

*Personal Finance*  
FOR LAWYERS

---

**DC BAR PRESENTS:  
FINANCIAL EMPOWERMENT  
FOR WOMEN**

*Jessica Medina, LLC*  
Financial Coaching



**Hello there, I'm  
Jessica.  
Lawyer turned  
Accredited Financial  
Counselor<sup>®</sup>**

**\*Jessica Medina, LLC does not give  
investment, tax, or legal advice**



*Managing Money With  
A Partner*

Jessica Medina, LLC  
Financial Coaching

## EMOTIONAL

- Early family experiences
- Prior financial missteps
- Values (security, autonomy, collaboration, etc.)
- Current feelings about how you're managing money together

## PRACTICAL

- What money system assets do we currently have (bank accounts, credit cards, debt, etc.)
- Evaluate system options
- Decide who will do what (and when)
- Follow the plan and meet regularly to discuss

# *Managing money with a partner*

**YOUR CHOICE**

## JOINT SYSTEM

This is the most popular way to organize money in a partnership...all the money flows into joint accounts and all spending happens from joint accounts

## SEPARATE SYSTEM

This is often how folks start relationships, each having their own checking, savings, and credit cards with no intermingling...usually a true-up process of some sort

## HYBRID

This takes into account that some expenses are truly joint, whereas some are truly individual, and respects both aspects. Income may/may not flow directly into a joint account.

## PROS OF JOINT SYSTEM

- Both partners have clear visibility of all money
- Easier to achieve big financial goals
- Team approach
- Less accounts to manage

## PROS OF SEPARATE/HYBRID

- More proportionate allocation of resources
- Allows for truly discretionary spending by each partner
- Protect creditworthiness & debt liability of each partner
- Easier to track individual activity

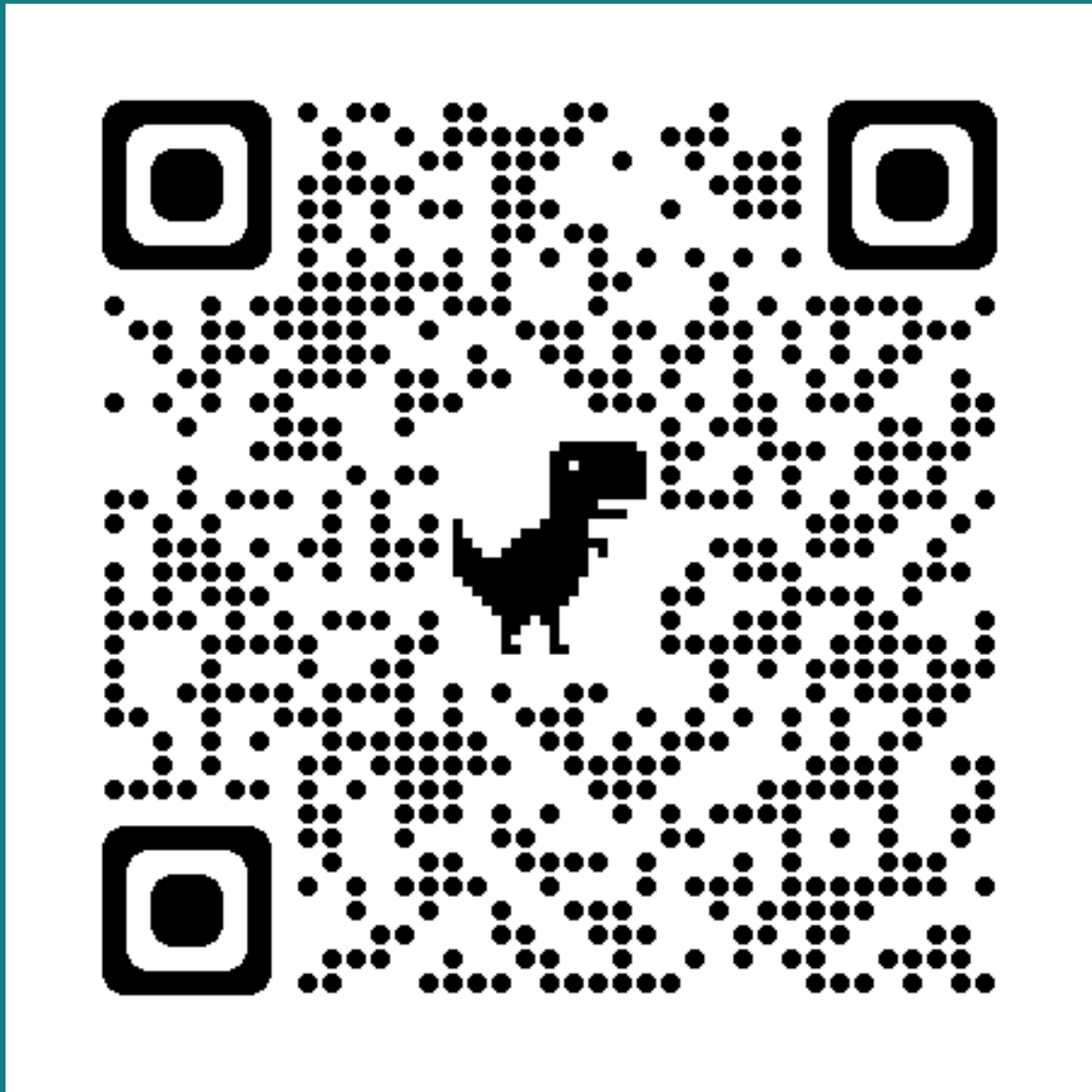
## QUESTIONS TO ASK

- Who wants/is best suited to primarily manage money?
- How can both partners have clarity and understanding around system?
- What steps can be taken to reduce stress during money discussions?





LET'S STAY CONNECTED



Jessica Medina, LLC  
Financial Coaching

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



# Financial Empowerment for Women in Law

Niraj Chhabra, Niraj Chhabra CFP<sup>®</sup>, MBA, CLTC<sup>®</sup>, CRPC<sup>®</sup>

Financial Advisor

Phone: (201) 484- 7464

Email: [Niraj.Chhabra@sidebaradvisors.com](mailto:Niraj.Chhabra@sidebaradvisors.com)





**Niraj Chhabra, CFP<sup>®</sup>, MBA,  
CLTC<sup>®</sup>, CRPC<sup>®</sup>**

**Financial Advisor and  
Managing Director of  
SideBar Advisors**





---

**Why a seminar  
on finances for  
women?**

**What's different?**

**Women face  
unique financial  
considerations**





# Differences

## CHANGES THAT IMPACT FINANCES:

- **The income gap**
- **Longer life spans**
- **Multiple roles & responsibilities**



# Maximize your workplace benefits

- Evaluate any health, life, and disability income insurance
- Know your employer-sponsored retirement plans
- Assess other workplace benefits



# Invest Carefully

Determine your risk  
tolerance

## Compared to men:

**Women** are more likely to take on appropriate levels of risk with their investments than men

**Women** spend more time researching their investment choices

**Women** are more likely to have good age-based asset allocations, they achieve proper diversification to help protect their money, regardless of market condition, according to *Fidelity Investments*<sup>®</sup> 2021 *Women and Investing Study*

Asset allocation and diversification are strategies designed to help manage risk, but they cannot ensure a profit or protect against loss in a declining market.

Source: [Why Women Are Better Investors – Forbes Advisor](#)



A photograph of four women standing in a row, seen from behind, looking out over a landscape. They are wearing various colored tops: light green, light blue, orange, and white. The background is a soft-focus landscape with a blue sky and green ground.

# Women face unique financial considerations



# Living Longer

Women in the US live longer than men by 5.8 years, according to an analysis submitted to the medical journal JAMA Internal Medicine.

SOURCE: (2023). Widening gender gap in life expectancy in the US. JAMA Internal Medicine. <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2811338>





---

# How to address longer lifespans



- Save More
- Consider investing slightly more aggressively
- Consider long-term care insurance
- Delay retirement/Downshifting
- Start Social Security later
- Plan for higher healthcare costs

<https://www.forbes.com/advisor/retirement/plan-for-long-retirement/>





---

## Boost Savings

Pay yourself first

Annual budget vs. monthly budget

Save windfalls





# Ensure you are protected

- Life insurance
- Disability income insurance
- Long-term care insurance

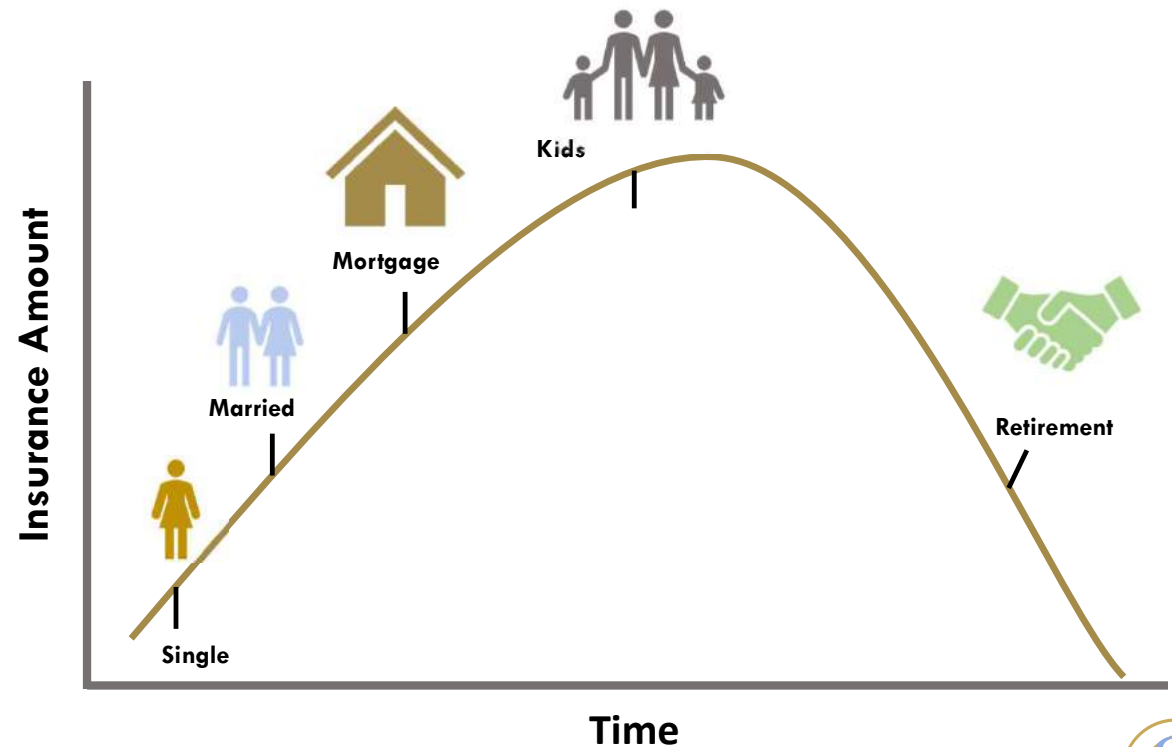
All guarantees and benefits of the insurance policy are subject to the claims-paying ability of the issuing insurance company.



# Life Insurance

- Women are twice as likely as men to lack life insurance

## Life Insurance Need



22% of women lack life insurance compared to 11% of men.

Life Insurance Statistics, data and Industry Trends 2022. Forbes



# Disability Insurance



*\*Assuming a 20% federal tax  
The example is hypothetical and is provided for illustrative and educational purposes only.*



---

# Who uses long-term care?

70%

**7 out of 10** people in the U.S. population  
**Over age 65** will need some type of  
**Long-term care service** in their lifetime



# Examine Healthcare and Long-term Care Costs

## HEALTHCARE

It is estimated that an average, healthy 65-year-old couple will require

**\$285,000** to disburse

medical expenses for the remainder of their lives. <sup>1</sup>

- ◆ Healthcare is the **second largest** expense during retirement<sup>2</sup>
- ◆ 20% are **“very confident”** that they will have enough money to take care of medical expenses in retirement<sup>3</sup>
- ◆ Does **not** include long-term care costs<sup>1</sup>

1) Fidelity Benefits Consulting estimate, 2019. Healthcare and nursing home costs may vary by state.

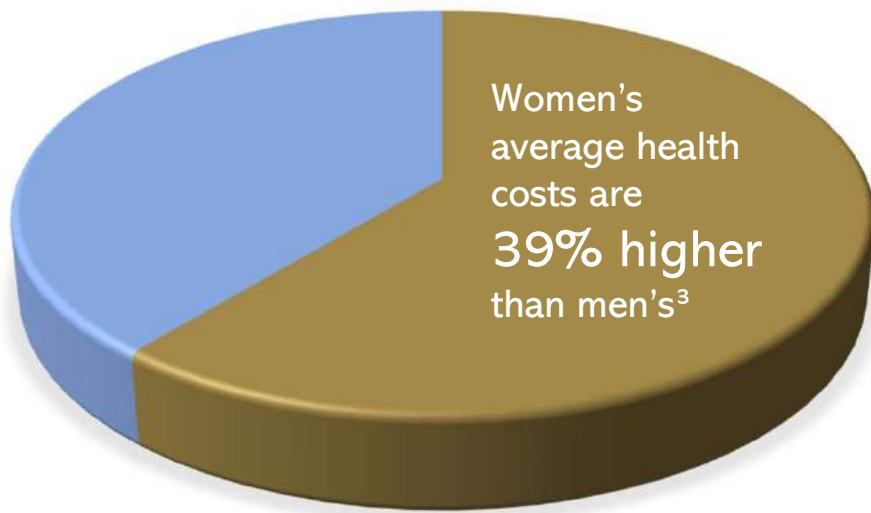
2) Bureau of Labor Statistics, Consumer Expenditure Survey 2018; Table 1300 Mean annual expenditures by age; Age 75+

3) Employee Benefits Research Institute (EBRI), 2019 Retirement Confidence Survey, April 23, 2019



# Examine Healthcare and Long-term Care Costs cont.

## HEALTH COSTS



- Men require long-term care for 2.2 years<sup>1</sup>
- Women require long-term care for 3.7 years<sup>1</sup>
- 67% of nursing home residents are women<sup>2</sup>
- 70% of assisted living communities are women<sup>2</sup>
- 100 days—maximum Medicare coverage period<sup>2</sup>

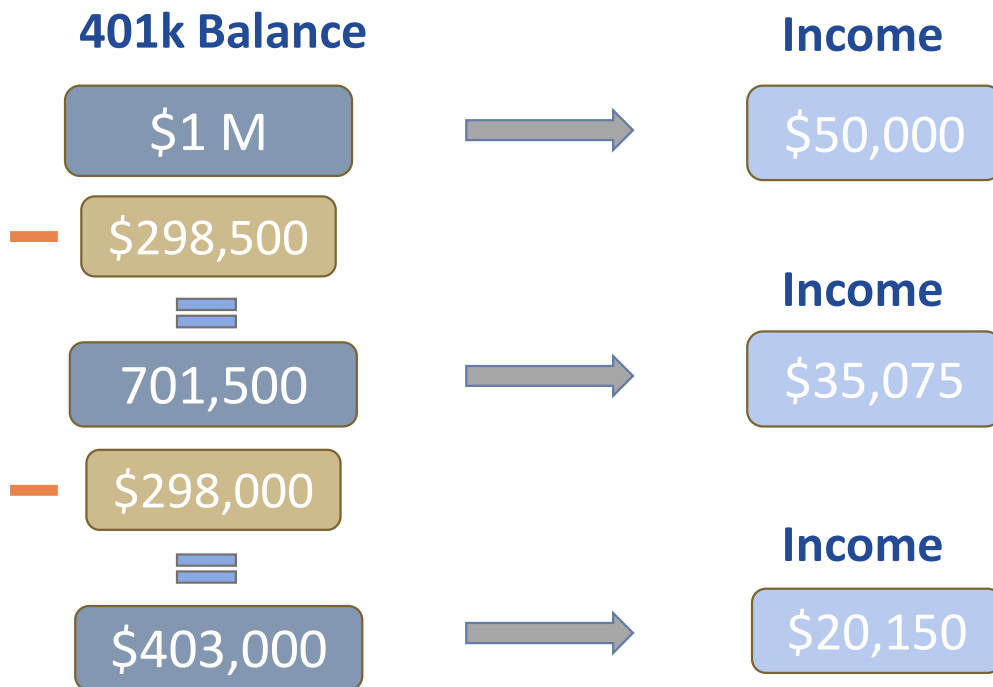
1) U.S. Dept. of Health and Human Services, Administration on Aging; <https://longtermcare.acl.gov/the-basics/how-much-care-will-you-need.html>, October 2018 2) Bureau of Labor Statistics, Consumer Expenditure Survey 2018; Table 1300 Mean annual expenditures by age; Age 75+  
2) US Dept. of HHS, CDC, National Center for Health Statistics, National Study of Long-Term Care Providers, Weighted Survey Estimates; August and October 2017  
3) Women & financial wellness: Beyond the bottom line, A Merrill study, conducted in partnership with Age Wave, 2018





# Self Funding Options

Assumptions: Nursing Home Cost:  
\$200,000/Annually. 5% Portfolio Return. 33% for Taxes.



The example assumes \$298,500 will need to be withdrawn from the 401(k) to net \$200K after taxes. The 200K in nursing home cost is based on average private room costs in the New York area as of 2021, as reported by Genworth, inflated at 3% to arrive at a projected cost in 2028 of \$195,273.

The example is hypothetical and is provided for illustrative and educational purposes only. It is not intended to represent any actual results or any specific investment. The determinations made by this example are not guarantees or projections. Investing involves risk and it is possible to lose money. Actual results will vary.





## Consider Delaying your Retirement

- Employed & 65 (Or Older)?
- Breaking down that number further, 26.6% in the age group 65 to 74 were working, while the percentage was at 8.9% for those 75 and older

U.S. Bureau of Labor Statistics. (2022, September 8). *Civilian labor force participation rate by age, sex, race, and ethnicity*





---

## Women fulfill multiple roles and responsibilities

- Workplace
- Familial
- Community



# Workplace



# Women in the Workplace during the Pandemic



- During the pandemic, women were leaving the workplace at 4x the rate as men
- 865,000 women over 20 dropped out of the American workforce compared with 216,000 men in the same age group

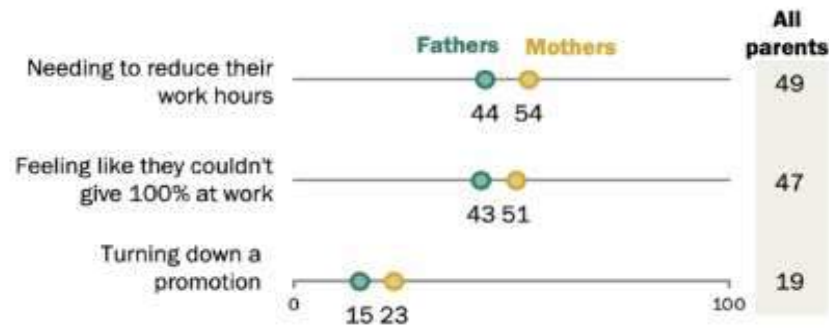
Source 2020: [Bureau of Labor Statistics](#)



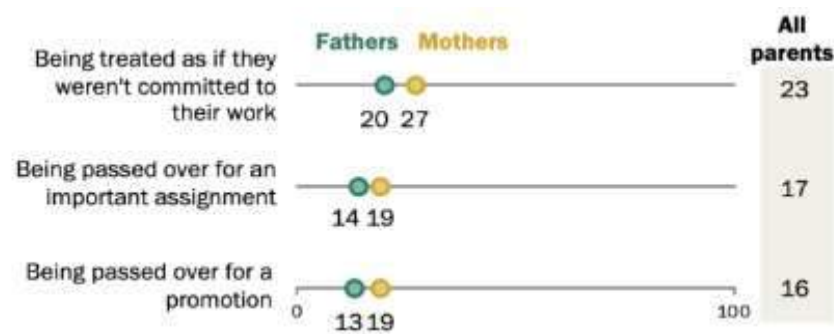
# Women face unique financial considerations

**Mothers in the U.S. are more likely than fathers to say they have needed to reduce their work hours or felt like they couldn't give 100% at work.**

*% of employed parents with children younger than 18 saying they have personally experienced each of the following because they were balancing work and parenting responsibilities*

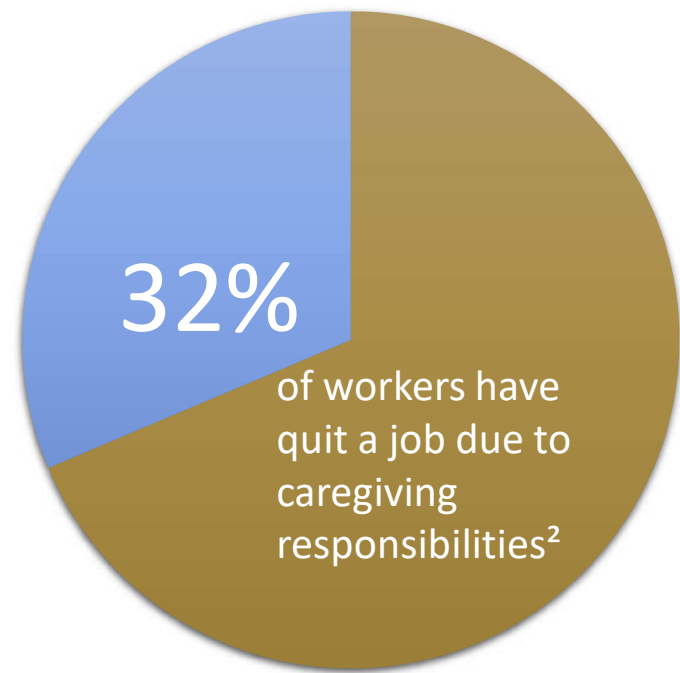


*% of employed parents with children younger than 18 saying they have personally experienced each of the following at work because they have children*



# Multiple roles & responsibilities

- Mothers take more time off than fathers after birth/adoption. Median length of leave among mothers was 11 weeks, compared with one week for fathers. <sup>1</sup>
- About half (47%) of mothers who took time off work in the two years after birth/adoption took off 12 weeks plus. <sup>1</sup>
- 25% of women said this negatively impacted work, compared with 13% of men. <sup>1</sup>



<sup>1</sup><https://www.pewresearch.org/fact-tank/2021/05/25/gender-pay-gap-factszxs>

<sup>2</sup>The Caring Company: How employers can help employees manage their caregiving responsibilities –while reducing costs and increasing productivity, Harvard Business School, January 2019



# Your role as a parent

- Average cost of raising a child remains at \$233,610
- Middle-income parents will spend an average of \$310,605 by the time a child turns 17 between 2015 and 2032.
- The largest expense associated with raising a child is housing, followed by food.
- The cost of childcare varies widely and depends on where you live.
- The good news is that each additional child costs less, thanks to economies of scale.
- The cost of raising a child doesn't include costs associated with education.

SOURCE: [How Much Does It Cost to Raise a Child in the U.S.? \(investopedia.com\)](https://www.investopedia.com/how-much-does-it-cost-to-raise-a-child-in-the-u.s.-2015-2032/)







# Your role as a partner

## Things to consider for you and your partner:

- Do we discuss financial goals?
- If something happens to either of us, are we protected?
- Do we both have access to all the financial information?
- Who handles the finances?



# Your role as a daughter



- Are your parents prepared for their future care needs?
- 75% of all family caregivers are female
- AARP study, three-quarters of the family caregivers surveyed reported spending an average of **\$7,242 annually** on out-of-pocket costs related to caregiving

SOURCE: [Family Caregivers Experience High Out-of-Pocket Costs \(aarp.org\)](https://www.aarp.org)



A hand holding a compass, symbolizing direction and navigation. The compass is a classic round design with a white face and black markings, showing cardinal and intercardinal directions (N, NE, E, SE, S, SW, W, NW) and degree markings. The hand is positioned palm-up, holding the compass in the center. The background is a dark, textured blue.

# Life changes that can impact your finances

- Divorce
- Widowhood
- Unpredicted event



# Divorce

## Things to consider post-divorce:

- Your retirement plan benefits
- Social Security post-divorce
- Financial clarity



# Why Social Security Matters for Women

Your Social Security benefits aren't intended to be your sole source of income when you retire. On average, Social Security will replace about 40 percent of your annual pre-retirement earnings. <sup>1</sup>

- Women represent 56% of all Social Security beneficiaries aged 62 and older<sup>2</sup>
- Women represent 65% of beneficiaries aged 85 and older<sup>2</sup>
- 48% of all elderly unmarried women rely on Social Security for 90% or more of their income<sup>2</sup>
- Less than 1% of men obtain benefits as survivors or as spouses of retired and disabled workers compared to 12% of women<sup>3</sup>
- Average annual Social Security benefit received by women aged 65 and older: 20% less than men<sup>4</sup>

1) "Your Social Security Statement", Form SSA-7005 (2019)

2) Social Security Fact Sheet "Social Security Is Important to Women" July 2019

3) Fast Facts & Figures About Social Security, 2019, SSA Publication No. 13-11785, Released: August 2019

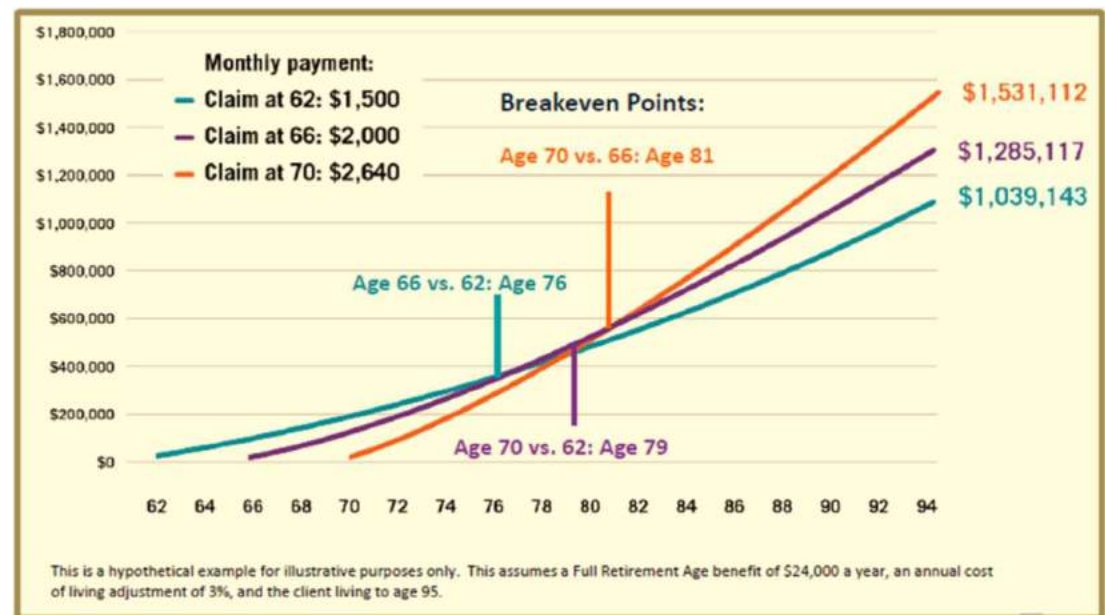
4) Social Security Fact Sheet: "Social Security Is Important to Women"; July 2019



# Social Security: When to commence benefits?

- Full Retirement Age (FRA)
- Early retirement
- Delayed retirement credits
- 69% of men take reduced benefits<sup>1</sup>
- 73% of women take reduced benefits<sup>1</sup>

## Social Security: Breakeven points



<sup>1</sup>Source: Social Security Administration, Master Beneficiary Record, 100 percent data. Social Security Annual Statistical Supplement 2019, Table 6.B5.1



# Social Security: Survivor benefits

Surviving spouse can obtain or step up  
to the benefit of the deceased spouse



If a survivor is at full retirement age,  
they can collect **100%** of the  
spouse's benefit

Survivor benefits typically begin at  
**age 60**

- Survivor benefits are reduced if they begin before full retirement age –up to 28.5%
- Exceptions for widowers with children who are under 19

The Survivor can swap to his or her  
own benefits

- Advantageous if more significant when the full retirement age reached





# Widowhood

- You may be eligible to collect survivor benefits under your spouse's retirement benefit
- A widow who is a beneficiary of her deceased spouse's qualified retirement plan can receive a distribution from it.
- Nearly 2/3 of women married at retirement will outlive their husbands by an average of 8.5 years<sup>1</sup>
- 78% of the 20 million U.S. widows/widowers are women<sup>2</sup>
- By age 85, women outnumber men two to one<sup>2</sup>
- 53% of widows/widowers say they and their spouse did not have a plan in place for what would happen if one of them died<sup>3</sup>

1) Schwartz Center for Economic Policy Analysis: Old-Age Poverty: Single Women & Widows & A Lack of Retirement Security, August 2018  
2) U.S. Census Bureau 2017 Report as cited in 3Merrill/Age Wave Widowhood Research, 2018  
3) Merrill/Age Wave Widowhood Research, 2018;





# Community



- Women are more likely than men to give to charity and give more money in dollar amounts when they do donate.
- With Qualified Charitable Distributions (QCDs) you send money directly from your IRA to a qualifying charity and don't have to pay any taxes on the distribution.
- Take advantage of qualified charitable distributions.



# Unpredicted Event

**Make sure you are prepared by updating:**

- Power of attorney
- Beneficiary designations
- Last will and testament
- Health care directive



# What You Need to Know

- We have to plan now for living longer.
  - Education & planning – early & often
- Learn from lessons of parents.
- Medicaid will not pay for help until you need assistance with 3 ADLs.
- Medicaid does not pay for 24-hour care in home in NJ.
- Your estate planning documents should be flexible and include back-up agents.
- You can guard against risks facing solo seniors.





Thank you.

Niraj Chhabra CFP<sup>®</sup>, MBA, CLTC<sup>®</sup>,  
CRPC<sup>®</sup>

Financial Advisor

500 Franklin Turnpike

Ramsey, NJ 07446

Suite 206

Phone: (201) 484- 7664

Email: [Niraj.Chhabra@sidebaradvisors.com](mailto:Niraj.Chhabra@sidebaradvisors.com)

Facebook: [facebook.com/SideBarAdvisors/](https://facebook.com/SideBarAdvisors/)

LinkedIn: [linkedin.com/in/nirajchhabra/](https://linkedin.com/in/nirajchhabra/)

Instagram: [Instagram.com/nirajchhabra](https://Instagram.com/nirajchhabra)



# Disclosure

The content of this presentation is provided for informational and educational purposes only and does not consider any individual personal, financial, legal, or tax considerations. As such, the information contained herein is not intended to be personal legal, investment, or tax advice or a solicitation to buy or sell any security or engage in a particular investment strategy. Nothing herein should be relied upon as such, and there is no guarantee that any claims made will come to pass. Any opinions and forecasts contained herein are based on information and sources deemed to be reliable, but we do not warrant the accuracy of the information obtained from third-party sources. You should note that the materials are provided "as is" without any express or implied warranties. Opinions expressed are subject to change without notice and are not intended as investment advice or to predict future performance. Consult your financial professional before making any investment decision.

All insurance benefits and guarantees are based on the financial strength and claims-paying ability of the issuing insurance company.

There is no assurance that any financial or investment plan or strategy will be successful. Investing involves risk, including the possible loss of principal.

Some advisers may be licensed insurance agents and may be compensated for the sale of insurance-related products through an affiliated insurance agency.

Investment advisory services are provided through Mariner Platform Solutions, LLC ("MPS"). MPS is an investment adviser registered with the SEC, headquartered in Overland Park, Kansas. Registration of an investment advisor does not imply a certain level of skill or training. MPS is in compliance with the current notice filing requirements imposed upon registered investment advisers by those states in which MPS transacts business and maintains clients. MPS is either notice filed or qualifies for an exemption or exclusion from notice filing requirements in those states. Any subsequent, direct communication by MPS with a prospective client shall be conducted by a representative that is either registered or qualifies for an exemption or exclusion from registration in the state where the prospective client resides. For additional information about MPS, including fees and services, please contact MPS or refer to the Investment Adviser Public Disclosure website ([www.adviserinfo.sec.gov](http://www.adviserinfo.sec.gov)). Please read the disclosure statement carefully before you invest or send money.

Investment Adviser Representatives ("IARs") are independent contractors of MPS and generally maintain or affiliate with a separate business entity through which they market their services. The separate business entity is not owned, controlled by or affiliated with MPS and is not registered with the SEC. Please refer to the disclosure statement of MPS for additional information.

