

# MONEY MATTERS

Volume 2024/Issue 1

## 2024 CONTRIBUTION LIMITS

401(k),403(b) Employee Contribution	\$23,000
401(k),403(b) Catch-up (50 or older)	\$7,500
401(k),403(b) Combined employer & employee	\$69,000
401(k),403(b) Total with catch-up (50 or older)	\$76,500
Traditional & Roth IRA	\$7,000
Roth IRA Catch-up	\$1,000



## GIVING

Giving can seem counterintuitive when we are discussing core financial principles but giving to others is the essence of a sufficiency mentality. Those who give are not only financially successful, but they are also happier.

What is that primary song...If we're helping, we're happy and we sing as we go...

Some may argue that you must first earn a sufficient amount and then give. This sentiment assumes that there is a certain point where one has earned enough and can now start giving to others. With this scarcity mentality there will never seem to be enough for one's own expenses, let alone to give to others. If we truly have a sufficiency mindset, we will desire to give regardless of our income.

## Making a Charitable Contribution Plan

### Q: How can I find the right charity for me?

A: As employees of BYU, we are provided wonderful opportunities to give. In addition to your tithing & other charitable contributions to The Church of Jesus Christ of Latter-Day Saints, consider some of the following:

- Philanthropies [donate.churchofjesuschrist.org/contribute](https://donate.churchofjesuschrist.org/contribute)
- BYU Annual Day of Service
- Food & Care Coalition [foodandcare.org](https://foodandcare.org)
- United Way [byu.edu/united-way](https://byu.edu/united-way)
- Red Cross – [Utah county Red Cross](https://utahcountyredcross.org)
- Just Serve [justserve.org](https://justserve.org)

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## BEGIN

First, determine what type of giving you would like to do. You can give to charities in several different ways, including money, time, goods, and even designating a charity as a beneficiary. Next decide how much you would like to give. Once you have established what type of giving and how much to give, schedule your donations. By thoughtfully crafting a charitable contribution plan, you can make a difference in our community and beyond.

DMBA Financial Planning  
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800.777.3622 ext. 5627

TIAA Representative 800.732.8353

# DMBA and TIAA Investment Returns

Period Ending December 31, 2023

DMBA	4 <sup>th</sup> Quarter 2023	Year-to- Date	1-year History	3-year History	5-year History	10-year History
BlackRock LifePath Index Retire	8.32	11.17	11.17	0.52	N/A	N/A
BlackRock LifePath Index 2025	8.68	12.04	12.04	1.17	N/A	N/A
BlackRock LifePath Index 2030	9.47	14.27	14.27	2.30	N/A	N/A
BlackRock LifePath Index 2035	10.10	16.32	16.32	3.35	N/A	N/A
BlackRock LifePath Index 2040	10.72	18.34	18.34	4.31	N/A	N/A
BlackRock LifePath Index 2045	11.27	20.17	20.17	5.14	N/A	N/A
BlackRock LifePath Index 2050	11.51	21.28	21.28	5.61	N/A	N/A
BlackRock LifePath Index 2055	11.50	21.59	21.59	5.72	N/A	N/A
BlackRock LifePath Index 2060	11.51	21.60	21.60	5.71	N/A	N/A
BlackRock LifePath Index 2065	11.52	21.64	21.64	5.69	N/A	N/A
Vanguard Inflation Protected Bond	4.64	3.85	3.85	-1.11	3.05	2.36
PIMCO High Yield Bond	7.44	12.75	12.75	1.53	4.85	4.21
Voya Core Plus Trust Fund	7.22	N/A	N/A	N/A	N/A	N/A
BlackRock Equity Index Fund	11.69	26.29	26.29	N/A	N/A	N/A
FTSE RAFI U.S. 1000 Index Fund	11.27	16.29	16.29	12.53	14.39	10.77
Blackrock MidCap Equity Index Fund	11.67	16.38	16.38	N/A	N/A	N/A
BlackRock Russell 2000 Index	14.13	N/A	N/A	N/A	N/A	N/A
DFA US Small Cap Value Fund	14.81	18.91	18.91	17.07	14.14	7.99
Voya Small Cap Growth Fund	11.86	20.32	20.32	2.81	13.12	10.31
BlackRock MSCI ACWI Index	9.91	N/A	N/A	N/A	N/A	N/A
William Blair International Growth CIT	13.78	13.35	15.35	-3.15	N/A	N/A
International Value Fund	10.89	31.60	31.60	10.62	8.94	7.49
LSV Emerging Markets Fund	10.29	21.00	21.00	7.48	7.08	6.55
TIAA-CREF	4 <sup>th</sup> Quarter 2023	Year-to- Date	1-year History	3-year History	5-year History	10-year History
CREF Equity Index	12.02	25.68	25.68	8.37	14.92	11.20
GREF Global Equities	11.33	23.85	23.85	5.26	12.90	8.12
CREF Growth	15.06	45.98	45.98	5.92	17.08	13.39
CREF Stock	11.40	22.28	22.28	5.81	12.20	8.58
Delaware Emerging Markets Fund	12.75	17.77	17.77	-6.23	5.28	6.79
John Hancock Funds Value Mid Cap	11.73	16.77	16.77	11.34	13.77	9.67
TIAA-CREF Equity Index	12.00	25.59	25.59	8.25	14.84	11.17
TIAA-CREF Growth & Income Fund	11.73	32.48	32.48	8.80	14.99	11.07

<b>TIAA-CREF</b>	<b>4<sup>th</sup> Quarter 2023</b>	<b>Year-to- Date</b>	<b>1-year History</b>	<b>3-year History</b>	<b>5-year History</b>	<b>10-year History</b>
TIAA-CREF International Equity Fund	8.86	16.62	16.62	2.06	8.59	3.32
TIAA-CREF International Equity Index	10.75	17.93	17.93	3.87	8.00	4.14
TIAA-CREF Large Cap Growth Index	14.13	42.29	42.29	8.54	19.14	14.51
TIAA-CREF Large Cap Value	9.92	13.98	13.98	10.24	12.23	7.68
TIAA-CREF Large Cap Value Index	9.42	11.15	11.15	8.56	10.61	8.09
TIAA-CREF Mid Cap Growth	11.28	21.16	21.16	-6.00	9.89	7.18
TIAA-CREF Quant Small Cap Equity	13.07	18.51	18.51	7.61	11.62	8.33
TIAA-CREF Real Estate Securities	17.01	11.91	11.91	3.43	7.91	8.10
TIAA-CREF S&P 500 Index	11.59	25.89	25.89	9.67	15.34	11.69
TIAA-CREF Small Cap Blend Index	13.91	16.74	16.74	2.06	9.87	7.06
TIAA-CREF Social Choice Equity	12.62	22.20	22.20	8.12	14.76	10.72
TIAA Real Estate Account	-4.88	-13.62	-13.62	3.28	2.88	4.87
CREF Core Bond	6.63	6.23	6.23	-3.08	1.36	1.98
CREF Inflation-Linked Bond	3.69	4.54	4.54	0.98	3.43	2.39
CREF Social Choice	9.89	14.73	14.73	2.96	8.37	6.37
TIAA-CREF Lifecycle 2010	7.02	10.64	10.64	1.03	5.66	4.62
TIAA-CREF Lifecycle 2015	7.26	10.90	10.90	1.16	6.08	4.91
TIAA-CREF Lifecycle 2020	7.60	11.68	11.68	1.40	6.55	5.25
TIAA-CREF Lifecycle 2025	8.04	12.83	12.83	1.83	7.34	5.73
TIAA-CREF Lifecycle 2030	8.62	14.39	14.39	2.40	8.20	6.24
TIAA-CREF Lifecycle 2035	9.25	16.13	16.13	3.06	9.11	6.74
TIAA-CREF Lifecycle 2040	9.83	18.04	18.04	3.83	10.07	7.26
TIAA-CREF Lifecycle 2045	10.26	19.18	19.18	4.37	10.83	7.63
TIAA-CREF Lifecycle 2050	10.34	19.67	19.67	4.51	10.98	7.74
TIAA-CREF Lifecycle 2055	10.45	19.98	19.98	4.62	11.11	7.82
TIAA-CREF Lifecycle 2060	10.49	20.08	20.08	4.71	11.23	8.21
TIAA-CREF Lifecycle 2065	10.53	20.28	20.28	4.97	N/A	N/A
TIAA-CREF Lifecycle Retirement Income	7.17	10.55	10.55	1.04	5.62	4.50
CREF Money Market	1.29	4.90	4.90	1.97	1.64	1.00
TIAA-CREF Money Market	1.27	4.83	4.83	2.05	1.69	1.05
TIAA Traditional — Group SRA	0.98	3.81	3.81	3.36	3.26	3.26
TIAA Traditional RA	1.16	4.56	4.56	3.94	3.87	3.91
TIAA Traditional SRA	0.98	3.81	3.81	3.36	3.26	3.26