



Your Retirement

“News You Can Use”

Retire Village

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Protect Yourself From Buying a Flood-Damaged Car.

Perhaps as many as a million cars and trucks were damaged by floodwaters in 2017. It is not illegal to sell a flood-damaged car. Some auto auctions routinely do, while disclosing that the cars have been soaked. Unethical sellers, however, put these cars on the market with no such admission.

Many states have laws requiring automobile sellers to denote water damage – but not all do. When you shop for a used car, look for hints of flood damage.

Examine paperwork. A title search through CarFax or other online services can reveal who has owned it, where they lived, and if the VIN on the report matches. Some crooks will buy waterlogged cars or trucks in one state and move them to

another for sale, perhaps also tampering with VINs and mileage readings.



Look at the car’s underside. This allows you to inspect the chassis, brakes and rotors, suspension, fuel pump, fuel filter, oxygen sensor, and wheels. Shady sellers know that a buyer on a lot may look underneath the hood, but rarely underneath the body.

Mold or must smells can tip you off to damage. Heavy deodorants and air fresheners may also be a clue that mold lurks, as can mismatched carpet, minor carpet repairs, new upholstery, new trunk liners, or new truck bed liners.

nbcnews.com/storyline/hurricane-harvey/how-steer-clear-buying-flood-damaged-car-n800986

Social Security Annual Cost Of Living Adjustments

Year	COLA
Jul 1975	8.0%
Jul 1976	6.4%
Jul 1977	5.9%
Jul 1978	6.5%
Jul 1979	9.9%
Jul 1980	14.3%
Jul 1981	11.2%
Jul 1982	7.4%
Jul 1983	3.5%
Jul 1984	3.5%
Jan 1985	3.5%
Jan 1986	3.1%
Jan 1987	1.3%
Jan 1988	4.2%
Jan 1989	4.0%
Jan 1990	4.7%
Jan 1991	5.4%
Jan 1992	3.7%
Jan 1993	3.0%
Jan 1994	2.6%
Jan 1995	2.8%
Jan 1996	2.6%
Jan 1997	2.9%
Jan 1998	2.1%
Jan 1999	1.3%
Jan 2000	2.5%
Jan 2001	3.5%
Jan 2002	2.6%
Jan 2003	1.4%
Jan 2004	2.7%
Jan 2005	2.7%
Jan 2006	4.1%
Jan 2007	3.3%
Jan 2008	2.3%
Jan 2009	5.8%
Jan 2010	0.0%
Jan 2011	0.0%
Jan 2012	3.6%
Jan 2013	1.7%
Jan 2014	1.5%
Jan 2015	1.7%
Jan 2016	0.0%
Jan 2017	0.3%
Jan 2018	2.0%

www.ssa.gov/news/cola/

Social Security beneficiaries will get 2 percent bigger payments in 2018

The average monthly Social Security payment is expected to increase by \$27 to \$1,404 in January 2018. Couples who are both receiving benefits will see their payments climb by an average of \$46 to \$2,340. The maximum benefit for a worker who begins collecting benefits at full retirement age will be \$2,788 in 2018, up from \$2,687 in 2017.

Over the past eight years, the annual COLA has averaged just above 1 percent. In the previous decade, it averaged 3 percent. The Social Security Administration bases the COLA on a measure of inflation called CPI-W, a statistic that captures how fast costs are rising for food, housing, clothing, transportation, energy, medical care, recreation and education.



Since most seniors are retirees, the inflation index may not accurately capture rising prices faced by seniors, especially for health care, one of the fastest-rising costs in America.

Additional changes to Social Security for 2018 include...

Slight increase in tax cap: \$128,700 in 2018, up from \$127,200 in 2017.

Larger earnings limits: Beneficiaries under their full retirement age can earn up to \$17,040 in 2018, \$120 more than in 2017.

Lower earnings penalties: The penalty decreases to a dollar withheld for every \$3 earned above the limit, previously it was a dollar withheld for every \$2 earned above the limit.

Older full retirement age: People who will turn 62 in 2018 will wait until an older retirement age to claim their full retirement benefit - 66 and four months, up from 66 and two months for people born in 1955 and 66 for Americans born 1943 through 1954.

No more paper statements: The SSA stopped mailing paper Social Security statements to everyone under age 60 in 2017, so you may have to sign up for an online account to check your Social Security statement periodically and verify your information.

<https://money.usnews.com/money/retirement/social-security/articles/2017-10-16/social-security-changes-coming-in-2018>

<https://www.washingtonpost.com/amhtml/news/get-there/wp/2017/10/16/social-security-checks-finally-get-an-increase-but-its-still-not-enough/>

4 Worst Foods to Eat Before Bed



Alcohol: While initially alcohol can make us feel sleepy, after the alcohol has been metabolized it can become a stimulant in the brain causing us to have much less restful sleep.

Natural diuretics. These include foods like citrus fruits and juices (lemon), asparagus, beets, leafy greens (spinach) and even cilantro and parsley.

Spicy foods can cause indigestion and acid reflux.

Caffeine. Coffee's effects have a half-life of 8 hours, so 50% of your caffeine from 8am is still in your bloodstream at 4pm that afternoon. Coffee at noon means you'll have 50% of caffeine still there at 8pm that evening, and coffee at 2pm would still have half the effect at 10pm.

healinglifestyles.com/4-worst-foods-to-eat-before-bed/

Researchers Find a Strong Correlation Between Sleep and Longevity

The National Sleep Foundation recommends an average of eight hours of sleep nightly for adults, but sleep scientist Matthew Walker says people are falling short of the mark. **Lack of sleep, defined as six hours or fewer, can have serious consequences.** Sleep deficiency is associated with problems in concentration, memory and the immune system, and may even shorten life span.¹

One study of adults age 45 and older that slept less than 6 hours each night were 200% more likely to have a heart attack or stroke during their lifetime compared to participants who got seven or eight hours. In other studies, sleeping less has been associated with an increased risk of weight gain, developing Alzheimers, and relapses in addition disorders. On a basic level, lack of sleep also lowered participants' immune systems.²

One of the myths out there is that we simply need less sleep as we age. We need just as much sleep in our 60s, 70s and 80s, as we do when we're in our 40s, however the brain is not capable of generating that

sleep, which it and the body still needs.¹

As we age, sleep becomes much more fragmented with more awakenings throughout the night from pain, generalized insomnia, or bathroom trips. **It's not the quantity of sleep that changes with aging, it's also the quality of non REM sleep.** By the time you're in your 50s, you've perhaps lost almost 40 to 50 percent of that deep sleep you were having, for example, when you were a teenager.¹



Avoid pulling all-nighters. Adults awake for 19 hours are essentially as cognitively impaired as a drunk person.

Think of sleep like a job. Just like going to the gym, you need to make sure you get sleep.

<http://www.npr.org/sections/health-shots/2017/10/16/558058812/sleep-scientist-warns-against-walking-through-life-in-an-underlept-state>

fortune.com/2017/09/25/sleep-deprivation-health-longevity/

It Happened In ...



November 4th 1890 –

The first electrified underground railway system was officially opened in London.

November 11th 1992 –

The Church of England voted to allow women to become priests.

November 17th 1869 –

The Suez Canal was formally opened after more than 10 years of construction.

November 20th 1789 –

New Jersey became the first state to ratify the Bill of Rights.

November 24th 1874 –

Joseph Glidden patented his invention of barbed wire.

November 30th 1835 –

American author Samuel Clemens was born in Florida, Missouri. He wrote *The Adventures of Tom Sawyer*, *The Adventures of Huckleberry Finn*, and *The Prince and the Pauper* as Mark Twain.

<http://www.historyplace.com/specials/calendar/november.htm>

ACA Open Enrollment Season Is Here

This fall, the open enrollment period to sign up for health insurance is shorter.

In many states, it lasts only six weeks, from November 1 to December 15, and the federal government website link to health coverage, healthcare.gov, will be down for maintenance on many Sundays within that window of time.

Eight states are extending the enrollment deadline at their health care exchanges:

California, Colorado, Connecticut, Massachusetts, Minnesota, New York, Rhode Island, and Washington. The same goes for the District of Columbia. Take note of all this if you are shopping for health insurance.

Tax credits are still around, and **Silver plans are still providing cost-sharing reductions.** A family of four can earn up to \$98,400 in 2017 and still receive federal credits to counterbalance health insurance expenses. The threshold is \$48,240 for an individual. By law, all Silver-level plans must offer reduced coinsurance, copayments, and deductibles.

Silver plan tax credits will rise proportionally with premiums.

Everyone knows monthly health insurance payments are rising for 2018. The Congressional Budget Office forecasts that premiums for the popular Silver plans will increase 15-20%.

Even so, many Silver plan participants may not feel the pain, because the size of their tax credits will grow.

As an example, the Kaiser Family Foundation says that an individual with a \$30,000 income enrolled in the second-cheapest Silver plan will pay 2.9% less for coverage in 2018 than in 2017 when credits are applied.



nextavenue.org/affordable-care-act-open-enrollment