

ever intended. Financial products can vary, therefore, always examine the detail of the product structure, provisions and features. Any discussions regarding interest rates, rates of return, and tax rates are purely hypothetical and not intended to represent assurances or guarantees. The presenters of this information are not related to, endorsed by, nor connected with and not approved by any Government Agency or organization. Before investing or using any strategy, individuals should consult with their tax, legal, or financial advisor. All information contained in this presentation has been derived from sources deemed to be reliable but cannot be guaranteed.

Successful Retirement = Planning

Understanding
Your Target
Retirement
Income

Asset Allocation

Withdrawal Risk

Inflation

RMD's & Understanding your Financial Trajectory

Rising Medical and Long-Term Care Costs

Running Out of Money



Step #1:

Understanding Your Target Retirement Income (TRI)



Gross Income – Spouse A	\$150,000
Gross Income - Spouse B	\$100,000

\$250,000

		C	C	
_'	U	3	J	

Total Gross Income

TSP/401(k)	\$27,000
TSP/401(k)	\$27,000
Social Security	\$17,540
Savings	\$0
Mortgage	\$0
Roth TSP	\$0
Roth	\$0
Non/Qualified IRA	\$0
College	\$0
Credit Cards	\$0
Tax Equivalent	\$0

Total Payments \$71,540

Target Retirement Income \$178,460

Step #2:

Understanding Your Investment Income Need

Target Retirement Income

Social Security

Pension

\$178,460

(\$52,775)

(\$67,511)

Investment Income Needed \$58,174





Inflation	Income	W/D	ASSETS & INCOME	<u>ROR</u>	Withdrawal Rate Pressure
0.0%	\$52,775	-	Social Security		
0.0%	\$67,511		Pensions		
	\$120,286	-	Total Guaranteed Income		
✓ Auto Adjust	\$58,240	3.64%	Investment Income \$1,600,000	4.0%	3.64%
	\$178,526	-	Total Guaranteed & Non guaranteed Income		
0.0%	\$178,460		Target Retirement Income		<u> </u>

Understanding the 4% Withdrawal Rule le



If an investor withdraws a fixed percentage of their assets annually for retirement expenses, what is the likelihood that they will outlive their savings?

Withdrawal Rate	100/0	75/25	50/50	25/75	0/100
3%	100%	100%	100%	100%	84%
4%	98%	100%	96%	80%	35%
5%	80%	82%	67%	31%	22%
6%	62%	60%	51%	22%	11%
7%	55%	45%	22%	7%	2%
8%	44%	35%	9%	0%	0%

Recent Rates of Return for the TSP Funds

As of November 30, 20244

Year	G Fund Bonds/US Govt Short Term	F Fund Bonds/US Intermediate	C Fund Stocks- Large US Companies (S&P 500)	S Fund Stocks – Small and Medium US Companies	I Fund Stocks - International
Inception date	4/1/1987	1/29/1988	1/29/1988	5/1/2001	5/1/2001
1 year	4.43%	6.93%	33.84%	38.94%	13.08%
3 year	3.78%	-1.84%	11.40%	5.35%	4.73%
5 year	2.74%	0.09%	15.72%	11.98%	6.35%
10 year	2.51%	1.58%	13.33%	10.44%	5.49%
Since inception	4.65%	5.31%	11.27%	9.71%	5.16%

 L Funds Allocation Comparison L 2030 L 2035 L 2045 **L** Income \equiv April 2025 April 2025 April 2025 April 2025 April 2025 G Fund 67.76% G Fund 27.56% G Fund 21.32% G Fund 15.99% G Fund 34.32% F Fund 5.49% F Fund 5.56% F Fund 6.50% F Fund 6.92% F Fund 7.26% C Fund 13.92% C Fund 34.26% C Fund 37.27% C Fund 31.25% C Fund 39.84% S Fund 3.47% S Fund 9.38% S Fund 8.60% S Fund 7.83% S Fund 10.05% ■ I Fund 25.11% ■ I Fund 9.36% ■ I Fund 21.04% ■ I Fund 23.08% ■ I Fund 26.86% L 2055 L 2065 L 2070 L 2075 2050 L 2060 \equiv \equiv \equiv April 2025 April 2025 April 2025 April 2025 April 2025 April 2025 G Fund 11.16% ■ G Fund 0.55% G Fund 0.49% G Fund 0.42% G Fund 0.36% G Fund 0.36% F Fund 0.45% F Fund 0.58% F Fund 7.09% F Fund 0.64% F Fund 0.64% F Fund 0.51% C Fund 51.36% C Fund 51.36% C Fund 42.42% C Fund 51.48% C Fund 51.48% C Fund 51.36% S Fund 12.99% S Fund 12.99% S Fund 10.72% S Fund 12.87% S Fund 12.87% S Fund 12.99% ■ I Fund 34.65% ■ I Fund 34.65% ■ I Fund 28.61% ■ I Fund 34.65% ■ I Fund 34.65% ■ I Fund 34.65%

What Happens When you Start Spending?

Loss of Purchasing Power





At the beginning of 1993, retirees Bill, Jack and Mary each have \$10,000 in the TSP. They each invest in one fund: Bill in G, Jack in F and Mary in C.

They annually withdraw enough to buy 2000 first class stamps (after paying taxes of 30%).



Problem:

Sequence of Return Risk



Year	BOY Balance	Return	Withdrawal	EOY Balance
1973	\$1,000,000	-14.67%	\$79,713	\$785,281
1974	\$785,281	-26.31%	\$79,713	\$519,934
1975	\$519,934	37.14%	\$79,713	\$603,719
1976	\$603,719	23.81%	\$79,713	\$648,772
1977	\$648,772	- 7.19%	\$79,713	\$528,144
1978	\$528,144	6.52%	\$79,713	\$477,670
1979	\$477,670	18.45%	\$79,713	\$471,380
1980	\$471,380	32.45%	\$79,713	\$518,764
1981	\$518,764	- 4.88%	\$79,713	\$417,625
1982	\$417,625	21.50%	\$79,713	\$410,564

Year	BOY Balance	Return	Withdrawal	EOY Balance
1983	\$410,564	22.46%	\$79,713	\$405,161
1984	\$405,161	6.22%	\$79,713	\$345,691
1985	\$345,691	31.64%	\$79,713	\$350,134
1986	\$350,134	18.62%	\$79,713	\$320,774
1987	\$320,774	5.18%	\$79,713	\$253,548
1988	\$253,548	16.61%	\$79,713	\$202,710
1989	\$202,710	31.69%	\$79,713	\$161,975
1990	\$161,975	-3.10%	\$79,713	\$79,713
1991	\$79,713	30.47%	\$79,713	\$ 0
19 Yrs.	Average ROR	12.98%	\$1,514,547	DEPLETED

Courtesy of Leap Systems

Figure 2: Forward running return sequence of \$1,000,000 – S&P 500 portfolio with annual withdrawals of \$79,713 Other starting years, rate of return sequences, market indexes, and life horizons will produce different results.

COMPARE

973 - 1991

991 - 1973

Problem:

Sequence of Return Risk



1991 - 1973

Year	BOY Balance	Return	Withdrawal	EOY Balance
1991	\$1,000,000	30.47%	\$79,713	\$1,200,698
1990	\$1,200,698	-3.10%	\$79,713	\$1,086,235
1989	\$1,086,235	31.69%	\$79,713	\$1,325,489
1988	\$1,325,489	16.61%	\$79,713	\$1,452,699
1987	\$1,452,699	5.18%	\$79,713	\$1,444,107
1986	\$1,444,107	18.62%	\$79,713	\$1,618,444
1985	\$1,618,444	31.84%	\$79,713	\$2,028,663
1984	\$2,028,663	6.22%	\$79,713	\$2,070,174
1983	\$2,070,174	22.46%	\$79,713	\$2,437,519
1982	\$2,437,519	21.50%	\$79,713	\$2,864,734

Year	BOY Balance	Return	Withdrawal	EOY Balance
1981	\$2,864,734	-4.88%	\$79,713	\$2,649,112
1980	\$2,649,112	32.45%	\$79,713	\$3,403,169
1979	\$3,403,169	18.45%	\$79,713	\$3,939,634
1978	\$3,939,634	6.52%	\$79,713	\$4,108,392
1977	\$4,108,392	-7.19%	\$79,713	\$3,739,017
1976	\$3,739,017	23.81%	\$79,713	\$4,530,585
1975	\$4,530,585	37.14%	\$79,713	\$6,103,925
1974	\$6,103,925	-26.31%	\$79,713	\$4,439,925
1973	\$4,439,925	-14.67%	\$79,713	\$3,719,986
19 Yrs.	Average ROR	12.98%	\$1,514,547	\$3,719,986

Courtesy of Leap Systems

Figure 3: Backward running return sequence of \$1,000,000 - S&P 500 portfolio with annual withdrawals of \$79,713 Other starting years, rate of return sequences, market indexes, and life horizons will produce different results.

Solution:



Sequence Defense



Year	BOY Balance	Return	Withdrawal	EOY Balance
1973	\$1,000,000	-14.67%	\$79,713	\$ 785,281
1974	\$ 785,281	-26.31%	\$ 0	\$ 578,673
1975	\$ 578,673	37.14%	\$ 0	\$ 793,593
1976	\$ 793,593	23.81%	\$79,713	\$ 883,855
1977	\$ 883,855	-7.19%	\$79,713	\$ 746,324
1978	\$ 746,324	6.52%	\$ 0	\$ 794,984
1979	\$ 794,984	18.45%	\$79,713	\$ 847,239
1980	\$ 847,239	32.45%	\$79,713	\$1,016,588
1981	\$1,016,588	-4.88%	\$79,713	\$ 891,155
1982	\$ 891,155	21.50%	\$ 0	\$1,082,754

Year	BOY Balance	Return	Withdrawal	EOY Balance
1983	\$1,082,754	22.46%	\$79,713	\$1,228,324
1984	\$1,228,324	6.22%	\$79,713	\$1,220,054
1985	\$1,220,054	31.64%	\$79,713	\$1,501,145
1986	\$1,501,145	18.62%	\$79,713	\$1,686,103
1987	\$1,686,103	5.18%	\$79,713	\$1,689,601
1988	\$1,689,601	16.61%	\$79,713	\$1,877,290
1989	\$1,877,290	31.69%	\$79,713	\$2,367,229
1990	\$2,367,229	-3.10%	\$79,713	\$2,126,603
1991	\$2,126,603	30.47%	\$ 0	\$2,892,002
19 Yrs.	Average ROR	12.98%	\$1,115,982	\$2,892,002

Courtesy of Leap System

\$398,565 funded from Sequence Defense Resources. Total withdrawal of \$1,514,547.

Figure 6: Same sequence with withdrawals from portfolio in green. Sequence Defense employed following down year. Other starting years, rate of return sequences, market indexes, and life horizons will produce different results.

COMPARE

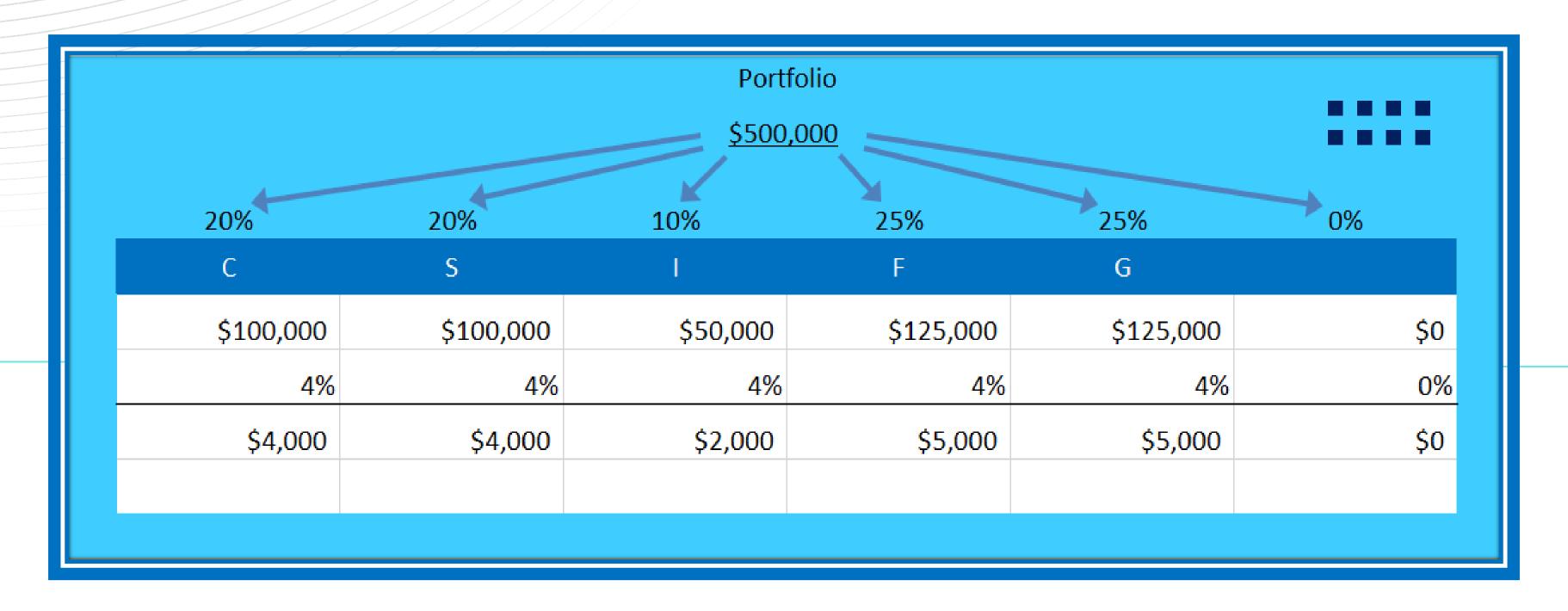
NO DEFENSE

WITH DEFENSE

Example:

What if You Had to Take Distributions in 2022?

G Fund	F Fund	C Fund	S Fund	I Fund
2.98%	-12.83%	-18.13%	-26.26%	-13.94%



TSP Fund - 2

Year	G Fund	F Fund	C Fund	S Fund	I Fund
2022	2.98%	-12.83%	-18.13%	-26.26%	-13.94%
2018	2.91%	0.15%	-4.41%	-9.26%	-13.43%
2008	3.75%	5.45%	-36.99%	-38.32%	-42.43%
2002	5.00%	10.27%	-22.05%	-18.14%	-15.98%
2001	5.39%	8.61%	-11.94%		
2000	6.42%	11.67%	-9.14%		

Asset Class Returns

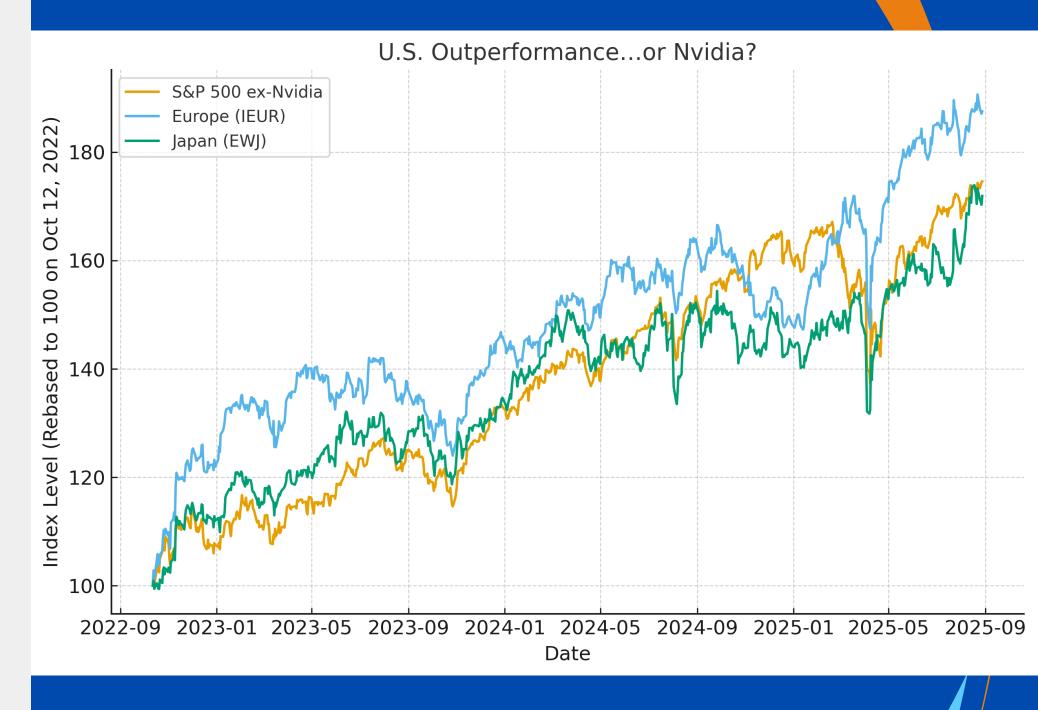
201	0-2024																
Ann.	Vol.	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	YTD
Large	Sm all Cap	REITS	REITS	REITS	Sm all Cap	RBTs	RETS	Sm all	EM Equity	Cash	Large Cap	Sm all Cap	REITS	Comdty.	Large Cap	Large	DM Fauitu
Cap 13.9%	20.6%	27.9%	8.3%	19.7%	38.8%	28.0%	2.8%	Cap 21.3%	Equity 37.8%	1.8%	31.5%	20.0%	41.3%	16.1%	26.3%	Cap 25.0%	Equity 19.9%
Sm all	EM	Sm all	Fixed	High	Large	Large	Large	High	DM	Fixed	REITs	EM	Large	Cash	DM	Sm all	EM
Cap	Equity	Cap	Incom e	Yield	Cap	Cap	Cap	Yield	Equity	Income	LEATHER TO SERVICE	Equity	Cap	5.00000	Equity	Cap	Equity
10.3%	17.9%	26.9% EM	7.8% High	19.6% EM	32.4% DM	13.7% Fixed	1.4% Fixed	14.3% Large	25.6% Large	0.0%	28.7% Sm all	18.7% Large	28.7%	1.5% High	18.9% Sm all	11.5% Asset	15.6% Asset
REITS	RETS	Equity	Yield	Equity	Equity	Incom e	Incom e	Cap	Cap	RETS	Cap	Cap	Comdty.	Yield	Cap	Allec.	Alloc.
9.4%	16.8%	19.2%	3.1%	18.6%	23.3%	6.0%	0.5%	12.0%	21.8%	-4.0%	25.5%	18.4%	27.1%	-12.7%	16.9%	10.0%	7.0%
Asset		Com dty.	Large	DM	Asset	Asset	Cash	Com dty.	Sm all	High	DM	Asset	Sm all	Fixed	Asset	High	High
Alloc. 7.2%	Equity 16.5%	16.8%	Cap 2.1%	Equity 17.9%	14.9%	5.2%	0.0%	11.8%	Cap 14.6%	Yield -4.1%	Equity 22.7%	10.6%	Cap 14.8%	-13.0%	AUSc. 14.1%	Yield 9.2%	Yield 6.8%
High	Com dty.	Large	Cash	Sm all	High	Small	DM	EM	Asset	Large	Asset	DM	Asset	Asset	High	EM	Large
Yield		Cap	2000	Cap	Yield	Cap	Equity	Equity	Allec.	Cap	Allec.	Equity	Allec.	Alloc.	Yield	Equity	Cap
5.9%	16.1%	15.1%	0.1%	16.3%	7.3%	4.9%	-0.4%	11.6%	14.6%	-4.4%	19.5%	8.3%	13.5%	-13.9%	14.0%	8.1%	6.2%
DM Equity	Large Cap	High Yield	Asset	Large Cap	RBTs	Cash	Alset	RETS	High Yield	Asset	Equity	Fixed Incom e	DM Equity	DM Equity	REITS	Com dty.	Com dty.
5.7%	15.1%	14.8%	-0.7%	16.0%	2.9%	0.0%	-2.0%	8.6%	10.4%	-5.8%	18.9%	7.5%	11.8%	-14.0%	11.4%	5.4%	5.5%
EM	Asset	Asset	Sm all	Asset	Cash	High	High	Asset	REITS	The state of the s	High	The second secon	High	The second secon	EM	Cash	Fixed
Equity 3.4%	Alloc. 10.4%	AINC. 13.3%	-4.2%	AM6c. 12.2%	0.0%	Yield 0.0%	Yield -2.7%	A I) © c. 8.3%	8.7%	Cap -11.0%	Yield 12.6%	Yield 7.0%	Yield 1.0%	Cap -18.1%	Equity 10.3%	5.3%	Income 4.0%
Fixed	High	DM	DM	Fixed	Fixed	EM	Small	Fixed	Fixed	Emman and a	Fived	The second of	- Commence	EM .	Fixed		200000
Income		Equity	Equity	Incom e	In com e	Equity	Cap	Income	Incom e	Com dty.	incom e	Cash	Cash	Equity	Incom e	RETS	Cash
2.4%	9.4%	8.2%	-11.7%	4.2%	-2.0%	-1.8%	-4.4%	2.6%	3.5%	-11.2%	8.7%	0.5%	0.0%	-19.7%	5.5%	4.9%	2.1%
Cash	Fixed Income	Fixed Income	Com dty.	Cash	EM Equity	DM Equity	EM Equity	DM Equity	Com dty.	DM Equity	Com dty.	Com dty.	Fixed Income	Small Cap	Cash	DM Equity	RBTs
1.2%	4.7%	6.5%	-13.3%	0.1%	-2.3%	-4.5%	-14.6%	1.5%	1.7%	-13.4%	7.7%	-3.1%	-1.5%	-20.4%	5.1%	4.3%	1.8%
Com dt	. Cash	Cash	EM	Com dty.	Comdty.	Comdty.	Comdty.	Cash	Cash	EM	Cash	REITs	EM	RBTs	Comdty.	Fixed	Sm all
-1.0%	0.9%	0.1%	Equity -18.2%	-1.1%	-9.5%	-17.0%	-24.7%	0.3%	0.8%	Equity -14.2%	2.2%	-5.1%	Equity -2.2%	-24.9%	-7.9%	Income 1.3%	-1.8%
	ckrock via AE Wea				V.V.		27.170	0.070	0.070								

Diversification in International Markets

Is U.S. Exceptionalism just Nvidia?

Nvidia's run -up has distorted the perception of U.S. outperformance. Without it, U.S. equities have lagged Japan and Europe since the 2022 bottom.

- Taking out NVDA's 900%+ cumulative performance over that time, the U.S. trails Europe and Japan by a significant margin.
- Additionally, only 4 U.S. companies are in the top 50 performing companies globally so far in 2025, the lowest number of the century to this point!!.

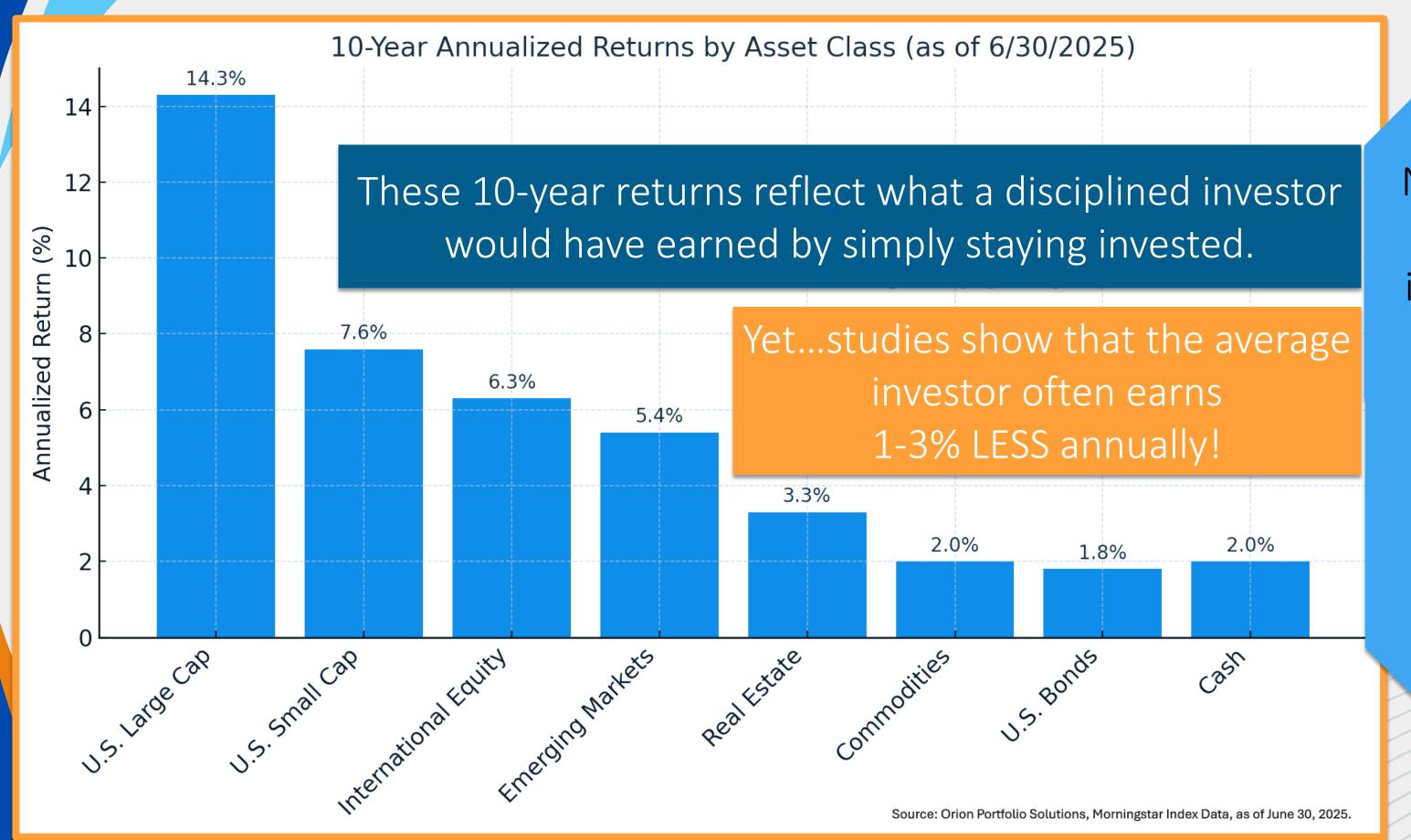


Sources & Methodology

Data reflects daily Adjusted Close prices for SPY (S&P 500 ETF), NVDA (Nvidia), IEUR (iShares Europe ETF), and EWJ (iShares Japan ETF), sourced from Yahoo Finance. All series are expressed in USD and include dividends through Adjusted Close. The "S&P 500 ex-Nvidia" line is a synthetic index constructed by decomposing SPY into NVDA and all other constituents, starting from an estimated ~1% NVDA weight on October 12, 2022, with weights allowed to drift based on relative returns. Europe and Japan are represented by IEUR and EWJ ETF proxies, which closely track MSCI regional indexes but may differ slightly due to fund expenses and tracking error. Chart is provided for illustrative purposes only and does not represent official index returns.

Behavior Drives Results





Not because of poor investments

. . .

But because of poor timing!

Will You be in a Lower Tax Bracket When You Retire?

See What bracket you fall into

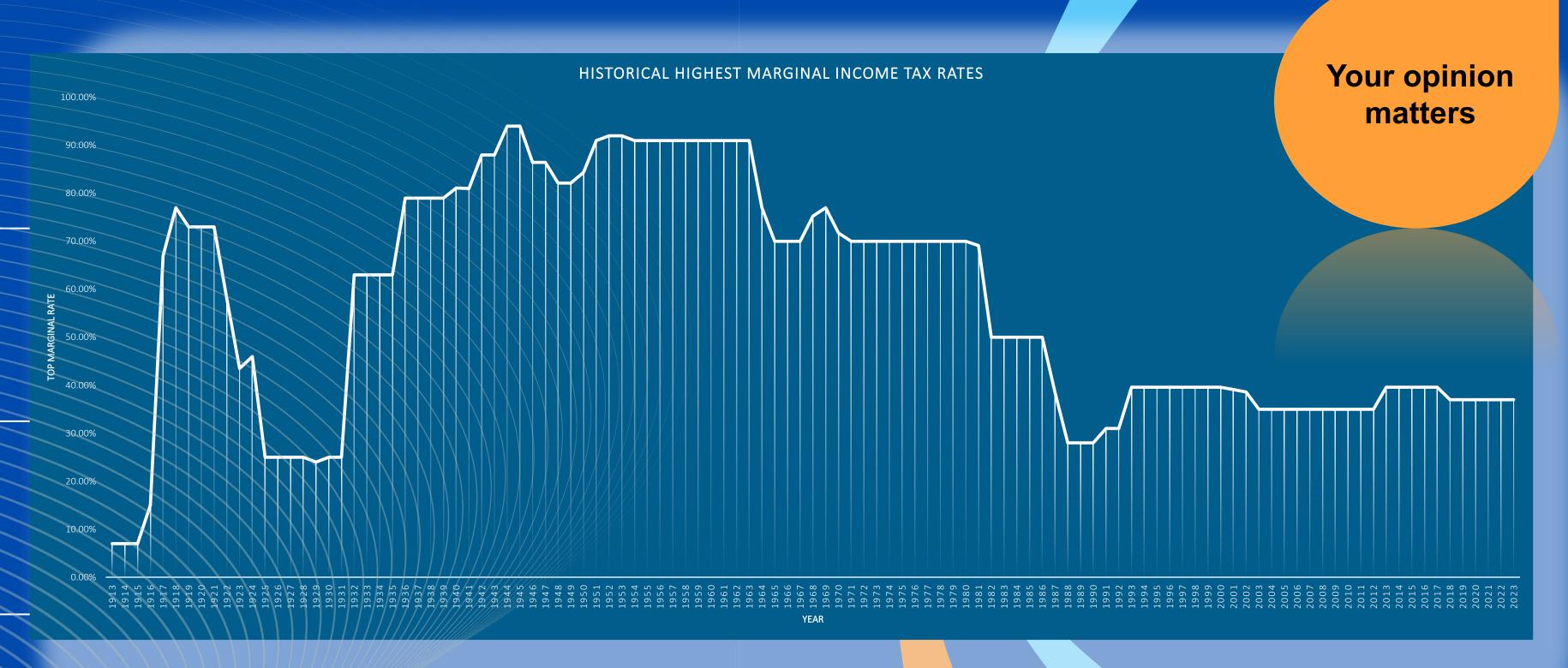
Your Line 15: \$183,000

So, what marginal rate are you in now?

For Single Filers	For Married Individuals Filing Joint Returns	For Heads of Households
\$0 to \$11,925	\$0 to \$23,850	\$0 to \$17,000
\$11,925 to \$48,475	\$23,850 to \$96,950	\$17,000 to \$64,850
\$48,475 to \$103,350	\$96,950 to \$206,700	\$64,850 to \$103,350
\$103,350 to \$197,300	\$206,700 to \$394,600	\$103,350 to \$197,300
\$197,300 to \$250,525	\$394,600 to \$501,050	\$197,300 to \$250,500
\$250,525 to \$626,350	\$501,050 to \$751,600	\$250,500 to \$626,350
	\$0 to \$11,925 \$11,925 to \$48,475 \$48,475 to \$103,350 \$103,350 to \$197,300 \$197,300 to \$250,525	\$0 to \$11,925 \$0 to \$23,850 \$11,925 to \$48,475 \$23,850 to \$96,950 \$48,475 to \$103,350 \$96,950 to \$206,700 \$103,350 to \$197,300 \$206,700 to \$394,600 \$197,300 to \$250,525 \$394,600 to \$501,050

Where do you think Taxes will be in the Future?





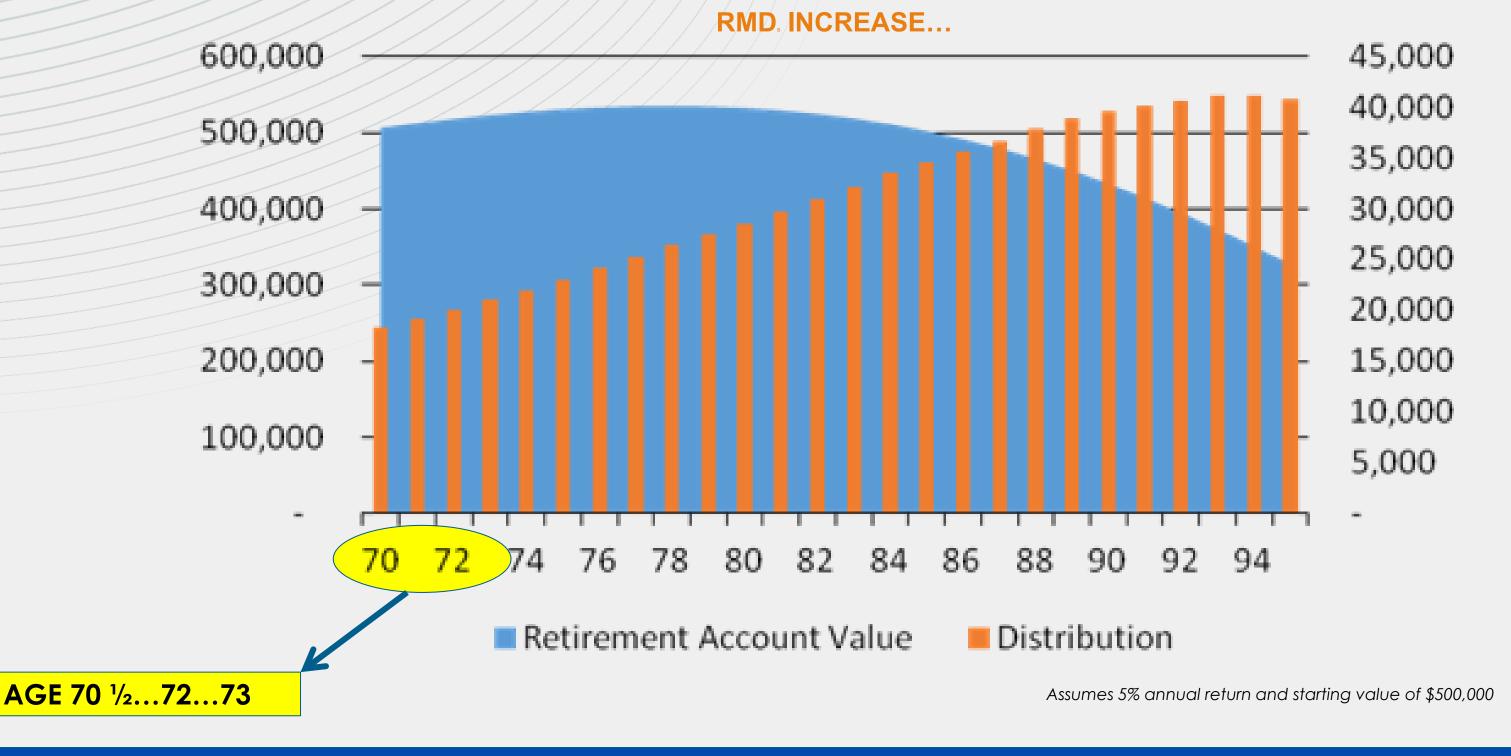
- The data referenced in this chart we created is from the Tax Policy Center: https://taxpolicycenter.org/statistics/historical-highest-marginal-income-tax-rates
- This table contains a number of simplifications and ignores a number of factors, such as the amount of income or types of income subject to the top rates, or the value of standard and itemized deductions. **Sources:** IRS Revenue Procedures, various years. Also, Eugene Steuerle, The Urban Institute; Joseph Pechman, *Federal Tax Policy*; Joint Committee on Taxation, Summary of Conference Agreement on the Jobs and Growth Tax Relief Reconciliation Act of 2003, JCX-54-03, May 22, 2003.

Which RMD to Use?

NO RMD's for ROTH TSP/401(k)

Age	Individuals impacted	Effective Year
Age 72 (or 70 1/2)	Born 1950 or earlier	-
Age 73	Born 1951 – 1959	2023
Age 75	Born 1960 or later	2033

Effect of RMDs

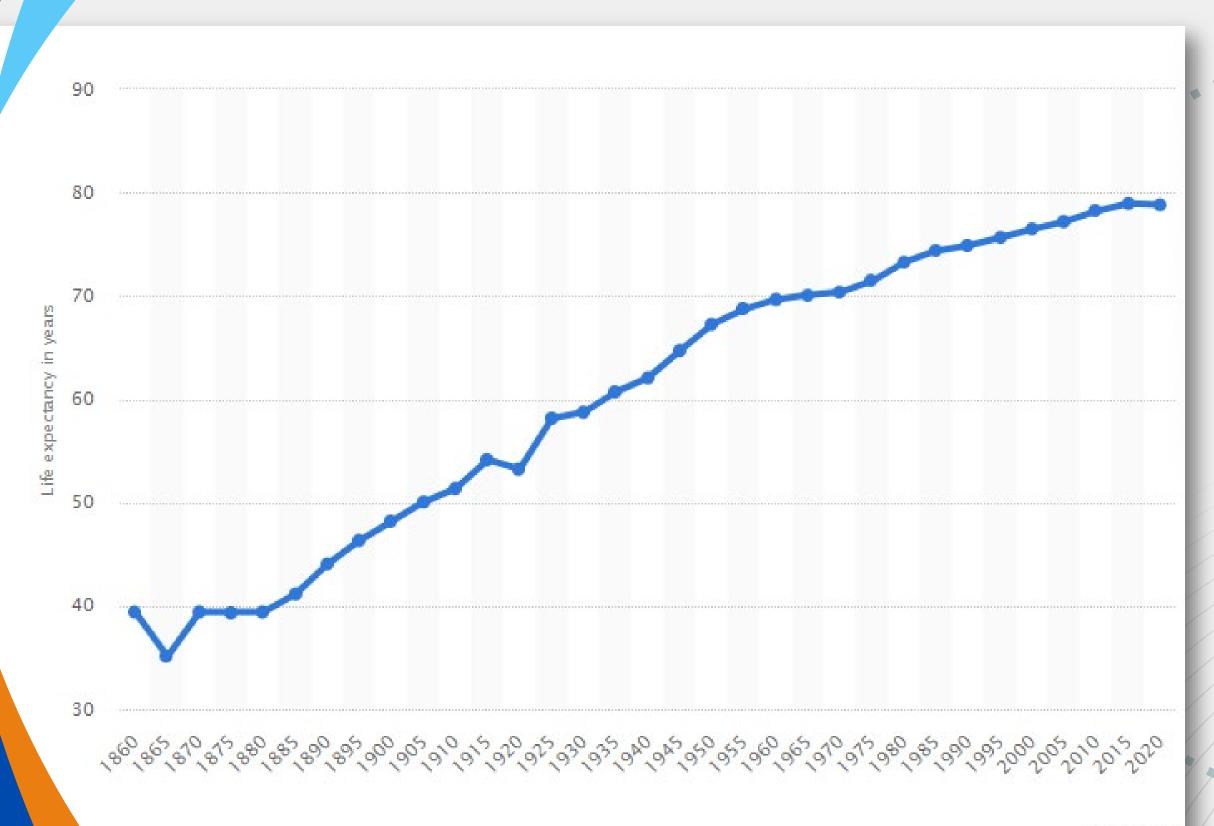


NOTE:

The age for withdrawing from retirement accounts was increased in 2020 to 72 from 70.5. (Note that the SECURE 2.0 Act will is the age for RMDs to 73 for those who turn 72 in 2023.) Therefore, your first RMD must be taken by April 1 of the year after which you turn 72 (732623). After that your RMDs must be taken by December 31 of each year.

Longevity





- Since 1900 the global average life expectancy has more than doubled.
- In every country, the life expectancy of women is higher than men.

How Will You Pay for LTC?



- > Pay out-of-pocket Self Insure
- Rely on government programs such as Medicare or

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Me 'caid
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- Elder Care Law Planning
- > Buy long-term care insurance
- ➤ Life Insurance with LTC Rider/or Hybrid Policy

Existing Policy Premium Rate Increases



Date compiled Aug 4, 2022

LTC = long-term care

Information collected on a best-effort basis. Rate filling information is sourced from the System for Electronic Rate and Form Filling documents.

Reflects individual long-term care rate filings for Type of Insurance LTC02I, LTC031, LTC031, LTC041 and LTC051 with renewal business effective dates between Jan. 1 and June 30, 2022. Excludes pending, disapproved and withdrawn fillings; fillings where rate change was zero; fillings where data on the premium impacted was unavailable; fillings where the disposition table was unavailable, notably in the state of Florida.

Written premium, calculated premium change, approved rate change and number of policyholders affected are based on disposition section of rate fillings. Approved rate change reflects the calculated premium change divided by written premium. Top 10 fillings shown are based on calculated premium change.

^{*}Approved rate change shown may be the ultimate increase as some states cap the amount an insurer can raise rates in a given year.

¹Adjustments made to values shown due discrepancies between disposition table and correspondence from the state insurance regulators within the filling.

² Include LTC premium changes for policies of medico Insurance Co. that have been novated over to Ability Insurance Co. Source: S&P Global Market Intelligence

Dealing with Finances after the Death of a Spouse

The Perfect Storm





Pension \$45,000

Social Security \$35,000

TSP Withdrawal \$25,000 (\$625,000 x 4%)

TOTAL INCOME \$100,000





Pension \$22,500

Social Security TBD*

(*lesser of the two spousesss)

TSP Withdrawal \$25,000 (\$625,000 x 4%)

TOTAL INCOME \$47,500 (plus SS)

SPOUSE A DIES PLUS LONG TERM CARE EVENT

Pension \$22,500

Social Security TBD*

(*lesser of the two spousesss)

TSP Withdrawal \$0

TOTAL INCOME \$22,500

Thank your for your time to day ay. Kindlyfill but our feedbabk survey vey:

https://www.surveymonkey.com/r/DCSOFASURVEY





DC Metropolitan Chapter www.dcsofa.org

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