



Gone is the retirement of your grandparents, today's baby boomers are reinventing themselves and creating a whole new generation of retirees. "Zoomers" (a term coined by gerontologist, Dr. David J. Demko) are focused on successful aging and an active retirement.

By definition, "Zoomers" are taking charge of their wellbeing and adopting a healthy lifestyle that includes good nutrition and regular exercise. They have a satisfying social network of friends and family. They seek opportunities to be involved through volunteer work, community organizations, social or sports clubs, or religious affiliations. They have a positive outlook and practice smart retirement planning that supports their active lifestyle.

### WHAT DOES YOUR RETIREMENT LOOK LIKE?

For some, the ideal retirement would allow more time with family and friends, perhaps the freedom to pursue a hobby or interest more fully, or to volunteer for a cause close to their heart. Others might look forward to starting their own business, buying a retirement property or traveling abroad.

While big bucket lists and increased vitality may conjure images of an exciting new chapter in your life, it should also raise the question, "Can I afford the retirement I always dreamed of?"

### KNOW WHAT LIES AHEAD

In a recent MarketSmarts study it was determined that 49% of baby boomers admitted they would retire later than originally planned, possibly by up to eight years. The top reasons being that their savings were diminished by the recent economic downturn, or that they had planned poorly and did not save enough.

Asked if they could go back and change anything, 45% of participants said they would have saved more, while 24% would have spent less. A surprising 62% said they would have sought advice sooner, increased their financial knowledge, or taken advantage of more advice.

### WILL YOU BE READY?

While we can't change the past, we can certainly apply this knowledge moving forward. The question you should be asking yourself now is, how prepared am I? Could I be doing more to ensure a happier and healthier retirement? Before you jump in with both feet, take these steps to ensure you're on the right track.

#### STEP 1: Gain some perspective.

Take a good look at the numbers. Where will your new source of income come from - company pension, CPP, retirement savings, the sale of your home, part-time job, etc.? What will your expenses be like? Do you plan on selling your home, downsizing, or renting? What about medical coverage? Do you have debt that needs resolving before you can stop working? If you haven't taken measures to gather this information up to this point, it may seem a bit overwhelming. The good news is help is just a phone call away.

#### STEP 2: Talk to a professional.

A qualified Investment Advisor can help you outline your objectives, analyze your current financial picture and develop an action plan to help you reach your retirement goals. Take advantage of Comtech's complimentary Wealth Management Services, as well as professionally prepared financial plans, absolutely free to all members.

\*Securities and securities related financial planning services are offered through Qtrade Advisor, a division of Qtrade Securities Inc., Member of the Canadian Investor Protection Fund. Mutual funds are offered through Qtrade Asset Management Inc., Member MFDA.

### STEP 3: Live for today, while planning for tomorrow.

You've worked long and hard to reach this milestone in your life; so don't let a lack of preparation leave you looking back with regret. Whether you're 5, 10 or 15 years from retirement or you've already begun your retirement journey, taking care of yourself physically and fiscally could make all the difference in reaching the goals you've set for yourself.

### RETIRE ON YOUR OWN TERMS

Learn more about retirement planning and leading an active "Zoomer" lifestyle through these helpful links below. You can also contact Peter Mendonca at 1.800.209.7444 ext. 2201 to book your FREE personal financial planning appointment.

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### CONNECTIONS

- [Canada Pension Plan](#)
- [Ministry of Government and Consumer Services](#)
- [Old Age Security](#)
- [Ontario Seniors Secretariat-Government of Ontario](#)
- [Public Health Agency Canada](#)
- [The Canadian Anti-Fraud Call Centre](#)
- [Taking Care](#)
- [Health and Wellness Centre](#)
- [The College of Physicians and Surgeons of Ontario](#)

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