



## Stressed-Out Retirees: Here Are 3 “Forever Assets” Yielding Up to 4% (for Both Riches and Sleep)

### Description

Hello again, Fools. I’m back to call your attention to three large cap stocks for your watch list — or, as I like to call them, my top “forever assets.” As a refresher, I do this because companies with a market cap of more than \$10 billion: can keep your portfolio stable [during periods of high volatility](#); and provide steady and [healthy dividends](#) year after year.

So if you’re retired (or nearing retirement) and are nervous about income, living off large-cap dividends can help ease your stress.

Let’s get to it.

### Southern exposure

Kicking things off is none other than banking gorilla **Bank of Montreal** ([TSX:BMO](#))([NYSE:BMO](#)), which currently sports a market cap of \$64 billion.

BMO continues to see particularly strong growth south of the border. Just last month, in fact, the company said it has already surpassed its target of achieving one-third of its earnings from the U.S. The goal was achieved in six months instead of the 3-5 year timeframe management had targeted.

“The level that we’re at right now is sustainable, and I think we’re going to see the U.S. business continue to grow faster than the rest of the bank — but not that much faster than the rest of the bank,” said CEO Darryl White.

BMO is up 13% in 2019 and offers a solid yield of 3.9%.

### Plant in your portfolio

With a market cap of \$40 billion, potash giant **Nutrien** ([TSX:NTR](#))([NYSE:NTR](#)) is next on our list of

forever assets.

For such a large company, Nutrien provides a rare combination of income and growth. In the most recent quarter, adjusted EBITDA spiked 22% despite being hurt by extremely wet weather. On top of that, management paid out \$1.06 billion to shareholders in the form of dividends and buybacks.

“Our organization is focused on what it can control and how best to deliver long-term value to stakeholders,” said CEO Chuck Magro. “In the first quarter, we allocated almost \$1 billion towards growing our retail business in core markets and repurchased over \$800 million of our stock.”

Nutrien is up 9% in 2019 and offers a healthy yield of 3.2%.

## Roger that

Rounding out our list is communications giant **Rogers Communications** ([TSX:RCI.B](#))([NYSE:RCI](#)), which currently boasts a market cap of \$37 billion.

Rogers’ dividend continues to be supported by its massive scale, diversified nature, and strong cash flows. Despite a Q1 decline in media and wireless equipment revenue, Rogers’ operating cash flow increased 13% to \$998 million. Moreover, wireless services revenue improved 4%.

Management also repurchased \$155 million of shares during the quarter, the company’s first buyback since 2013.

“Overall, we have confidence in our long-term growth plans, and remain on track to deliver on our healthy outlook for 2019,” said CEO Joe Natale.

Rogers shares’ are up 2% so far in 2019 and currently offer a solid yield of 2.8%.

## The bottom line

There you have it, Fools: three forever banking assets worth considering.

As always, they aren’t formal recommendations. Instead, see them as a starting point for further research. Even the largest companies can suffer setbacks, so plenty of your own due diligence is still required.

Fool on.

### CATEGORY

1. Dividend Stocks
2. Investing

### TICKERS GLOBAL

1. NYSE:BMO (Bank of Montreal)
2. NYSE:NTR (Nutrien)
3. NYSE:RCI (Rogers Communications Inc.)

4. TSX:BMO (Bank Of Montreal)
5. TSX:NTR (Nutrien)
6. TSX:RCI.B (Rogers Communications Inc.)

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