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You Can Save!

Saving money can be difficult, especially when the cost of living keeps rising and pay remains the same. Saving money can also feel a bit restricting, as we often associate savings with limiting the things we can do in life in order to put money away. All things considered, saving money can be done, and it doesn't have to limit living life. It all begins with your mindset. A question often asked regarding savings is: how can I start to save when I live my life paycheck to paycheck? The answer is simple, start with a budget and get serious about it. As mentioned above, it all starts with your mindset. Depending on how much you want to save or what your goals are, \$1 or \$10 a month, a budget can help you visualize income, expenses, needs and wants. Based on what your budget looks like, you can decide how much to allocate to your savings while factoring in your expenses. This can be overwhelming as there are many ways to budget. Just know that a budget is not a one-size-fits-all approach, rather a process that helps identify a method that will help you succeed. That being said, there are several different ways to budget. To find out which budget type works for you, contact the financial coach.



Healthy Money Habits

Newsletter



Time to hit the books

Back to school can be an exciting time, but it can also be stressful for both kids and parents. Common struggles that both parties may experience as the time comes to pack the backpacks range from becoming over-scheduled to dealing with unknowns. For parents, the unknowns that come with financial implications are some of the most stress-inducing events during this time. Sometimes this stress starts with the list of supplies kids will need to start the year. To ensure your child has everything he/she needs, we recommend you check out the list provided by the Washoe County School District website or the list posted at several stores in town. The school district also hosts a Back to School Expo held at the Meadowood Mall Center Court, you can find more information about this free event here <https://www.washoeschools.net/>. Though finding the list of school supplies is not difficult, the cost can become difficult to cover, especially for parents with multiple kids in school. One way to decrease the costs is by taking inventory of the items already in the home and making a new list of the items needed. If this is still out of your price range, there are several agencies around town that can help. Washoe County School District also has the Child and Family Services Department that can provide additional information should you need assistance with additional resources. You can find them at this link <https://www.washoeschools.net/Page/355>

Dear Financial Coach...

Q: I've read your column in the past and I see that you mention financial health a lot. I'm curious about what the journey to financial health looks like. Can you tell me more about that?

Dear Reader: Thank you for your question. Financial health is a concept that is not frequently discussed in day-to-day life, but it is something we should all address frequently. Financial health is different for everyone, but it refers to the state of one's financial situation. There are different dimensions to financial health which includes debt, savings, expenses, retirement and not merely managing day-to-day finances. Financial health is as important as physical health because it is fundamental to your wellbeing. To find out how you can take the pulse of your financial health, contact your medical provider and ask for a referral to Healthy Money Habits.

SAVE THE DATE!

In case you missed it...

- National Make a difference to Children Month

This month...

- First Day of School WCSO 8/12

- National Senior Citizens Day 8/21

What is the Healthy Money Habits program all about?

Healthy Money Habits is a program available to Northern Nevada HOPES patients, free of charge. We are here to help you reach financial wellness by providing financial education, financial coaching, and additional services that help you set and achieve financial goals. We are not financial advisors or counselors, but we are dedicated to improving your financial health, empowering our community, improving financial literacy, and decreasing stress resulting from financial issues. Remember that financial health is part of your overall health!

