



CASCADE CENTERS
INCORPORATED

Smart Financial Decisions

Presented by

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Cascade Centers, Inc.

Your Employee Assistance Program

800-433-2320

www.cascadecenters.com

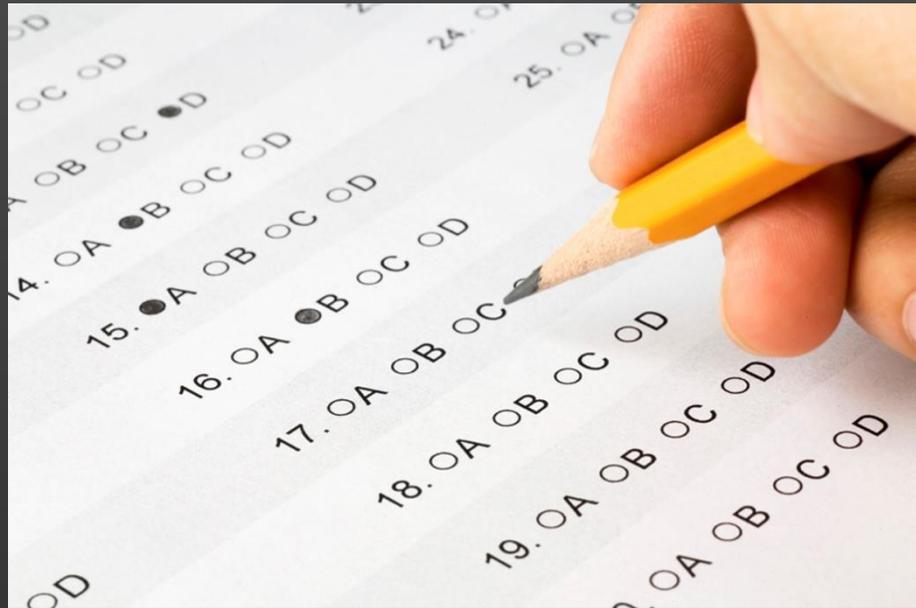


OBJECTIVES



- Explore whether your relationship with money is getting you to your financial goals
- Look at the financial decisions you are making
- Explore the relationship of emotion to money
- Be given some tools to think about money differently

SAVVY SPENDING QUIZ



What is Your Relationship with Money?

To discover your relationship with money, choose the word in each pair below which best describes you:

open

generous

systematic

financial plan

flush

private

cautious

whatever

no plan

tight

How about your social relationships?

Please choose the word in each pair below which best describes your social relationships.

spontaneous

plans

likes sharing

doesn't share

needy

self sufficient

many

few

on time

late

QUESTIONS

Did you see similarities between your social relationships and your relationship to money?

- If so, what were they?

"Don't tell me where your priorities are. Show me where you spend your money and I'll tell you what they are."

- James W. Frick

PATTERNS

Most of us have patterns in our relationship to others. It does not mean you have to stay in that pattern!



Does Money Increase Happiness?

- *Money, if it does not bring you happiness, will at least help you be miserable in comfort. - Helen Gurley*
- *Money frees you from doing things you dislike. Since I dislike doing nearly everything, money is handy. - Groucho Marx*
- *A large income is the best recipe for happiness I ever heard of. - Jane Austen*
- *It is good to have money and the things that money can buy, but it's good too, to check up once in a while and make sure you haven't lost the things money can't buy. - George Lorimer*
- *Money only buys a small measure of happiness, and then only for those who have the wisdom to use it properly. - Steven Scott*
- *"I've been rich and I've been poor. Believe me, rich is better." – Mae West*

Money is an Emotional Issue

- Too taboo to talk about
- Filled with fear and worry of not having enough
- Self-Sabotage-We can sabotage ourselves by spending more than we can afford OR saving so much we don't enjoy life.
- Guilt-Not wanting to exploit our fellow humans has led some to feel guilty about abundance.

The only reason a great many American families don't own an elephant is that they have never been offered an elephant for a dollar down and easy weekly payments. ~*Mad Magazine*

How do our children learn about money?

<http://video.nytimes.com/video/2011/04/15/business/100000000776361/talking-money-with-elmo.html?scp=1&sq=elmo%20money&st=cse>



"Money is the opposite of the weather. Nobody talks about it, but everybody does something about it." - Rebecca Johnson

CONTROL



In your relationship to
money—What do you control?

Every day I get up and look through the Forbes list of the richest people in America. If I'm not there, I go to work.
~Robert Orben

Irrational Money Behaviors

1. Loss aversion-Las Vegas
2. Value attribution-Something worth more if someone says it is
3. Diagnosis bias-believe something is worth it even after enough data shows it is not
4. Others?



HERMES BIRKIN OSTRICH 35 NEW!
Starting bid: \$33,000.00

Advice on Saving

- Get Real
- No matter how much or how little you make, always save a little bit.
- Set up separate accounts for saving that are NOT linked to your debit card.
- Make saving automatic.

More Advice on Saving

- Save hard for the first 10 years of your adult life.
- Fund your retirement first and put enough in the 401k to get the employer match.
- Don't forget an emergency fund.

Advice on Spending

- Know the difference between needs and wants. (You **need** food. You **want** steak.)
- Think of the true cost.
- Buy quality.
- If your outgo exceeds your income, your upkeep will be your downfall. (Live within your means.)

Advice on Debt

- Don't pay interest on anything that loses value.
CUT UP YOUR CREDIT CARDS.
- Don't co-sign a loan.
- Know the danger of consolidation.
- Don't avoid the B-Word. (Set up a budget and stick to it.)

You're 55 and haven't saved a penny—NOW WHAT?!

1. Figure out what you'll have and what you'll need.
2. Put every possible dollar you can into tax-deductible retirement plans.
3. Make a zero-based budget.
4. Take a hard look at your current work situation.

You're 55 and haven't saved a penny—NOW WHAT?!

5. Start a business on the side.
6. Forget standard retirement age of 65.
7. Plan to sell your house and buy a smaller one or get out of the real estate market altogether.
8. Be realistic in your projections and your dreams.

CASCADE EAP FINANCIAL BENEFIT

You will now get one month unlimited financial coaching!!



Oregon Health Authority

Employee Assistance Program (EAP)

Summary of Services

- Intake / Assessment
 - Up to three (3) sessions per family member, per year
- Crisis Counseling
- Work / Family / Life
- Identity Theft Services
- Legal Consultations
- Financial Coaching
- Text Connect
- Home Ownership Program
- Cascade Personal Advantage



Thank You!

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