

The Client Connection

News and Updates from The Gensler Group

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The Markets

If it looks like a bond, and it acts like a bond...oh...that's the problem. Government bonds aren't acting the way investors expect.



Last week, 10-year U.S. Treasuries - which, typically, are thought to be safe and stable investments - suffered the biggest one-week sell off since June 2013, according to The Wall Street Journal. Treasuries finished the week yielding 2.4 percent, a gain of 0.3 percent. In the world of stodgy, backed-by-the-full-faith-and-credit-of-the-U.S.-government-bonds, that's a big change.

The performance of U.S. bonds paired with that of German government bonds. Bloomberg Business reported 10-year Bunds delivered their worst weekly performance since 1998. On Friday, the German benchmark bond settled at 0.8 percent after rising to almost 1 percent on Thursday. In late April, the yield on Bunds was at an all-time low of 0.049 percent.

[Click here to read the entire article.](#)

Major Money Mistakes for Seniors and Retirees

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"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go."

--Dr. Seuss, American writer and cartoonist



Nothing guarantees you sufficient money to cover all possible costs in retirement, but you can steer clear of some common mistakes as you enter your golden years.

We most often see these mistakes from

seniors: Falling for fraud. Scammers love older adults. The Federal Bureau of Investigation lists a few tips on types of fraud, including red-flag pitches and information you should always demand in many kinds of transactions.

Misunderstanding Medicare. Gaps in coverage may exist even after you qualify for Medicare. For instance, the federal government health insurance does not cover nursing homes and assisted living costs for long-term care. Medicare Part A covers most medically necessary hospital, skilled nursing facility, home-health and hospice care. It's free if you worked and paid Social Security taxes for at least 40 calendar quarters (10 years); you pay a monthly premium if you worked and paid taxes for less.

[Click here to read the entire article.](#)

14 Superfoods That Are Even Healthier Than Kale

Kale's the king of the health food world these days, and with good reason: it's a cruciferous vegetable that boasts a ton of fiber and antioxidants, as well as cancer-fighting and detoxifying properties. It's no wonder everyone's adding it to their green smoothies and salads. But in terms of actual "superfoods," the buzzy designation given to foods that are especially healthy, does kale still reign supreme? According to this great infographic from the website Evoke, it doesn't even crack the top 10.



- | | |
|---------------------------|---------------------------|
| 1. Watercress | 9. Romaine lettuce |
| 2. Chinese cabbage | 10. Collard green |

- | | |
|-----------------|-------------------|
| 3. Chard | 11. Turnip green |
| 4. Beet green | 12. Mustard green |
| 5. Spinach | 13. Endive |
| 6. Chicory | 14. Chive |
| 7. Leaf lettuce | 15. Kale |
| 8. Parsley | |

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