

EP 160 | Retirement and Sudden Death: Psychological and Physical Risks to Know

What happens when someone finally retires only to pass away months later?

In this episode of Retirement Planning Simplified, Joe talks about the surprising connection between retirement, health, and longevity. This isn't doom and gloom, it's a wake-up call to design a retirement that's not just long-lasting, but meaningful.

You'll discover:

- Why retirement itself isn't a "death sentence" and how it can improve health.
- The hidden dangers of losing purpose and identity after leaving work.
- Simple steps to stay active, connected, and fulfilled in retirement.

Here's what you're in for:

01:21 – Retirement and health (What research really says)

03:19 – Hidden health risks from years of stress

04:30 – Practical steps for a healthy and fulfilling retirement

04:46 – Purpose, identity, and avoiding the "retirement cliff"

Ready to take the next step?

Identify your retirement income style with the RISA questionnaire at

<https://account.myrisaprofile.com/invitation-link/88QG1TMQ12>

👉 **Want a retirement plan that adapts as your life evolves?**

Discover our True Wealth Roadmap — a step-by-step process to align your finances with your ideal retirement.

Learn more at <https://matthewsandassociates.ca/our-process/>

Don't forget to like, comment, and subscribe for more simplified retirement planning insights!

ABOUT JOE CURRY

Joseph Curry, also known as *Joe*, is the co-host of *Your Retirement Planning Simplified*, Canada's fastest-growing retirement planning podcast, where he provides accessible, in-depth financial advice. As the owner and lead financial planner at Matthews + Associates in Peterborough, Ontario, he is committed to helping people secure both financial stability and purpose in retirement. His mission is to ensure people can sleep soundly knowing they have a solid plan in place, covering both financial and lifestyle aspects of retirement. A Certified Financial Planner and Certified Exit Planning Advisor,

he values true wealth as more than money—it's about creating meaningful experiences with loved ones and fostering opportunities for the future.

You can reach out to Joe through:

LinkedIn: <https://www.linkedin.com/in/curryjoe>

Website: <https://www.retirementplanningsimplified.ca/>
<https://www.facebook.com/RetirementPlanningSimplified/>
<https://matthewsandassociates.ca/>

ABOUT RETIREMENT PLANNING SIMPLIFIED

Founded in 2022, its mission is to empower people to plan for retirement confidently, focusing not only on finances but also on a meaningful life. RPS wants everyone to have access to simple, reliable tools that reflect their values and priorities, helping them create True Wealth—the freedom to do what they love with those they love. By simplifying retirement planning and aligning it with the retiree's purpose, RPS aims to support building a retirement that feels fulfilling and secure.

To know more about RPS you can visit the links below:

- LinkedIn: <https://www.linkedin.com/company/retirement-planning-simplified/>
- Instagram: https://www.instagram.com/retirement_planning_simplified
- Podcast/Blog: <https://www.retirementplanningsimplified.ca/blog>
- Youtube: <https://www.youtube.com/@retirementplanningsimplified>

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