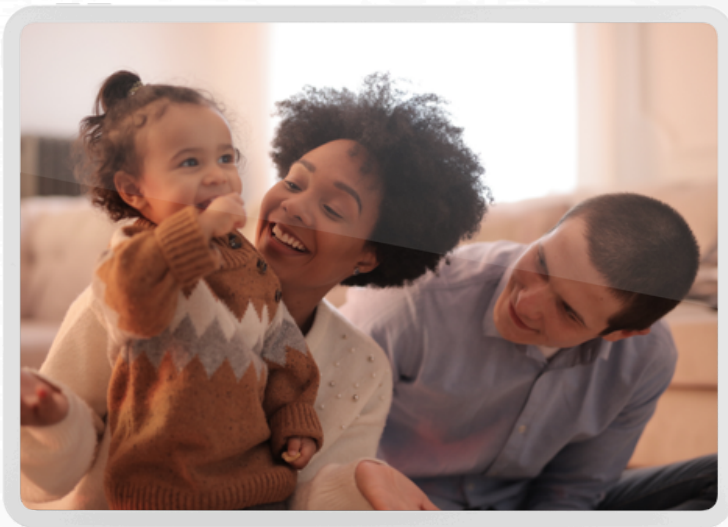


# FAMILY RELATIONSHIPS & FINANCE PROGRAM MONTHLY NEWSLETTER



## UW-Extension of Dane County FAMILY & FINANCE

The Family Engagement and Relationships (FER) program at UW-Extension of Dane County support strong family engagement and other interpersonal relationships that significantly contribute to the health and well-being of individuals, communities, and economics. Extension provides well-researched, quality information and programs to further support parenting and family relationships.

The Financial Education program at UW-Extension of Dane County helps families and individuals to achieve financial well-being, reach for financial goals, planning for life's unexpected events, and build a secure financial future.

Learn more about the UW-Extension of Dane County - Family & Finance program at <https://dane.extension.wisc.edu/families-finance/>

Learn more about our state-wide programs at <https://extension.wisc.edu/family/>

Share your feedback on our newsletter by scanning the QR code.

### About UW-Extension Human Development & Relationships Institute (HDRI)

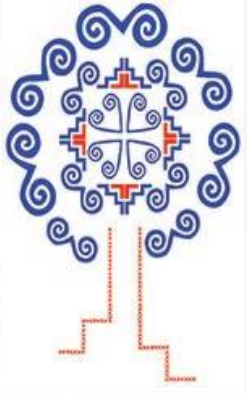
The Extension Institute of Human Development & Relationships provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.



## Extension Family & Finance Resources

### Hmong Institute to open first of its kind childcare center in Madison

Madison’s Hmong Institute plans to open a first of its kind child care center, later this year, for Hmong families and children. Enrolled children will be immersed in the Hmong language, learn from Hmong-speaking teachers, and participate in a variety of intergenerational activities focus around the Hmong culture. You can follow up and read more about the project in [The Cap Times article](#).



### Nehemiah Center for Urban Leadership Development

The center fosters emerging leaders in the African American community and offers programming for youth, men reentering the community after incarceration and neighborhood economic development. It is also home to the Justified Anger Coalition, which seeks to establish a plan to address the long-standing and harmful effects of racial disparities in the Madison community. More information about the organization can be found at <http://nehemiah.org>.

### UW-Madison, Wisconsin Alzheimer’s Disease Research Center (ADRC)

The Wisconsin Alzheimer’s Disease Research Center’s mission is to improve the lives of people affected by Alzheimer’s disease by facilitating innovative science that targets the prevention and treatment of the disease. Through research funding, the Wisconsin ADRC conduct investigations through basic science, clinical, and care research programs as to identify early signs of the disease and its causes in order to better understand why Alzheimer’s disease occurs and find ways to prevent, slow, or halt its progression. More information about the center can be found at <https://www.adrc.wisc.edu/>.



### Parental Self-Care Ideas

Parents have a lot of demands on their time, energy, and attention. Unfortunately, this means that parents’ own needs are often neglected. When parents stop caring for themselves, stress can take over resulting in potentially negative repercussions on parents’ health and relationships with children, and/or with their partners.

Self-care typically falls into three categories: care for your body, care for your mind, and care for your emotions and relationships. No single self-care idea will work to eliminate all your parenting and life stress, but combining several practices will help decrease your stress, improve your parenting, and make your daily life more satisfying.



Here are some ideas of how you can incorporate self-care into your life:

- *Stock the fridge with easy to grab, healthy snacks like string cheese, pre-cut veggies, and fruit. And drink plenty of water to keep the body hydrated.*
- *Schedule and spend some time, and stay in touch with family and friends. Building a community of support is beneficial for one’s social and emotional needs.*
- *Try out a new hobby or activity that you enjoy. This can be gardening, attending a group event, or even practicing yoga alone at home. Whatever it is, trying out a new activity helps build community, learn new skills, and increase self-confidence.*

For more parental self-care tips and ideas, read our [Parental Self-Care](#) article on our website.



# FINANCIAL NEWS UPDATES

## **Household Debt Report**

On August 6, the Federal Reserve Bank of New York released its quarterly report on household debt and credit. Delinquency rates remained the same from the previous report with 3.2% of outstanding debt in some stage of delinquency. Otherwise, total debt rose across categories including auto loan debt, mortgage debt, home equity lines of credit debt (HELOC), and credit card debt, which has an avg. debt per borrower of \$6,329.

## **Retirement Shortfall Research**

In early August, Morningstar's Center for Retirement and Policy Studies shared research that analyzes the likelihood that today's US workers will have adequate financial resources in retirement. The key findings are that participation in employer-sponsored retirement plans greatly improves retirement outcomes, Baby Boomers and Generation Xers face a higher risk of retirement shortfalls than other age groups, and lower income workers, Hispanic Americans, and Black Americans have higher risks for retirement insecurity.

## **WI State Dept. Launches Investment Scam Tracker**

In late July, the Wisconsin Department of Financial Institutions (DFI) launched an investment scam tracker to help Wisconsin residents avoid investment scams with particular attention to cryptocurrency scams. Between January 2022 and June 2024, \$3,540,878 in losses were reported to DFI from WI residents from "pig butchering" scams, also known as "financial grooming." You can learn more about pig butchering scams, which have increased significantly over the last few years, at <https://www.fdicoin.gov/pig-butcher-scams-alert>.

## **Lower Employee Raises Expected in 2025**

A recent poll of almost 2,000 U.S. companies found that employers expect to provide the typical worker

with a 4.1% annual raise for 2025, which is down from 2024's average of 4.5%. About 50% of poll responses report that salary budgets for 2024 are lower than 2023 and many expect that trend to continue in 2025.

## **Student Loan Forgiveness Update**

On July 31, the U.S. Department of Education announced their intention to take the next step towards additional debt relief for millions of borrowers this fall. In early August, the Dept. of Education will email all borrowers with at least one outstanding federally held student loan to share updates on potential student debt relief and to inform them they will have until August 30 to contact their servicer to opt out of possible relief, if desired.



## **Payments To Be Paused for SAVE Plan Borrowers**

Amidst yet another court procedure to halt implementation of the Saving on a Valuable Education (SAVE) plan, the U.S. Department of Education announced plans to pause millions of student loan borrowers' payments while it defends the SAVE plan against legal challenges. On July 19, U.S. Secretary of Education Miguel Cardona stated that "borrowers enrolled in the SAVE Plan will be placed in an interest-free forbearance while our Administration continues to vigorously defend the SAVE Plan in court. The Department will be providing regular updates to borrowers affected by these rulings in the coming days."

# UPCOMING EVENTS

Below are a list of upcoming local and state-wide events and workshops provided by the UW-Extension Family & Finance program:

## September 5 - Resilient Co-Parenting: Relationship Readiness

Assess your relationship readiness and learn tips to help your children adjust to new relationships. **Time: 7-8 pm (virtual)**

**September 9 - RENT Smart.** Class will focus on the knowledge and skills essential on how to budget, save, and search for rentals. **Time: 9-11 am (in-person)**

**September 10 - Focus on Fathers Series: Fathers Encourage Children.** Fathers and father-figured caregivers are encouraged to join and discuss all things parenting, family and coping successfully in these modern times. **Time: 6-7 pm (virtual)**

**September 10 - Oct 1: Triple P - Youth seminars and discussion groups.** Classes are held every Tuesday. **Time options: 9-10:30 am or 6-7:30 pm (virtual)**

**September 13, 16, 20, 23: RENT Smart.** Classes focus on building a positive rental experience and strategies to building a positive landlord-tenant relationship. **Time: 10 - 11 am (in-person)**

**September 16, 23, 30 - Triple P: Teens Seminars.** Program is for parents and caregivers of teens 12 to 16 years of age. Come fill your toolbox with strategies to make parenting teens easier and more joyful. **Time options: 11:30 - 1 pm or 6-7:30 pm**

**September 19 - Raising WI's Children Series: Families + Screens.** Learn how to identify your family values around screens and make a family media plan that works for you. **Time: 1-2 pm (virtual)**

**September 19 - Triple P: Dealing with Disobedience.** Join and explore some common problem behaviors with disobedience and why children might do it, and how to prevent and manage disobedience when it happens. **Time: 6-7:30 pm (virtual)**

**September 26 - Triple P: Family Transitions.** For parents who are experiencing personal distress from separation or divorce. **Time: 5:30 - 7:30 pm (virtual)**

*Registration is highly encouraged for all events & workshops. All of these events can be found on our local and/or state-wide website.*

## Local Community Events

### Urban Triage 3rd Annual Harvest Festival



The festival will take place on September 7, 2024, at the

Farley Center for Peace, Justice, and Sustainability from 3 - 8 pm. It will feature a variety of family friendly activities and performances, free food, complimentary drinks, a live DJ (DJ Pain 1), and much more! More information about the festival can be found on their [website](#).

### 2024 Fall Community Conversation: The Impact of Social connections on Brain Health

This event will be on September 10, 2024 from 4:30 - 7:30 pm, and hosted by UW-Madison's Wisconsin Alzheimer's Disease Research Center (ADRC). The program will offer complimentary refreshments, a health and wellness resource fair and feature a special speakers-panel discussion about the impact of social connection on our well-being. More information about the event and how to register can be found on the [ADRC website](#).



Dane County Extension Family & Finance  
Program staff contacts:

Clare Dahl | [clare.dahl@wisc.edu](mailto:clare.dahl@wisc.edu)

Kula Yang | [kula.yang@wisc.edu](mailto:kula.yang@wisc.edu)

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Section 504 del Rehabilitation Act.

Tus Tswv Hauj Lwm Ntawm (EEO/AA), ntawm lub Tsev Kawm Ntawv Qib Siab (University of Wisconsin-Madison Division of Extension) pab rau kev ncaj ncees txog kev hauj lwm thiab kev pab cuam, xws li nyob rau hauv Title VI, Title IX, thiab ntawm tsab cai Americans with Disabilities Act (ADA) yuav tsum kom muaj thiab Feem 504 ntawm the Txoj Cai Kev Pab Rov Tsim Kho Uas Tau Teev Tseg.