

Andover Townsman, Andover, MA

April 28, 2011

Delicious tips at free financial seminar

By Judy Wakefield
Staff Writer

It's not all about the money when you talk about ingredients for a secure retirement.

Saving money is great, but living a healthy lifestyle is important, too.

"Being healthy is the wild card for people," said Helene Spoto of Sentry Financial Planning in Burlington and Danvers. "Planning for retirement requires more than just getting your finances in order. Your lifestyle also plays an important role."

Spoto is also a serious cook. When she and husband, John Spoto, present their free seminar on retirement information next Thursday night in Andover, she plans to cook a healthy and inexpensive one-pan meal for attendees. There will be samples and recipes mixed with the financial tips.

"Eating sensibly is one of the most important ways you can improve your health now and help protect your financial well being when you retire," she said.

The Spotos have been offering free financial advice around town for more than two years. They presented a seminar at Memorial Hall Library in 2009. Community outreach is a company pledge and the Chandler Road couple have offered numerous free seminars in various town libraries and other locations.

"John makes the seminar fun and appealing to people," said Helene Spoto, noting that "financial literacy" is their focus, not selling.

Here's what will be discussed:

How much will I need to retire?

How large will my investment portfolio have to be to support my needs without running out of money?

How much do I need to save each year so I have enough money to retire?

What is the most effective way to allocate my savings using my employer retirement plan, IRAs and taxable investments?

How do I build, manage, and take withdrawals from my retirement portfolio?

A question-and-answer session will follow.

Then, Helene Spoto will cook for the crowd. It will be a Cinco de Mayo dish, but that's all she would say about her added ingredient for the seminar.

She said ingredients are simple and inexpensive because she knows dinner time needs to be quick and healthy in these busy time.

You can see Helene Spoto cooking in her kitchen on "Taste of The Trib," an online cooking demonstration shown on Fridays at eagletribune.com.