



Newsletter



ESG Deep Dive

ESG (Environmental, Social and Governance) is a term that is thrown around a lot these days. Much of the time, it isn't explained very well.

In a recent blog post our Investment Analyst, Erik Laymon, does a deep dive into the history of ESG and how we view it here at Align.

[Take a Deep Dive into the Blog Post](#)

Emails, apps, subscriptions... unsubscribe and save!

We say, "I'll delete that app after I try it" or "I wish the marketing emails would stop." But do we actually ever unsubscribe?

I'm Annamarie and I've long been a "subscriber" but I'm hoping to become an "UN-subscriber" in 2023! Here are tips for UN-subscribing and saving money in the process.

We schedule lots of things... like oil changes and dentist appointments. Consider **scheduling "UN-subscribe Time"**.

Don't schedule "unsubscribe time" while binge watching Netflix, though. Why?... Impulse purchases, like that "once a year" online sale, are hard to resist when you're relaxed.

Schedule this time when you are focused on saving more and spending less, like when you're paying bills.

Unsubscribe from marketing emails. Cancel subscription services if you have enough laundry soap to survive an apocalypse. Check your phone for apps you purchased years ago. And audit credit cards for auto-purchases.



Continued... "UN-subscribe"

Be aware. It might take several efforts to successfully UN-subscribe. When you unsubscribe to an email offer, you may receive yet another email confirming you *actually* want to unsubscribe. So, stay diligent.

Now what do you do with email offers you do wish to receive? Consider creating a separate email account that you use strictly for coupons, purchases, etc.

I'm happy to report since taking time to UN-subscribe, my inbox is not nearly as overwhelming! Plus, my bank account is thanking me for cutting out some app and subscription fees. Hope these tips will help you experience the joy of UN-subscribing!

Annamarie's "UN-Subscribe Tips:

Passwords – Newsflash: **PASSWORD1234*** is not a strong password.

- Check out this video for [CREATING A STRONG PASSWORD](#).
- Better yet, use a [Password Manager](#) which requires remembering only one password to access all of your online credentials.

Apps - It's happened to everyone. A child downloads a game to a family device that is "free" to start. But eventually, easy to overlook monthly charges start showing up on your credit card.

- This [Forbes Article](#) clearly shows that forgotten subscriptions are commonplace & costly
- [ROCKET Money](#) is a highly rated and recommended subscription management service

Text Messages - Mute the notifications and stop all the buzzing and beeping. You can check the text thread at your convenience. It can be as simple as a swipe: [iPhone](#) / [Android](#).

- Take it to the next level and...Turn off your phone! **I double dog dare you.** My husband and I take turns turning off our phones in the evenings. We take comfort in knowing if there's an emergency one of us will be contacted.

SECURE 2.0 Act - IRA Updates

Contributions:

The limit on annual contributions to an IRA has increased to **\$6,500** (\$7,500 if age 50 and older).

Required Minimum Distributions (RMD)

The age for RMD has been raised from 72 to **73** (beginning Jan 1, 2023)

Those previously taking an RMD will be required to continue. However, those turning 72 this year will not be subject to a required distribution until 2024.

Charitable Gifting:

The Qualified Charitable Distribution (QCD) rule allows individuals who are age 70½ and older to donate **up to \$100,000** total to one or more charities directly from an IRA. A QCD is a tax-free distribution that will count towards your RMD (if subject) for the year.

Please contact us by **October 1st** if you would like to take advantage of this opportunity!



Helpful Articles & Links

[How to Handle Market Declines](#) - American Funds has always provided great perspective on the markets, especially during turbulent times. This article explores seven principles that can help fight the urge to make emotional decisions in times of market turmoil.

[Scams You Need to Be Aware of in 2023](#) - Experian has compiled a list of seven common financial scams. It's important to know what to watch for and make sure you read to the bottom where they give tips on how to recognize and avoid scams.

[Behavior Gap Newsletter](#) - From the brilliant mind of financial planner, Carl Richards. This weekly newsletter offers simple, but insightful reminders to keep your mind on what matters and to not get distracted everything else that's demanding your attention.



[Tax Planning Essentials](#) - This resource from our very own Janel Cross covers the basics of our nation's tax system, the different types of income, various deductions, and credits, and tax management strategies.

If you find this video helpful, check out the rest of Janel's [MoneyMonday](#) library. This series covers everything from the basics of budgeting to retirement and estate planning.

**THANK YOU FOR THE GREAT PRIVILEGE OF
SHARING THE FINANCIAL JOURNEY WITH YOU!**



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You're never alone with Align

480 NEW HOLLAND AVENUE | SUITE 6204
LANCASTER PA 17602
717.740.2630 | WWW.ALIGNFSG.COM