

# MONEY MATTERS VOL. 4, 2023

## 2024 CONTRIBUTION LIMITS

Employee Contribution	\$23,000
Catch-up (50 or older)	\$7,500
Combined employer & employee	\$69,000
Total with catch-up (50 or older)	\$76,500
Traditional & Roth IRA	\$7,000
Catch-up	\$8,000



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## STACKING BENJAMINS, BECOMING A SAVVY SAVER

Contrary to popular belief, saving doesn't always mean sacrificing your daily pleasures. Saving is about embracing the power of small, consistent steps. Start with a small amount. As you are beginning to save, it is not about building a balance, it is about building a habit.

An easy way to build the habit of saving is to "automate" your savings. You can do this by setting up a separate savings account at a bank or credit union you don't currently use. Then set up a direct deposit of a portion of your paycheck to this account.

Another great option to automate your savings is the popular online high-yield savings account. Using an online savings account reduces the temptation to access the funds. An added bonus is the high yield interest of 4 to 5% that your savings will earn. Compare savings accounts and interest rates at websites such as [www.bankrate.com](http://www.bankrate.com) and [www.depositaccounts.com](http://www.depositaccounts.com)

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When determining how much to save, the rule of thumb is to have at least three to six months of living expenses saved. You don't need to save that all at once. Remember our focus in the beginning is building the habit of saving. So, start gradually by setting interval goals of \$500 to \$1000.

You've started saving, now what? Only withdraw it for emergencies. At first, you may not have enough cash flow to be able to leave the money in savings for long. That is okay, because eventually your resources will grow and you will have already established a habit of saving. As your cash flow improves, this habit will help you to be successful.

Savings is a journey, not a destination. Celebrate your achievements along the way, no matter how small they may seem. Recognizing your progress keeps you motivated and reinforces positive financial habits.

Remember, the best time to start saving was yesterday, but the second-best time is now. Happy Saving!

# DMBA and TIAA Investment Returns

Period Ending September 30, 2023

DMBA	3 <sup>rd</sup> Quarter 2023	Year-to- Date	1-year History	3-year History	5-year History	10-year History
BlackRock LifePath Index Retire	-3.37	2.63	7.45	0.04	N/A	N/A
BlackRock LifePath Index 2025	-3.54	3.09	8.55	1.09	N/A	N/A
BlackRock LifePath Index 2030	-3.68	4.39	11.12	2.50	N/A	N/A
BlackRock LifePath Index 2035	-3.74	5.65	13.57	3.86	N/A	N/A
BlackRock LifePath Index 2040	-3.78	6.88	15.97	5.10	N/A	N/A
BlackRock LifePath Index 2045	-3.79	8.00	18.15	6.13	N/A	N/A
BlackRock LifePath Index 2050	-3.72	8.77	19.48	6.72	N/A	N/A
BlackRock LifePath Index 2055	-3.65	9.05	19.91	6.86	N/A	N/A
BlackRock LifePath Index 2060	-3.65	9.05	19.90	6.84	N/A	N/A
BlackRock LifePath Index 2065	-3.66	9.08	19.91	6.80	N/A	N/A
Vanguard Inflation Protected Bond	-2.57	-0.75	1.05	-2.04	2.02	1.67
PIMCO High Yield Bond	-0.12	4.94	9.34	0.90	2.49	3.77
Voya Core Plus Trust Fund	-2.89	N/A	N/A	N/A	N/A	N/A
BlackRock Equity Index Fund	-3.27	13.07	21.62	N/A	N/A	N/A
FTSE RAFI U.S. 1000 Index Fund	-2.37	4.52	17.56	14.90	8.68	9.67
Blackrock MidCap Equity Index Fund	-4.20	4.22	15.44	N/A	N/A	N/A
BlackRock Russell 2000 Index	-5.17	N/A	N/A	N/A	N/A	N/A
DFA US Small Cap Value Fund	-0.83	3.57	17.51	22.85	6.11	7.70
Voya Small Cap Growth Fund	-4.24	7.56	13.78	6.5	5.15	10.22
BlackRock MSCI ACWI Index	-4.34	N/A	N/A	N/A	N/A	N/A
William Blair International Growth CIT	N/A	N/A	N/A	N/A	N/A	N/A
International Value Fund	1.76	18.68	44.31	14.04	4.22	6.15
LSV Emerging Markets Fund	0.14	9.71	25.52	11.23	3.50	5.25
TIAA-CREF	3 <sup>rd</sup> Quarter 2023	Year-to- Date	1-year History	3-year History	5-year History	10-year History
CREF Equity Index	-3.28	12.20	20.22	9.19	8.93	10.99
GREF Global Equities	-3.68	11.25	23.18	6.68	6.94	7.88
CREF Growth	-2.92	26.87	31.52	4.80	9.73	13.04
CREF Stock	-3.56	9.77	20.92	7.05	6.40	8.32
Delaware Emerging Markets Fund	-3.15	4.45	13.82	-4.76	0.93	5.31
John Hancock Funds Value Mid Cap	-2.89	4.51	18.43	14.58	7.27	9.64
TIAA-CREF Equity Index	-3.31	12.14	20.12	9.09	8.83	10.97
TIAA-CREF Growth & Income Fund	-3.41	18.57	25.82	9.67	8.25	10.97

TIAA-CREF	3rd Quarter 2023	Year-to- Date	1-year History	3-year History	5-year History	10-year History
TIAA-CREF International Equity Fund	-4.27	7.12	25.75	4.75	2.74	3.24
TIAA-CREF International Equity Index	-4.84	6.48	25.65	5.40	3.05	3.66
TIAA-CREF Large Cap Growth Index	-3.22	24.67	27.28	7.64	12.06	14.12
TIAA-CREF Large Cap Value	-2.38	3.69	18.57	12.72	6.25	7.67
TIAA-CREF Large Cap Value Index	-3.22	1.58	14.11	10.74	5.95	8.13
TIAA-CREF Mid Cap Growth	-6.10	8.87	15.22	-2.75	3.21	6.81
TIAA-CREF Quant Small Cap Equity	-4.03	4.81	13.27	13.33	4.30	7.82
TIAA-CREF Real Estate Securities	-7.61	-4.36	-0.65	0.79	3.29	6.49
TIAA-CREF S&P 500 Index	-3.34	12.82	21.24	9.83	9.60	11.58
TIAA-CREF Small Cap Blend Index	-5.14	2.48	8.85	7.00	2.26	6.55
TIAA-CREF Social Choice Equity	-3.49	8.50	19.000	8.58	8.79	10.39
TIAA Real Estate Account	-2.47	-9.19	-12.37	5.22	4.11	5.57
CREF Core Bond	-2.88	-0.37	1.40	-4.65	0.34	1.35
CREF Inflation-Linked Bond	-0.80	0.82	2.33	0.24	2.65	1.80
CREF Social Choice	-3.59	4.41	12.19	2.78	4.72	5.88
TIAA-CREF Lifecycle 2010	-2.29	3.38	8.03	0.92	3.02	4.37
TIAA-CREF Lifecycle 2015	-2.51	3.39	8.38	1.22	3.19	4.70
TIAA-CREF Lifecycle 2020	-2.67	3.80	9.22	1.56	3.36	5.08
TIAA-CREF Lifecycle 2025	-2.83	4.44	10.56	2.23	3.73	5.60
TIAA-CREF Lifecycle 2030	-2.99	5.31	12.23	2.97	4.13	6.12
TIAA-CREF Lifecycle 2035	-3.18	6.30	14.30	3.81	4.56	6.64
TIAA-CREF Lifecycle 2040	-3.36	7.48	16.36	4.77	5.02	7.14
TIAA-CREF Lifecycle 2045	-3.53	8.09	17.74	5.54	5.41	7.47
TIAA-CREF Lifecycle 2050	-3.52	8.45	18.33	5.72	5.50	7.57
TIAA-CREF Lifecycle 2055	-3.56	8.62	18.62	5.84	5.56	7.63
TIAA-CREF Lifecycle 2060	-3.58	8.68	18.73	5.97	5.62	7.26
TIAA-CREF Lifecycle 2065	-3.59	8.81	18.97	6.26	N/A	N/A
TIAA-CREF Lifecycle Retirement Income	-2.42	3.16	7.87	0.85	2.99	4.18
CREF Money Market	1.26	3.56	4.26	1.53	1.48	0.87
TIAA-CREF Money Market	1.23	3.51	4.37	1.63	1.53	0.92
TIAA Traditional — Group SRA	0.97	2.80	3.66	3.29	3.23	3.25
TIAA Traditional RA	1.15	3.36	4.41	3.86	.383	3.89
TIAA Traditional SRA	0.97	2.80	3.66	3.29	3.23	3.25