

THE RETIREMENT FINGERPRINT®

JULY/AUGUST 2020

NEWS YOU CAN USE

America's Job Crises: Past and Future

Even before the mass layoffs caused by the COVID-19 pandemic, companies were having a hard time keeping workers employed. That's because, in recent years, plentiful jobs have offered employees more options to jump ship if they weren't happy.

In August 2019, more than 4 million people left their jobs. Professionals most likely to undergo job churn are software engineers, marketers, those who work in finance and investing, and, interestingly, job recruiters.¹

Historically, people who worked in skilled trades such as education, public safety and health care were less likely to jump from employer to employer.² However, this sentiment could possibly change

post-pandemic, as many within the lower-income scale realize the rewards of a selfless calling may not be worth the risks.

Researchers say, in general, the best way to earn a significant salary bump is to change employers. Some companies are willing pay up to 15% more than a new employee's former salary. Compared to the standard 2% to 3% annual increase among incumbent workers, changing jobs may be the only real way to get ahead during the economy's potentially prolonged recovery.³

¹ Jennifer Liu. CNBC. Feb. 18, 2020. "These workers are most likely to quit their jobs—and it can impact your ability to find a new job, too." <https://www.cnbc.com/2020/02/14/workers-in-these-5-fields-are-most-likely-to-quit-their-jobs.html>. Accessed April 6, 2020.

² Ibid.

³ Ibid.

PROUD SPONSOR OF THE
UC IRVINE ANTEATERS

RADIO SHOW

THE RETIREMENT FINGERPRINT®
SATURDAYS 7:30A-8A
AS HEARD ON AM830 KLA

AM 830



THAT TIME OF YEAR

How to Beat the Summertime Heat

In many locations, it seems like summers just keep getting hotter. That means we need to get smarter when it comes to beating the heat. While most people wear lighter-weight clothing during the summer months, it's also worth checking out smart fabrics. For example, look for clothes designed to absorb perspiration and convert it to help regulate body temperature.¹

These fabrics may not yet exist for bedding, but in the meantime, consider cotton or linen sheets that wick away sweat to keep you cooler at night. Experts recommend between 200 and 400 thread count for maximum

breathability; if you go higher, the fabric can trap heat and moisture.

If you still run warm during the night, consider storing sheets in a resealable plastic bag in the refrigerator until bedtime. The cool temperature may not last all night, but perhaps long enough to help you fall asleep. Alternatively, tuck frozen ice packs between the bedsheets at night.²

If you've been outside in the heat and need to cool off quickly, apply a covered ice pack or chilled towel to pulse points on your body — such as wrists, ankles, crook of the elbows and

the back of the knees — for 20 minutes at a time. If you feel faint, drink water as soon as possible, lie down and raise your legs higher than your head. When drinking fluids, be aware that cold water takes longer for your body to hydrate; room temperature is better because it is absorbed more quickly.³

¹ James Urquhart. Chemistry World. Feb. 8, 2019.

"Smart textile uses sweat as switch to keep wearer cool or warm." <https://www.chemistryworld.com/news/smart-textile-uses-sweat-as-switch-to-keep-wearer-cool-or-warm/3010099.article>. Accessed April 6, 2020.

² WebMD. Oct. 24, 2018. "How to Cool Down When You're Always Hot." <https://www.webmd.com/a-to-z-guides/ss/slideshow-cool-down-when-hot>. Accessed April 3, 2020.

³ Ibid.

Investment Advisory services offered through Cooper Financial Group, an SEC Registered Investment Advisory firm. Cooper McManus is not affiliated with West Wealth Group, LLC.

Investment advisory services may also be offered through West Wealth Group, LLC, an SEC Registered Investment Adviser. Insurance Services are offered through BML Wealth & Insurance Services, California Insurance License #0M15550.

Content prepared by Kara Stefan Communications and Advisors Excel. We are an independent firm helping individuals create retirement strategies using a variety of insurance and investment products to custom suit their needs and objectives. This material is intended to provide general information to help you understand basic financial planning strategies and should not be construed as financial advice. All investments are subject to risk including the potential loss of principal. No investment strategy can guarantee a profit or protect against loss in periods of declining values. The information contained in this material is believed to be reliable, but accuracy and completeness cannot be guaranteed; it is not intended to be used as the sole basis for financial decisions. If you are unable to access any of the news articles and sources through the links provided in this text, please contact us to request a copy of the desired reference.



THE GOOD LIFE

The Research on Walking

By now, many Americans have discovered the benefits of walking. Plus, it's one of the few outdoor pastimes people can enjoy while social distancing. In addition to fresh air and light exercise, studies have recently found a few more advantages about walking.

The simple act of sauntering causes your brain to juggle a variety of different cognitive functions, from

internal mapping of your route to adjusting for a faster heartbeat and quicker breathing. In addition to the physical tasks at hand, you're likely to find your thoughts meandering from "what type of bird is that?" to a list of things you need to do when you get home.

The brain is your body's superpower, so it has no trouble multitasking a variety of actions at once. Plus, there are

underlying perks you may not recognize until your walk is finished. For example, walking can help improve your mood, flex your creative juices and promote your capacity for learning.¹

Finally, walking can boost your energy levels so you can get more done during the day and sleep better at night. If you're feeling a bit lethargic and wondering whether you should take a nap or go for a walk, the latter option is usually better for a plethora of reasons.²

¹ Jessica Stillman. Inc. Sept. 3, 2019. "Neuroscientist: Walking Is a 'Superpower' That Makes Us Smarter, Healthier, and Happier." <https://www.inc.com/jessica-stillman/neuroscientist-walking-is-a-superpower-that-makes-us-smarter-healthier-happier.html?cid=sf01001>. Accessed April 3, 2020.

² Ibid.



... Improve Your Credit Score

- Pay your bills on time.
- Pay off your credit card balances.
- Stop applying for credit. Each time you fill out an application for a credit card or loan, the lender checks your credit, and each inquiry reduces your score (for up to 12 months).
- If you have a close friend or family member with a good score, ask them to add you as an authorized user on their credit card accounts. As long as they pay on time, your credit score will benefit from the positive data.
- Review your credit reports annually; you are entitled to receive a free copy every year from each of the three main credit reporting agencies (TransUnion, Experian and Equifax).
- You can apply for copies of all three reports at [AnnualCreditReport.com](https://www.annualcreditreport.com).
- Dispute any errors you find on those reports.

Jessica Dickler. CNBC. March 2, 2020. "Here's how to improve your credit score right away." <https://www.cnbc.com/2020/02/24/how-to-improve-your-credit-score-right-away.html>. Accessed March 6, 2020.

Prospects for the Post-Pandemic Real Estate Market

Prior to the COVID-19 pandemic, nearly 34% of U.S. homes were owned by residents aged 60 and older.¹ As seniors downsize or move to retirement homes, existing houses may begin to flood the market — driving prices lower in residential real estate.

Interestingly, many young homebuyers have adopted a retro perspective when it comes to searching for the perfect home. The construction industry will likely be busy building new homes and updating existing properties based on recent trends.

Trending Small

The current sentiment is that smaller is better for a variety of reasons. Among millennials, less square footage makes newly built, single-family homes more affordable. Furthermore, they tend to prefer smaller homes in dense, walkable, urban-oriented neighborhoods, and favor efficient and eco-friendly houses that require less maintenance.²

Mid- and late-career demographics — many who have weathered serious economic setbacks in the past dozen years — are expected to be a bit more pragmatic when it comes to retirement living. They may seek to downsize to a smaller home so they enjoy lower bills and maintenance obligations.



Projects That May Pay Off

If you're contemplating improvements for your house, seek the most bang for your buck. According to the 2020 Cost vs. Value Report by Remodeling magazine, exterior projects offer some of the biggest investment returns.

Consider the curb appeal of replacing your home's siding with fiber cement board or manufactured stone veneer. Think about replacing the roof, older windows and even the front door.³ In recent months, homeowners have come to appreciate the value of a breezy front porch. Separate home offices are also appreciated.

These updates make a lot sense if you want to list your house for sale, as new homebuyers prefer to customize the interior for their needs.

Remodeling is fun when you get to design the kitchen, choose appliances and select colors for the bathroom. But

spend money to install a new roof? Not so much.

It may cost more to replace siding, but it's an investment you can recoup in the sale price — unlike a kitchen island. Curb appeal is important because it invites more prospects to tour your home and, once inside, they can envision how to personalize the home's interior. That's something you can't possibly deliver to each prospect who walks through your door.

¹ Issi Romem. Zillow. Nov. 22, 2019. "The Silver Tsunami: Which Areas will be Flooded with Homes once Boomers Start Leaving Them?" <https://www.zillow.com/research/silver-tsunami-inventory-boomers-24933/>. Accessed April 3, 2020.

² Skylar Olsen. Zillow. Dec. 9, 2019. "Bold Predictions for 2020: Shrinking Homes and a More Stable Market." <https://www.zillow.com/research/2020-predictions-26100/>. Accessed Feb. 6, 2020.

³ Brenda Richardson. Forbes. Jan. 14, 2020. "10 Home Improvement Projects That Return The Most At Resale." <https://www.forbes.com/sites/brendarichardson/2020/01/14/10-home-improvement-projects-that-return-the-most-at-resale/#62eeae6201>. Accessed April 3, 2020.

As seniors downsize or move to retirement homes, existing houses may begin to flood the market — driving prices lower in residential real estate.

THE SCOOP

How Tech Can Solve Many of Our Problems

We've been hearing about technologies such as blockchain and artificial intelligence (AI) for years. However, these esoteric concepts have not really entered our lives in a substantially influential way. That could be about to change.

According to the World Economic Forum's Centre for the Fourth Industrial Revolution, the capacity for these technologies to address key global issues — such as education, health care and food supply — put them on a path for rapid expansion during the next year or two.¹

Artificial intelligence can be used to adapt teaching curricula for each student's learning capability via pattern recognition and machine learning. Additionally, because AI can analyze vast amounts of

data in mere seconds, the technology can quickly and more accurately diagnose a health condition from a CT scan, MRI or X-ray — easing the backlog and expense that comes with human interpretation.² Imagine how handy this type of analysis could be during the next pandemic.

Blockchain technology can generate more transparent and ethical supply chains that allow customers to view how products are produced, from harvesting raw materials to manufacturing to packaging and delivery. This data chain can enhance product safety, reduce fraud, and improve supply and demand forecasting.³

The American company GrainChain has deployed blockchain tech to create a more streamlined and transparent ecosystem for



production. This provides farmers access to information that helps them negotiate more profitable transactions.⁴

¹ Zvika Krieger. World Economic Forum. Jan. 17, 2020. "9 reasons to be optimistic about tech in 2020." <https://www.weforum.org/agenda/2020/01/9-reasons-to-be-optimistic-about-tech-in-2020>. Accessed April 7, 2020.

² Ibid.

³ Ibid.

⁴ Ibid.

BRAIN GAMES

25	8	22	23	15	19	11
6						14
5						10
4						18
20		1				3
24						21
17	2	9	16	12	13	7

1 to 25

Game Rules

To solve 1 to 25, move the numbers from the outer ring onto the board in the directions of the chevrons. As you place them they must snake together vertically, horizontally or diagonally so they link in sequence from 1 to 25.

A pine cone is in the top left corner, and an orange leather bag is in the top right corner. The background is a light, textured surface with some small, dark, fuzzy objects scattered around.

Photos Tell Stories ... If You Can Find Them

PRINTED PHOTOS

Gather:

Gather all of your printed photos into one place. Tackling this project might take you a few days or even weeks, so make sure you have them in a low-traffic area of your home, out of the reach of children or pets.

Organize:

There are countless photo containers on the market that come with paper filing tabs. If you decide to take this approach, you can write notes on the back of photos to pass memories on to your family. You can organize the photos by year, child, special occasion or vacations — whatever makes sense to you. Consider renting a safety deposit box or keeping the photos in a fireproof safe at home to keep them well preserved and protected.



You can go a step further and digitize your photos. This will preserve their quality and is a way to ensure that there is a second copy if something should happen to the printed versions. You can use a scanner at home or pay a professional to scan your photos.

Are your photographs in disarray, spread across your home and computer files? Organizing decades of family photos can be overwhelming, but with a plan in place, you can begin to enjoy the photos you might have forgotten about years ago. The following steps can help you beautifully organize your photos so your family can enjoy them for years to come.

Note: If your situation is too overwhelming, hire a personal photo organizer to help!

DIGITAL PHOTOS

Gather:

Find all digital photos on your computer, and put them into one folder labeled “photos.” Don’t forget to download all of the photos from your phone and camera! Some other places to look might be cloud services and old hard drives.

Organize:

One simple method for organizing digital photos is to create a folder for each year and then sort accordingly. Like your printed photos, you could also file them by child, special occasion, etc.

Enjoy the Stories

Celebrate all of your hard work — you’ve earned it! Invite family over, and take a walk down memory lane.

BACK UP YOUR DIGITAL PHOTOS

To protect your digital photos, consider putting them on an external hard drive to keep at a second location outside of your home. You can also back them up in a cloud service to ensure that you will have your photos even if something happens to your computer!



CENTER STAGE



Our hearts go out to the families who have been directly or indirectly impacted by the global coronavirus pandemic, and to the selfless healthcare workers that are tirelessly working around the clock to care for those in need. Together, we stand stronger!

BRAIN GAMES

ANSWER KEY:

25	8	22	23	15	19	11
6	7	6	16	15	14	14
5	8	5	10	17	13	10
4	4	9	11	12	18	18
20	3	1	23	20	19	3
24	2	22	21	24	25	21
17	2	9	16	12	13	7



RECIPE

cut here 

SUMMER PASTA SALAD

INGREDIENTS

1 (16 ounce) package fusilli (spiral) pasta
3 cups cherry tomatoes, halved
½ lb. provolone cheese, cubed
½ lb. salami, cubed

¼ lb. sliced pepperoni, cut in half

1 large green bell pepper, cut into 1 inch pieces
1 (10 ounce) can black olives, drained
1 (4 ounce) jar of pimentos, drained
1 (8 ounce) bottle Italian salad dressing

INSTRUCTIONS

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and rinse with cold water.
2. In a large bowl, combine pasta with tomatoes, cheese, salami, pepperoni, green pepper, olives and pimentos. Pour in salad dressing and toss to coat.

2 Park Plaza
Suite 280
Irvine, CA 92614



VISIT US AT WWW.BMLWEALTH.NET

949.682.9105

UPCOMING DATES

JULY

4 INDEPENDENCE DAY

26 PARENTS' DAY

AUGUST

21 SENIOR CITIZENS DAY

26 WOMEN'S EQUALITY DAY



WEALTH
MANAGEMENT