

My Social Security Seminar Speech

By Teresa Lau Jenkins

For Tuscaloosa Chinese Community

Slide 1

Good afternoon Ladies and Gentlemen, I am Teresa Lau Jenkins, Chairwoman of the Birmingham Pacific Asian American Advisory Council, an employees' organization of Social Security Administration. As courtesy to you, me and our PAAAC volunteers, are presenting you an SSA Seminar free of charge and we are not charging SSA any wages either. Our purpose is to help you increase awareness about the different services and benefit programs that we administer. As you know, Social Security can be very complicated and it's my job to help you better understand the system so you can make the best decisions for yourselves. So let's get started. Just a brief history of Social Security:

大家好! 我们是社安局阿拉巴马州伯明翰分局亚太裔员工委员会的会员, 我是主席刘桂英(**Teresa Lau Jenkins**), 我很荣幸今天有机会为您介绍社安局各种福利, 让大家了解我们的复杂系统, 领福利的时候, 能作出精明的选择。为了表示对大家的关怀, 我们今天以志愿者的身分, 为大家免费服务, 也没有向社安局拿工钱的。好! 让我们先讲社安局的历史吧!

Slide 2

Social Security started during the Great Depression back in the 1930s. We've definitely come a long way since the program's inception. We started out as a one-time, lump-sum pay amount program. The very first Social Security check was just \$0.17. At that time, the program was solely a retirement

program. Benefits like Disability, Survivors, etc. came along later. We were designed to give income to the older generation while opening up the job market for the younger generation. The basic concept of Social Security is that we are an income transfer program.

社安局成立于 **1930** 年经济大衰退时期，至今经过了许多的改进，开始的时候，是一笔过付清的，我们付出的第一张支票只有一毛七，当时我们只有退休金的项目，残障金，抚恤金等是后来加上去的。我们的计画是开拓年轻一代的工作机会，把他们的薪俸税以福利的方式转移到老一辈的身上。

Slide 3

What this means is the workers of today pay the benefits of current retirees and other beneficiaries.

意思是说，这个月的工人和雇主养活了下个月的退休人士和其他的受益者。

Slide 4

It was a great system in the 1930s. It worked. It paid on the retired worker. It paid at the age of 65 (there was no early retirement or delayed retirement). But the life expectancy in the 1930s was only 63. What that meant was we had individuals working and paying into the system but not living long enough to reap the benefits. So that excess of money that had yet to be paid out became known as the Social Security Trust Fund.

这个系统在 **1930** 年代很成功，没有早拿晚拿之说，大家都在六十五岁时拿钱，当时平均寿命是六十三岁，有些人交了很多年的税，还没有享受到福利就去世了，剩出来的钱，就成为现在的社安基金。

Slide 5

As of right now, there are two main factors that are negatively impacting Social Security. First, most Baby Boomers did not have enough children. And the parents of Baby Boomers are living longer. What that means is that you don't have enough of the 'children' or the younger generation working to support the number of Baby Boomers who are due a check. Plus, with the parents of Baby Boomers living longer, you have more people withdrawing from the system for longer periods of time.

今天的社安福利面对两个威胁，第一：二战后人口急增(战后婴儿潮)，那一大群婴儿已经到退休年龄，而且他们跟父母的寿命都延长了很多。第二：这群人，生的小孩不够多，我们能从这一小撮工作的子女身上，取足够的税收来养活这一大群老人吗？

Slide 6

This is the US birthrate chart projected from 1920-2020 and what it illustrates there will be fewer future workers to support this large generation of baby boomer retirees.

萤幕上显示了一百年内的人口增长率,显示出以后的四年,少数的工作人群必须要养活一大群的退休金受益者。

Slide 7

Since we do not have enough people working to support the number of people who are due a check, we've had to start dipping into that Social Security trust fund to supplement. We've been doing this since 2010.

因为工作缴税的人数比较少，享受社安福利的人比较多，入不敷出，所以，从 **2010** 年开始，我们只有从社安基金里面掏钱补助了。

Slide 8

If we keep dipping into that trust fund, eventually it will become completely exhausted. In 2034, if no changes are made to legislation, benefits could be cut by 21%. That is the worst case scenario. So if you have been drawing a \$1000 SSA check for 20 years it would be cut to \$790. That's it. But don't stress. Social Security will be there for you because of the income transfer program. As long as there are people working this month, they are paying in Social Security taxes, therefore there will always be money in the system to be paid out the next month.

不停地往基金抽钱，终于也是会抽干的! 如果到 **2034** 年，法律还没有改的话，最差估计就是把福利减掉 **21%**：比方你在 **2034** 年以前已经享受了每月**\$1,000** 的福利金，以后就要减低到每月**\$790**。但是，不要太担心，我们的原则是收入转移，只要这个月有人工作，缴税，下个月就有钱支付社安福利了。

Slide 9

Social Security provides a foundation on which to build retirement security. Social Security agrees with most financial advisors that you should have multiple types of income during retirement: Social Security, a 401K or pension from work as well as personal savings and investments.

大部分人的经济顾问和社安局都同意我们的福利只是您退休后收入的基本来源，并非全部来源。您应该安排其他的收入；比方 **401K**, 雇主付的养老金，个人投资收益，储蓄和其他收入。

Slide 10

In order to be eligible for Social Security Benefits you need work to earn credits. In 2016, \$1,260 in earnings gives you one credit. Maximum 4 credits per year. You need a total of 40 credits in order to qualify. So basically if you work 10 years of your life you are eligible for Social Security Retirement benefits.

一般来说，如果您已经工作十年，而且每年累积了四个工作点，那一共累积了 **40** 个工作点，将来您老的时候，就有资格拿退休金了。以 **2017** 年的标准，每赚**\$1,300**，就会得到一个工作点，**(\$1,300x4QC=\$5,200)**，每年最多只能增加四个工作点。

Slide 11

The age at which you decide to file will directly impact how much you receive. The earliest you can file for Social Security Retirement benefits is age 62 and you would receive a reduced rate. Everyone has a full retirement age, and I will find your full retirement age on my next slide, but if you wait until your Full Retirement age you can draw 100% of your benefit with no reduction. Once you turn 62, every single month that you wait to file, your benefit increases and will continue to do so all the way up to age 70. So let's find your full retirement age.

每一个人能拿 **100%** 退休金的年龄都不一样: 最早拿退休金的年龄是 **62**，每延迟一个月不拿，您退休金的百分率会高一点点。如果您等到七十岁才开始拿钱，您能拿的百分率是最高的，那样: 我们算一下，您的 **100%**退休年龄是哪一年吧!

Slide 12

Find your year of birth in this column, and go across to find your Full Retirement Age. Everyone have it? Good. If you wait until you reach that full retirement age you get an *un-reduced* retirement benefit.

您可以从图的左边找到您出生那年，然后对照右边的表，找到您 **100%**的退休年龄吗？到满退休年龄才拿，钱就不会少了。

Slide 13

So how do we calculate your benefits? The first thing we do is called "indexing" which basically means we take your old money from years past and convert it into today's modern day dollar value. One we do that, we then pick out the highest 35 years; the 35 years in which you've earned the most money. We then take those 35 years, add them all up and divide by 420, which is how many months there are in a 35-year period. Because the number we are trying to find for you is called an "averaged indexed monthly earnings"; an average of how much you've made each month over 35 years. We then use that figure to compute your monthly benefit amount.

您的退休金是怎样算出来的呢？是先把每一年的工资换成指数：就是把几十年前美元价值换算到跟现在的钱价值一样，然后挑出最高的三十五年的指数全部加起来，再除以 **420** 个月，就会找到每一个月的平均指数，然后把它输入电脑里面的方程式，退休金该多少钱就算出来了。

Slide 14

So how do you get an estimate of your benefits? We used to mail out a paper statement each year to all workers. Now we only mail paper statements every 5 years. But there is another alternative so you do not have to wait every 5 years to see your estimate. You can now go online at SocialSecurity.gov.

那您怎样才能知道您的预估退休金呢? 每五年我们会把最新的预估表寄给您的。可是, 不要等五年了, 只要您上我们的网站: SocialSecurity.gov 就能查出来了。

Slide 15

You can create your own My Social Security account. To create your account you must be at least 18 years of age, have a valid e-mail address, a Social Security number, and a U.S. mailing address.

那怎么样查呢? 您可以先开一个个人的社安网上帐户, 还必须符合四个条件: **1. 满十八岁。 2. 有网上邮箱地址。 3. 个人社安号码。 4. 有美国地址**

Slide 16

Once you create your account, you will have access to all the information that used to be found on that piece of paper-estimate of your retirement benefits at 62, Full Retirement Age, if you became disabled, if you were to pass away. It also shows each year that you have worked and how much you earned. Once you start receiving benefits from us, you can also use the My Social Security Account to get a benefit verification letter, change address and telephone number or start or change direct deposit.

已经有个人的社安网上帐户后, 您就可以随时查到 **100%**的退休额, **62** 岁早提的减低额, 残障金额和抚恤金额...等。如果您已经开始享受社安金, 您可以从这个个人网上帐户下载自己的福利金证明书; 改地址; 改电话号码; 改银行帐户号码.....等

Slide 17

So how do you apply for Social Security benefits? There are three easy ways: the most convenient is on our website at SocialSecurity.gov. Just click "Apply Online for Retirement". 10-15 minutes you would be done. Maybe you are not comfortable with the internet that is ok too. You can call our National 1-800 number and schedule an appointment with your local field office. Of you can just walk into your local office and take a number.

社安福利金是怎样申请的呢? 第一: 最方便的是上网申请, 从网址: SocialSecurity.gov, 单击 "申请退休金"的视窗, 只需要十到十五分钟就完成了。也许您不喜欢上网, 没问题, 第二个方法: 可以打免费热线电话 **1-800-772-1213**, 让服务员替您预约, 到您家附近的社安办公室面谈申请, 也许电话申请。第三个方法是: 不经预约, 直接走进社安办公室, 领一个号码, 排队申请。

Slide 18

Whether you apply online, in person or on the telephone we are going to need all the same information. Something we will ask you for is Social Security number for each applicant, proof of age, Latest W-2 or self-employment tax return, Earnings estimate, bank information for direct deposit or you can elect to use a direct debit card system, which means you are issued a debit card and we electronically load your money on it each month. We will also ask you about marriages and divorces because we talked earlier how others could draw off your record once you file. We will also ask about information about military or railroad service.

无论您用什么途径申请福利, 我们都需要您提供同样的资料。比方; 社安号码, 年龄证明, **W-2**, 所得税报税证明, 工资预估, 银行帐号, 也许您可以选用我们的现金卡, 这样的话, 我们可以把福利金电子转帐到您的帐户。您某些家人也可能在您的名下领取福利金, 所以, 我们也会问您的婚姻状况, 也会问您曾否参军, 或受雇于铁路局。

Slide 19

You can work and receive your retirement benefits. Just be aware that if you are under your full retirement age, there is a limit on how much you can work and earn. You will be penalized for exceeding the limit.

您可以一边工作一边拿退休金，可是，因为我们有超工资被罚钱的条文，所以，您在退休满龄之前赚的工资太多，如果超额，会被罚钱的。超额的意思是从 **62** 岁到满退休年龄前一年的这段时间，如果每年工资超出年薪**\$16,920** 的话，每超赚**\$2**，就会被罚**\$1**。

Slide 20

Once you file for benefit, others may be able to draw off your record as well. A minor child, a disabled adult child, a current spouse ...

您申请福利以后，家里六十二岁以上的配偶，十八岁以下的小孩，残障的成年单身子女(必须在二十二岁之前发病才合格)....等等，就有机会在您名下拿到社安福利了。

Slide 21

... or even an ex-spouse could be eligible to draw off your record. Please know, if someone else is eligible to draw off your record, it will not affect your benefits whatsoever.

跟您结婚超过十年，然后离婚，年龄超过六十二岁的前配偶，也可能在您名下拿福利金，但他们不会影响您本人应得的福利金。还有一个条件，只要您和前配偶双方年龄都

超过六十二岁，离婚两年以上。如果您还没申请退休金，前配偶还是可以在您名下申请前配偶退休金。

Slide 22

In addition to retirement benefits, we have Survivor's benefits. A minor or a disabled adult child, or a widow or widower can receive survivor's benefits. A widow or widower can begin receiving survivor's benefits at age 60 or 50 if disabled.

除了退休金以外，您的家人也可能拿到您的身后抚恤金，比方说：成年的残障单身子女，还有六十岁以上的寡妇(鳏夫)，或者，五十岁以上的残障寡妇(鳏夫)，以上寡妇(鳏夫)开始领抚恤金以后，还可以再婚。此外，您任何年龄的寡妇(鳏夫)如果在抚养您十六岁以下的子女(或者任何年龄的残障单身子女)也可以领您的抚恤金。您合格的前配偶也有同样权利拿您的抚恤金。

Slide 23

We also have the Disability program. Social Security's disability definition is based on a medical condition and the fact that you are not expected to be able to do any work for at least 12 months or your condition is terminal. This work determination is based on your age, education and work experience.

我们也有残障福利，如果您的残障造成您超过十二个月不能工作，甚至造成身亡，您就可以申请残障金，残障金的资格是根据您的年龄，工作经验和教育程度有关的。

Slide 24

In order to be eligible for Disability benefits you must have paid into Social Security 5 out of the last 10 years, but for younger workers it is adjust based on their age. You can file for Disability benefits online as well.

领残障金的条件 --- 残障以前的十年内，必须工作五年，但是，你是三十一岁以下的话，少一点工龄也可以过关。残障金也是可以网上申请。

Slide 25

We also have the Medicare program. If you are aged 65, or on the Disability program for 24 months or have certain medical conditions such as ALS or kidney failure you are eligible for Medicare.

申请 **Medicare** 医保的资格: **1. 满六十五岁 2. 已经领了二十四个月的残障金 3. 永久性肾功能衰竭 4. 肌萎缩性脊髓侧索硬化症 5. 或者受严重环境污染危害。**

Slide 26

There are four basic parts to Medicare. Part A is used for hospital insurance and there is no monthly premium for if you are insured for retirement benefits. There is Medicare part B which is what you use when you go to the doctor or have outpatient services. The 2016 premium is \$121.80 per month. High income people have to pay higher premium.

Medicare 医保分四部分: **A** 是住院保健，有四十个工作点的人士，不用缴保费，(不然的话，要缴月费最少**\$413**，绿卡持有者的附加条件是要连续在美住满五年)，还有，每次住院，先要缴自付款**\$1,316**，**B**。是门诊保健，保费最少是每

月\$134，病人每年付过自付费\$183，以后的医疗开销 Medicare B 为您付 80%。收入超高人士必需付较高的保费。

Slide 27

There is Medicare Part C, which is a supplemental program for parts A and B, and then there is Medicare D as in Drugs. The premiums for Part C and D vary because private insurance companies cover them.

Medicare C 部分: 是补助 A 跟 B 的不足，**Medicare D** 是药的保险。C 和 D 是向私人保险公司买的，所以保费价钱不一定。

Slide 28

We also have "extra help" for those with limited income and resources to be eligible to have help with prescription drug coverage totaling up to about \$4000 each year in savings. You can apply for 'extra help' online, over the telephone or with your local SSA office.

收入和资源很低的药保 D 客户可以申请:"额外补助"，这样一年也可以为您节省四千元药费。申请的方法可以: 1. 网上 2. 电话申请 3. 去社安办公室面谈。

Slide 29

For more information about Medicare please visit their website at Medicare.gov or call 1-800-Medicare.

要知道 Medicare 医保的详情，请拨电话 1-800-633-4227

Slide 30

We also have the SSI program which is Supplemental Security Income. This is for individuals who are blind or disabled and have limited income and resources, or are over aged 65 with limited income and resources.

我们还有救济金(SSI)，为低收入，低资源的残障人士和六十五岁以上的老人家而设的。除了一小撮额外的例子，受益者一般必须是美国公民。

Slide 31

There are some important things to recognize as a member of the Asian community.

我想提出一点对亚裔社区人民很重要的事情: 您知道是什么吗?

Slide 32

Studies show that you have a longer life expectancy therefore you will draw your Social Security benefits for longer.

调查结果显示，亚裔人士的平均年龄比别人较长，那您享受社安福利的年份也比别人长。

Slide 33

This chart shows the comparative life expectancies for the US population right now.

这个是美国不同人种寿命长短的对照表

Slide 34

Now I know I have given you a lot of information. Are there any questions?

大家请通过扩音器提问，这样比个人上台提问更好，因为其他人也许有同样问题，他们也想和您分享问题的答案。