

# FAMILY RELATIONSHIPS & FINANCE PROGRAM MONTHLY NEWSLETTER



## 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.



## 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-finances/>

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

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



# FINANCIAL NEWS UPDATES

## Prison & Jail Call Rates

In July, the Federal Communications Commission (FCC) voted to implement new rules on phone and video calls in prisons and jails. The new caps on costs will save people who are incarcerated and their families hundreds of millions of dollars after they go into effect in 2025, according to the FCC.

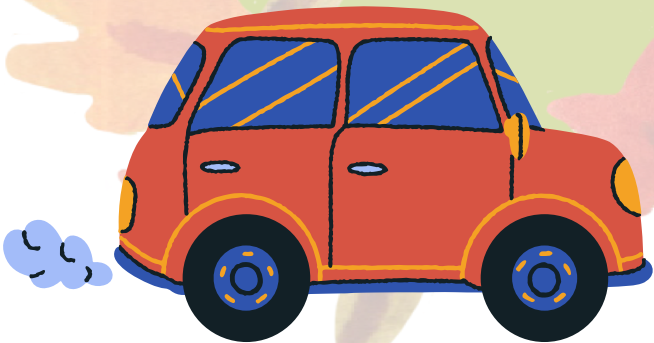


## 401(k) Employee Savings Data

A new study shows that employee 401(k) savings may not benefit from auto-enrollment as much as previously thought. The researchers analyzed nine 401(k) plans and found that the cumulative benefit is not as significant after considering the following: the # of employees who withdraw their 401(k) savings when they leave their employer, the # of employees who leave their employer before their employer's matching contributions fully vest, and the # of employees who opt-out of auto-escalation (occurs when a worker's contribution automatically goes up over time).

## Auto Insurance Cost Increases

According to Insurify, an insurance comparison shopping website, full coverage automobile insurance increased by an average of 15% across the nation in the first half of 2024 alone. Since 2019, the average cost has gone up by 45%. In WI, 2024's total projected, average increase is 25%.



## Health Care Costs In Retirement

On August 8, Fidelity released its annual Retiree Health Care Cost Estimate. The report shows that a person retiring at age 65 should expect to spend \$165,000 in health and medical costs. This estimate is up 5% from 2023 and does not include long term care costs. The estimate assumes the retiree is enrolled in Medicare Parts A (hospital coverage), B (doctor visit coverage), and D (prescription cov.). The remaining costs, such as Medicare premiums, dental and vision care, and all other health care costs, are left to the retiree to manage.

## Improper Social Security Payments Reach All Time High

According to a report from the Social Security Administration Office of the Inspector General (SSA OIG), in February 2024 there was a backlog of improper payments resulting in over \$1 billion. The SSA says these improper payments, which include overpayments to beneficiaries, are due to staff reductions, increased workloads, and less than expected overtime funding that would have enabled SSA staff to investigate and shorten processing delays for the backlog of unreviewed cases.



On a separate but related note, it has been reported that Social Security information, and other personal information, of millions of Americans was stolen in an April 2024 data hack of a background check company. This hack is another reminder for individuals to freeze their credit so that the impact of such theft is minimized.

## Extension Family & Finance Resources

The **Society of St. Vincent de Paul of Madison** comprises of 400+ staff and volunteers dedicated to helping individuals and communities in need.



They provide basic essentials like food, prescription medicine, clothing, furniture and household goods. They might also offer long-term assistance like microloans and housing support (ex. storage space for homeless individuals) to newly housed single adult families. In addition, you might notice some of their thrift stores they operate and located around the city. You can learn more about St. Vincent de Paul by visiting their [website](#).

## DAIS

DOMESTIC ABUSE INTERVENTION SERVICES

The Domestic Abuse Intervention Services has been in Dane County since 1977. They strive to

empower those affected by domestic violence by advocating for social change through support, education, and outreach. They offer a wide array of crisis intervention and community education/prevention programs, including a 24-hour Help Line, programming for children from violent homes, legal advocacy, support groups, and emergency safety planning. DAIS is also the only domestic violence shelter in all of Dane County. You can learn more about DAIS by visiting their [website](#).

**C.A.R.D.S Closet** is a free clothing resource for Sun Prairie families that accepts clean and gently used clothing. They have a donation bin at the Prairie Athletic Club or at the Sunshine Place. Check out their [website](#) to learn more about their services.

**Waunakee Neighborhood Connection** is a social service organization that applies a neighbor-to-neighbor approach to support families in need, around the Waunakee area. They provided numerous free need-based programs and services, and volunteer opportunities.

## Reframing Aging – Toolkits and Resources from Frameworks Institute

When you think about aging, what comes to mind? We often find ourselves falling into stereotyped was of thinking that connect aging with frailty and loss. Aging, however, is a normal, natural part of life – we are all aging every day! Although we are at greater risk of health conditions as we age, we also have more wisdom, experience, and emotional resilience that we can share with the world.

By thoughtfully framing and reframing the way we think and talk about aging, we can make space for more positive, open conversations and problem solving. Read up more about the idea of “reframing aging” on our [UW-Extension website](#).

## Raising Caring Kids - “I Make a Difference”

Research shows that children are natural helpers. You can advance your child’s helpful actions in school and community by telling them directly of your expectations and by asking them. For example, you could say, “I count on you to be kind to all your classmates” and then ask, “What can you do at school when a classmate gets teased?” This helps reinforce in your child a “can-do” attitude that they can make their schools and communities a better place. For more tips and strategies to support your child, you can check out our UW Extension website - [Raising Caring Kids](#).



# UPCOMING EVENTS

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

**October 1 - Triple P: Discussion Group - Managing Fighting and Aggression in Children.** Join and learn strategies and tools to manage common and challenging children behaviors. **Time Options: 9-10:30 am or 6-7:30 pm (virtual)**

**October 3 - Resilient Co-parenting: Mindful Money Practices.** **Time: 7-8 pm (virtual)**

**October 3, 10, 17, 24 - Money Matters Series.** Join in any of the session. Covers 4 different topics to help you build positive relationship with your finances. **Time Options: 10-11 am and 6:30 - 7:30 pm (virtual)**

**October 8 - Focus on Fathers Series: Fathers Teach Perspective Taking.** Class is to support fathers of all types as they also play an important role in child's development. **Time: 6-7 pm (virtual)**

**October 8 - November 12 (Tuesdays) - Raising a Thinking Child.** **Time Options: 9-10:15 am or 6-7:15 am (virtual)**

**October 17 - Triple P: Family Transitions.** Join and learn strategies navigating the stress and challenges that comes with separation and divorce. **Time: 5:30 - 7:30 pm (virtual)**

**October 16, 23, 30 - Triple P: Teens Series.** Join and learn strategies to support and help your teen build their resilience and independence. **Time options: 10-11:30 am or 6-7:30 pm (virtual)**

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

## Fathers in Focus Conference (October 11, 2024)

A groundbreaking event dedicated to empowering fathers and promoting positive fatherhood practices is set to take place at the Monona Terrace in Madison, Wisconsin. This full-day conference aims to inspire, educate, and support fathers in their vital roles within families and communities. Time: 7:30 am - 5:00 pm (in-person). If interested in registering or volunteering, please contact Kula Yang, Family & Finance Educator, at [kula.yang@wisc.edu](mailto:kula.yang@wisc.edu).

## Local Community Family Fun Events

Looking for some fun & family friendly activities to do around Dane?



The City of Madison does not have an official Trick-or-Treating hours. Recommended hours: 4:00 pm – 8:00 pm on October 31. Follow these trick-or-treat safety tips for a safe and Happy Halloween!

**Oktoberfest - Oct 4 (4-8 pm)**  
The Edgewater Madison in Madison

**Fall Festival - Oct 12 (9:30 - 11 am)**  
St. Luke's Lutheran Church in Middleton

**Deforest Farmer's Market - The Great Pumpkin Event - Oct 15 (3:30-6:30 pm)** Between Village Hall and Fireman's Park in Deforest

**Trunk or Treat - Oct 26 (12-4 pm)**  
Sun Prairie Family Aquatic Center in Sun Prairie

**Boo at the Zoo - Oct 27 (9:30 am - 1 pm)** Henry Vilas Zoo in Madison

**Costume Toddler Dance Party -Oct 31 (10-10:45 am)**  
Sequoia Library, Room A-B, in Madison



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