

Retirement

September 11 – October 20

At [Military Saves](#), our goal is to promote the importance of savings and encourage servicemembers and their families to take financial action. To help the people you serve save more successfully and to promote the importance of savings at a national level, we have put together this resource packet with you in mind.

This resource packet contains a sample article, suggestions for social media content, and tools and resources designed to **help you communicate with the public, your audience, and with other organizations on the importance of savings for retirement**. Look for new packets from Military Saves every six weeks.

This resource packet includes:

1. [Sample Article](#)
2. [Facebook and Twitter Posts](#)
3. [Tools and Resources](#)
4. [Four-question survey](#)

We encourage you to use this material to:

- Augment the savings information you already provide to others;
- Encourage individuals to [Pledge as Savers in the Military Saves campaign](#), thereby creating and committing to a basic savings or debt reduction plan and;
- Position your organization as "in front" of the savings message and the need to save, particularly in uncertain economic times.

We want to hear from you. Please take a moment to comment on the usefulness of this material with this [One-question survey](#). Questions or Comments? Contact [James Lander](#).

Our next resource kit is on Holiday Spending. If you have resources or materials you would like us to include please send them to [James Lander](#).

Sample Article

Use this content for your blog, newsletter, email communications, or any other publication. You can either rewrite the information or use as a guest post.

Saving for Retirement at Each Stage of Life

By James Lander, [Military Saves Director](#)

No matter how old you are, saving for retirement should be a top priority. While knowing how much you will need to live a comfortable retirement and saving to reach that goal is the key, here are some quick tips for saving for retirement during each stage of life.

If You Are A Saver In Your 20's

- Save at Your Workplace – Starting early is one of the best ways to save for retirement. You have many years to weather short-term market fluctuations and to gain the maximum benefit from the power of compounding. Don't have a workplace savings account? The [Thrift Savings Plan](#) (TSP) is a great option for federal government employees because they earn a matching contribution from the federal government.

If You Are A Saver In Your 30's

- Plan for how much you will need to save with the [Retirement Calculator](#).
- As you advance in rank and your pay grade increases, consider gradually increasing the percentage you contribute toward your retirement.
- Consider expanding your retirement portfolio to include at work or [outside of work](#) savings options.

If You Are A Saver In Your 40's

- Create a spending plan to manage expenses and calculate how much you will need to save for retirement. Saving for retirement should be a priority.
- Pay off as much [debt](#) as possible.
- Consider increasing retirement contributions.
- Address any life changes that could impact your retirement plan.

If You Are A Saver In Your 50's or above

- Continue to work and save – at age 50, you can make "[catch-up contributions](#)" — an extra amount, beyond the normal limits, which you can make to tax-deferred retirement plans.
- Review your accounts to learn when and how you can withdraw money from your accounts, and make sure you are on target with your savings to last you through retirement.
- [Estimate](#) how much you will receive from Social Security and determine the age you should apply for Social Security benefits.
- Waiting a few years can add up to greater payouts from Social Security. Decide when you should start receiving [social security benefits](#).
- Find ways to [reduce your spending](#) so that you can live within your means during retirement.

Need help finding ways to save? Take the [Military Saves pledge](#) to make a commitment to yourself to save and receive emails and/or text messages to keep you motivated.

[Military Saves](#), a component of [America Saves](#) and a partner in the Department of Defense's Financial Readiness Campaign, is a research-based social marketing campaign to motivate, support, and encourage military families to save money and build wealth. For more information please visit www.militarysaves.org.

Sample Tweets/Facebook Posts

Share the following messages with your Facebook and Twitter Followers:

#SavingsTipTuesday

Sept. 24 – Don't squander your rollover moment <http://ow.ly/p4afX> via @MilitarySaves
#SavingsTipTuesday

Oct. 1 – Getting on track for retirement at any age <http://ow.ly/p4akC> via @MilitarySaves
#SavingsTipTuesday

Oct. 8 – Find places to cut back #expenses so you can #save more! <http://ow.ly/p4aoC>
#SavingsTipTuesday

Oct. 15 – Examining your leave and earnings statement <http://ow.ly/p4aq> via @MilitarySaves
#SavingsTipTuesday

#SavingsFactFriday

Sept. 27 – Low interest rates expose seniors to fraudsters <http://wapo.st/11rtFzL>
@washingtonpost @MilitarySaves
#SavingsFactFriday

Oct. 4 – By 2015, 1 of every 10 workers in the American workforce will be #women over the age of 65. #SavingsFactFriday @MilitarySaves

Oct. 11 – 1/3 of #senior households has no #money left over each month or is in #debt after meeting essential expenses. #SavingsFactFriday

Oct. 18 – In 2012, the average credit card debt among adults aged 65+ was \$9,283.
#SavingsFactFriday #UnleashAge

Additional Tweets/Facebook Posts

Share the following messages with your Facebook and Twitter Followers:

1. Top Saving Goals for Military Savers <http://ow.ly/p4aKH> via @MilitarySaves
2. Goal 1 National Save for Retirement Week: Let employees know to save now for their future #NAGDCA <http://ow.ly/nMLl8> via @choosetosave
3. Take the pledge: Because you may not be able to work as long as you think. <http://ow.ly/p4aT> via @MilitarySaves
4. You may not know what your benefits are when your spouse dies. Let @CFPB help <http://ow.ly/oBpml>
5. A quarter saved is a quarter earned. Get more tips from @Military Saves <http://ow.ly/p4aXT>
6. NRPC & @IRlonline released Managing Your Assets In #Retirement, a new fact sheet for consumers. <http://ow.ly/oBrDo> via @RetireOnUrTerms
7. Even if your employer doesn't offer a #retirement plan, you can still #save & get some tax benefits <http://ow.ly/p4baq> via @MilitarySaves
8. Check out the Wells Fargo My #Retirement Plan Online Savings Tool. <http://ow.ly/oBrUO> via @RetireOnUrTerms via @WellsFargo
9. Many things can prevent making #retirement savings a priority. Here are some strategies for late savers <http://ow.ly/oHREj> @MilitarySaves

10. 62 or over? #Scam artists or family members may target you because of your #home equity/net worth. Let @CFPB help <http://ow.ly/oBpml>
11. Set a goal, make a plan, #save automatically - pledge to #save today! <http://ow.ly/p4aT> @MilitarySaves
12. National Save for #Retirement Week – it's closer than you think. Oct. 20-26, 2013 #NAGDCA <http://ow.ly/nMLl8> via @choosetosave
13. Get a handle on Debt. <http://ow.ly/p4bq9> @MilitarySaves
14. Looking to increase your 401(k) contributions? Then trick yourself into doing it: <http://money.us/1cJJ2Pi> #lifehack #retirement via @MONEY
15. Take the pledge: Because living in #retirement isn't free. <http://ow.ly/p4a> @MilitarySaves
16. Preparing for #retirement can take decades. Review this #checklist to see if you're on track. <http://ow.ly/oBsw5> via @RetireOnUrTerms
17. Anyone who earns income (or receives alimony) can put money in an #IRA. Learn more about #retirement <http://ow.ly/p4baq> via @MilitarySaves
18. The @CFPB is here to prevent others from taking your #savings or your #home. Learn more <http://ow.ly/oBpml>
19. Take the pledge: Because you don't want to work forever. <http://ow.ly/p4a> @MilitarySaves
20. You need to ask the right questions about #finances, #retirement, and long-term care planning. Let @CFPB help <http://ow.ly/oBpml>
21. Ballpark E\$timate is an easy 2 pg worksheet that helps identify how much you need for retirement. <http://ow.ly/oKn9r> via @choosetosave
22. The Monthly Income & Expenses #worksheet can help you manage your \$ and prep for #retirement: <http://ow.ly/oBsUP> via @RetireOnUrTerms
23. Take the pledge: Because the sooner you start #saving for #retirement, the easier it will be. <http://ow.ly/p4a> @MilitarySaves
24. What kind of retirement saver are you? Take the Retirement Personality Profiler quiz to find out! <http://ow.ly/oKnrc> via @choosetosave

Tools and Resources

Share the following tools and resources with your audience and with other organizations:

Military Saves:

- [Save for Retirement](#)
- [Thrift Saving Plan](#)
- [Saving at Work PowerPoint](#)

Choose to Save:

- [Ballpark E\\$timate – interactive retirement planning tool](#)
- [Retirement Personality Profiler quiz](#)

DFAS:

- [DoD Savings Deposit Program](#)

Financial Industry Regulatory Authority (FINRA):

- [Save and Invest](#)
- [Smart 401\(k\) Investing](#)
- [Early Retirement Seminars 101](#)

Other Resources

- [Investor.gov - Investing](#)
- [Mymovey.gov - Financial Education](#)
- [Consumer Financial Protection Bureau - Information for Servicemembers](#)
- [Thrift Savings Plan \(TSP\)](#)