



# Your Best Years

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How did we get to  
be so old?



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One morning I  
woke up and  
didn't recognize  
myself.



# The Age Revolution

YEAR	LIFE EXPECTANCY AT BIRTH
1900	47
1935	60
2018	79

# Current Life Expectancy at Different Ages

<b>Life Expectancy</b>	<b>Male</b>	<b>Female</b>
<b>At Birth</b>	76	81
<b>Age 65</b>	83	85
<b>Age 75</b>	86	88
<b>Age 85</b>	91	92
<b>Age 90</b>	94	95
<b>Age 95</b>	98	98
<b>Age 100</b>	102	102

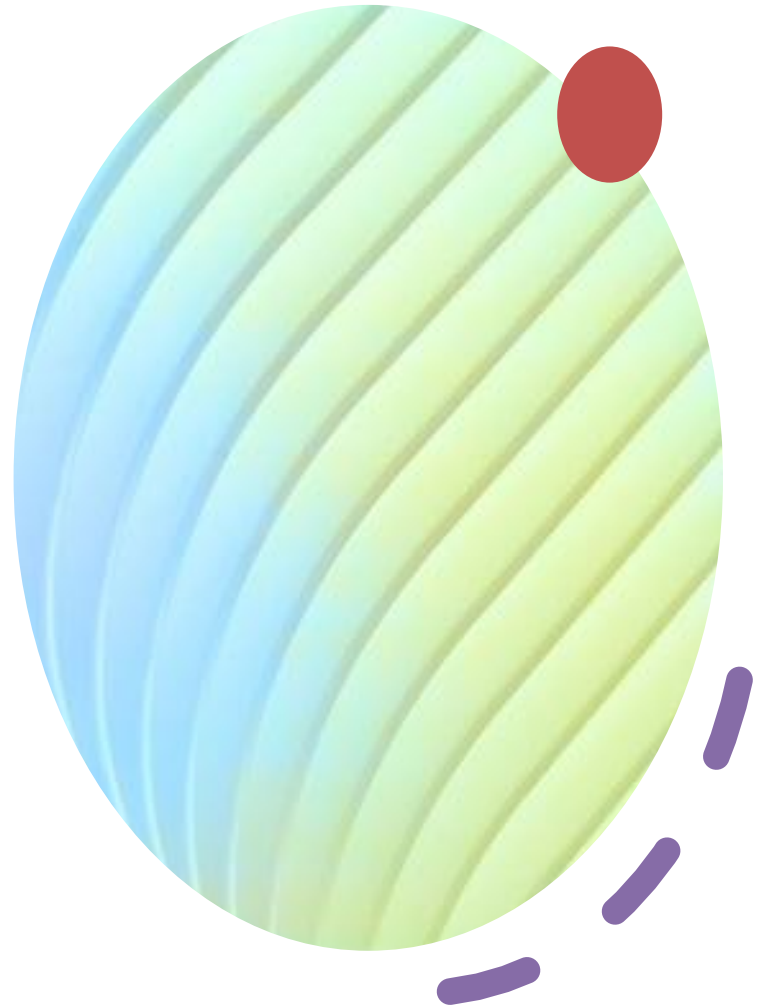
20+ years...



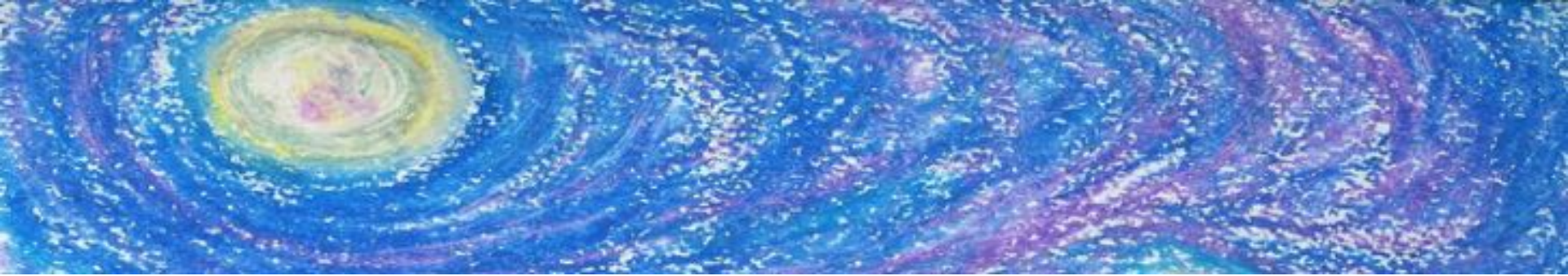
# CHALLENGES

What lets you  
sleep at night?

What gets you  
up in the  
morning?







# **Managing Your Money So You Can Sleep at Night**

## **Investment Plan**

- To get the income you need
- Get professional help

## **Projections**

- To figure out how much income your investments will provide
- Get professional help

## **Spending Plan**

- To make sure you are on track
- Do it yourself





**Activities to get you  
up in the morning**



Using  
your  
resources

- **Time**
- **Money**
- **Energy**
  
- **Skills**
- **Experience**
  
- **Family**
- **Friends**
- **Community**
  
- **Creativity**

Thinking  
**BIG**



**B**old  
Imaginative  
**G**oals

- Starting a business
- Learning a skill—e.g., another language, tap dancing, playing the piano
- Developing a hobby
- Changing the world...



# The **ALIVE** Concept:

**A**ctivity

**L**earning

**I**ntimacy

**V**itality

**E**ngagement





The image features a large, solid red semi-circle on the right side. To its left is a teal circle. Further left are two vertical purple dashed lines and an orange square outline. At the top, there is an orange triangle outline and a purple semi-circle. In the bottom left, there are several purple dashed lines of varying lengths and orientations. The text 'Age 70+' is positioned in the upper right area of the red semi-circle, and 'OUR BEST YEARS' is centered within it.

Age 70+

OUR BEST YEARS

# Mark

## FINANCIAL PLANNER





## **COLORADO 2000**



Death by Chocolate





**Bicycling the  
Mississippi**

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# **SERIOUS ABOUT RETIRING**



**A practical Roadmap for a Healthier,  
Wealthier, Happier Retirement**



**Learning to  
play cello**



# CHARITABLE WORK

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LINKED LIVES

ecp

**LUCY ROSE**

**Gerontologist**





My sketching disrupted meetings...

**PAINTING ON  
GLASS:  
Upside Down,  
Inside-out,  
Backwards**

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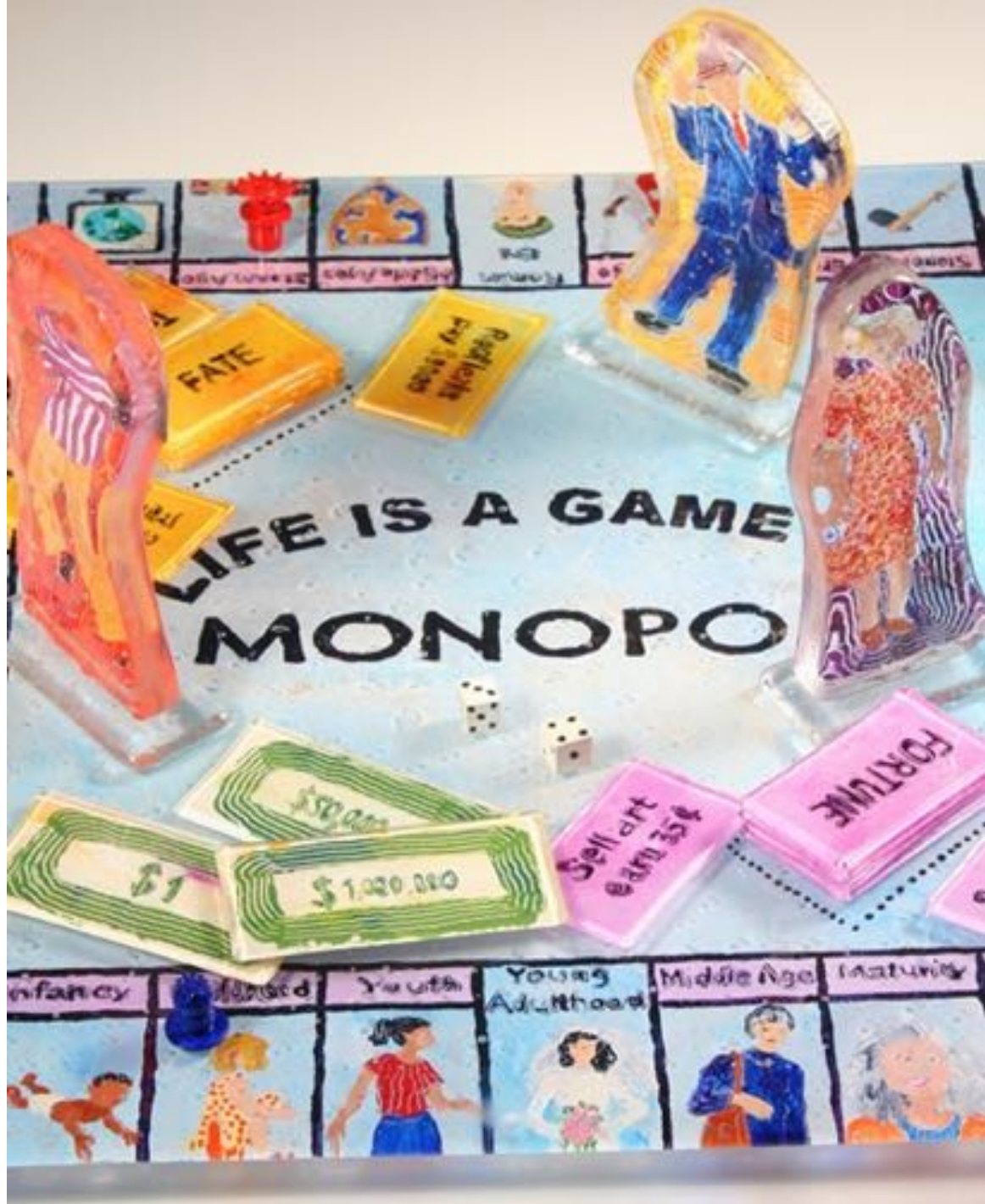








Life is a  
Game of  
Monopoly

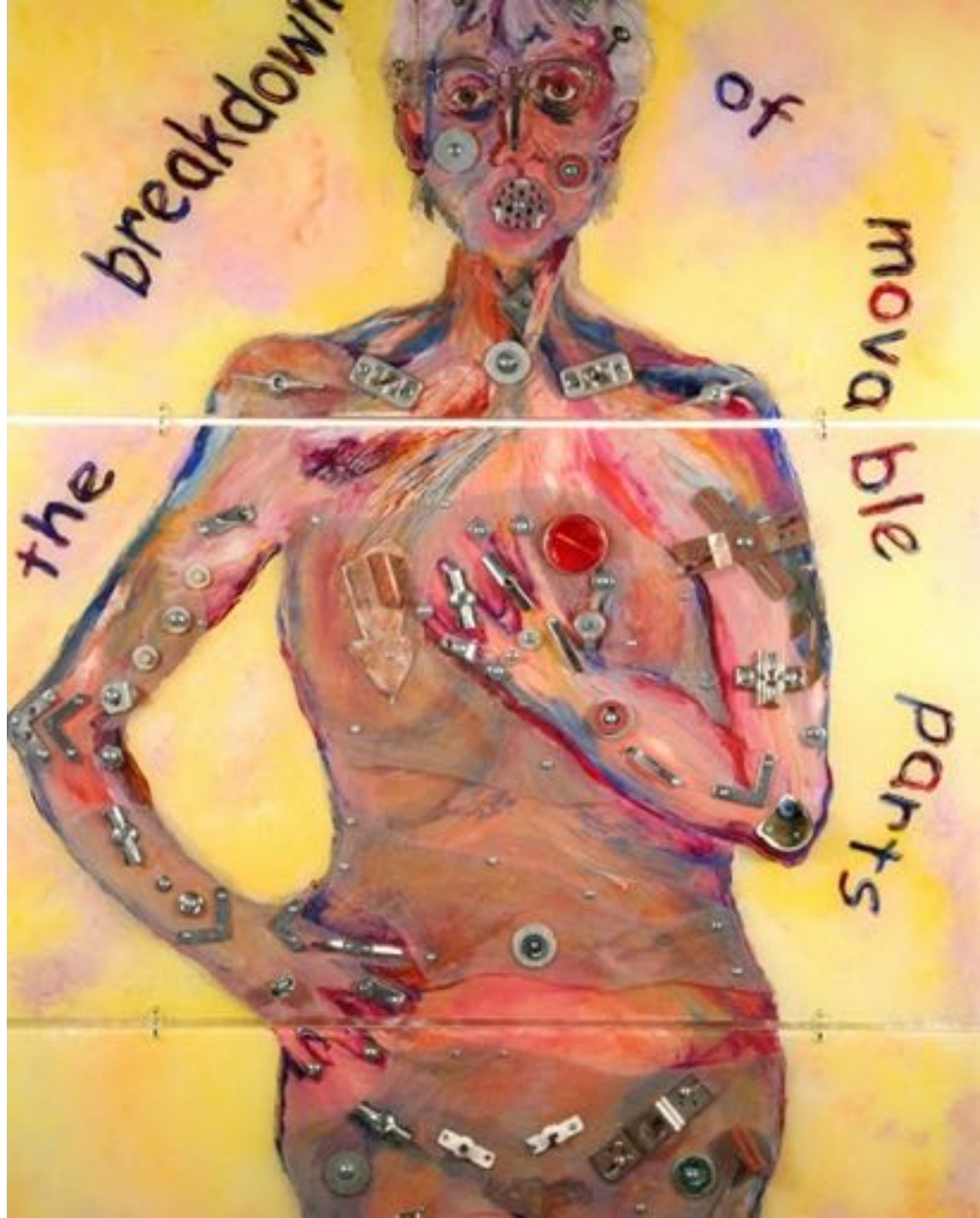




I seem to be falling apart



# The Breakdown of Movable Parts







# I'm New at Being Old







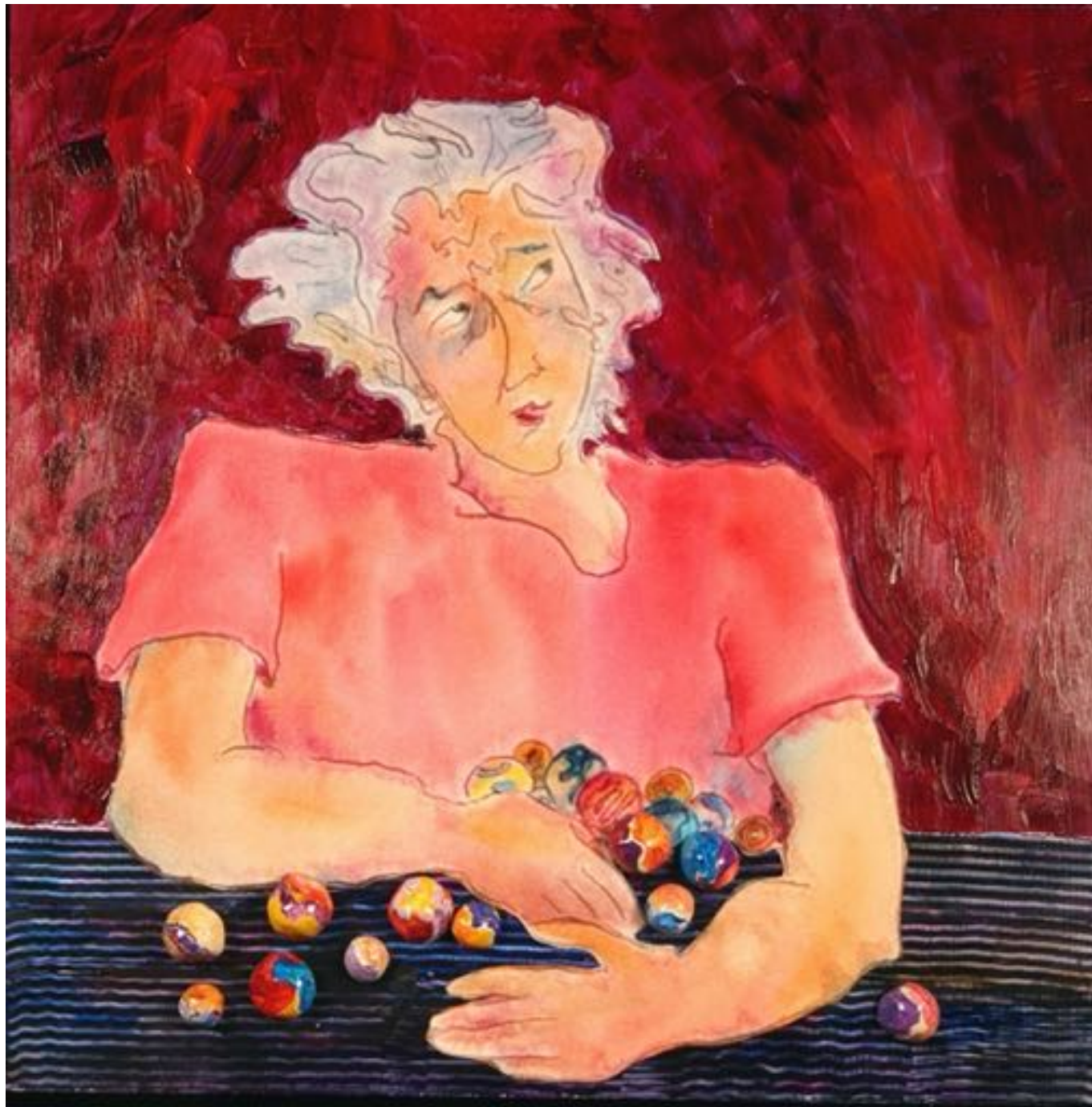




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jackingbird  
Mendia  
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Frena  
victoria  
Hyacinth  
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Betty  
Lanuz  
arbitration  
jackingbird  
Mendia  
Hilly Hill













Grow Old  
With Me





We meet at the university, where sex hormones hover in the air...





A blizzard the night before our wedding...





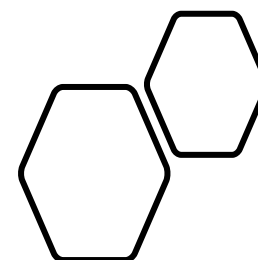




- Sweet ghosts...







**Continuing  
to grow...**

# Retirement Coaching



WEB COURSE



GROUP COACHING



# How to Make Your Retirement Years the Best Time of Your Life



EXPLORE



PLAN



PREPARE




MAKE IT  
HAPPEN!

# Michael's story

Michael, actuary retiring in 2 years

Student in my Retirement Coaching class –

## **JOURNEY TO YOUR NEXT STAGE**

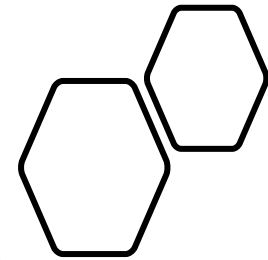
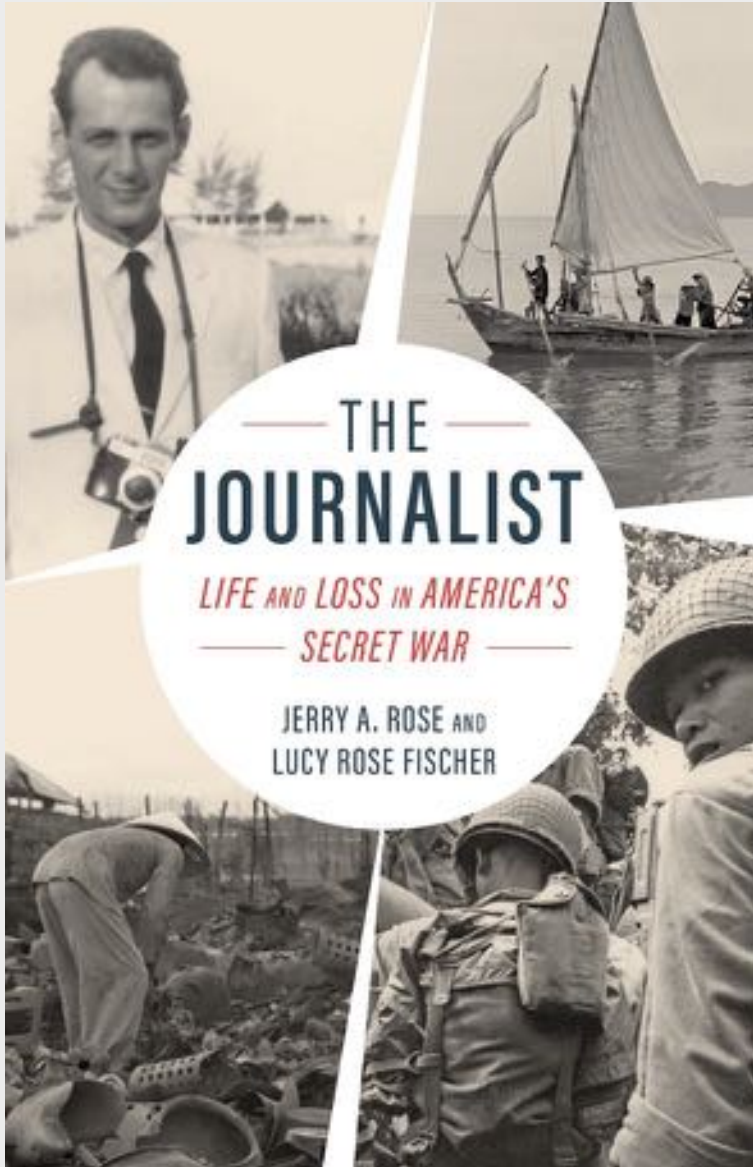
- 1<sup>st</sup> Plan:           make furniture in his garage
  - 2<sup>nd</sup> Plan:           volunteer for Habitat for  
Humanity
  - 3<sup>rd</sup> Plan:           volunteer for and manage  
projects at Habitat for  
Humanity
- 



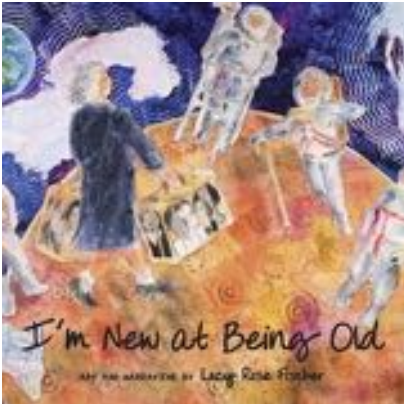
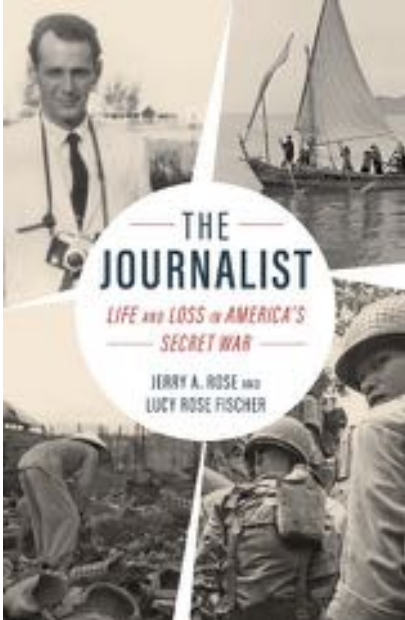
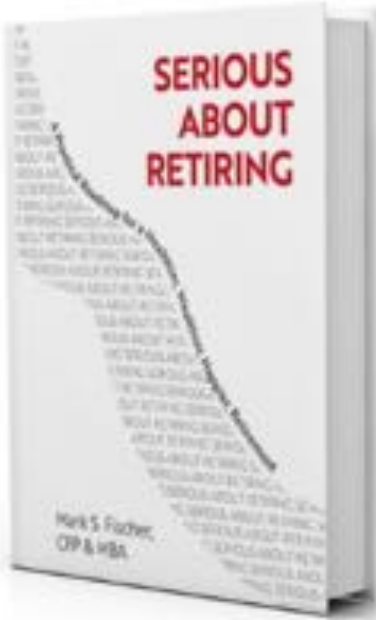


# PANDEMIC TIMES

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# Books + e-newsletters





# KEEP IN TOUCH

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