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I. REQUIRED LIFETIME DISTRIBUTIONS AFTER AGE 70 ½

GENERAL RULES - Unless you are married to someone who is more than ten years younger than you, there is one - and only one - table for calculating the portion of your IRA, 403(b) plan or qualified retirement plan that must be distributed to you each year after you attain the age of 70½. The only exception to this table is if (1) you are married to a person who is more than ten years younger than you and (2) she or he is the only beneficiary on the account. In that case the required amounts are even less than the amounts shown in the table. To be exact, the required amounts are based on the actual joint life expectancy of you and your younger spouse.

TWO SIMPLE STEPS: **Step 1:** Find out the value of your investments in your retirement plan account on the last day of the preceding year. For example, on New Years Day – look at the closing stock prices for December 31. **Step 2:** Multiply the value of your investments by the percentage in the table that is next to the age that you will be at the end of this year. This is the minimum amount that you must receive this year to avoid a 50% penalty.

–UNIFORM LIFETIME DISTRIBUTION TABLE–

Age Payout

70	3.65%	80	5.35%	90	8.78%	100	15.88%
71	3.78%	81	5.59%	91	9.26%	101	16.95%
72	3.91%	82	5.85%	92	9.81%	102	18.19%
73	4.05%	83	6.14%	93	10.42%	103	19.24%
74	4.21%	84	6.46%	94	10.99%	104	20.41%
75	4.37%	85	6.76%	95	11.63%	105	22.23%
76	4.55%	86	7.10%	96	12.35%	106	23.81%
77	4.72%	87	7.47%	97	13.16%	107	25.65%
78	4.93%	88	7.88%	98	14.09%	108	27.03%
79	5.13%	89	8.33%	99	14.93%	109	29.42%

Lifetime distributions are generally unaffected by who you name to be beneficiary of your account after your death (unlike prior law). The only exception is if the sole beneficiary of your account is a spouse who is more than ten years younger than you.

II. MAXIMUM YEARS FOR PAYOUTS AFTER ACCOUNT OWNER'S DEATH

This table contains the maximum number of years that distributions may be made from an IRA or some other type of qualified retirement plan after the account owner's death. The maximum term of years is the remaining life expectancy of either (#1) the account owner, measured by his or her birthday in the year of death, or (#2) the life expectancy of a designated beneficiary, based on that beneficiary's age at the end of the year that follows the account owner's death.

Whether the term will be #1 or #2 is determined by the identity of the beneficiaries who have not been paid in full by the "determination date" (September 30 following the year of death). The term will be based on the account owner's age (i.e., #1) if on the determination date there is any beneficiary who fails to qualify as a "designated beneficiary" (e.g., a charity or the account owner's estate). If, instead, all of the beneficiaries are designated beneficiaries, then the payout is determined by the age of the oldest designated beneficiary (i.e., #2).

Age	Life Expectancy	Age	Life Expectancy	Age	Life Expectancy	Age	Life Expectancy	Age	Life Expectancy
0	82.4	20	63.0	40	43.6	60	25.2	80	10.2
1	81.6	21	62.1	41	42.7	61	24.4	81	9.7
2	80.6	22	61.1	42	41.7	62	23.5	82	9.1
3	79.7	23	60.1	43	40.7	63	22.7	83	8.6
4	78.7	24	59.1	44	39.8	64	21.8	84	8.1
5	77.7	25	58.2	45	38.8	65	21.0	85	7.6
6	76.7	26	57.2	46	37.9	66	20.2	86	7.1
7	75.8	27	56.2	47	37.0	67	19.4	87	6.7
8	74.8	28	55.3	48	36.0	68	18.6	88	6.3
9	73.8	29	54.3	49	35.1	69	17.8	89	5.9
10	72.8	30	53.3	50	34.2	70	17.0	90	5.5
11	71.8	31	52.4	51	33.3	71	16.3	91	5.2
12	70.8	32	51.4	52	32.3	72	15.5	92	4.9
13	69.9	33	50.4	53	31.4	73	14.8	93	4.6
14	68.9	34	49.4	54	30.5	74	14.1	94	4.3
15	67.9	35	48.5	55	29.6	75	13.4	95	4.1
16	66.9	36	47.5	56	28.7	76	12.7	96	3.8
17	66.0	37	46.5	57	27.9	77	12.1	97	3.6
18	65.0	38	45.6	58	27.0	78	11.4	98	3.4
19	64.0	39	44.6	59	26.1	79	10.8	99	3.1