



If your spouse¹ is the sole beneficiary of your IRA and he or she is more than 10 years younger than you, use this worksheet to calculate this year's required withdrawal for your traditional IRA

Deadline for receiving required minimum distribution:

- Year you turn age 73 by April 1 of the following year
- All subsequent years- by December 31 of that year

1. IRA balance² on December 31 of the previous year

2. Your age on your birthday this year

3. Your spouse's age on his or her birthday this year

4. Life expectancy from [Table II](#) at the intersection of you and your spouse's ages

5. Divide line 1 by the number entered on line 4. This is your required minimum distribution from this year from this IRA

6. Repeat steps 1 through 3 for each of your IRAs

Once you determine a separate required minimum distribution from each of your traditional IRAs, you can total these minimum accounts and take them from any one or more of your traditional IRAs.

For additional questions and assistance, please reach out to a member of our Retirement Services Team:

Judith St. Pierre- VP, Retirement Services (413) 572-4282

Angelica Tougas- Senior Retirement Services Specialist (413) 572-6126

For more information, please view: [Distributions from Individual Retirement Arrangements](#)

¹ Generally, your marital status is determined as of January 1 of each year. If your spouse is the beneficiary of your IRA on January 1, he or she remains a beneficiary only for purposes of calculating the required minimum distribution for that IRA even if you get divorced or your spouse dies during the year.

² You must increase your IRA balance by any outstanding rollover and recharacterized Roth IRA conversions that were not in any traditional IRA on December 31 of the previous year