

# Ladies in retirement - a play in three acts

Dramatists play service, inc. - The Retirement Crisis for Women of Color

Work in older adults suggests the humanities may increase overall cognitive functioning; for instance, retirement home residents randomly assigned to a theater arts intervention showed increases in short- and long-term (but not working) memory capacity and creative problem-solving, relative to a singing intervention or wait-list control group (Nixon & Nix, 2009). Likewise, dance training improves cognitive performance, attentional switching, and reaction times in experimental and quasi-experimental interventions (Cubberg et al., 2011; Kattenstroth et al., 2013; Kimura & Hogen, 2012). In a small randomized control trial, women experiencing burnout participated in a combined creative arts program for three months; the program reduced alexithymia and increased the women's ability to describe and identify their own emotional states (Viding et al., 2015).

A considerable body of work has focused on the role that reading and fiction play in increasing our ability to understand and relate to others' mental states. Fiction, specifically, has been argued to improve people's ability to infer others' emotional and cognitive states, by simulating social-cognitive processes and learning via concrete fictional examples (Mar & Oatley, 2008; Oatley, 2016). To this end, a recent meta-analysis found that, relative to not reading or reading non-fiction, randomly assigning people to read works of fiction led to small but significant improvements in social cognition ( $g = .15$ ), including mentalizing, perspective-taking, and emotion identification (Doherty, Doherty & Tamin, 2018). Oatley (1999) argues that fiction acts as a mental simulator more broadly, allowing us to imagine and simulate counter-

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## How retirement planning needs to change in 2021

One way to do this is to leave your retirement plans to charity because charities do not pay taxes on retirement plan distributions and leave different assets to your other heirs. How to recession-proof your early retirement plan Members of the 'FIRE' movement, which stands for Financial Independence Retire Early, depend heavily on their investments, whether they're retired already or working towards early retirement. Your children — not just the one who may be living with you — need to understand that you are going to have to live on a certain amount of money for a long period of time and that inflation will only make this even more difficult.

## The 3 Biggest Retirement Threats for Women

In this narrative systematic literature review we explored the determinants of retirement timing among older workers from both an economic and occupational health perspective. In addition, 55% of respondents have non-work related retirement accounts such as IRAs.

## Ladies in Retirement

One woman said she was writing from a sailboat in Central America. Annuity can provide as much as 40% more income compared with spending down bonds to the age at which a retiree has a 10% chance of outliving their savings.

## What Does the Future Hold for the Retirement Plan Industry?

. Besluitvorming rondom pensioneren: De invloed van werk- en organisatiecontext. Key Changes Among the key changes, the SECURE Act allows two or more unrelated employers to join a pooled employer plan, creating an economy of scale that lowers both employer and plan participant cost.

## Things that have decimated women's retirement savings

Set a plan in place to avoid wasting money which can easily create discomfort, stress and hurt for all involved. She said she appreciated stepping away from acting because she had time to think, and it was a time and ability to think her own thoughts. Examples of pull factors are found in the domains retirement preferences, social factors, social participation and financial factors.



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