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Tune in to Jeffrey's podcast, *Financial Focus*, by visiting
<http://financialconceptsmesquite.com/podcast/>



INGREDIENTS

- 1 c. chopped onion
- 1 c. sliced fresh mushrooms
- 1 tbsp. vegetable oil
- 10 oz. frozen chopped spinach, thawed and well drained
- 2/3 c. finely chopped fully cooked ham
- 5 large eggs
- 3 c. shredded Muenster or Monterey Jack cheese
- 1/8 tsp. pepper

DIRECTIONS

1. In a large skillet, saute onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until the excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.

Crustless Spinach Quiche

<https://www.tasteofhome.com/recipes/crustless-spinach-quiche/>



Jeffrey Bird-RICP®



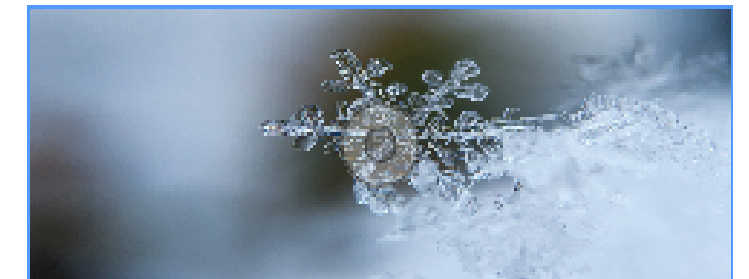
Medicare Prices Will Change in 2023

As 2022 heads to the finish line, those receiving Medicare benefits have received a dose of good news. Medicare Part B premiums and deductibles will shrink next year because the program spent less than anticipated in 2022. Unfortunately, the cost cuts Medicare recipients will see in 2023 are smaller than the increases beneficiaries were hit with in 2022.

Additionally, Part A's deductibles for hospitalization expenses will also be higher in 2023.

The standard Medicare Part B premium will be \$164.90 in 2023, that's a drop from \$170.10 that beneficiaries paid in 2022. As for Part B's 2023 deductible, it will be \$226 in 2023, down \$7 from 2022's \$233 deductible.

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There are at Least 100 Words for "Snow" in Russian

Russia is a very big, very cold place. It makes sense that snow is just a part of life. Some of the very specific words for snow include: Phlyak – extremely fluffy snow great for downhill skiing, Tselyak – snow that hasn't been touched by anyone, and Naled – the annoying snow and ice that covers cars in the morning.

<https://mykeytorussian.com/russian-words-for-snow/>

MEDICARE PRICES...

Prices from 2021 to 2022 took a sizeable jump. The 2022 Part B premium went up 14.5% or \$21.60. Additionally, Part B's deductible jumped \$30 from 2021 to 2022. So, while jump of 2023's numbers present good news, the upcoming numbers don't entirely claw back 2022's raises.

Finally, CMS also announced that beginning in 2023, some Medicare enrollees who are 36 months post kidney transplant, and who therefore no longer qualify for full Medicare coverage, can continue Part B coverage of immunosuppressive drugs by paying a monthly premium of \$97.10.

Medicare open enrollment is open now through Dec. 7. This is the window of time when enrollees can review their coverage and decide if they need to make any adjustments based on their changing needs.

Breaking it down

Let's also take a moment to review the various parts of Medicare.

Medicare Part B is general insurance that will cover you for things like visits to your doctor and other healthcare providers, outpatient, and home healthcare as well as medical equipment and preventative care services like vaccines and yearly wellness appointments.

Part A handles inpatient hospitalizations, skilled nursing facility services, hospice care, inpatient rehabilitation and some home healthcare services. Typically, Part A doesn't come with a premium, according to the article.

Part D provides prescription drug coverage in conjunction with private insurance companies.

Part C, which is often referred to as Medicare Advantage, is private insurance that takes the place of Part B and sometimes Part D as well.

The Part A deductible for hospital admissions will rise by \$44 in 2023 to \$1,600. The deductible covers the beneficiary's share of the expenses for the first 60 days of Medicare-covered inpatient hospital care in a benefit period.

Let's break that down a little further. For someone who's hospitalized for more than 60 days, in 2023 the coinsurance tab will jump to \$400 per day for the 61st day through the 90th day. In 2022 that amount was \$389. After the 90th day, it rises to \$800, up from 2022's \$778.

For those in skilled nursing facilities, the daily coinsurance expense for days 21 through 100 of extended care services in a benefit period will jump from \$194.50 to \$200.

Parts B and D

Let's next look at parts B and D.

Part B's standard monthly premiums apply to those making \$97,000 or less per year, or couples annually earning a combined \$194,000. Premiums are more for those with higher incomes. For example, those with incomes between \$97,000 and \$123,000 for individuals and \$194,000 and \$246,000 for couples, will pay an additional monthly premium of \$65.90 for Part B and \$12.20 for Part D.

Furthermore, in 2023 those with an annual income of \$500,000 or more will be subject to \$560.50 a month for Part B and an additional \$76.40 for Part D.

Those income levels are more than they were in 2022. In 2022, standard premiums applied to individuals who made more than \$91,000 and couples with an annual income of more than \$182,000. Those extra charges are referred to as the income-related monthly adjustment, or IRMAA, and according to CMS, roughly 7% of Part B beneficiaries are subject to these surcharges.

<https://www.kiplinger.com/retirement/medicare-costs-to-go-down-in-2023>

SECTORS: OVERWEIGHT, UNDERWEIGHT OR JUST RIGHT?

The U.S. stock market had a banner year in 2021, with the S&P 500 index up almost 27%. Unfortunately, stocks turned downward on the second trading day of 2022 and kept sliding into a bear market.¹

Stocks in the S&P 500 are classified by 11 different business sectors, each of which responds differently to economic conditions. For example, the information technology sector was very strong in 2021, rising by 33.4%. But it turned south in 2022 and dropped by 22.6% through August. On the other hand, the energy sector, driven by high oil prices, was up during both periods.

Index Weighting

Many broad-based indexes, including the S&P 500, are weighted based on market capitalization — the total value of a company's outstanding stocks. Sectors have different sizes and weighting to begin with, but the weight can change significantly due to performance. The information technology sector, which includes some of America's largest companies, rose from about 20% of S&P 500 capitalization at the end of 2018 to 29% at the end of 2021, increasing its impact on the index when the sector turned downward. The financials sector dropped from 13.3% to 10.7% over the same period, decreasing its impact on the index.²

This means that even if you invest primarily in broad-based funds, you may be more heavily invested (overweight) or less invested (underweight) in a given sector than you realize. If you own more specific funds or individual stocks, your portfolio could be even more overweighted or underweighted.

Some market sectors — such as health care, consumer staples, and utilities — are considered "defensive" and may be good to hold through a bear market or economic recession because businesses in these sectors tend to remain strong regardless of economic conditions. Others — such as information technology and consumer discretionary — may have more growth potential but are more sensitive to economic conditions. Whether it's appropriate to shift sector allocations in the middle of an economic cycle depends on your individual circumstances and long-term goals.

Sector Funds

One way to shift sector weight in your portfolio is by adding one or more sector funds — mutual funds or exchange-traded funds (ETFs) that focus on stocks of companies in a particular industry

or sector of the economy. Because these funds are less diversified, they typically carry a higher level of volatility and risk than broad-based funds and should be considered as a complement to a core portfolio of diversified funds rather than a replacement.

Although sector funds offer flexibility in fine-tuning your portfolio, it's important to resist the temptation to chase performance and move assets into "hot" sectors without a more comprehensive strategy. Sector performance is cyclical, and last year's hot sector can easily turn cold, as can be seen in the ups and downs of technology stocks. Also keep in mind that every business cycle is different, and unexpected events can disrupt regular trends.

The return and principal value of all investments, including sector funds, fluctuate with changes in market conditions. Shares, when sold, may be worth more or less than their original cost. Asset allocation and diversification are methods used to help manage investment risk; they do not guarantee a profit or protect against investment loss.

Mutual funds and ETFs are sold by prospectus. Please consider the investment objectives, risks, charges, and expenses carefully before investing. The prospectus, which contains this and other information about the investment company, can be obtained from your financial professional. Be sure to read the prospectus carefully before deciding whether to invest.

1) S&P Dow Jones Indices, 2022h <https://www.spglobal.com/spdji/en/indices/equity/sp-500/#data>
2) Sibilis Research, 2022 <https://sibilisresearch.com/data/dax-30-sector-weights/>

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