

Weekly Insight
August 18, 2025

Women & Wealth: Building a Clear and Confident Plan

This Week's Focus

Women face a unique set of challenges in retirement. Women usually have longer life expectancies than men, they spend more years in retirement, and often have smaller Social Security or pension benefits due to career breaks or lower lifetime earnings.

These differences can make it more difficult to protect a spouse, keep up with rising costs, or prepare for healthcare and long-term care needs.

This edition of SFL Weekly Insights shows you how to turn those challenges into opportunities by building a plan that creates lifelong income while maximizing your benefits and keeps you confident no matter how long retirement lasts or what it will throw your way.

What You Will Learn



Secure income
for life with
longer
retirements
in mind



Maximize
Social Security
for spousal
and survivor
benefits



Reduce future
tax burdens
with smart
planning



Prepare for
healthcare
and long-term
care costs



Women's Retirement Needs and the *Plans That Work*

SFL Solutions
For Life

Women often face unique retirement realities that require different planning than men. Women usually have longer lifespans, lower lifetime earnings due to career breaks or part-time work, and more years managing finances by themselves without help after the loss of a spouse.

Without a plan that addresses these challenges directly, your savings may not keep pace with inflation or last as long as you need them to.

Longevity and Income Durability

Women are likely to spend 25-30 years in retirement. That means building an **income floor**, a guaranteed monthly amount that covers necessary expenses such as housing, utilities, food, and healthcare is essential to any reliable plan in retirement. This floor can be created from **pensions**, **Social Security**, and/or from a **guaranteed income annuity**. Investments can then be used to provide growth potential and offset inflation, but should be balanced to avoid taking unnecessary risks that could harm long-term stability.

Social Security Strategies

Selecting the right Social Security strategy can increase lifetime income by tens of thousands of dollars:

- **Spousal benefits:** May provide up to 50% of a spouse's full retirement benefit.
- **Divorced spousal benefits:** Available if the marriage lasted at least 10 years and you are currently unmarried.
- **Survivor benefits:** Can allow you to switch to a higher benefit after your spouse passes away.

Timing and coordination between personal and spousal benefits, as well as understanding the earnings limit if you work while claiming, are critical for maximizing income.

Taxes and the Widow's Penalty

The "**widow's tax penalty**" occurs when a surviving spouse moves from joint filing status to single filing, often resulting in higher income tax rates and increased Medicare premiums. **Planning ahead can help avoid this.** Strategies include: making Roth conversions while still filing jointly, managing Required Minimum Distributions (RMDs) to control taxable income, and ensuring account ownership and beneficiaries are structured for efficiency.

Healthcare and Long-Term Care

Medicare covers many medical expenses but does not pay for most long-term care. Women, who statistically live longer, are more likely to require extended care. Funding options include long-term care insurance, dedicated savings, or hybrid life insurance/long-term care policies that serve dual purposes.

Life insurance is an important asset in retirement as could replace lost income, provide estate liquidity, or leave a tax-free inheritance.



785-404-6664



Randy.SolutionsForLife@gmail.com



www.SolutionsForLifeKS.com

Putting Your Plan into **Action**

SFL | Solutions
For Life

The most important step in women and wealth retirement planning is moving from “knowing” to “doing.” The checklist in this edition is designed to help you spot and fix the most common risks that can undermine a confident retirement.

Whether it is longevity planning, creating your own income stream apart from a spouse, or balancing risk for growth, these are not one-time tasks. They should be reviewed every year as your life, goals, and finances change.

Why This Matters for Women Over 60

Women often live longer, spend more years in retirement, and face a greater chance of outliving a spouse. That means more years of managing expenses, keeping pace with inflation, and covering healthcare costs all while sometimes operating on a reduced income.

By following a structured review process, you can make sure your income lasts, your assets are protected, and your legacy is secure.

Your Next Step

Do not wait until a crisis forces change. Review your plan now, while you still have every option available. If you are unsure where to start—or want a second opinion, we at SFL offer a no-cost, situation-focused retirement review to help you:

- Align income with essential expenses for the next 25–30 years.
- Maximize Social Security benefits for your situation, including divorced or survivor benefits.
- Reduce future tax burdens with smart pre-widow planning.
- Prepare for healthcare and long-term care before costs rise further.

You have worked hard for your savings. The right plan ensures your money works just as hard for you.



785-404-6664



Randy.SolutionsForLife@gmail.com



www.SolutionsForLifeKS.com

1. Ignoring Longevity

- **Action:** Estimate your potential lifespan using retirement calculators and plan savings accordingly.
- **Why Important:** Ensures you don't outlive your savings and secures long-term financial security.

☐ Completed

2. Relying on Spouse

- **Action:** Establish an independent retirement account and understand your spouse's plan benefits.
- **Why Important:** Protects you from financial uncertainty due to divorce or an unexpected death.

☐ Completed

3. Avoiding Risk

- **Action:** Consult with a financial advisor to review your portfolio and ensure it's balanced with growth potential.
- **Why Important:** Helps your savings grow while mitigating inflation's impact over time.

☐ Completed



or go to
SolutionsForLifeKS.com/SFLVault
and access even more
complimentary content

