



NEWS You Can Use

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Hello to 2023

Finally in the rear-view mirror, 2022 was a year with the highest inflation rates in 4 decades. The Federal Reserve’s interest rate hikes increased borrowing costs and rewarded savers with better rates of returns. **Where can we expect to go in 2023?**



Inflation ongoing – with increased energy and food costs continuing, inflation is still too high. The Fed has signalled that it will continue to raise rates in early 2023, but possibly on a less aggressive track.

Wall Street volatility – with continued inflation and rising interest rates, plus a possible recession on the horizon stock market investors expect an unpredictable investment landscape and prepare for another bumpy ride in 2023.

Personal and business loans may cost more in 2023. With increasing interest rates and changes in qualification requirements, both personal and business loans could be more costly and difficult to access in 2023.

Car insurance increases – Continued supply chain woes, inflation and expensive car

accidents are fueling higher car insurance costs in 2023.

Mortgage rate increases – Mortgage rates more than doubled in 2022. While many economists say rates will stabilize in the low 6% range in early 2023, others argue rates will go higher.

Employment – ongoing labor shortages and layoffs in some sectors give a mixed outlook.

forbes.com/advisor/personal-finance/forbes-advisor-us-outlook-2023/

January Health Care Checklist



Keep a list of your medications and health conditions so that it is readily available for doctor consultations and emergencies, and update it annually.

Smartphone users can use an app like [mymedicalapp](#), but should be sure to also have a printed version in at home.

Update your emergency contact list. If you and your loved ones become separated during an emergency or natural disaster, you want this list handy.

Schedule all of your necessary appointments and medical tests for the year: Eye doctor, dentist, primary care doctor, and any necessary specialists. Make sure your immunizations are up to date and take a record of them with you.

Evaluate your exercise routine. Exercise cures all sorts of ills, from mental to physical. Do you spend at least 30 minutes in daily exercise? If not, join a workout program or setup a group of active friends to maintain a healthy level of activity together. If you love dogs but do not own one, inquire about volunteering to walk the dogs in your local Humane Society.

Take inventory of your medicine cabinet and emergency first aid kit. Throw away anything that's expired. Stock up on things you use a lot but are low on.

Don't forget your pet! Schedule a yearly exam and make sure your pet has all of its immunizations up to date.

Habits are the “Compound Interest” of Self-Improvement

Are you ready to accomplish your goals for 2023? Try the Atomic Habits approach presented by James Clear:

Small habits make a big difference. Every action you take is a vote for the type of person you wish to become. No single instance will transform you, but as the votes build up, so does your new identity. This is one reason why meaningful change does not require radical change.

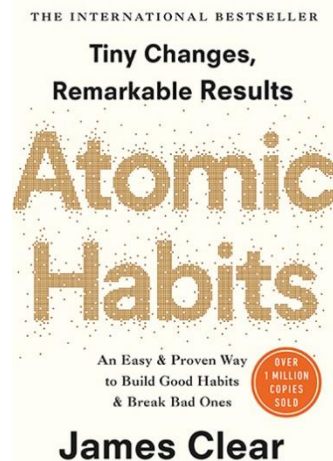
Goals are about the results you want to achieve. Systems are about the processes that lead to those results. Bad habits repeat themselves again and again not because we don't want to change, but because we have the wrong system.

Decide the type of person you want to be. Prove it to yourself with small wins. To change your behavior for good, you need to start believing new things about yourself.

Good Habits cost us in the present, and benefit us in the

future; Bad Habits cost us in the future, and the rewards are generally immediate.

We prioritize the present over the future, making a lot of habit change difficult, so we have to find a way to pull the long term effects of our habits forward into our awareness.



We can optimize our environment to make doing the right thing easier - having a bowl of fresh fruit out on the table, and hiding snacks or not allowing them in the home, or

removing time stealing apps off of phones.

Develop triggers that initiate good behavior, like putting on running shoes or the leash on your dog to initiate your walk or run – recognizing that this step is all you need to take to ensure the exercise happens, and keep those cues visible. Use a playlist of your favorite songs or select a good audiobook to make the effort more enjoyable.

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones – By James Clear

Supporting Backyard Winter Wildlife



Birds get hungry in fall and winter. Setting out bird feeders can help sustain them until spring and provide you with an entertaining live show.

Different birds have diverse dietary needs. Black oil sunflower seeds offer nutrition and fat for a wide variety of birds. Nyjer thistle attracts finches and several other small birds. Suet feeders, chunks of fruit, nut pieces, and mealworms are also popular.

Squirrels don't hibernate and may have small pups to care for, leading to a greater need for winter food. If you want to help them out, squirrels love unshelled sunflower seeds, acorns, walnuts and peanuts, dried corn on the cob, any unused avocado and pits, as well as chunks of carrots and apples.

gardeningknowhow.com/garden-how-to/beneficial/how-to-help-animals-in-winter.htm

2023 Tax Dates & Deadlines

2023 TAX DATES & DEADLINES

Date	Description
Jan 15	4th Installment of last year's taxes
Jan 31	W2 and 1099 mailing to contractors and employees.
Feb 15	1099 mailing by financial institutions to accountholders
Mar 15	Corporate Tax Returns filing deadline
Apr 18	2022 Health Savings Account contribution deadline
Apr 18	Deadline to correct excess contribution to IRA plans
Apr 18	2022 contribution deadline for Roth and Traditional IRA's
Apr 18	2022 contribution deadline for KEOGH, SEP plans
Apr 18	First installment of estimated taxes due for 2023
Apr 18	"Tax Day" - deadline to file or request extension
Jun 15	Second installment of estimated taxes due for 2023
Sep 15	Third installment of estimated taxes due for 2023
Oct 16	Deadline to file for those requesting a 2022 extension
Dec 31	Deadline to establish a 2023 Keogh plan
Dec 31	2023 contribution deadline - employee sponsored 401(k)
Dec 31	Deadline for itemized deduction expense payments
Dec 31	Deadline to complete capital loss or gain transaction
Dec 31	Deadline to establish/fund a 2023 Solo 401(k)

Schedules can often take the edge off of stressful tasks like taxes.

Listed above are important tax related dates in chronological order, including some additional to-do-by dates that might apply to you.

Adding the relevant deadlines to your calendar can improve your chances for a smooth 2023 tax season and free up your time for more enjoyable pursuits!

thebalance.com/income-tax-deadlines-3192862/#toc-deadlines-organized-by-date

irs.gov

It Happened In ...



January 5th 1925 – Nellie Tayloe Ross of Wyoming became the first female governor inaugurated in the U.S.

January 10th 1776 – Common Sense, a fifty page pamphlet by Thomas Paine, was published.

January 15th 1929 – African American civil rights leader Martin Luther King was born in Atlanta, Georgia. He received the Nobel Peace Prize in 1964 for his nonviolent methods to achieve equality.

January 25th 1959 – An American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York.

January 28th 1986 – The U.S. Space Shuttle Challenger exploded 74 seconds into its flight, killing seven persons, including Christa McAuliffe, a teacher who was to be the first ordinary citizen in space.

1 - historyplace.com/specials/calendar/january.htm

Baby, It's Cold Outside! Tips on Helping You Enjoy Winter

Winter is back, and 2023 is starting out cold. Rise above common winter hazards like snow storms, cold dry air, and sickness with these tips:

Use moisture and heat to keep your sinuses in top shape. In cases of infection, heat and moisture thins mucus and reduces sinus pressure. ¹

Apply a warm, moist washcloth to your face, eyes and nose several times a day to soften mucus and warm the air inside your sinuses.

Use a saline nasal wash. Studies show that a mixture of concentrated salt water and baking soda (bicarbonate) helps the nose work better and move mucus out faster.

Drink lots of fluids – hot tea and broths may work best as they will warm and hydrate your sinuses. Remember, alcohol and caffeine can have a drying effect.

Inhale steam to moisten and soften mucus. Do this in the shower, or create your own mini-sauna by draping a towel over your head as you lean over a basin full of hot water.

Keep your ears and nose covered in dry or cold air. Wear a face mask indoors. Use a ski mask outside or a scarf that covers your ears and nose.

Apply moisturizing gel inside your nostrils to relieve dry nasal passages – try ones with eucalyptus, menthol or

essential oils like peppermint or clove.

Be prepared for storms. We expect a few big snows every year. Be prepared to lose power or get snowed in entirely with an emergency kit for your home and your car. Keep all vehicles well fueled, and charge emergency lights and communication devices. Keep your alternative heating source like fireplace or pellet stove maintained and fueled. ²



Winterize. Make sure your car is in good shape and you have plenty of emergency supplies in your trunk in case things go awry. Run ceiling fans clockwise to trap heat in your house and hang insulated curtains to trap warm air inside.

Maintain your physical health with sleep, diet, and exercise. Take advantage of sunny days - in June there are 15 hours of sunlight, but in December there are only 9. Make sure you get some when the opportunity presents itself. ³

1 - <http://health.usnews.com/health-news/patient-advice/articles/2016-02-04/smart-sinus-care-from-prevention-to-treatment>

2 - <http://lifelifehacker.com/top-10-ways-to-survive-the-cold-harsh-winter-1498172684>

3 - <http://lifelifehacker.com/5958624/winterize-your-home-and-yourself-this-weekend>