



eap

HELPING HANDS



Financial Awareness: Save and Invest

(excerpts from www.mymoney.gov)

Saving is a key principle. People who make a habit of saving regularly, even saving *small* amounts, are well on their way to success. It's important to open a bank or credit union account so it will be simple and easy for you to save regularly. Then, use your savings to plan for life events and to be ready for unplanned or emergency needs.

Actions You Can Take

- Start saving, form a savings habit, and pay yourself first (see below)
- Open and keep an account at a bank or credit union that meets your needs.
- Track your savings and investments and monitor what you own
- Plan for short-term and long-term goals, include: retirement, education and other major items
- Build up emergency savings for unexpected events
- Consult with a qualified professional on investments and other key financial matters



Hints and Tips

- An easy way to save is to pay yourself first. Each pay period, before you are tempted to spend money, commit to putting some in a savings account. See if you can arrange with your bank to automatically transfer a certain amount from your paycheck or your checking account to savings every month.
- People who keep track of their savings often end up saving more, because they have it on their minds. New phone apps are available to help people pass up purchases they don't really need – you might want to try one!
- If you are making investments, it's good to consult with a qualified professional about your plans. Before you purchase investments, be sure to build an emergency savings fund to cover your needs for at least three months. Keep the savings in an insured bank or credit union account that you can access if you need it.
- Many professionals call themselves “financial planners.” Before you hire one, ask for a description of the services offered. A good place to check the credentials of an investment advisor is your State's consumer protection office, the State's Attorney General's office, or the issuing agency for any professional licenses or certifications.

Protect

The Protect principle means taking precautions about your financial situation. It stresses the importance of accumulating savings in case of an emergency, and buying insurance. Be vigilant about identity theft, and keep aware of your credit record and score.

- Keep your financial records in order.
- Watch out for fraud and scams and protect your identity.
- Choose insurance to meet your needs, including health care insurance.
- A good system for keeping personal money records will include copies of important documents like your will, property ownership documents, information about savings and insurance, and other documents. It should include an overview of what happens to property after a major life event occurs.
- Assume that any offer that “sounds too good to be true”, especially one from a stranger or an unfamiliar company is probably fraud.
- Look at your bank statements and bills as soon as they arrive and report any discrepancy or anything suspicious, such as an unauthorized withdrawal or charge.
- Be wary of request to “update” or “confirm” personal information, especially your Social Security number, bank account numbers, credit card numbers, personal identification numbers, your date of birth or your mother's maiden name in response to an unsolicited call, letter or email.

Credit Card Resources

(excerpted from USA.gov/credit cards)

Credit card resources can help you learn important tips and security information, find your card agreement, and file a complaint.

To find tips on using and getting the most from your credit card, refer to these resources:

- Get information from the Federal Trade Commission (FTC) about how to use a credit card. Topics include refunds, errors, disputes, unauthorized charges, and security.
- The Federal Reserve Board explains how to get the most from your credit card. This includes how to avoid unnecessary fees and keep track of changes in the terms of your account.

Chip and PIN Technology

Some card issuers have introduced chip and PIN security features on cards that contain an embedded strip rather than a magnetic strip and are protected by a personal identification number (PIN). Chip cards are based on a global card payment standard called EMV (Europay, MasterCard, and Visa), currently used in more than 80 countries around the world.

Beginning on October 1, 2015, merchants and businesses in the U.S. were required to add in-store technology and processing systems so that you can make a purchase using a chip card. You may already need this type of card if you travel internationally since magnetic strip credit cards are not accepted in some countries.

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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IAM EAP Calendar

IAM District 141 Convention

October 10-13, 2016
Bally's Las Vegas

Employee Assistance Professionals Association Convention

October 31-November 4, 2016
Downtown Sheraton, Chicago

2017_EAP I-IV Classes

William W. Winpisinger Education
and Technology Center

EAP I

February 19-24

October 1-6

EAP II

April 9-14

EAP III

September 17-22

EAP IV

June 25-30