



# RETIREMENT INVESTMENT ADVISORS, INC.

2925 United Founders Blvd.  
Oklahoma City, OK 73112  
(405) 842-3443  
(800) 725-4530

9300 John Hickman Pkwy.  
Suite 504  
Frisco, TX 75035  
(972) 377-2850

[www.TheRetirementPath.com](http://www.TheRetirementPath.com)

Investment Advisory Services offered through Investment Advisory Representatives of Retirement Investment Advisors, Inc., a Registered Investment Advisor.



Top row, left to right: Randy L. Thurman, CFP®, Andrew K. Flinton, CFP®, and Carol Ringrose Alexander, CFP®  
Bottom row, left to right: Brenda C. Bolander, CFP®, Chad A. Rudy, CFP®, and Alexx Peralta, CFP®

# Financial Briefs

APRIL 2026

## Ways to Save for Retirement

We all know we're supposed to save for retirement. But that's often easier said than done. There are many reasons for Americans' pitiful savings rates, including stagnant wages and an increasing cost of living. Our own behavior plays a role as well. How can you save more in a time when every dollar seems to buy a little less? Consider the suggestions below:

**Get a budget and reduce spending:** If you're looking to save more, the first place to look is your current budget. Cutting spending where possible will free up more money to set aside for the future. While some of your expenses are fixed — most of us need to spend money on housing, food, and transportation, for instance — others are flexible. Spending a little less on dining out, canceling subscription services, or choosing a cheaper cell phone plan could free up \$50 or \$100 in your monthly budget to dedicate to retirement. That may not sound like a lot, but it's a good place to start.

**Get your match:** If you're lucky enough to work for a company that offers a 401(k) plan and

matches employee contributions, make sure you take advantage of it. Not contributing enough to get your match is essentially turning down free money.

**Max out your 401(k) plans:** In 2026, most people are allowed to contribute up to \$24,500 a year to

their 401(k) plan. Not everyone can afford to save up to the max, but whatever your income, you should contribute as much to tax-advantaged retirement accounts as you're able.

**Contribute to an IRA:** If you  
Continued on page 2

## When Can You Retire?

When can you retire? It depends — on how old you are; how much you have saved; the extent to which you'll rely on Social Security, a pension, or tax-advantaged retirement accounts; how your investments perform; the kind of lifestyle you want in retirement; and how long you'll live.

**Factors to consider when setting a target retirement age:**

**1. What kind of lifestyle do you want in retirement?** Given the same monthly savings rate, there is a tradeoff between when you can retire and the kind of lifestyle you can have once you do. For example, if you're currently 50 years old, earn \$50,000 per year, and plan to live to age 90, for about the same monthly savings amount you can retire at age 65 with 50% of your preretirement income or

at age 70 with 100% of your preretirement income (Source: Kiplinger Retirement Savings Calculator).

**2. What does Social Security consider to be your full retirement age?** The government will let you start receiving Social Security benefits at age 62, but those benefits will be less than what you'd receive if you waited until your full retirement age. For example, for an individual born in 1960 or later who retires at age 62 instead of age 67 (his full retirement age), his monthly benefits will be reduced by 30%. For individuals born before 1960, full retirement age ranges from 65 to 66 and 10 months, and the reduction in benefits for retiring at age 62 ranges from 20% to 29.17%.

**3. What do your pension plan**  
Continued on page 3

Copyright © Integrated Concepts 2026. Some articles in this newsletter were prepared by Integrated Concepts, a separate, nonaffiliated business entity. This newsletter intends to offer factual and up-to-date information on the subjects discussed, but should not be regarded as a complete analysis of these subjects. The appropriate professional advisers should be consulted before implementing any options presented. No party assumes liability for any loss or damage resulting from errors or omissions or reliance on or use of this material.

FR2019-0808-0027

FR2021-0818-0024

## Ways to Save

Continued from page 1

can't contribute to a retirement plan at work or you want to save even more for retirement, consider setting up an IRA. Assuming you meet certain requirements, you can save up to \$7,500 in 2026 in these accounts.

**Contribute to a health savings account (HSA):** For people who are really intent on maximizing their retirement savings, HSAs can be an option. HSAs are primarily intended as a way for people who have high-deductible health plans to save for medical expenses. But any money not used for healthcare costs now can be used to pay for health care in retirement.

**Make catch-up contributions:** Once you reach age 50, you're eligible to make catch-up contributions to 401(k) plans and IRAs. In 2026, you can contribute an additional \$8,000 a year to your 401(k) plan and an extra \$1,100 a year to your IRA. If you consistently make those contributions over the next 15 years (assuming you retire at 65), you'll have an additional contribution of \$136,500 for retirement - and that's without considering compound interest from investments.

**Save in taxable accounts:** Most people focus on saving for retirement in various tax-advantaged accounts, like a 401(k) plan. But if you can't save for retirement that way, or you want to save even more, consider saving in more traditional ways. You can put money in a well-diversified investment account, CDs, bonds, or other savings vehicles. One advantage of putting some of your money in non-retirement accounts is that you won't have to worry about mandatory withdrawals when you reach age 70½.

**Take enough risk:** Saving as much as possible is key to having a healthy retirement portfolio. But

## How to Control Your Spending

A lot of our issues are less about how much we make and more about how much we spend. When it comes to controlling our expenses, sometimes we just don't know where our money goes. This means we could all use a few tips to cut down on spending:

- Break down monthly discretionary expenditures. Look for ways to reduce spending, either by cutting back or choosing less expensive options.
- Take a look at your major expenditures. While you may have resigned yourself to large monthly payments for your auto or homeowners insurance, you can actually save a lot by looking around. Consider strategies to reduce your income tax and research whether or not it makes sense to refinance your home.
- Create a written spending plan. Budget for what you need on a monthly basis and commit to abstaining from off-budget items.
- Stop using your credit cards. Go old school and use paper money for a few months to get a better feel for how much you are really spending.
- When faced with an impulse

purchase option, sleep on it instead. You can always come back later if you've taken time to think about it.

- Before you make a major purchase, think carefully about the long-term expenses involved. If you are about to buy a new car, remember that sticker price is just the beginning — maintenance, upkeep, and insurance costs also need to be factored into the overall investment. Consider a less expensive or used car and keep it for several years.
- Once you are preapproved for a mortgage amount, commit to spending much less than the maximum allowed. Remember that your monthly mortgage costs are not the only expenses of home ownership. Living well within your means also means more money left over for savings.

We've all made poor money decisions at some point in our lives. The trick is to be intentional in making wiser choices about how we spend our resources and get our savings on track for the future. Please call if you'd like help in this area. ■■■

squirreling away dollars alone isn't enough. To really make the most of your money, you need to invest it. That means investing more in stocks when you're younger and gradually dialing down risk as you get closer to retirement. Being smart about risk is essential to meeting your retirement savings goals.

**Don't take early withdrawals:** When times get tough, people often turn to the money they've set aside for retirement to close the gap. But if it's at all possible to avoid touch-

ing that cash, you should. Not only will you fall behind on your savings — creating a gap that is nearly impossible to make up — you'll also get hit with penalties. Unless you need that money for a true emergency, like you're facing the prospect of losing your home or a major health crisis, leave it alone. You'll be glad you did when the time does come to stop working.

Please call if you'd like to discuss saving for retirement in more detail. ■■■

## When Can You

Continued from page 1

**and other retirement plans consider to be full retirement age?** Like Social Security, most pension plans have a certain minimum age at which they will begin paying benefits (at a reduced rate), and a certain age at which you become eligible to start receiving full benefits. Similarly, tax-advantaged retirement plans like 401(k) plans and IRAs penalize distributions (except in certain circumstances) before age 59½.

If you would like to retire at age 62, but the math just isn't working out, you might consider partial retirement.

### Ways to Partially Retire

**Work part-time.** Working part-time, either at your current job or another one, is one way to continue generating income while still having more time to pursue the retirement activities you've been looking forward to. Some people enjoy working a few hours every day, a couple of days a week, or even just a few months out of the year, depending on what the job is.

**Consult.** You've likely spent many decades honing your skills in a particular job or industry. And while some employers might be wary of hiring older workers full time, they're often eager to tap the expertise of older workers on a contract basis. So consulting can be a good way to continue earning income while also freeing up time to golf, play with the grandkids, and whatever else you've been putting off for retirement.

**Sell your wares.** If you had planned to do craft-related activities in retirement anyway, why not consider selling your wares? Online craft sites make selling homemade items relatively easy. If you join a local craft-making group, you could find the activity both financially and socially rewarding.

Please call if you'd like to discuss this in more detail. ■■■

## Manage Your Nest Egg after Retirement

You may think that after retirement you can sit back and stop worrying about money... after all, you scrimped and saved for decades. You're comfortable with what you've put away and now it's time to relax. Well...not quite. If not for inflation and market volatility, you might be right, but you still need to keep a careful eye on your portfolio.

The current U.S. rate of inflation is a little over 2%, but it fluctuates constantly. A 3% rate of inflation per year means that after 23 years, a fixed sum of money has lost half of its value. What you may have only noticed from time to time at the grocery store and gas station before retirement, you will see as a dire threat to your savings. And unfortunately, safe assets do not keep you ahead of inflation in the long run.

Managing your portfolio in retirement can be difficult and complicated, but by doing so, you can keep it growing and combat the threat of inflation. Here are some key points to consider:

- Maintain a rate of withdrawal below your annual rate of return. This is no more than 3% or 4% per year, so that the remaining balance can be reinvested to continue growing.
- Keep your essential expenses separate from nonessential expenses in your budget. Consider structuring your portfolio to have assets like dividend-paying stocks or long-term bonds pay for your essential expenses, but are otherwise untouched.
- Rebalance periodically. This means selling off a portion of the assets in an asset class or

sub-class that has grown larger than your intended allocation. Use the proceeds from the sell-off to purchase assets in classes or sub-classes that have shrunk in value. While it is wise to rebalance once per year, it is also good to consider rebalancing when any category of assets has grown or shrunk by 5% to 10% off your designated allocation percentage.

- Withdraw as little as possible from your investments and review them regularly. If your investments have gone down in value, you will deplete your balance quickly by continuing the same withdrawal rate as before.
- Build up a reserve of investments not tied to the stock market, preferably totaling three or four years of retirement expenses. If you have this reserve to fall back on, you will not need to sell stock investments during periods of market decline.
- Withdraw funds in a tax-efficient way to make them last longer. For example, you should withdraw your taxable investments first so that tax-deferred investments can continue to grow. By age 72, you will likely have to start taking minimum required distributions from tax-deferred investments, but going back to work part-time may help push that timeline back even further.
- Reassess your asset allocation periodically. Make changes gradually to increase diversification in your portfolio.

Please call if you'd like to discuss this in more detail. ■■■

## News and Announcements

### From the Thurman Household

Levi is continuing to do well. He is planning to compete in the ADCC trials for the world championship in Los Angeles on April 17th. He will compete against 128 different highly skilled Jiu Jitsu practitioners. The competition can be seen on go.FloSports.tv. If he wins, he'll go to Poland to compete in the worlds.

I was recently asked, what is the one thing you would tell your 18-year-old self? Without hesitation, "Wear sunscreen."

Pati recently went to Arkansas for a 20-mile hike with her fellow crazy hikers. The weather was looking dicey at the start, so she prayed for direction on what to do. As soon as she said amen there was a deafening clap of lightning. OK Lord, we will defer to next year. As soon as the bad clouds passed, they opted for a 10-mile cheering hike. Going backwards and cheering those who choose to do the 20 miles regardless.

My new book *Retire with Confidence: 52 Questions to Ask Before You Retire* is scheduled to be available on May 12th.

Make it a great month!

*Randy L. Thurman, CFP®*  
*CPA/PFS™, CEO*

### From the Alexander Household

My stepmother, Carol Overton Ringrose, died recently. I am grateful for the multitude of ways she enhanced my father's life after my mother's death and the loving influence she had on her stepchildren and grandchildren. Her son and daughter-in-law planned a beautiful graveside service that included a Native American smudging ceremony and I had the honor of drafting her obituary.

I think obituaries are important. This written notice of a person's death comes from Latin; "obitus" means departure and is one of the last things most of us want to think about. Literally. While an obituary notifies the community of a death and provides details regarding the funeral, it also is an attempt to provide a sketch of a person's life in a few paragraphs. The task of writing an obituary typically falls to a grieving relative or friend who suddenly has a deadline, which can be stressful.

After struggling to write my mother's obituary after her death in 2006, I started writing them in advance and asking for input from family members. After my father's death, my stepmother asked for her obituary

draft and made changes periodically. Her preparation enabled her family to focus on celebrating her well-lived life.

For those who are willing, consider drafting your own obituary as one of the final gifts to your loved ones.

*Carol Ringrose Alexander, CFP®*  
*AIF®, CEPS, RLP®, CDFA®, CCFC*  
*Executive Vice President*

PS: If you're having difficulty getting started, search "obituary template" online for ideas. Legacy.com has an ObitWriter® interactive template. Make certain to give copies to family and your funeral home, so it will be accessible when needed.

### From the Rudy Household

Although our "nest" is mostly empty, Amy and I stay busy keeping up with our daughters. Kayla officially started with Deloitte Consulting last October and has settled into the routine of working full-time. She travels occasionally and has met many new people. She will be transferring to the Boston office this summer. We will miss her terribly, but we are truly thrilled about her new opportunity and are already planning plenty of trips to visit.

Megan is completing her final semester at OU and will graduate in May with a degree in Psychology and a minor in HR. While she's excited to graduate, she isn't quite ready to leave Norman just yet. She plans to live there with friends for another year. She's currently loving her part-time job at a doggie daycare, where her dog, Baker, gets to go to work with her. Meanwhile, the full-time job search is officially underway.

Tatum is somehow already finishing her first year at OU. She has really enjoyed freshman dorm life, is an officer in the Women in Finance club, and continues to dance as part of her sorority's Scandals performance team. She has already mapped out a plan to graduate in four years with a double major in Finance and MIS.

It is certainly a season of change and growth for our family. Amy and I are looking forward to a busy summer of graduations, move-ins, and some travel.

*Chad A. Rudy, CFP®*  
*Executive Vice President - TX*