



Life Planning and Retirement Coaching

April 2006

Welcome to *Redesigning Retirement*TM!

If you are starting to plan for your retirement, or are in the process of adjusting to it, this newsletter is for you! It is important to realize that Americans are living longer than ever before. Consider the following statistics: In 1900 the average life expectancy was 47 years; today it is 77.6 years! These extra 30 years of life are referred to by some as “the Third Age” or “bonus years”. Whatever you call them, you can pack a lot of living into thirty years, and we want to help make sure that people make the most of their post-retirement years.

Not only are we living longer, we are also retiring younger! The average age of first retirement is now 57.5 years. If your lifespan is just average, you will have 20 years of retirement, but if you have a history of longevity in your family, it could easily be 30 years! Many people who retire “early” want to continue to work in some capacity but with a more flexible schedule that provides the time to do the things they enjoy the most.

The financial services industry has done an excellent job of getting the word out about the necessity of planning financially for retirement. At *Redesigning Retirement*TM our goal is to make people aware of all the other areas of life that require attention as they plan for their retirement years including work and work replacement activities, leisure activities, and developing a social network to replace their work friendships, to name a few. Our mission is to help recent retirees and those contemplating retirement to design their futures so that their lives are meaningful, fulfilling, pleasurable and engaged. We hope you will stay tuned for future issues of *Redesigning Retirement*TM!

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Contact Information:

Anita Collins, LCSW
79 Monadnock Road
Worcester, MA 01609
508-798-2272
anita@redesigningretirement.com

Ellen Good, MSW
308 Astilbe Drive
Kennett Square, PA 19348
610-347-2611
ellen@redesigningretirement.com