



# Pre-retirees in times of inflation

Tips and strategies for staying on track for retirement

Daydreaming of retirement but wondering if you will be able to afford it? While inflation and interest rates are on the rise, it does not necessarily mean you need to hang up your sun hat just yet. Even though inflation can eat away at potential buying power, history suggests that opting for investment options that yield a minimum of 2% return will help you maintain your purchasing power in retirement.

## HERE ARE A FEW TIPS THAT CAN HELP YOU NAVIGATE INFLATIONARY PERIODS WITHOUT SACRIFICING YOUR RETIREMENT DREAMS.

### 1 Know what you want and plan accordingly.

What does your retirement or savings goal look like? Creating a clear budget for your retirement is your best tool to maintain your desired lifestyle and choose the best investment strategy.

### 2 Give your advisor a call.

Before lunging into any emotional decisions, take the time to consult a professional. Your financial advisor will keep you focused on your goals and help you make the best decisions based on your unique financial needs.

### 3 Just because there is less time, it does not mean there is no time.

If your colleagues are not planning your retirement party yet, there is still time for the markets to recover. Remember, this is an inflationary period and history has shown that it doesn't last forever.

## 7 STRATEGIES TO CONSIDER



### Don't dismiss equity

The growth potential, value and compounding returns of equity holdings should not be ignored. Even as you approach retirement, you will need some equity to keep up with inflation.



### Keep your purchasing power

To beat inflation and keep those sun-soaked retirement dreams, when choosing investments, always keep in mind the rate of inflation to maintain your purchasing power.



### Dollar cost averaging

A tried-and-true strategy that works great in volatile markets. Essentially, by contributing a set amount periodically, you are giving yourself the opportunity to buy more shares when markets dip.

The easiest way to implement this strategy is by setting up a payment schedule through pre-authorized deposits (PADs).



### Plan for your time horizon

When do you plan to retire? If your retirement year is non-negotiable, options like Target Date Funds automatically take on less risk over time so you can retire on time.



### Evaluate your risk tolerance

If you're losing sleep over your investments, you can explore re-evaluating your risk tolerance. Keeping an appropriate mix of fixed income and equity will help you outpace inflation.

### Say goodbye to RRSP deadlines!

By applying this strategy to an RRSP, you can avoid the stress of sending your deposits in time and lower the average cost of your investment.

### Example\*:

Unit Price	PAD	Units Bought
\$10	\$100	10
\$6	\$100	16.7
\$8	\$100	12.5
\$11	\$100	9.1
\$7	\$100	14.3
\$10	\$100	10

**Total Invested \$600**

**Total Units 72.6**

**Average Share Price \$8.67**

**Average Cost Per Share \$8.26**



### Actively managed funds

These funds include some extra TLC with experts behind the scenes making decisions with the goal to outperform the market.



### Diversify your holdings

Weather the ups and downs of a volatile market and realize a greater return by spreading your money across multiple asset classes, sectors, stocks and bonds.

\*Source: CI Global Asset Management, "dollar-cost averaging. A strategy for volatile markets". Published May 18, 2021. The above example is for visualization purposes only.

# INVESTMENT OPTIONS AT ASSUMPTION LIFE

## INDIVIDUAL FUNDS

Assumption Life's fund line-up has everything you need to build a well-diversified portfolio or supplement an existing portfolio solution.

### High Equity Content

- Louisbourg Preferred Share Fund
- Fidelity North Star® Fund
- Fidelity International Growth Fund
- Louisbourg US Equity Fund
- Fidelity Canadian Opportunities Fund
- Louisbourg Canadian Dividend Fund
- CI Canadian Dividend Fund
- Fidelity American Disciplined Equity® Fund
- CI Global Dividend Fund
- Fidelity Emerging Markets Fund
- Fidelity Europe Fund
- Fidelity Far East Fund
- CI U.S. Stock Selection Fund
- Louisbourg Canadian Small Caps Equity Fund
- Louisbourg Momentum Fund
- CI Global Resource Fund
- Fidelity Canadian Core Fund
- Louisbourg Canadian Equity Fund
- CI Black Creek Global Leaders
- Louisbourg International Equity Fund
- Fidelity U.S. Focused Stock Fund
- Fidelity True North® Fund
- Fidelity Canadian Low Volatility Equity
- Fidelity Global Low Volatility Equity
- CI Emerging Markets
- CI Global Real Asset
- TD Greystone Global Equity
- TD U.S. Small Cap Equity

### Balanced Equity Content

- CI High Income Fund
- Fidelity North Star® Balanced Fund
- Fidelity Monthly Income Fund
- CI Canadian Asset Allocation Fund
- Fidelity Canadian Asset Allocation Fund

### Fixed Income

- Louisbourg Canadian Bond Fund
- Louisbourg Money Market Fund
- Louisbourg Fixed Income Fund
- CI Canadian Bond Fund
- TD High Yield Bond



## SHOW CANADIAN MARKETS SOME LOVE

Canadian equity funds have been performing well in 2021 and 2022 compared to other equity indices, making them a great equity option for your portfolio.

## PORTFOLIO SOLUTIONS

Assumption Life's managed portfolios are regularly rebalanced, offering you broad diversification.



### Time Horizons-Based Investments

#### Target Date Portfolios

- SmartSeries Income
- SmartSeries 2020
- SmartSeries 2025
- SmartSeries 2030
- SmartSeries 2035
- SmartSeries 2040
- SmartSeries 2045
- SmartSeries 2050
- SmartSeries 2055



### Risk Tolerance-Based Investments

#### Target Risk Portfolios

- Conservative Portfolio
- Balanced Portfolio
- Balanced Growth Portfolio
- Growth Portfolio
- Select Defensive Portfolio
- Select Moderate Portfolio
- Select Balanced Portfolio
- Select Growth Portfolio
- Select Enhanced Growth Portfolio

*No matter where you want your retirement plans to take you, talk to your financial advisor to help you get there.*

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