



REDEFINE YOUR RETIREMENT

Retirement isn't what it used to be—staying active is becoming the new normal. In fact, retirement can be the most exciting time of your life. The knowledge you've accumulated during the years make it an ideal time to find a new passion or live out an existing one. You're not retiring from life, you're redefining it.

Retirement fulfillment comes from these four simple S's: **social, structure, stimulation** and **story**, according to Neil Pasricha, author and public speaker. Be social by interacting with others. Add structure to your day by getting out of bed in the morning with a purpose. Stimulate your mind through continued learning and be part of a story bigger than yourself. "I say never retire. Instead find the four S's and keep doing something you love," says Pasricha.

Redefine your life by remaining professionally active and doing what you love. Consider these ideas.

Encore careers

Did you know that one in five Canadians say they're still working past the age of 60?¹ A new CIBC poll² reveals that over a quarter of retired Canadians regret leaving the workforce and try to re-enter it.

An encore career, such as consulting or working part time in your field, can bring a fresh start and a new perspective on life. Dr. Colleen Lucas, a registered psychologist with Calgary Career Counselling has some suggestions to consider when working later in life:

- **Look at an encore career as the "preferment" stage of life.**
Choose the kind of work you'd like to do.
- **Give yourself permission to try something new.**
If it doesn't work out, try something else.
- **Talk to someone who's already doing what you want to do.**
You'll get realistic insights and see if it's right for you.

Start your own business

Do you still want to work, but with more ownership and control of your work and lifestyle? Then starting your own business may be the answer.

Make a list of passions you'd like to follow or a hobby on which you can build. If you enjoy photography, for example, how about starting your own photography business?

Also, think about the financial requirements—do your research before you invest any money. Are there huge upfront costs? What's the likely income in the first few years? What are the recurring expenses?

After you get started, be prepared to put in continuous effort for at least six months. Remember, any business venture requires consistent focus.



Volunteering

Volunteering in retirement has an amazing mutual benefit. You're providing your experience and wisdom for free to the organization, while you get a positive transition from your paid working career. Retirees who volunteer, "especially when helping others, are happier and healthier in their later years," says Neena Chappell, former director of the Centre on Aging at the University of Victoria.

How about a voluntravelling opportunity? Consider organizations such as Habitat for Humanity or Green Peace. Volunteers are the heart of organizations like these and they're always looking for passionate people who want to help bring about societal change.

Need more money in retirement? Tax-efficient strategies may help.

Finances in retirement often require you to deal with money differently than you used to, especially if you're on a more fixed income. Along with your financial plan, tax-minimizing strategies can help stretch your retirement dollars.

"When most think about maximizing their retirement income, they think about earning more or spending less. But few consider how to reduce their tax bill and keep more of their money when drawing down their assets—and effectively building their retirement paycheque," says Jamie Golombek, Managing Director, CIBC Financial Planning and Advice.

For example, splitting up to 50 per cent of your eligible pension income with your spouse or common-law partner may help you realize considerable income tax savings. And by decreasing your own income, you may be able to preserve your income-tested government benefits, such as the Old Age Security Pension and the Age Credit.

But no tax advice is one-size-fits-all, says Golombek. "Getting the right advice is crucial, so be sure to consult with your financial and tax advisors to ensure you're taking the right steps to reduce your overall tax bill."

Keep your hard-earned money to enjoy in retirement. Call us anytime to talk about tax-efficient investment strategies that can help you keep more of your money and live the retirement lifestyle you want.

When you redefine your life, you create a blank slate you can fill with what's important to you. It's also a privilege that others may not get to experience, so approach it with purpose and intention. A fulfilling retirement takes time, practice and effort to make it the best it can be.

¹ <http://www.fpsc.ca/alerts-updates/2018/05/28/working-past-age-80-credit-card-debt-the-vanishing-pension-plan-report-addresses-financial-jeopardy-for-canada-s-seniors>

² <http://cibc.mediaroom.com/2019-01-30-Retire-or-re-hire-1-in-4-retired-Canadians-regret-retiring-and-want-to-go-back-to-work-CIBC-Poll>