

# horizons

## October is National Retirement Security Month

October is National Retirement Security Month. This is a national effort to raise public awareness about the importance of saving for retirement. In 2006, National Retirement Security Week was formed when Senators Gordon Smith (R-OR) and Kent Conrad (D-ND) introduced the first resolution establishing National Save for Retirement Week. In 2020, the U.S. Senate approved Resolution 743 to highlight “the importance of saving adequately for retirement.” This resolution also references data from the Employee Benefit Research Institute indicating that up to 40% of households (where the head of household is between 35 and 64) are likely to run out of money in retirement.<sup>1</sup>

We want to help you feel confident that your retirement plan will meet your needs. An important first step in creating your retirement readiness recipe is determining a contribution amount that feels comfortable. Our My Interactive Retirement Planner<sup>SM</sup> (MIRP) tool combines your estimated pension, Social Security estimates, and your current Savings Plus account balance to provide an illustration of where you are now in relation to your desired retirement income needs. After MIRP provides your estimated monthly retirement income, you can explore different contribution options to see how they change your projection.

Once you get used to your new contribution amount, making a small increase to that amount each year helps your plan stay on track. Our Auto Increase feature offers you the convenience of selecting the

amount and timing of when your annual increase occurs. You have the option of choosing a dollar amount or a percentage of your salary for your annual increase.

Our goal is to make preparing for retirement feel like preparing your favorite recipe. Approach your retirement readiness step by step at a pace that feels right for you. If you have any questions, we're here to support you in creating a balanced recipe for a retirement that suits your specific needs.



*Getting ready for retirement should feel as easy as preparing your favorite recipe*

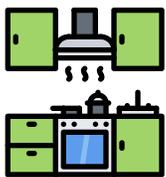
<sup>1</sup> <https://www.nagdca.org/national-retirement-security-month-receives-unanimous-bipartisan-resolution-from-u-s-senate/>

## Up your retirement recipe game

A contribution increase of just 1% of your salary today could mean an additional:

# \$68,330

to remodel your kitchen



**Akira**

Age: 35

Earns: \$60,000

Increased contribution by about \$46 per month

# \$35,445

for new cooking appliances



**Daya**

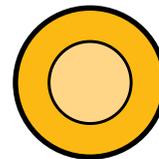
Age: 45

Earns: \$70,000

Increased contribution by about \$54 per month

# \$14,787

for dining out



**Aradhya**

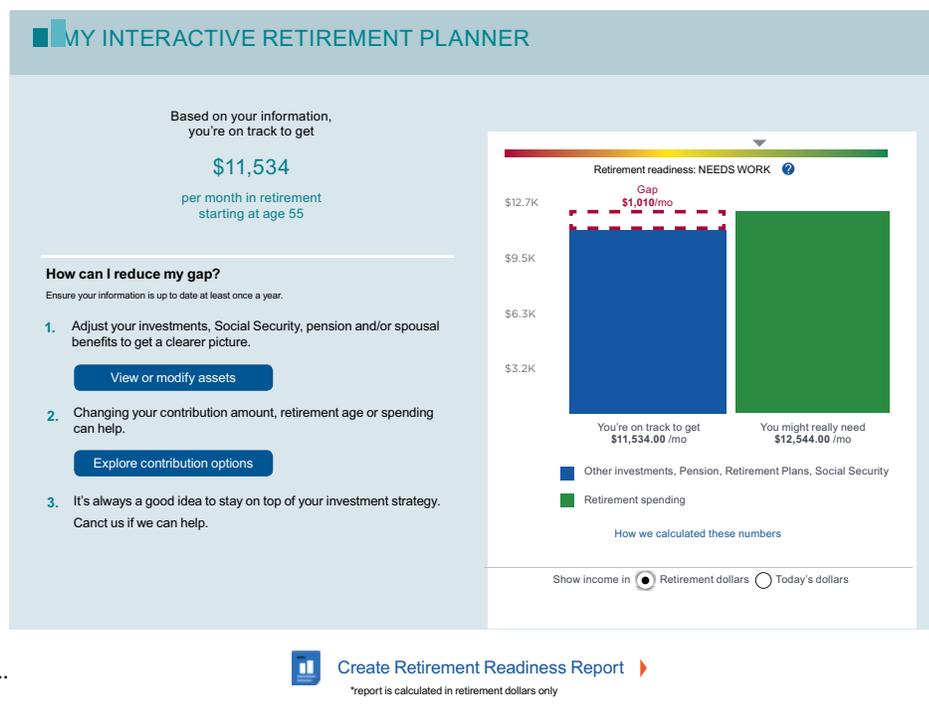
Age: 55

Earns: \$80,000

Increased contribution by about \$62 per month

The above hypothetical compounding illustration is based on increased contribution amounts beginning today and continuing each monthly paycheck until age 67. It assumes a 7% annual rate of return. It is not intended to serve as a projection or prediction of the investment results of any specific investment. Investments are not guaranteed. Depending on your underlying investments, your return may be higher or lower. Interest compounded annually based on beginning-year contributions. No taxes or fees are reflected in this example, which would lower the results displayed.

Find your retirement savings sweet spot using My Interactive Retirement Planner on [savingsplusnow.com](https://www.savingsplusnow.com). With this interactive tool, you can discover the difference changing your contribution amount now could have on your bottom line in retirement. Select **Explore contribution options**, as shown to the right, to modify your retirement readiness ingredients to help you achieve your retirement goals.



## Experience the new [Savingsplusnow.com](https://www.savingsplusnow.com)

Our website will soon offer a new look, easier navigation, and personalized information. The new design will:

- Be more intuitive to help you find what you're looking for
- Provide personalized information that's timely, relevant, and actionable

Before you log in, you can find tools and resources to help you learn more about personal finances, retirement planning, and ways you can participate in the Plan more effectively. We've already made a few great changes — now when you log in to your account, you'll find the most accessed information presented upfront and you'll get personalized recommendations.

## Attend our webinars

Our free webinars can be a great way to keep on track with your retirement goals such as:

### Women and Retirement

In this presentation, we will focus on a holistic approach to financial planning. It is important to consider the unique challenges women face as they grow older. On average, women live longer, meaning they spend more time in retirement. We will look at some of the key factors that could impact retirement savings, such as:

- Embrace your longevity
- Being Active in your retirement planning
- Maximize your Social Security benefit
- Plan for potential long-term care needs
- Use tax-efficient retirement income to make your money last longer

### How to Save like a Millionaire

Becoming a millionaire takes time, but it all starts with the ability to consistently save. Find out how much Americans save compared to the rest of the world, discover different areas and ways to save on your current expenses, and engage other participants with new ideas to start saving. If you are looking for some ways to save more and spend less, this seminar is for you!

By the end of this workshop you will:

- Find out how much the US saves on average compared to other countries
- Discover the annual cost of some common products and services
- Explore different ways you can start saving on everyday expenses
- Learn what other participants do to save

### Find the full list of webinars

Go to our website for a list of additional webinars such as: Budget like a Champ, Finance 101, and more. Select **Savings Plus Events** at the bottom of our home page at [savingsplusnow.com](https://savingsplusnow.com)

## Beef up your retirement savings with this hearty vegetable soup

### INGREDIENTS

- 1 tablespoon olive oil
- 3 pounds beef chuck roast
- Salt and pepper to taste
- ½ cup onion chopped
- 3 carrots peeled, halved and sliced
- 2 stalks celery sliced
- 2 teaspoons minced garlic
- 28 ounce can diced tomatoes, do not drain
- 1 ½ teaspoons Italian seasoning
- 1 bay leaf
- 7 cups beef broth
- 2 cups Russet potatoes peeled and cut into ½ inch pieces
- ½ cup frozen or fresh corn
- ½ cup frozen or fresh peas
- ¾ cup canned or fresh green beans
- 2 tablespoons chopped parsley

### INSTRUCTIONS

1. Heat oven to 350 degrees. Place beef chuck roast in a covered baking dish and season with salt, pepper, and garlic.
2. Add beef broth to the dish, covering half of the sides of the roast.
3. Cook for 3 ½-4 hours, or until the beef can be shredded easily with a fork. Let cool, then peel apart, removing any fat.
4. Add the onion, carrot, and celery to the pot. Cook for 4-5 minutes, or until softened. Add the garlic and cook for 30 seconds.
5. Add the beef back to the pot along with tomatoes, Italian seasoning, bay leaf, and beef broth. Bring to a low simmer.
6. Add the potatoes to the pot and cook for 20 minutes or until tender.
7. Stir in the corn, peas, and green beans. Cook for 5 minutes. Season the soup to taste with salt and pepper.
8. Discard bay leaf. Sprinkle with parsley and serve.





# You heard it here. A lot is happening at Savings Plus.

## Text to enroll

Let your co-workers know that it's easier than ever to enroll. All they need to do is text the keyword "savingsplus" to 877697 to receive a link to online enrollment. Message & rates may apply.

## Leaving service soon? Make the most out of your Lump Sum Separation Pay

If you cash out accumulated, unused leave time (Lump Sum Separation Pay), the full amount is taxable in the year you take it. But if you contribute this pay to your Savings Plus account on a pre-tax basis, you can:

- Defer income taxes
- Spread taxation across future withdrawals
- Maximize contributions for 2021 and 2022 if you separate on or after Nov 1

## Start 2022 off right!

Changes you make to your contributions in November will impact your December pay, which will post to your account in January. Start now in order to maximize your contributions for next year.



## Annual Fee Disclosure

You should receive a postcard or email notice this fall about where to find detailed information about our fees. View the full disclosure on [savingsplusnow.com](https://savingsplusnow.com).

## Know Your RMD

If you're at least 72, no longer working for the state, and haven't already selected your RMD payment, you'll automatically receive your 2021 IRS Required Minimum Distribution at the beginning of November from Savings Plus. Contact us at (855) 616-4776 for help.

## Our Third Party Administrative Services (TPA) contract is coming to term

Our seven year TPA contract with Nationwide Retirement Solutions will expire on December 31, 2022. As part of our standard contract process, we'll be going out to bid for TPA services. We will keep you informed of any updates on [savingsplusnow.com](https://savingsplusnow.com).

## Local Retirement Specialists

Sacramento county

**Justin Bailey**  
(916) 307-7028

[Justin.Bailey@Nationwide.com](mailto:Justin.Bailey@Nationwide.com)

Los Angeles, San Bernardino, and Ventura counties

**Jasmine Bauer**  
(424) 274-7148

[Jasmine.Bauer@Nationwide.com](mailto:Jasmine.Bauer@Nationwide.com)

Northern counties: Butte, Colusa, Del Norte, Glenn, Humboldt, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra, Siskiyou, Sutter, Tehama, Trinity, Yolo, and Yuba

**Johnny Chang**  
(916) 299-0531

[Johnny.Chang@Nationwide.com](mailto:Johnny.Chang@Nationwide.com)

East/Central counties:

Alpine, Amador, Calaveras, El Dorado, Inyo, Madera, Mariposa, Merced, Mono, Sacramento, San Joaquin, Stanislaus, and Tuolumne

**Jay Javier**  
(916) 882-3710

[Jay.Javier@Nationwide.com](mailto:Jay.Javier@Nationwide.com)

Southernmost counties:

Imperial, Orange, Riverside, and San Diego

**Martha Ocampo**  
(760) 478-9403

[Martha.Ocampo@Nationwide.com](mailto:Martha.Ocampo@Nationwide.com)

Southwest counties:

Fresno, Kern, Kings, Monterey, San Benito, San Luis Obispo, Santa Barbara, and Tulare

**Sherri Panttaja**  
(559) 254-3152

[Sherri.Panttaja@Nationwide.com](mailto:Sherri.Panttaja@Nationwide.com)

Northwest counties:

Alameda, Contra Costa, Lake, Marin, Mendocino, Napa, San Francisco, San Mateo, Santa Clara, Santa Cruz, Solano, and Sonoma

**Victor Tawn**  
(415) 710-6188

[Victor.Tawn@Nationwide.com](mailto:Victor.Tawn@Nationwide.com)



California Department of Human Resources  
1515 S St.  
North Building, Suite 500  
Sacramento, CA 95811

## Contact Information

 **Website**  
[savingsplusnow.com](https://savingsplusnow.com)

 **Savings Plus Solutions Center**  
(855) 616-4776  
(800) 848-0833 (TTY)  
5 a.m. - 8 p.m. PT

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Investing involves market risk, including possible loss of principal. No investment strategy or program can guarantee to make a profit or avoid loss. Actual results will vary depending on your investment choices and market experience.

**Before investing, carefully consider the fund's investment objectives, risks, charges, redemption fees, and expenses. You may download Fund Fact Sheets from [savingsplusnow.com](https://savingsplusnow.com) or request them by calling (855) 616-4776.**

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