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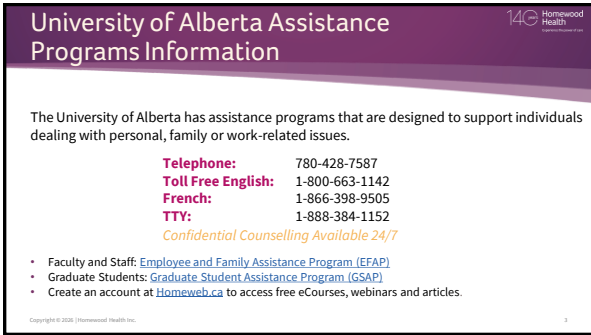
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## Setting the tone

Why are we here today?

Respect for diverse perspectives and life experiences

Maintain confidentiality

Be kind to yourself and others

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## Where we left off

- Want to retire at age 60 with 60% of salary
- Need \$132,920 more of RRSPs to supplement pensions
  - or else work longer, spend less
- Depending on years until retirement need to save
  - \$132,920 in 5 years = \$2,215 / mo
  - \$132,920 in 10 years = \$1,108 / mo
  - \$132,920 in 15 years = \$738 / mo

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## Where should I save?

**RRSP, TFSA, Other**

➤ Depends on tax situation

- RRSP - defer tax until later
- TFSA - pay tax now and not later
- Other - pay tax now and later

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## 2026 marginal tax rates

| Tax Bracket         | Federal | Fed/Alta |
|---------------------|---------|----------|
| \$0 – 58,523        | 14%     | 22%      |
| \$58,524 – 61,200   | 20.5    | 28.5     |
| \$61,201 – 117,045  | 20.5%   | 30.5%    |
| \$117,046 – 154,259 | 26%     | 36%      |
| \$154,260 – 181,440 | 26%     | 38%      |
| \$181,441 – 185,111 | 29%     | 41%      |
| \$185,112 – 246,813 | 29%     | 42%      |
| \$246,814 – 258,482 | 33%     | 43%      |
| \$258,483 – 370,220 | 33%     | 47%      |
| \$370,221 +         | 33%     | 48%      |

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## After 65, watch out for clawbacks

**Age exemption** \$1,797 ( $\$9,208 \times 22\%$ )

- Reduced by 15% of income over \$46,432

**OAS clawback** \$8,908 ( $\$742.31 \times 12$ )

- Repayment of 15% of income over \$95,323
- Completely clawed back if income over \$154,708

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## “Clawback” example

### EXAMPLE

**Net income:** \$105,323  
**Excess income:** \$10,000  
**Clawback:** \$1,500  
 (\$10,000 x 15%)  
**Tax:** \$2,593  
 (\$8,500 x 30.5%)  
**Total tax & clawback: 40.9%**

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## Tax brackets over age 65

| Taxable Income      | Federal | Fed/Alta |
|---------------------|---------|----------|
| \$30,867 – 46,432   | 14%     | 22%      |
| \$46,433 – 58,523   | 16.1%   | 24.1%    |
| \$58,524 – 95,323   | 22.7%   | 33.9%    |
| \$95,324 – 117,045  | 32.4%   | 40.9%    |
| \$117,046 – 154,708 | 37.1%   | 45.6%    |
| \$154,709 – 181,440 | 26%     | 38%      |
| \$181,441 +         | 29-33%  | 41-48%   |

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## Sharing pension income

### Accounting entry on tax return

- Up to 50% of pension income can be transferred to partner
- Either spouse can transfer
  - Create pension income tax credit
  - Reduce income tax rate
  - Reduce OAS clawback
- Pro rata amount of tax withheld also shared

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## What is pension income?

### Qualifying pension income

- Employer pension anytime
- RRIF and LIF income after 65
- Annuity income after 65
- Never RRSP withdrawals

### Can split Canada Pension Plan

- Pension split at source (Service Canada)
- Pension split based on period of cohabitation

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## Benefits of an RRSP

### Tax deduction at current tax rates

- Tax on contribution is deferred until withdrawn

### Defer tax on investment income

- Investment income not taxed until withdrawn

### Withdraw when in a lower tax bracket

- during retirement
- during unemployment
- during low employment

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## Benefits of a TFSA

### No tax deduction for contributions

- tax already paid on income at marginal rate

### Contribute up to \$7,000 per year

- contribution room can be carried forward indefinitely
- total contribution room so far \$109,000

### Take money out any time, for anything

- no tax on withdrawals (income or principal)
- withdrawals will not affect government benefits

### Can re-contribute amount withdrawn

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## Other investments

### Pay tax now on income at marginal rate

- Invest what is left after tax

### Pay tax on investment income each year

- Interest, rent, dividends, capital gains

### Pay tax on capital gain on sale

### No tax on principal when spent

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## How is investment income taxed?

| Marginal Tax Rate | Interest Tax Rate | Dividend Tax Rate | Cap Gain Tax Rate |
|-------------------|-------------------|-------------------|-------------------|
| 22%               | 22%               | -1.6%             | 11%               |
| 30.5%             | 30.5%             | 10.2%             | 15.25%            |
| 36%               | 36%               | 17.8%             | 18%               |
| 38%               | 38%               | 20.5%             | 19%               |
| 41%               | 41%               | 25.1%             | 20.5%             |
| 42%               | 42%               | 26.5%             | 21%               |
| 47%               | 47%               | 32.9%             | 23.5%             |
| 48%               | 48%               | 34.3%             | 24%               |

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## Which is better RRSP or TFSA?

### Depends

- On tax bracket now and later
- On time invested

- ☐ More money in RRSP than TFSA
- ☐ RRSP income and principal taxable
- ☐ TFSA principal taxed, earnings tax free

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|                              | NON-RRSP      | RRSP          | TFSA          |
|------------------------------|---------------|---------------|---------------|
| <b>Year 1) Income</b>        | \$1,000       | \$1,000       | \$1,000       |
| <b>Tax @ 30.5%</b>           | (305)         | -----         | (305)         |
|                              | \$ 695        | \$1,000       | \$ 695        |
| <b>Interest @ 5%</b>         | 35            | 50            | 35            |
| <b>Tax @ 30.5%</b>           | (11)          | -----         | -----         |
|                              | 719           | 1,050         | 730           |
| <b>Year 2) Interest @ 5%</b> | 35            | 53            | 36            |
| <b>Tax @ 30.5%</b>           | (11)          | -----         | -----         |
|                              | 743           | 1,103         | 766           |
| <b>Year 3) Interest @ 5%</b> | 36            | 55            | 38            |
| <b>Tax @ 30.5%</b>           | (12)          | -----         | -----         |
|                              | 767           | 1,158         | 804           |
| <b>Tax @ 30.5%</b>           | -----         | (354)         | -----         |
| <b>Same Tax Rate</b>         | <b>\$ 767</b> | <b>\$ 804</b> | <b>\$ 804</b> |

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|                       | NON-RRSP     | RRSP         | TFSA         |
|-----------------------|--------------|--------------|--------------|
| Year 1) Income        | \$1,000      | \$1,000      | \$1,000      |
| Tax @ 30.5%           | <u>(305)</u> | <u>-----</u> | <u>(305)</u> |
|                       | \$ 695       | \$1,000      | \$ 695       |
| Interest @ 5%         | 35           | 50           | 35           |
| Tax @ 30.5%           | <u>(11)</u>  | <u>-----</u> | <u>-----</u> |
|                       | 719          | 1,050        | 730          |
| Year 2) Interest @ 5% | 35           | 53           | 36           |
| Tax @ 30.5%           | <u>(11)</u>  | <u>-----</u> | <u>-----</u> |
|                       | 743          | 1,103        | 766          |
| Year 3) Interest @ 5% | 36           | 55           | 38           |
| Tax @ 40.9%           | <u>(15)</u>  | <u>-----</u> | <u>-----</u> |
|                       | 764          | 1,158        | 804          |
| Tax @ 40.9%           | <u>-----</u> | <u>(474)</u> | <u>-----</u> |
| Higher Tax Rate       | \$ 764       | \$ 684       | \$ 804       |

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|                       | NON-RRSP     | RRSP         | TFSA         |
|-----------------------|--------------|--------------|--------------|
| Year 1) Income        | \$1,000      | \$1,000      | \$1,000      |
| Tax @ 30.5%           | <u>(305)</u> | <u>-----</u> | <u>(305)</u> |
|                       | \$ 695       | \$1,000      | \$ 695       |
| Interest @ 5%         | 35           | 50           | 35           |
| Tax @ 30.5%           | <u>(11)</u>  | <u>-----</u> | <u>-----</u> |
|                       | 719          | 1,050        | 730          |
| Year 2) Interest @ 5% | 35           | 53           | 36           |
| Tax @ 30.5%           | <u>(11)</u>  | <u>-----</u> | <u>-----</u> |
|                       | 743          | 1,103        | 766          |
| Year 3) Interest @ 5% | 36           | 55           | 38           |
| Tax @ 22%             | <u>(8)</u>   | <u>-----</u> | <u>-----</u> |
|                       | 771          | 1,158        | 804          |
| Tax @ 22%             | <u>-----</u> | <u>(255)</u> | <u>-----</u> |
| Lower Tax Rate        | \$ 771       | \$ 903       | \$ 804       |

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Questions about where to save?



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## What investments should I buy?



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## What investments can I buy in my RRSP or TFSA?

### Any recognized Canadian security

- Savings accounts, term deposits, GICs
- Treasury bills, CSBs, government bonds, corporate bonds
- Shares of Canadian and foreign companies listed on stock exchanges
- Certain other shares, options, etc.
- Mortgages, mortgage-backed securities
- Mutual funds

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## What investments are not allowed in RRSP or TFSA?

### Generally tangible assets

- Gold, silver other commodities
- Foreign currency
- Futures contracts
- Real estate
- Collectibles: stamps, coins, art, etc.

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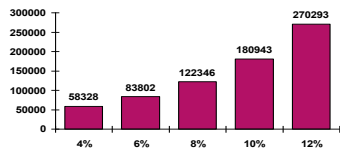
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## Growth of \$1,000 annual deposit over 30 years



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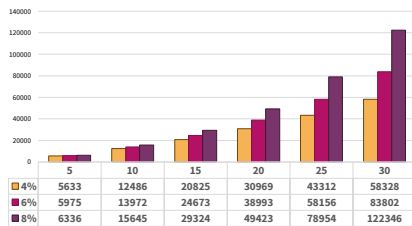
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## Growth of annual deposit of \$1,000



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## How do you invest?

### Determine your goals

- Are you looking for income or growth?

### Assess your comfort zone

- Are you conservative or aggressive?

### What are your personal circumstances?

- Do you have a lot or a little to invest
- Do you have a lump sum or monthly amounts

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## Definition of risk

In the investment industry, risk means **variability of return**, not the possibility of losing all your money

Higher returns and variability go together; It's worth it when:

- Time frames are long
- You have latitude as to when you need the money

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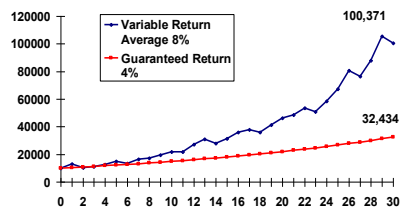
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## Is it worth the risk?



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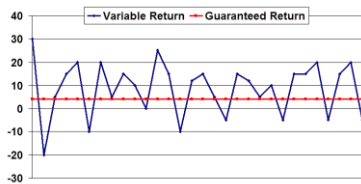
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## But what does it really look like?



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## What investments give you higher returns?

|                      | 2025 | 2024 | 2023 | 2022  | 2021 | 2020 | 2019 | 2018 | 2017 | 2016 |
|----------------------|------|------|------|-------|------|------|------|------|------|------|
| CDN EQUITY (TSX)     | 31.7 | 21.7 | 12.1 | -8.5  | 25.1 | 5.6  | 22.9 | -8.9 | 6.0  | 21.1 |
| US EQUITY (S&P)      | 12.2 | 36.4 | 21.6 | -13.6 | 28.1 | 18.6 | 26.5 | 3.6  | 11.7 | 11.4 |
| INTL EQUITY (EAFE)   | 25.6 | 13.8 | 28.3 | -10.7 | 11.4 | 8.5  | 16.3 | -9.0 | 13.9 | 5.8  |
| CDN BONDS (DEX UNIV) | 2.6  | 4.2  | 7.9  | -11.7 | -2.4 | 8.7  | 6.9  | 1.4  | 2.5  | 1.7  |
| CDN T-BILLS (90 DAY) | 2.6  | 4.6  | 5.7  | 2.5   | 0.1  | 0.4  | 1.6  | 1.4  | .7   | .5   |
| GOLD (BULLION)       | 57.8 | 36.9 | 11.8 | 6.8   | -3.4 | 22.8 | 12.7 | 6.8  | 6.0  | 5.3  |

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## What investments give you higher returns?

|                      | 2015 | 2014 | 2013  | 2012 | 2011 | 2010 | 2009 | 2008  | 2007  | 2006 |
|----------------------|------|------|-------|------|------|------|------|-------|-------|------|
| CDN EQUITY (TSX)     | -8.3 | 10.6 | 9.6   | 7.6  | -8.7 | 17.6 | 35.0 | -33.0 | 9.8   | 17.3 |
| US EQUITY (S&P)      | 20.8 | 23.2 | 38.6  | 10.9 | 2.2  | 9.4  | 8.1  | -21.9 | -10.6 | 15.7 |
| INTL EQUITY (EAFE)   | 20.5 | 3.7  | 31.8  | 15.3 | -9.7 | 2.8  | 13.2 | -29.4 | -5.3  | 26.3 |
| CDN BONDS (SM UNIV)  | 3.5  | 8.8  | -1.2  | 3.6  | 9.7  | 6.7  | 5.4  | 6.4   | 3.8   | 4.0  |
| CDN T-BILLS (90 DAY) | .5   | .9   | 1.0   | .9   | .2   | .3   | .1   | 3.1   | 4.2   | 4.0  |
| GOLD (BULLION)       | 6.8  | 7.2  | -23.1 | 7.0  | 13.3 | 22.9 | 8.7  | 27.2  | 11.3  | 23.2 |

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## What investments give you higher returns?

|                      | 2005 | 2004 | 2003 | 2002  | 2001  | 2000  | 1999 | 1998 | 1997  | 1996 |
|----------------------|------|------|------|-------|-------|-------|------|------|-------|------|
| CDN EQUITY (TSX)     | 24.1 | 14.5 | 26.7 | -12.2 | -12.6 | 7.4   | 31.7 | -1.6 | 15.0  | 28.3 |
| US EQUITY (S&P)      | -0.2 | 3.3  | 5.3  | -23.1 | -6.5  | -6.6  | 12.4 | 35.8 | 36.7  | 20.8 |
| INTL EQUITY (EAFE)   | 10.0 | 12.0 | 13.4 | -16.6 | -16.6 | -10.8 | 19.7 | 28.5 | 6.5   | 7.0  |
| CDN BONDS (SM UNIV)  | 6.5  | 6.8  | 6.7  | 8.7   | 8.1   | 10.2  | -1.1 | 9.2  | 9.6   | 12.3 |
| CDN T-BILLS (90 DAY) | 2.6  | 2.2  | 2.9  | 2.5   | 4.2   | 5.4   | 4.7  | 4.8  | 3.2   | 4.1  |
| GOLD (BULLION)       | 14.8 | -2.3 | -1.2 | 23.9  | 7.6   | -2.4  | -4.4 | 6.7  | -18.2 | -4.2 |

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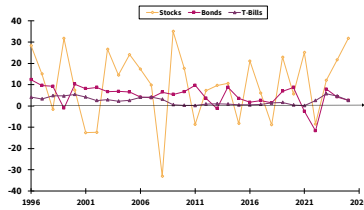
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## What was the best investment?



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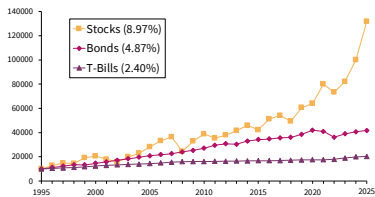
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## Stocks provided the highest return



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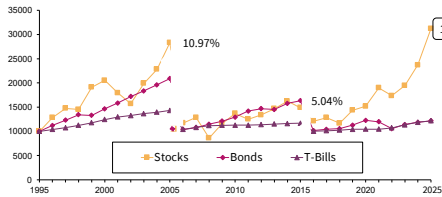
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## Do stocks always provide the highest return?



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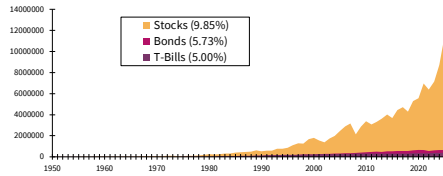
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“In the long run” stocks provided the highest return



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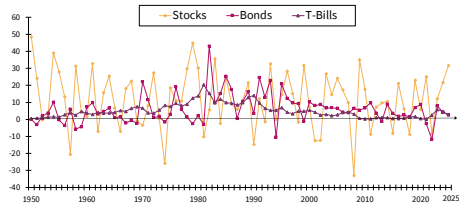
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75 years is a long time



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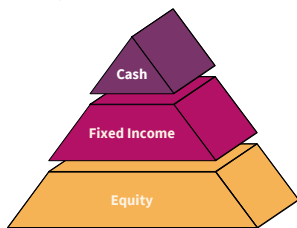
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Investment pyramid



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### Create a portfolio of investments

Hold a **diversified** group of investments

**Cash** Sensitive to supply/demand

**Fixed Income** Sensitive to interest rates

**Equities** Sensitive to management  
Sensitive to economic cycle

- Provides safety through diversification
- Investments react differently to economic change

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### Managing your portfolio

Things **change over time**

- No one can predict how or when

Upwards

No change

Downwards

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### Investment portfolio

You can **react to change**

- Increase the return, reduce the risk

Sell high

Buy low

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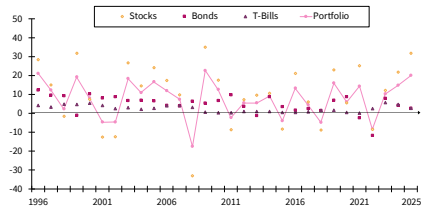
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## A portfolio smoothes the annual return



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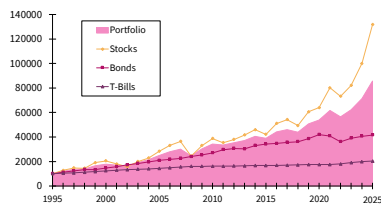
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## While providing a good return



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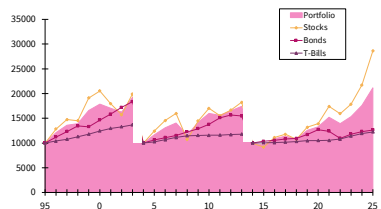
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## A portfolio always provides a good return



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## Do you need a lot of money for a portfolio?

### No!

- You can have an excellent portfolio with as little as \$1,000

### You get:

- Professional management
- Excellent diversification
- High quality investments

### How?

- Investment funds
  - Mutual, segregated, pooled, exchange traded

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## How do you set a portfolio mix?

### Decide on **primary objective**

Income 1 ← 2 → Growth 3

### Decide how **aggressive** you want to be

Conservative 1 ← 2 → Experienced 3

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## Choose asset mix

| Income required | Investment approach |              |               |
|-----------------|---------------------|--------------|---------------|
|                 | Conservative 1      | Average 2    | Experienced 3 |
| High 1          | 20 / 80 / 0         | 15 / 75 / 10 | 10 / 70 / 20  |
| Some 2          | 15 / 55 / 30        | 10 / 50 / 40 | 5 / 45 / 50   |
| None 3          | 10 / 30 / 60        | 5 / 25 / 70  | 0 / 20 / 80   |

Cash / Fixed Income / Equity

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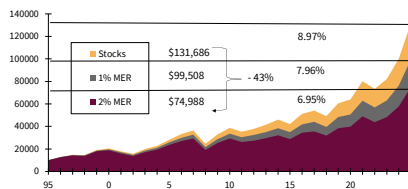
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## Effect of management fees



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## Are there alternatives?

### Pooled funds

- Management fees based on account size

### Investment counsel

- Your own mutual fund

### Investment broker

- Fee based or commission
- Robo advisor

### Do it yourself

- Discount brokerage
- Low cost mutual funds, etfs
- Individual stocks, bonds, gics

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## Questions about investments?



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## How do you get money out of your RRSP and TFSA?

### Withdraw cash as needed

- Lump sum payments
  - Anytime investments allow
- Periodic payments
  - Monthly
  - Quarterly
  - Semi-annually
  - Annually
  - Investments must allow payments
- Cost of withdrawals?

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## How do you create retirement income?

### Purchase an annuity

- Could be a life annuity, or
- Fixed term annuity

**Transfer to a RRIF** (Registered Retirement Income Fund)

### Mixture of both

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## Fixed term vs. Life annuity

### Fixed Term Annuity

Pays for term of annuity

Interest rate may fluctuate

Estate value = principal remaining

### Life Annuity

Pays for life of annuitant

Interest rate set at purchase

No estate value

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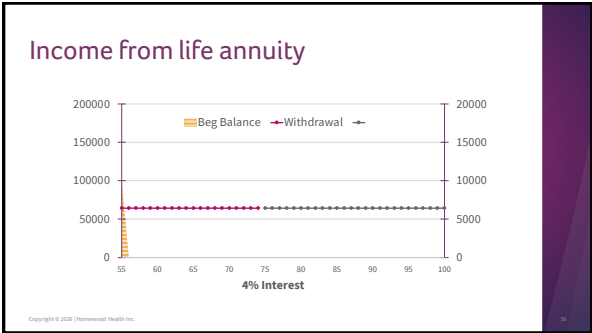
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Registered retirement income fund

**What is a RRIF?**

- Basically, a continuation of your RRSP
- But with mandatory minimum payments

What is the **minimum payment** based on?

- Capital balance at beginning of year
- Age of annuitant

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What is the minimum withdrawal?

| AGE | %    | AGE | %    | AGE  | %     |
|-----|------|-----|------|------|-------|
| 50  | 2.50 | 65  | 4.00 | 80   | 6.82  |
| 51  | 2.56 | 66  | 4.17 | 81   | 7.08  |
| 52  | 2.63 | 67  | 4.35 | 82   | 7.38  |
| 53  | 2.70 | 68  | 4.55 | 83   | 7.71  |
| 54  | 2.78 | 69  | 4.76 | 84   | 8.08  |
| 55  | 2.86 | 70  | 5.00 | 85   | 8.51  |
| 56  | 2.94 | 71  | 5.28 | 86   | 8.99  |
| 57  | 3.03 | 72  | 5.40 | 87   | 9.55  |
| 58  | 3.13 | 73  | 5.53 | 88   | 10.21 |
| 59  | 3.23 | 74  | 5.67 | 89   | 10.99 |
| 60  | 3.33 | 75  | 5.82 | 90   | 11.92 |
| 61  | 3.45 | 76  | 5.98 | 91   | 13.06 |
| 62  | 3.57 | 77  | 6.17 | 92   | 14.49 |
| 63  | 3.70 | 78  | 6.36 | 93   | 16.34 |
| 64  | 3.85 | 79  | 6.58 | 94   | 18.79 |
|     |      |     |      | 95 + | 20.00 |

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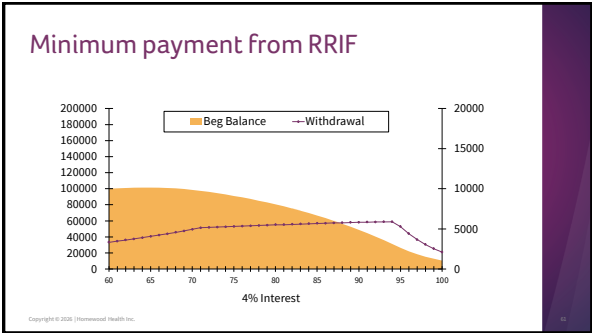
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### Can you take more than the minimum?

- ❑ Payment can be any amount above minimum
- ❑ Investments must allow for cash withdrawal
- ❑ Taxes withheld on additional payments

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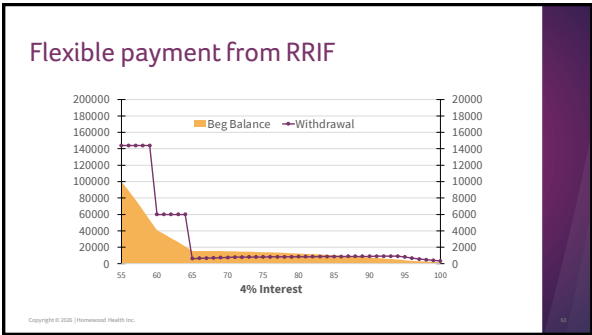
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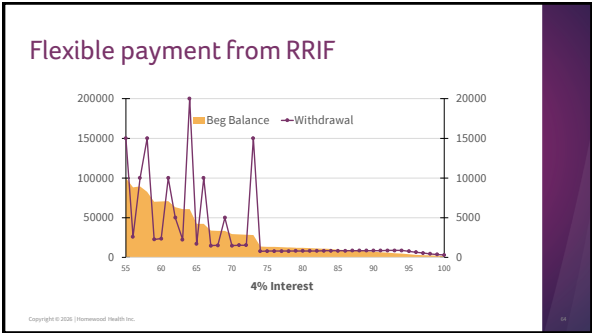
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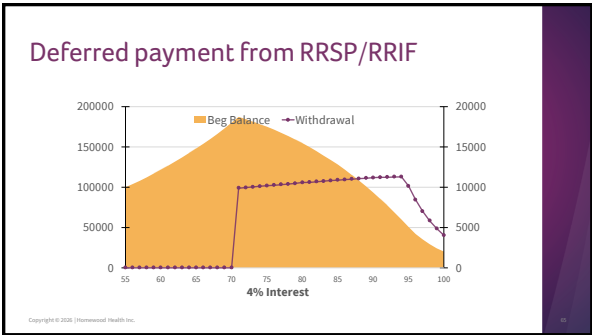
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### What is a Life Income Fund?

**Similar to Registered Retirement Income Fund (RRIF)**

**Except:**

- ❑ Minimum and maximum withdrawals
  - Fund cannot be cashed in
- ❑ Spouse must waive entitlement to joint annuity

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What amounts can be withdrawn from LIF?

Minimum Withdrawal

- Set by Canada Revenue Agency (CRA)
- Same as RRIF

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What amounts can be withdrawn from LIF?

Maximum Withdrawal

- Set by province
- Greater of
  - Investment earnings of previous year
  - Annuity factor of a term-certain annuity to age 90
  - Income Tax Act minimum RRIF withdrawal
- In first year, can unlock 50%

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Maximum and minimum withdrawals

| AGE | MAX   | MIN  | AGE  | MAX   | MIN   |
|-----|-------|------|------|-------|-------|
| 65  | 7.38  | 4.00 | 80   | 12.82 | 6.82  |
| 66  | 7.52  | 4.17 | 81   | 13.87 | 7.08  |
| 67  | 7.67  | 4.35 | 82   | 15.19 | 7.38  |
| 68  | 7.83  | 4.55 | 83   | 16.90 | 7.71  |
| 69  | 8.02  | 4.76 | 84   | 19.19 | 8.08  |
| 70  | 8.22  | 5.00 | 85   | 22.40 | 8.51  |
| 71  | 8.45  | 5.28 | 86   | 27.23 | 8.99  |
| 72  | 8.71  | 5.40 | 87   | 35.29 | 9.55  |
| 73  | 9.00  | 5.53 | 88   | 51.46 | 10.21 |
| 74  | 9.34  | 5.67 | 89   | 100.0 | 10.99 |
| 75  | 9.71  | 5.82 | 90   | 100.0 | 11.92 |
| 76  | 10.15 | 5.98 | 91   | 100.0 | 13.06 |
| 77  | 10.66 | 6.17 | 92   | 100.0 | 14.49 |
| 78  | 11.25 | 6.36 | 93   | 100.0 | 16.34 |
| 79  | 11.96 | 6.58 | 94   | 100.0 | 18.79 |
|     |       |      | 95 + | 100.0 | 20.00 |

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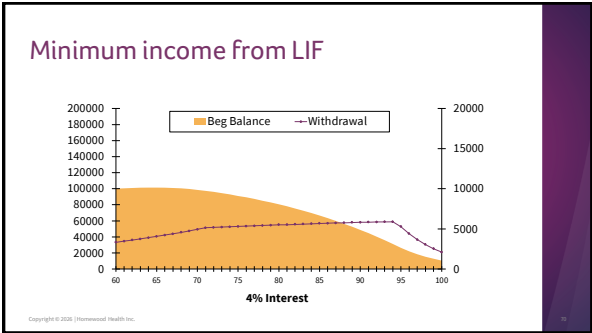
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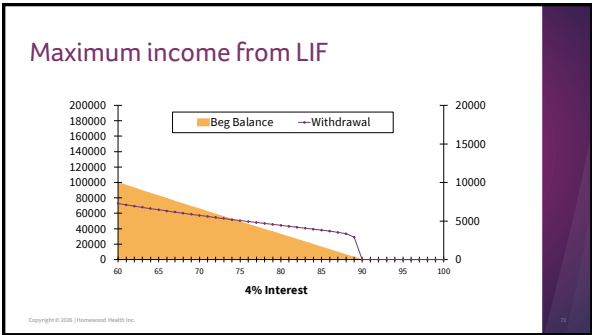
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### When should you start your RRIF LIF?

- ☐ Can start any time, no minimum age
- ☐ Must start before age 72
- ☐ Should start when you need regular supplemental income

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## What investments are allowed?

### Same as RRSP investments

- Savings accounts, term deposits, GICs
- Shares of Canadian or foreign companies
- Treasury bills, CSBs, government bonds, corporate bonds
- Mortgages, mortgage-backed securities
- Options, rights and warrants
- Mutual funds
- Annuities

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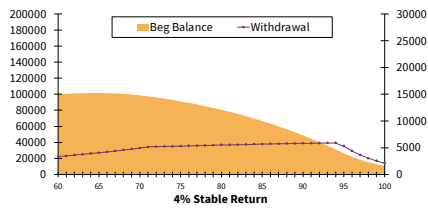
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## Minimum payment from guaranteed return RRIF



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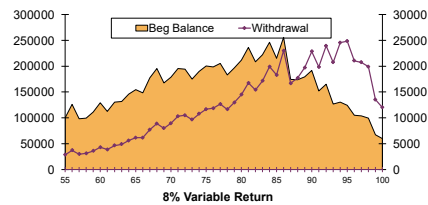
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## Minimum payment from variable return RRIF



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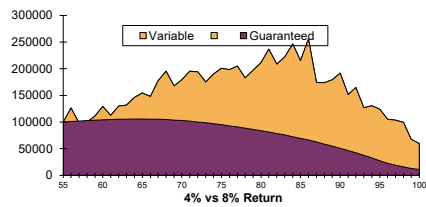
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## Guaranteed vs variable return RRIF balances



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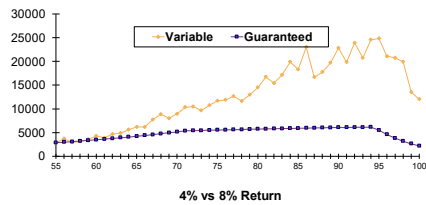
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## Comparing incomes



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## What if you try for higher returns?

- Principal is not guaranteed
- Income fluctuates from year to year
- Depending on how successful you are, income may be lower than guaranteed

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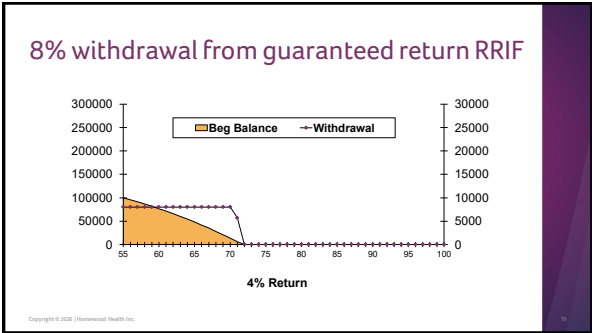
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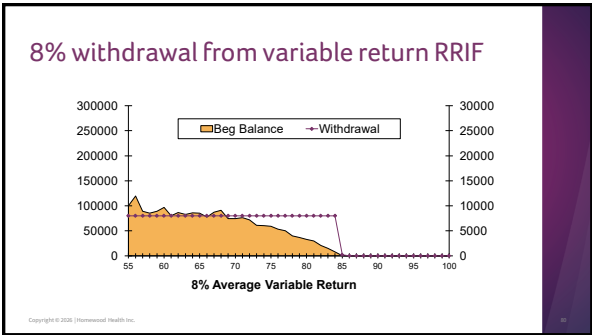
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Should you choose an annuity or a RRIF?

It depends on your objectives

- Investment risk?
- Maximum periodic income?
- Maximum estate?
- Inflation protection?
- Maximum tax deferral?
- Adjustable withdrawals?

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[illegible]

- ☑ monthly pay GICs or provincial bonds;
- ☑ semi-annual pay bonds with staggered payment dates;
- ☑ annual payment GICs with staggered payment dates;
- ☑ fixed income mutual funds with monthly payments;
- ☑ dividend paying stocks with staggered payment dates;
- ☑ rental real estate with positive cash flow;
- ☑ equity mutual funds with monthly withdrawals;
- ☑ various trust units with staggered payment dates;
- ☑ selling growth stocks periodically for capital gains.

[illegible]

1. Determine your target
2. Review your sources of pension income
3. Is there a shortfall?
  - How will you make up the shortfall?
  - Save, invest, reduce expenses, defer retirement
4. How will you draw from your investments?
  - RRSP/RRIF, TFSA, non-registered
  - Income, principal

[illegible]

## University of Alberta Resources

The University of Alberta has a number of resources that may assist Faculty and Staff during times of stress, uncertainty and transition.

[Culture + Well-being](#) webpage

Facing Facts (University of Alberta Anti-Stigma Campaign) – [Learn more!](#)

- [Effects of Change on Mental Health](#)
- [Is stress getting you down? You are not alone!](#)

EFAP eCourses: [Embracing Workplace Change; Resilience; Taking Control of Stress](#)

Life Lines articles:

- [6 Steps to Reducing Work Stress](#)
- [Me-Time: Managing Stress and Finding Work-Life Balance](#)
- [Mental Wellness at Work](#)
- [10 Steps to Achieving Work-Life Balance](#)
- [Self-Care: Time and Attention for You](#)

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## University of Alberta Assistance Programs Information

The University of Alberta has assistance programs that are designed to support individuals dealing with personal, family or work-related issues.

**Telephone:** 780-428-7587  
**Toll Free English:** 1-800-663-1142  
**French:** 1-866-398-9505  
**TTY:** 1-888-384-1152

*Confidential Counselling Available 24/7*

- Faculty and Staff: [Employee and Family Assistance Program \(EFAP\)](#)
- Graduate Students: [Graduate Student Assistance Program \(GSAP\)](#)
- Create an account at [Homeweb.ca](#) to access free eCourses, webinars and articles.

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