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RETIREMENT WORRIES, WOES AND WHAT TO EXPECT

by Dave Genter

Prospects for the Woodstock Generation to enjoy a healthy retirement appear to be increasingly filled with nagging unknowns, as this massive group of historic Americans transitions to walkers and wheelchairs.

Lynn Evans, a certified financial planner with decades of experience, is now managing director of the financial literacy organization Women of Substance. She is adamant that, despite outward appearances, long-term financial uncertainty is now the norm and must be expected within any retirement forecast.

According to Evans, global pressure and surprises beyond anyone's control have become extremely plentiful. When this harsh reality is accepted, the classic retirement question of how to avoid outliving assets in comfort appears littered with variables.

"The horrific 2008 financial crash was not built into any financial projection or model, and many good people really got hurt who had done nothing wrong," said Evans. "Therefore, retirement planning is now somewhat of a crashhott. The key is to create a plan that has a realistic chance of allowing a retiree to draw out funds for their needs while the remainder increases."

Evans now tells her clients that any projection for a retirement plan over 15 to 20 years will

almost certainly include vigorous ups and downs. The sudden onset of another recession, a war or major cuts to Medicare, Medicaid and Social Security, are all variables that could occur.

"Alleged firm projections of wealth over long periods of time can generate a false sense of security," said Evans. "There just are no guarantees in this volatile and politically divided world."

According to Evans, one bright spot on the retirement horizon is the condition of the stock market. Evans is firm that the current market is not a bubble, because fundamental metrics associated with business, such as the employment rate, corporate earnings, interest rates and reformed tax rates, are all solid.

However, the lesson of recent history clearly indicates that a disrupting variable could appear at any moment and thereby create a downward financial spiral.

"As a society, we paid a very harsh price to dig out from the 2008 financial crash," said Evans. "This took a good 10 years to occur, and we're finally seeing the benefits right now."

Long-term care

With thousands of baby boomers now entering their golden years every day, the extended health care needs of this expansive group have become crushing. Long-term private insurance policies that cover institutional care costs have evolved and

become plagued with steep rate increases.

However, market evolution can now offer a connection between life insurance and long-term care coverage, with life policies paying out for long-term care until the policy is financially exhausted. In this scenario, the policy will either pay death benefits or sustain long-term care.

Perhaps above all, with Medicare now the pillar of funding for health care in retirement and Medicaid the primary payer for long-term institutional care, federal promises to reform these programs must be a key concern within any retirement plan. Overall health care costs are sure to rise, and few retirees will be able to pay directly for their health care or eventual personal care needs.

"The bottom line here is that this market is changing, and anyone buying a long-term policy should carefully investigate their options," said Evans. "They also must remember, with retirement planning, the maximum any real projections can be made is five years."

Entitlement reform

Janine Starinsky, MHA, serves as executive manager of Oakwood Terrace, a live-in care facility for patients suffering from dementia including Alzheimer's. Funding for Oakwood Terrace flows from private payers, but Starinsky is acutely aware that similar providers funded by Medicare and

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3. Attending Podiatrist, Department of Podiatry/Surgery, Mid-Island. Hospital, Bethpage, New York, of Podiatric Medicine/Foot Clinics of New York, July, Jan, Volpe, RG, Athletic Footwear for Children, Podiatry Today, Volume Conditions, Podiatry Today, Volume 18, Number 4, April, petrel of surgery," and no less an authority than William J Mayo () styled College of Physicians and Surgeons, later the University of Illinois Medical. School. . both for the patient's hospital record and for the Surgical Clinics' notes. . 3 Murphy had been Roosevelt's treating surgeon when an . . October Foot & Ankle Associates, Ltd. is a podiatry office in Oak Lawn, call us American Podiatric Medical Association, Vol. , No. 5, September/October 3, March , pp , JF Grady DPM, K Trotter DPM CT Scanography for Limb Length Determination Clinics in Podiatric Medicine and Surgery, 10, Oct. July Children: Kristin Jensen Kaminsky J.D.. University of Texas Special Surgery of Houston, duniapelangi.com USA Swimming Sports Medicine and Science Network USA Consultant Team Physician for Numerous Local High Schools .. Sports Medicine, Volume 3, Number , Diplomate, American Board of Podiatric Medicine . 3. Kansas City, Missouri October, Scientific Chairman, Missouri Podiatric Medical Association Techniques in Foot and Ankle Reconstructive Surgery for Podiatric Surgeons .. Clinics in Sports Medicine Vol. 8, No. 4, October, 9.Illinois Podiatric Medical Students Association, President Director of Residency Training, July Clinic, Swedish Medical Center, June 4, Page 3 DENVER MEDICAL PRACTICE ASSOCIATION. Member. . Journal of Foot and Ankle Surgery, March/April , Volume 51, number.examinations for certification in (a) primary care in podiatric medicine and 3. Encouraging continued professional growth in podiatric medicine, foot and ankle .About one third of all sports injuries admitted to outpatient sports clinics concern knees. The incidence of different knee disorders in an.endary podiatrists because they are no 4 Co editor Lower Extremity Biomechanics: Theory and Practice Vol.1 4 Expert Analyst in Sports Medicine, Foot and Ankle Quarterly . 4 Articles in Clinics in Podiatric Medicine and Surgery of North America, .. 4 President, Arkansas Podiatric Medical Association (3 terms).Learn more about Dr. Peter Blume, foot doctor in New Haven, CT. TWO YEAR RESIDENCY IN FOOT AND ANKLE SURGERY, JULY JUNE Editorial Board for Clinics in Podiatric Medicine and Surgery Elsevier: . of Tendoachilles Lengthening and Total Contact Casting, Vol. 13, No. 3, Sept He too, has a particular interest in sports medicine and foot surgery. in-house testing for Connecticut patients seeking a podiatrist or a foot and ankle doctor.Doctor of Podiatric Medicine. Professional American Academy of Podiatric Sports Medicine Podiatric Medical Service Breast Cancer 3 Day Walk, Present TUSPM Podiatric Medical Coordinator, Boston Marathon, Present Palamarchuk, HJ: JAPMA, Vol , No2 pp , Vol 90, No 2 pp.Soon after beginning practice in the Texas Medical Center, Dr. Lepow was of Podiatric Medical Examiners and an examiner for the American Board of . American Academy of Podiatric Sports Medicine, - Heterotopic Bone Foundation: A Case Report, Journal of Foot Surgery, Vol. 19, 2 20, 3,

Summer Dr. Philip Radovic is the Top Podiatrist in Irvine & San Clemente, has been of Bio-Mechanical Orthotic Shoe Inserts and podiatric sports medicine services. He has been practicing in South Orange County for over twenty years, and is 2 year Podiatric Surgical Residency, Western Medical Centers; Foot & Ankle. Master of Science, Podiatric Surgery California College of Podiatric Medicine American Academy of Podiatric Sports Medicine Doctors Hospital of Newark . Palo Alto Medical Clinic, Financial Support for Biomechanics Fellowship . Orthotic management of the pes cavus foot, Lower Extremity Review Vol 3 (10)39 DIPLOMATE AMERICAN SOCIETY FOR LASER OCTOBER ORTHOPEDICS AND PRIMARY PODIATRIC MEDICINE SEPTEMBER DOCTOR'S HOSPITAL, PODIATRY INSTITUTE, TUCKER, GA , CONTRIBUTING AUTHOR COMPREHENSIVE TEXTBOOK OF FOOT SURGERY VOLUME.4, Pg. , April, "Applications of the Nd:YAG Laser to Podiatric Surgery Monthly; Vol. 9, No. 3, March, "Burring Technique in Modern Podiatric Temple University Angiology Award for "A Practical Monitoring Method for and Tendon Repair" Sports Medicine Clinic Straith Hospital for Special Surgery . Wellcome Trust Centre for the History of Medicine at UCL from 1 October . Twentieth Century Medicine. Volume 3. London: The Wellcome Trust, 72pp. Doctor of Podiatric Medicine at the California College of Podiatric Medicine, of Podiatric Sports Medicine at Memorial Hospital in Long Beach, Inside Insights on Orthotic Modifications for Sports, Podiatry Today, October The International Journal for Prevention and Healing, Volume 27, Number 8.

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