



Financial  Monitor

Visit us online at [www.AHFCU.org](http://www.AHFCU.org)

*"Financial Healthcare for Life"*

Serving the Healthcare Industry for over 60 years.

WINTER, 2018

**FACTS YOU MAY NOT KNOW ABOUT IRAS**



Both the Roth and Traditional IRAs (Individual Retirement Accounts) offer great tax advantages and retirement saving opportunities. Here are some key facts and benefits to know:

- Both offer tax-free growth. This means that once the money is in the account, the dividends and/or capital gains are not taxed.
- Both have the same contribution deadline. For the 2017 tax year, the deadline to open or contribute to an IRA is 4/17/18.
- Based on a historically conservative 7% annualized rate of return, an annual \$5,500 IRA contribution for 30 years (\$165,000 total) could grow into an approximate \$520,000 nest egg.
- You can start an IRA account at AHFCU for as little as \$1,000. For more information, call 562-933-0370.



**BRANCH LOCATIONS**

**Long Beach Memorial Medical Center**  
2801 Atlantic Ave.  
Long Beach, CA 90806  
Phone: (562) 933-0370  
Fax: (562) 595-8223

**St. Mary Medical Center**  
1050 Linden Ave.  
Long Beach, CA 90813  
Phone: (562) 933-0370 x45247  
Fax: (562) 495-4772

**St. Francis Medical Center**  
3630 E. Imperial Hwy.  
Lynwood, CA 90262  
Phone: (562) 933-0370 x45556  
Fax: (310) 900-8017

**CALL US:**  
During Branch Hours  
(562) 933-0370

**MAIL TO:**  
PO Box 93124  
Long Beach, CA 90809-3124

Over 5,000 participating shared branch credit unions and over 30,000 ATMs through the CO-OP network.



**UPCOMING HOLIDAY CLOSINGS**

- Martin Luther King Jr. Day, Monday, January 15th
- President's Day, Monday, February 19th

**THREE WAYS TO REDUCE DEBT IN 2018**

Following the most expensive month of the year, is the start of a New Year. It's the time that new goals, resolutions and promises are made, which often include paying off (or down) debt.

If lowering or getting rid of debt is a goal of yours, here are three things you can do to help:

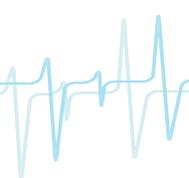
- Take advantage of free financial counseling. AHFCU offers financial counseling, education and debt management through its partner, GreenPath Financial. If you're concerned about your finances, call 877-337-3399.
- Consolidate your debt through a low-interest personal loan. AHFCU offers personal loans with rates well below the average credit card APR of over 15%.
- Create a monthly budget and stick to it. Including your kids in some of your budgeting discussions can also be a good way to teach them valuable financial skills.



*"We who work at Allied Healthcare Federal Credit Union are committed to serving, respecting and knowing each member as an individual. Our members' financial health is our shared strength."*



*"Financial Healthcare for Life"*





Serving the Healthcare Industry for over 60 years.

## TEACHING KIDS THE VALUE OF MONEY



Parents who teach their kids the value of money are helping their children develop a skill that has lifelong benefits. In addition to learning the worth of coins and bills, kids should be taught the way that money works – how it can be earned, spent and saved.

Here are some great ways to help foster a deeper understanding of money with your kids:

- **Familiarize them with the credit union.** Take your kids to AHFCU and open savings accounts in their names. Suggest they commit to depositing regular amounts on a weekly or monthly basis. For more convenient banking, help your kids manage their accounts online.
- **Give your child a small allowance.** Children should be taught that money is usually earned. Give your child the opportunity to work for money through extra chores. Teach your kids the concept of “direct deposit” by transferring money from your AHFCU checking or savings account into their account.
- **Explain how money works.** Your child needs to know there's not a little printing press inside every ATM. When you use the ATM, you are withdrawing money from your account.

## LOCAL UPCOMING EVENTS

# 2018

Grab your calendars. Below are a few of the upcoming local events that you may enjoy.

### NIGHT ON BROADWAY

**Saturday, January 27, 2018 • Los Angeles, CA**

Music, games, art, kids’ activities, food trucks, and indoor/ outdoor performances on a car-free mile of S. Broadway.

### LUNAR NEW YEAR’S FESTIVAL

**Saturday & Sunday, February 3-4, 2018 • Monterey Park, CA**

This free event includes a crafts market, a petting zoo, food trucks, lion dancers, martial arts, traditional Chinese, Japanese, and Korean dancers, and fireworks.

### DANCING FOR OUR STARS GALA

**Saturday, March 24, 2018 • Long Beach, CA**

An annual gala that features Long Beach community members in a fundraising dance competition. Money raised benefits the BirthCare Center at Miller Children’s & Women’s Hospital Long Beach.

### RENAISSANCE FAIR

**April 7 - May 20, 2018 (weekends) • Irwindale, CA**

Family-friendly games and activities include watching knights joust on horseback, mingling with costumed minstrels and troubadours, and shopping for art and food.

### AHFCU ANNUAL MEETING

**Tuesday, April 24, 2018 at 4:30 pm • Long Beach, CA**

### TOUR OF LONG BEACH

**Saturday, May 12, 2018 • Long Beach, CA**

Join the fight against cancer and support pediatric cancer research at Miller Children’s Hospital Long Beach by participating in any of the 30 to 100-mile cycle rides that lead to a full-day Finish Line Festival with live entertainment, food trucks, beer garden and much more fun.



April 24, 2018 at 4:30 pm / Long Beach Memorial Board Room

### ELECTION:

The nominee for the one (1) seat on the Board of Directors, for a three year term is: **STEVE BRANDMAN**

The election will not be conducted by ballot and there will be no nominations from the floor when there is only one nominee for each position to be filled. If you are interested in being considered for a nomination to the Board, and you are a member, send a resume of your qualifications to our Nominating Committee c/o AHFCU’s President/CEO by 02/9/2018.

## HAS YOUR CONTACT INFORMATION CHANGED?



Has your phone number, address or email recently changed? If so, please give us a quick call or you may log into Net Teller and update your account information. This will help ensure that you receive all communications as quickly and efficiently as possible.

## FOLLOW US ON SOCIAL MEDIA



Visit us online at [www.AHFCU.org](http://www.AHFCU.org)