

# Randhir S. Judge F.L.I.A., LUTCF

December 2010

## Judge For Yourself Inc.

Randhir Judge, F.L.I.A.,  
LUTCF

368 Fairview Way  
Milpitas, CA 95035  
408.876.6072 8114  
info@jfyfinancial.com  
www.jfyfinancial.com

Dear Friends,  
Wow! The year is almost over. Thank you for your continued patronage. I believe the best contribution I can make to each of you is the following. If there was a way to determine through your personal DNA, a solution to many of the ailments any of you currently suffer from, such as high cholesterol, hypertension, arthritis, etc., would you be willing to engage? A normal DNA test will cost between \$1,500-\$2,000, whereas, for a fraction of that cost, we may be able to help you and your family reduce the risk of a catastrophe. Please feel free to contact me at for further details. Wishing you all a safe and joyous holiday season!  
Sincerely,  
Randhir S. Judge

### In this issue:

Paying for Long-Term Care During Retirement

First Milestones Mark Need for Financial Advice

Fixed Annuities vs. CDs: Is One Better Than the Other?

Can I roll over my traditional 401(k) plan distribution to a Roth IRA?

## Paying for Long-Term Care During Retirement



You may have spent a good part of your working years planning for a financially secure retirement. But many issues can arise during retirement that can impact your financial health as well as your quality of life. For instance, the cost of medical expenses due to a prolonged illness or injury can quickly deplete your retirement savings and affect your quality of life and your spouse's. As we get older, the prospect of long-term care becomes a real possibility. If you're retired, how will you pay for long-term care if faced with those expenses?

### Retirement savings and income

An obvious source for paying long-term care expenses is current income you receive from a retirement pension or Social Security retirement income. However, using current income may prove insufficient, or impractical, given other household expenses.

You could use qualified retirement accounts such as a 401(k) or IRA, or investments you set aside as a retirement nest egg. But you may be spending savings otherwise needed for the current or future financial support of your spouse or other family members. And withdrawals from qualified retirement accounts are generally taxed as ordinary income, meaning the more you take out, the more you may have to pay in taxes.

If you have equity in your home, you may be able to tap into that to pay for long-term care. However, since your home is probably one of your most valuable assets, there are many issues to consider before using it to pay for long-term care. Should you sell your house or take out a home loan? If you decide to take out a loan, what type of loan will work best for you? Some loan options include a conventional home equity loan, a first mortgage, and a reverse mortgage.

### Private insurance

Aside from paying for your long-term care out of your own pocket, you might share the cost through various insurance products. The most common of these is long-term care insurance, which typically pays for the cost of long-term care up to a specified dollar amount per day, such as \$150, for a fixed period of time, such as three years. Most policies will pay for care provided in your home, in an assisted-living facility, and in a nursing home. But the premium for this type of insurance can be expensive and the policy usually doesn't cover the entire cost of care, meaning you'll probably still have to pay for a portion of your long-term care expenses out-of-pocket.

Other types of insurance may also be used to pay for long-term care. Cash value accumulations in life insurance or annuities can be accessed, either by cashing the policy in or by borrowing against the cash value. However, policy loans and cash value withdrawals may reduce the policy's death benefit or cause the policy to lapse. Also, some life insurance and annuities have built-in features or riders that allow access to amounts in excess of the cash accumulation value if it's used to pay for long-term care.

### Medicaid and veterans benefits

According to the National Clearinghouse for Long-Term Care Information, Medicaid pays for about 49% of aggregate long-term care expenses. Medicaid is a federally funded program administered through the states that provides long-term care benefits for those who meet state-specific financial eligibility requirements, as well as certain health or functional criteria. However, retirees are often unable to qualify for Medicaid because their income or asset values exceed financial eligibility requirements. Aside from Medicaid, the Department of Veterans Affairs may provide long-term care for service-related disabilities for veterans who meet eligibility requirements.



*With each life milestone, a financial professional can help you develop a clear picture of your current financial situation, work with you to articulate and prioritize your financial goals and timelines, and recommend strategies and products that are appropriate for your objectives.*



## First Milestones Mark Need for Financial Advice

If you're just starting out, you might not give much thought to working with a financial professional. You may associate the process with retirement--a retirement that seems so far off that more immediate concerns take precedence. The fact is, though, a financial professional can prove to be a valuable resource to those just starting out. And, while there's never a bad time to seek professional advice, early life-changing events make it especially important to take stock of your financial situation.

### Starting a career

It may seem counterintuitive--when you're starting out, it's often more about future potential and possibilities than focusing on the present. But this is actually the perfect time to begin building a relationship with a financial professional. It's also the perfect time to establish good financial habits, like building an adequate cash reserve, starting to save on a consistent basis, and establishing a good credit history. You may need help implementing a spending plan (aka "budget") that will help you to meet current financial needs and still enable you to make progress toward your future goals.

It's not all about the future, though. A financial professional can help you get the most out of your paycheck by working with you to maximize the value of tax-advantaged benefits offered by your employer, including employer-provided health coverage or a qualified retirement plan. In addition, you may need help with issues as common as paying back student loans, or as complicated as understanding employer stock options.

### Getting married

You know you need financial help when key words used to solemnize the occasion include "...for richer or poorer..." There's the immediate financial aspects of a wedding (paying for everything), but--more importantly--there's the long-term financial challenges that come when two individuals combine their finances. Like the ghosts of boyfriends and girlfriends past, you each bring your own financial history, attitudes, and habits (both good and bad) to the union.

A financial professional can help you define your goals as a couple. You'll want to come up with a joint spending plan to help you achieve these goals, and decide on the mechanics of day-to-day money management. For example, will you combine your bank accounts or keep

them separate? In cases where you and your spouse aren't on the same page, a third party can listen to all concerns, identify underlying issues, and help you find common ground. A professional can also work with you to make sure that you're making the most efficient use of employer benefits, including health insurance and qualified retirement plans, that you have adequate life insurance coverage, and that the investments you choose are appropriate for your goals, time frames, and risk tolerance.

### Beginning a family

The period of time following the birth of a child is both exciting and stressful. It's time to completely reevaluate your financial situation, starting with your goals. For example, in addition to saving for your own retirement, it's time to start thinking about saving for your child's college education. Your existing spending plan is likely to be the victim of suddenly decreased income (if there's to be a stay-at-home spouse) or a significant new expenditure (child care). If nothing else, you need to account for the additional ongoing expenses that come with parenthood (e.g., baby formula, food, diapers, clothing).

With children in the equation, having adequate health insurance, life insurance, and disability income insurance takes on new significance, and you may want to work with someone to evaluate your needs, obtain appropriate coverage, and make sure your beneficiary designations reflect your wishes. It's also time to establish an appropriate estate plan--including a will, health-care proxy, and durable power of attorney--or to update an existing estate plan. A financial professional can help walk you through some of the issues involved, and can help you find an attorney if you don't have one already.

### Need for advice grows over time

If you're like most people, your financial needs will grow more complex over time. As that happens, your need for financial advice will increase as well. By starting early, you're able to build on a solid financial foundation. With each life milestone, a financial professional can help you develop a clear picture of your current financial situation, work with you to articulate and prioritize your financial goals and timelines, and recommend strategies and products that are appropriate for your objectives.

## Fixed Annuities vs. CDs: Is One Better Than the Other?

For most people, the answer to this question is *it depends*. While some features are similar, fixed annuities and bank certificates of deposit (CDs) also have characteristics that differ. What works for you may depend on which features best fit your financial situation and investment objectives.

### Are you looking for safety?

Both CDs and fixed deferred annuities are generally considered "low-risk" investments compared to other investment options. CDs are sold by banks; fixed annuities are issued by insurance companies. In most instances, CDs are insured by the Federal Deposit Insurance Corporation (FDIC) for up to \$250,000 per account. Fixed annuities are not insured by the federal government, but are backed by the financial strength of the insurance company that issues the annuity. Of course, annuity guarantees are subject to the claims-paying ability of the issuing company, so when considering a fixed annuity, make sure the issuing company is financially sound. You can get an idea of the financial strength of a company by referring to an independent rating company such as Moody's, A.M. Best, or Standard & Poor's, which evaluate the financial strength of insurance companies and publish ratings based on their assessments.

### How long is your investment horizon?

CDs are often used for short-term accumulation. CDs are issued in a variety of maturity periods, from as short as one month to three years or longer. On the other hand, fixed annuities are better suited for long-term accumulation. Most fixed annuities have maturity periods of five years or longer, although some fixed annuities have maturity periods as short as two years.

In any case, most CDs and fixed annuities assess a penalty for taking money out of your account prior to the maturity date. Some CDs allow you to withdraw interest as it's earned. However, if you want to withdraw principal, you'll likely be assessed an early withdrawal penalty. Likewise, many fixed annuities allow you to receive earned interest, and some annuities even allow a limited penalty-free withdrawal of up to 10% of the account value annually. But annuity withdrawals exceeding any penalty-free amount will also be subject to a withdrawal or surrender charge.

### What type of return do you want?

Both CDs and fixed annuities credit interest to your account. The rate of interest is often

based, at least in part, on the maturity period of the vehicle: the longer the investment period, the higher the interest rate likely to be offered. CDs generally pay a fixed interest rate for the entire term. The interest rate paid by a fixed annuity may change annually, subject to a minimum interest rate that lasts for the entire term. There are some fixed annuities that pay a fixed rate of interest for a fixed period of time, usually to maturity. While the interest rates of CDs and fixed annuities with similar maturity periods are often similar, since most fixed annuities have longer maturity periods than CDs, the interest rate offered may be a little higher than a CD with a shorter maturity term. It's also worth noting that fixed annuity companies guarantee a minimum interest rate for the term of the annuity, and sometimes, may guarantee a higher interest rate for a certain period of time.

### Are taxes an issue?

If income taxes are a concern, be aware that the interest you earn on your CD (presuming it's not held within an IRA) is taxable in the year it's earned, even if you don't take the money. Conversely, the interest earned in a fixed annuity is not subject to income tax until you actually take the money out. With a fixed annuity, you have a little more control over when you'll pay taxes on your interest earnings. Also, interest earnings from CDs must be included as income when calculating whether a portion of your Social Security benefits will be subject to income tax. However, interest earned within a fixed deferred annuity (so long as it's not withdrawn) is not included in this calculation.

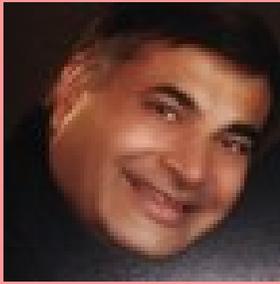
### Withdrawing money at maturity

When your CD matures, you're able to take the principal and any interest earnings out in a lump sum, or you can usually renew the CD for the same or a different term, and often at a different interest rate. You can do the same thing with money from a deferred annuity. You'll be taxed on the interest earnings at that time, and, if you're not at least age 59½, you may also face a 10% tax penalty on earnings as well, unless an exception applies. However, a deferred annuity provides you with the option to convert your account to a stream of payments that can last for your entire life. Known as annuitization, this gives you the option to receive periodic payments (e.g., monthly, quarterly, or annually) from your annuity for a fixed period of time, such as ten years, or for the rest of your life.



*While some features are similar, fixed annuities and bank certificates of deposit (CDs) also have characteristics that differ. Fixed annuities are not FDIC insured, are not issued by a bank or government agency, and are not a deposit.*





**Judge For Yourself Inc.**  
Randhir Judge, F.L.I.A.,  
LUTCF  
368 Fairview Way  
Milpitas, CA 95035  
408.876.6072 8114  
info@jfyfinancial.com  
www.jfyfinancial.com

Prepared by Forefield Inc,  
Copyright 2010

## Ask the Experts



### Can I roll over my traditional 401(k) plan distribution to a Roth IRA?

In general, yes, but there are some important exceptions. You cannot roll over required minimum distributions (RMDs).

You also cannot roll over hardship distributions from your 401(k) plan, or certain periodic payments you receive from the plan. Most other distributions are eligible for rollover.

A rollover of regular 401(k) assets to a Roth IRA is similar to a conversion of a traditional IRA to a Roth IRA (and it's often referred to as a conversion). You'll need to pay taxes on the amount you roll over to the Roth IRA, except to the extent your distribution includes your own after-tax contributions (you receive those back tax free). But a special rule applies to rollovers in 2010 only--you can elect either to pay all of the conversion taxes in 2010, or instead include half of the resulting income from the conversion on your 2011 federal tax return, and the other half on your 2012 tax return.

Your rollover can be either direct (the 401(k) plan transfers the funds directly to your Roth IRA for you) or indirect (the plan distributes the funds to you, and then you roll the funds over to

the IRA within 60 days). A direct rollover is almost always the best way to transfer the funds. If you choose to make an indirect rollover, you run the risk of missing the 60-day deadline. More importantly, the plan will be required to withhold 20% of the taxable portion of your distribution for federal income taxes. If you want to roll over the full amount of your distribution, you'll need to come up with other funds to make up for the 20% that was withheld (you'll get credit for those withheld funds when you file your income tax return).

Qualified distributions from your Roth IRA will be tax free. To be qualified, your distribution must satisfy a five-year holding period *and* must be made after you reach age 59½, become disabled, or have qualifying first-time homebuyer expenses (up to \$10,000 lifetime). The five-year holding period begins on January 1 of the year you first opened *any* Roth IRA (either by a regular contribution, rollover, or conversion).

(Note: special rules apply if you inherit a 401(k) plan account or IRA.)



### Can I roll over my Roth 401(k) plan distribution to a Roth IRA?

Yes. You can roll your Roth 401(k) plan distribution over to a Roth IRA. Your rollover can be direct (the plan transfers the assets to the Roth IRA on your behalf) or indirect (you receive the distribution and then roll it over to the Roth IRA yourself within 60 days). Your rollover will be tax free regardless of whether your distribution from the Roth 401(k) plan is qualified or nonqualified.

But whether your Roth 401(k) plan distribution is qualified or nonqualified is important for determining the taxation of future distributions from the Roth IRA. A distribution from a Roth 401(k) plan is qualified if you satisfy a five-year holding period *and* the distribution is made after you attain age 59½, become disabled, or have qualifying first-time homebuyer expenses (up to \$10,000 lifetime). The five-year holding period begins on January 1 of the year you first started participating in that particular employer's Roth 401(k) plan.

If you receive a qualified distribution from your Roth 401(k) plan and roll it over to your Roth IRA, the entire amount rolled over is treated as

a nontaxable contribution to the Roth IRA. You can withdraw this amount tax free from the Roth IRA at any time. Only additional earnings will be subject to the Roth IRA's five-year holding period.

But if you receive a nonqualified distribution from your Roth 401(k) account and roll it over to a Roth IRA, only an amount equal to your contributions to the Roth 401(k) plan, not the investment earnings, are treated as a nontaxable contribution to the Roth IRA. The investment earnings rolled over, along with any additional investment earnings, will be subject to the Roth IRA's five-year holding period.

IRS regulations provide that separate five-year holding periods apply to Roth 401(k) accounts and Roth IRAs. That is, you don't get to carry over your Roth 401(k) holding period to your Roth IRA. Your Roth IRA five-year holding period begins on January 1 of the year you first establish *any* Roth (by regular contribution, rollover, or conversion). (Special rules apply to inherited Roth IRAs.)