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Social Security Retirement Planning 101 with Social Security

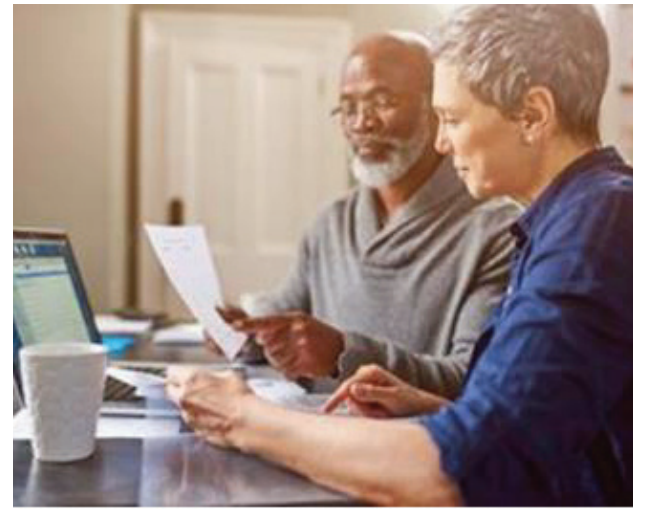
by Patrick I. Robinson, Sr., SSA Manager
socialsecurity@scoopusamedia.com

Social Security benefits are part of the retirement plan of almost every American worker. If you're among the people covered under Social Security, you need to know how much you might receive from us when you begin receiving benefits. These monthly payments may be a vital part of your retirement income. We base your benefit payment on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had low earnings, your benefit amount may be lower than if you had worked steadily. Even if you have never worked under Social Security, you may be able to get spouse's retirement benefits if you are at least 62 years of age and your spouse receives retirement or disability benefits. Our online retirement planners are a great place to start mapping out your retirement plan. You can access them at www.ssa.gov/planners/retire.

We provide important information that you should know. Have you considered:

- o When you should apply for retirement?
- o What documents you need to provide?
- o Which factors may affect your retirement benefits?
- o What you should remember to do after you retire?

You can use our Retirement Calculator at www.ssa.gov/myaccount to get an instant estimate of your future retirement benefits, and to see the effects of different retirement age scenarios. On our website, you'll also find our Retirement



Estimator. It gives estimates based on your actual Social Security earnings record. Please keep in mind that these are just estimates. You can access the Retirement Estimator at www.ssa.gov/estimator. Once you know your estimated retirement benefits, you can start coordinating other parts of your retirement plan. Saving money is also important. It's never too early to begin saving, and doing so can help you live more comfortably when you stop working.

Benefits for family members may also be important to you. When you start receiving Social Security retirement benefits, members of your family may also qualify to receive benefits on your record. You can learn more at www.ssa.gov/benefits. Please share this information with family and friends to help them prepare for retirement.

ACHIEVEability

Continued from page 5

fering virtual programming focused on stress management, fitness, financial education and youth activities.

We have been in contact with our sponsors and ticket buyers requesting that, in light of the event's cancellation, they continue to support ACHIEVEability in this difficult time.

If you had planned to support ACHIEVEability's Give and Groove through purchasing tickets, partici-

pating in on-site games and donating, please consider honoring your commitment to ACHIEVEability by giving at www.achieveability.org. Your support is needed now more than ever.

We're grateful to all of you for your ongoing commitment to our work, especially in this time of need, and look forward to bringing this event back in 2021.

If you have any questions, please contact rstaffieri@achieveability.org.

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Preventive measures

Continued from page 9

uate Healthcare Club and through interviews and article archival retrieval surrounding Dr. Loretta Sweet Jemmott, Vice President for Health and Health Equity at the Drexel University's College of Nursing and Health.

Growth and development is a suggest for further conversation regarding how people, places and things can be the manifested destiny for creative problem solving. I am most interested in the encouragement provided by Robert A. Davis who presents in his book S.O.W. (Seeking Opportunities to Win) the idea that "People should look past that which is before them to see what is beyond them". More details is available to be a winner beyond all causes, struggles and epidemics by making an individual or group inquiry through the purpose driven directives of email contact at seekingopportunitiestowin@gmail.com or robwrites@gmail.com

**SCOOP USA IN PRINT AND ONLINE
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| MONDAY • MARCH 30, 2020 Evening | | | | | | | | | | | | | | |
|---------------------------------|---|---------------------------|---|-------------------------|--|-------------------------|---|----------------------------|--|------------------------|--|----------------------------|--|---|
| | 5 PM | 5:30 | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 |
| CBS | Eyewitness News at 5pm | | Eyewitness News at 6pm | CBS News Norah (CC) | Inside Edition | Entertainment Tonight | The Neighborhood (CC) | Bob Hearts Abishola (CC) | All Rise: In the Fights (CC) | | Bull: Off the Rails (CC) | | News | Late Show |
| ABC | Action News 5:00 PM Updated news events of the day. | | Action News 6:00 PM | ABC World News Tonight | Jeopardy! (CC) | Wheel of Fortune (CC) | American Idol (CC) | | | | The Good Doctor: I Love You The doctors try to save lives. | | Action News 11PM (CC) | Jimmy Kimmel Live (CC) |
| NBC | NBC 10 News @ 5pm (CC) | | NBC 10 News @ 6pm | NBC Nightly News (CC) | NBC 10 News @ 7pm | Access Hollywood (CC) | The Voice: The Battles Part 2 The battle rounds continue; each coach has one steal and one save. (CC) | | | | Manifest: Call Sign Ben helps a guilt-ridden passenger. | | NBC 10 News @ 11pm | Tonight Show |
| PBS | Bare Feet M Mallozzi | Bare Feet M Mallozzi | The PBS NewsHour (CC) | The Day (CC) | The Day (CC) | BBC World News | Antiques Roadshow: Desert Botanical Garden Hour 2 | | Antiques Roadshow: Spokane (CC) | | Independent Lens: One Child Nation (CC) | | | Amanpour and Company |
| MYN | Judge Jerry (CC) | black-ish: The Talk (CC) | black-ish: Churched (CC) | The Big Bang Theory | The Big Bang Theory | The Goldbergs | Modern Family | Mom: Fish Town | The Goldbergs | Mom: Sonograms Tube | | Action News at 10 on PHL17 | Modern Family | Two and a Half Men (CC) |
| FOX | FOX 29 News at 5 The latest news and weather report. | | The Six | The ClassH-Room (CC) | Extra (CC) | TMZ (CC) | 9-1-1: Pinned Incident occurs at a bowling alley. | | Prodigal Son: Scheherazade (CC) | | FOX 29 News at 10 The latest news and weather forecast. | | FOX 29 News at 11 | TMZ (CC) |
| TBN | Inexplicable | | Samuel Rodriguez (CC) | Don Wilton (CC) | John Gray World (CC) | T.D. Jakes (CC) | Praise A discussion on faith-related topics. (CC) | | Steven Furtick | Robert Morris | Translating God | The Easter Experience | | Praise A discussion on faith-related topics. (CC) |
| CW | Hot Bench (CC) | Hot Bench: Hey IRS! Can | Family Feud (CC) | Family Feud (CC) | Family Feud (CC) | Family Feud (CC) | Supernatural: Last Holiday (CC) | | Roswell, New Mexico: Good Mother (CC) | | News | News | 2 Broke Girls (CC) | The King of Queens (CC) |
| ION | Criminal Minds: Birthright Killing spree investigation. (CC) | | Criminal Minds: 3rd Life Teens abducted, one murdered. | | Criminal Minds: Limelight (CC) | | Criminal Minds: Damaged (CC) | | Criminal Minds: A Higher Power (CC) | | Criminal Minds: Elephant's Memory (CC) | | Criminal Minds: In Heat Serial killer with sexual issues. | Criminal Minds: The Wink (CC) |
| A&E | Elizabeth Smart: Autobiography: Part 1 A survivor of an abduction experience. | | Elizabeth Smart: Autobiography: Part 2 The personal story of surviving. | | | | Hunting JonBenet's Killer: The murder of JonBenet Ramsey. | | Untold Story The unsolved | | | | The Killing of JonBenet: Her Father Speaks JonBenet case evidence and interviews. (CC) | |
| BET | BET Star Cinema | | | | | | BET Star Cinema | | | | | | | |
| DISC | Street Outlaws Underground world of street racing. (CC) | | Street Outlaws: Full Throttle (CC) | | Street Outlaws: Memphis: Full Throttle: Kentucky Fried | | Street Outlaws: Memphis (CC) | | Driven: Shelby's Secret Project | | Fast N' Loud: Super Troupe Jeep (CC) | | Fast N' Loud: Tom Takes Over Lane (CC) | |
| DISN | Jessie: Panic Attack Room | Jessie: Break-Up and (CC) | Jessie: Diary of Mad (CC) | Raven's Home (CC) | Raven's Home (CC) | BUNK'D: Whatever Floats | Disney Fam Jam | Sydney to the Max (CC) | Raven's Home: Disorder | Just Roll With It | Coop & Cami Ask (CC) | Sydney to the Max (CC) | Gabby & The Unsittables | Just Roll With It |
| ESPN | SportsCenter | | | | | | | | | | | | | |
| LIFE | The First 48: Game Over; Long Walk Home (CC) | | The First 48: Killer Connection; Bloody Birthday (CC) | | The First 48: Senior Year (CC) | | The First 48: Red Brick; Last Kiss (CC) | | The First 48: Stray Shot (CC) | | The First 48: Secrets and Lies (CC) | | The First 48: Murder on Maiden Lane (CC) | |
| NICK | The Loud House | The Loud House | The Casagrandes | The Loud House | Danger Force (CC) | SpongeBob SquarePants | Young Dylan (CC) | SpongeBob SquarePants | SpongeBob SquarePants | SpongeBob SquarePants | Friends: The Cop (CC) | Friends: Rachel's Kiss | Friends: Can't Flirt | Friends: The Ride Along |
| TBS | Bob's Burgers | Family Guy: Take My Wife | Family Guy: Pilling Them | Family Guy: Rollin' Son | Family Guy: Robot | Family Guy: Peternormal | Family Guy: Peter, Chris | Family Guy: Peter's Sister | Family Guy: Brokeback | American Dad! (CC) | American Dad! (CC) | Conan (CC) | Seinfeld: The Wink (CC) | |
| TLC | 90 Day Fiancé: Before the 90 Days: Our Lips Are Sealed | | 90 Day Fiancé: Before the 90 Days: Can't Buy Me Love Darcey | | 90 Day Fiancé: Before the 90 Days: Pillow Talk (CC) | | 90 Day Fiancé: Before the 90 Days: Episode 1 (CC) | | sMothered: Kathy & Cristina: Our Journey So Far (CC) | | | | sMothered: Time to Intervene (CC) | |
| USA | Chicago P.D.: A Material Witness (CC) | | Chicago P.D.: At Least It's Justice (CC) | | Chicago P.D.: Turn the Light Off (CC) | | WWE Monday Night Raw (LIVE) | | | | | | Briarpatch: Most Likely to Succeed (CC) | |
| WGN | Blue Bloods: Pain Killers (CC) | | Blue Bloods: Heavy Is the Head (CC) | | Last Man Standing (CC) | Last Man Standing (CC) | Last Man Standing (CC) | Last Man Standing (CC) | Last Man Standing (CC) | Last Man Standing (CC) | Almost Paradise: Finding Mabuhay (CC) | | Last Man Standing (CC) | Last Man Standing (CC) |