

FINANCIAL BALANCE



The S&P 500 reached a fresh low the first week in October, closing 25% down from its January peak. While US equities may experience further decline, history suggests that investors who STAY THE COURSE have been rewarded. Historical drawdowns of 25% or more have delivered a forward one-year return of 27%, on average, with longer investment periods proving even more compelling.

All this to say...

1. It is generally not a good time to cash out investment accounts or move all assets into a cash position.
2. History tells us that a significant recovery is both possible and likely.
3. Reevaluating your risk tolerance and asset allocation maybe good idea if the market volatility is causing concern.

Chart of the Week: Don't Dread the Drawdown

S&P 500 Total Returns Following 25% Drawdown (%)

25% Drawdown Period	Peak-to-Trough Drawdown	1-Year	3-Year	5-Year	10-Year
Dec 1961-Jun 1962	-28	34	70	100	178
Nov 1968-Apr 1970	-36	35	47	28	100
Jan 1973-Apr 1974	-48	1	23	44	189
Nov 1980-Aug 1982	-27	61	108	272	485
Aug 1987-Oct 1987	-34	28	55	119	471
Mar 2000-Mar 2001	-49	2	1	24	37
Oct 2007-Sep 2008	-57	-5	11	65	209
Feb 2020-Mar 2020	-34	62	-	-	-
Jan 2022-Sep 2022	-25	-	-	-	-
Average	-38	27	45	93	238



Save the Date!

Are you curious how Social Security will work for you? How much of your income will Social Security replace? Are you getting ready to retire? Join SRP on November 16th for our Participant Education Webinar, 'Social Security Insights.' [Register here!](#)

Fiduciary Fun!



Strategic Retirement Partners recently gathered in Providence, Rhode Island for our annual Conference! Besides having A LOT of fun, we spent time learning about pending retirement plan legislation, market and investment updates, participant behaviors and cutting-edge technology that will benefit you, our clients and participants.

At SRP, we love what we do and it's this team, a.k.a. "the Secret Sauce," that makes it happen! It is an honor to serve you, along with the 300,000+ retirement plan participants we support nationwide.



High Yield Savings Accounts

The Federal Reserve has raised interest rates for the fifth time this year. While this causes an increase on the cost for consumers to borrow money (think home and auto loans), it does mean that banks are paying higher rates on savings accounts. Many savings accounts are now paying over 2%, which is a significant increase from previous years. Take advantage of higher interest rates to earn more yield in your savings account! [Check out this link to research savings account options!](#)

*SRP Tip – we recommend you keep at least 3-6 months "Emergency Savings" in a savings account.

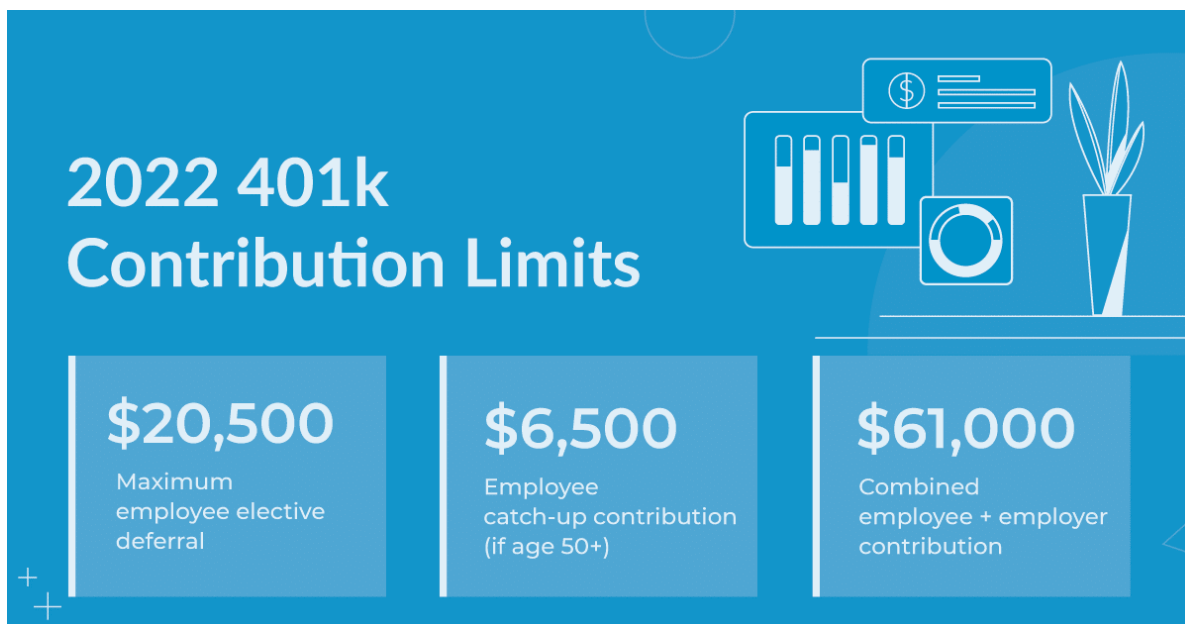
Are You in a Job Transition? Avoid this BIG mistake!

Since the pandemic, Americans are changing jobs at a faster rate than ever. Cashing out of a 401(k) is probably the most tempting — yet often most devastating — action one can take when moving from one employer to another. Early withdrawals can trigger costly penalties and taxes, plus by depleting the account you can miss out on the value of compounding interest (i.e. time!). It can often take years to build up your savings again, and retirement readiness may be delayed, forcing you to work longer than you planned. If you find yourself in transition, we urge you to preserve your 401(k)/403(b) balance and use this resource here from SRP to carefully evaluate your options.



Now is the Time to Max Out for 2022

We're in the homestretch of the calendar year, which means it's time to check up on your retirement plan contributions if your goal is to "max out" this year. Below is a chart to remind you of the 2022 maximum contribution limits. The month of October is a good time to check your year-to-date contributions and adjust contributions for the remaining 2022 payrolls to try to save up to the limit. Keep in mind that these are the limits for employee contributions only, and any employer contributions do not count towards this limit.





LOOKING FOR MORE IN 2022?



At WELLth, we believe that creating a financial plan is the first step toward financial independence. If you could benefit from a financial plan and professional investment advice, we invite you to schedule a free consultation. The WELLth team of specialists can help ensure that you are actively working toward your financial independence.

Use the links below to learn more about WELLth or to schedule your complimentary consultation.

[Learn More About WELLth](#)

[Schedule a Complimentary Consultation](#)

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CDs are FDIC insured to specific limits and offer a fixed rate of return if held to maturity, whereas investing in securities is subject to market risk including loss of principal.

The S&P 500 Index is a capitalization weighted index of 500 stocks designed to measure performance of the broad domestic economy through changes in the aggregate market value of 500 stocks representing all major industries.

Investing involves risk including loss of principal. No strategy assures success or protects against loss.