Do you want to travel? Learn a new skill? Relocate?

Ease into the mindset that retirement can be a time to savor new experiences and have fun. It won't happen immediately, but gradually you'll feel more comfortable spending on things that improve your life.

Second, figure out how long your retirement savings might last at different spending rates. This will give you a sense of just how much wiggle room you actually have, and eliminate any fears that you could run out of money prematurely.

There are retirement income calculators available online in which you enter the amount of your savings, then experiment with different rates of withdrawals to find the spending level where you may be endangering your nest egg.

Even better, discuss your situation with your advisor; he knows your situation and can recommend changes that can help ease your mind.

By going through this process annually, you should be able to settle on a level of retirement spending you're comfortable with.

How's Your Portion Perception?

It may not surprise anyone to hear that portion sizes in North America have ballooned over the last few decades. Whether food marketers are to blame or whether it's because our plates, mugs and bowls have also increased in size, there's no question we're eating more now than ever before.

A recent article published by The Guardian proved just how out of whack our portion perceptions can be. It provides illustrations of recommended serving sizes. See a sampling below. How do your portion sizes compare?

- **A serving of cheese** should be the size equivalent of a matchbox.
- **A portion of lean meat** (like chicken breast) should have the dimensions of a deck of cards.
- **A snack of potato chips** should fit nicely in a regular size coffee mug.
- **What about baked or roasted potatoes?** Try, about the size of your computer mouse.
- **A helping of pasta or rice** shouldn't be bigger than a tennis ball.

Broccoli and Shredded Chicken Salad

Serves 6

1 large head of raw broccoli
2 cups shredded rotisserie chicken
1/3 cup toasted sliced almonds
6-8 slices cooked bacon, roughly chopped
1 1/2 cups chopped celery
1 1/2 cups halved green seedless grapes
1 bunch spring onions, chopped
1 cup raisins

Dressing

3/4 cup mayonnaise
3/4 cup plain yogurt
1/2 cup sugar
2 tablespoons white vinegar

Directions

Break broccoli down into even sized florets and add to a serving bowl with chicken, almonds, bacon, onion, grapes, celery and raisins.

In a smaller bowl whisk together mayonnaise, yogurt, sugar and vinegar. Add to serving bowl and toss to coat evenly. Season to taste with salt and pepper.

Can be kept refrigerated for up to four hours before serving.

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

Sudoku instructions: Complete the 9 x 9 grid so that each row, each column and each of the nine 3 x 3 boxes contains the digits 1

Worth Quoting

Knowing yourself is the beginning of all wisdom. ~ Aristotle

Truth suffers from too much analysis. ~ Frank Herbert

Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. ~ C.G. Jung

.. we are not conscious of most things until we ask ourselves questions about them. ~ David Eagleman

Wherever you go, you take yourself with you. ~ Neil Gaiman

The more powerful and original a mind, the more it will incline towards the religion of solitude. ~ Aldous Huxley

The problem with introspection is that it has no end. ~ Philip K. Dick

Why Not Pass Me to a Friend?

If you've enjoyed this newsletter and found its information useful, please pass it to a neighbor, friend or co-worker.

And if you have any comments about it, don't forget to give us a call or send us an email!

Unless annotated, all articles courtesy of Ready to Go Newsletters

This newsletter and any information contained herein are intended for general informational purposes only and should not be construed as legal, financial or medical advice. The publisher takes great efforts to ensure the accuracy of information contained in this newsletter. However, we will not be responsible at any time for any errors or omissions or any damages, howsoever caused, that result from its use. Seek competent professional advice and/or legal counsel with respect to any matter discussed or published in this newsletter.



Client Identity Theft Checklist—Action Steps for Recovery

Identity theft is a complex and evolving threat, and one that costs U.S. citizens billions of dollars annually. It is one of the most pressing challenges facing our country. Unfortunately, the problem is growing, and fraudsters are always looking for new ways to steal confidential information to commit crimes. We take every precaution to keep your personal information safe. There are numerous types of identity theft. For example, a thief could steal a wallet and use credit cards to make illegal purchases, or obtain information to file a tax return on behalf of a taxpayer to claim an illegal refund.

Should you ever find yourself a victim of any kind or type of identity theft, the checklist below can be your guide. It outlines specific steps you should take to help mitigate the damage of identity theft.

Organizations **What to Do**

- Credit Agencies**
- Report the identity theft to the fraud department of one of the following reporting agencies as soon as possible. They then must notify the other two agencies.
 - Equifax: equifax.com/Experian: experian.com/TransUnion: transunion.com
 - Request a copy of your credit report. Request that only the last four digits of your Social Security number be placed on the report.
 - Close accounts that you think have been compromised or opened fraudulently.
 - Inform the credit bureaus and the credit issuers (in writing) of any fraudulent accounts and incorrect information.
 - Obtain replacement credit cards with new, secure account numbers and destroy any old cards.
 - Notify those who have received your credit report in the last six months to alert them to any disputed, fraudulent or incorrect information.
 - Confirm that an extended fraud alert (seven years) is placed on your credit report.

Federal Trade Commission (FTC)

- Report the crime to the FTC to establish an Identity Theft Affidavit.

Local Police

- Report the crime to your local police or sheriff's department. Make sure to provide as much documented evidence as possible.
- Verify that the report lists the fraudulent accounts and keep a copy of the report.

Internal Revenue Service (IRS)

- Contact the IRS to report the theft. This will alert them to any claim for refund or other activity on your account. IRS Identity Protection Specialized Unit (IPSU): 800.908.4490
 - Form 14039, Identity Theft Affidavit
 - Contact your CPA with any questions.

State Tax Agency

- Contact your state tax agency to report the theft. Agencies may require a police report and/or the IRS affidavit.

Other Agencies and Organizations

- U.S. mail fraud: Contact your local postal inspector. Online: postalinspectors.uspis.gov—Phone: 800.275.8777
- Social Security number misuse — non-IRS issues:
 - Check your earnings record to make sure no one is using your SSN to obtain work. Call your local Social Security Administration (SSA) office if something looks inaccurate.
 - Contact the SSA Inspector General to report Social Security benefit fraud, employment fraud, or welfare fraud.
 - Online reporting resources: socialsecurity.gov/oig Fraud Reporting Form
 - SSA fraud hotline: 800.269.0271

Health Insurance Provider

- Contact your health insurance company if your insurance card was accessed or stolen to help prevent the thief from using your insurance. Similarly, notify Medicare if your Medicare card was accessed or stolen.

Utilities and Brokers

- Contact your local utility providers (gas, electric, cable, Internet, cellular carrier, etc.) to ensure no new accounts are opened in your name. Similarly, let your investment or retirement account company know your identity documents were stolen so they will be alert to any suspicious activity on your account.

What You Can Do

- Create an identity theft file (keep copies of everything).
- Change all your account passwords. As an extra step, consider changing your username.
- In all communications with the credit bureaus, refer to the unique number assigned to your credit report. When mailing information, use certified, return receipt. Be sure to save all credit reports as part of your fraud documentation file.
- Review your credit report periodically. An extended fraud alert allows you to obtain two free credit reports from each of the credit reporting agencies within 12 months.
- Consider requesting a security freeze. By freezing your credit reports (bit.ly/freeze), you can prevent issuers from accessing your credit files unless you give them permission. This prevents thieves from opening up new credit card and loan accounts.
- Consider requesting a criminal background check to ensure your identity is not being used in connection with criminal activities.

Start Planning Ahead as This Summer Ends

The beginning of a new school year isn't just for kids; September feels like a fresh slate for adults, too. Let summer's end serve as a reminder to revisit your finances and ensure they're on track for the rest of the year.

These tips can make your analysis more useful:

Goals vs. reality. Hopefully, you set financial goals at the beginning of the year. If you did, check your progress. How much have you saved? How are your investments performing? Do you need to make any changes?

Budget. Why not consider setting one up for next year based on this year's review. Look at what you've spent to-date, and where you may have over- or under-spent. This is especially important if you've had a change in life circumstances, such as a marriage, divorce, baby or job change.

Review your credit report. You're entitled to one free credit report annually from each of the three credit reporting agencies (through AnnualCreditReport.com.) Many people choose to stagger reports from each agency so they receive a report every four months. Also note: If you've become a victim of identity theft, checking your credit regularly will tip you off before more damage is done.

Look for opportunities to lower interest rates. You can refinance all kinds of loans to get a lower rate: mortgages, auto loans, even student loans. And you'll likely pay less in total interest over the years. Also look at credit-card debt. You can explore 0% balance transfer offers, but do the math to ensure that savings won't be offset by fees.

Reconsider your insurance needs. As life circumstances change, so do insurance needs. Do your homeowners, auto, life, and medical coverage still suit your needs? Are you under- or over-insured? Should your coverage change? Discuss the options with your advisor, who can help you find the coverage that's right for you.

It's not too late! If you haven't done so, call our office to schedule your annual review appointment.

Espresso Book Machines: Just What the Bookworm Ordered

While these days, newspapers are mostly online, some enterprising book stores are still managing to hang on. In a recent CITYLAB article, Eillie Anzilotti, writes: "An old shop in Paris is holding onto its place in the city by embracing new technology." As strange as it sounds, that shop is a book store without books.

A new wave of book stores are banking on technology to keep them relevant; the so-called Espresso Book Machine is a print-on-demand device that lets buyers choose from potentially millions of books and sip coffee while waiting for their selection to be printed. The process takes minutes.

According to Anzilotti's article, Can On-Demand Printing Bolster Bookstores? The first Espresso Book Machine dates back to 2007, when one was installed in the New York Public Library. "Since then, the printers have cropped up in a handful of libraries and stores in cities throughout the world," Anzilotti notes.

Book stores have been struggling to remain profitable over the last decade. Initially, big box book stores squeezed out many of the independents. Then it was competition from e-commerce. The latest fear is that people simply don't read any more.

And, in fact, many book stores of note have failed despite adding coffee shops, stationery departments and e-readers to their offerings.

For those individuals who still enjoy reading on paper, the Espresso Book Machine may be just what the bookworm ordered. It's a future-forward solution that enables book stores and libraries to stay relevant in a high-tech world. Readers rejoice!

Worth Reading

Getting Smarter

By Jeffrey M. Zacks

Aeon

Read this before you buy the latest app designed to make you smarter. Little scientific evidence, if any, supports companies' claims that their products can increase intelligence. Some medications may work, but their long-term effects, especially on children with developing brains, are unclear. Zacks suggests simple, proven techniques: Practice what you want to improve. And, yes, physical fitness does keep your mind fit. **More:** <http://tinyurl.com/On-Thinking2>

The Seven Sins of Memory

By Daniel Schacter

Psychology Today

Memory fails. That's not always bad. In this book adaptation, Daniel Schacter outlines "the seven deadly sins of memory." Three sins of omission – transience, blocking and absentmindedness – which happen when we can't remember something – and misattribution, suggestibility, bias and persistence, which are sins of commission (when memories are wrong.) But doesn't this prove memory's strength? Maybe we're meant to forget some things to make room for others! **More:** <http://tinyurl.com/On-Thinking3>

Planning on moving? Have you recently changed your e-mail address, phone number, name, employment status? Please e-mail sherry.rothstein@npbfg.com with any information needed to maintain your accounts.