

# Miles Financial Services, Inc.



## FALL 2023 NEWSLETTER

### CELEBRATE

Will you be celebrating "Name Your Car Day on October 2nd? How about "National Homemade Bread Day on November 17th?

*full story on page 1*

### FALL IN LOVE WITH FALL

Some people love the winter. Some love the spring. Some love summer. EVERYONE loves fall!

*see more on page 3*

### COLLEGE KID CHECK IN

College kids have been back to school for a few weeks now. Do you check in on them or not?

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# A CELEBRATION FOR EVERYTHING



## **National Name Your Car Day, October 2**

Knightrider, Batmobile, Herbie and Bumblebee are famous car names from the big screen and television. I'm sure when you were growing up, your family had a big jalopy with a name to match. It was probably named Big Blue, Bertha, Grocery Getter, or Bullet. Many times, a car is much more than a set of wheels. It's an extension of your personality!

## **National Homemade Bread Day, November 17**

There are very few things in this world that top homemade bread. It's one of the best items at the table. Ciabatta, rye, sourdough, wheat or white. You really can't go wrong. Anyone can make a loaf of homemade bread, but few do. Use November 17th as your "I'm going to try to do it" day. Dust off grandma's recipe and make her proud. Serve it up hot, steamy and topped with a pat of butter!

## **National Gingerbread House Day, December 12**

Have you ever made a Gingerbread House? If not, today is your day! The professionals would make their own gingerbread, cut it up and construct it from scratch. Lucky for us, you can purchase kits in stores and save yourself a lot of time. This is a fun activity for your kids and/or grandchildren. Clear off the table, throw out all the supplies and make some memories. Kids love this activity. You know who else loves it? Adults! Have a party and a Gingerbread House decorating competition. Watch the adults become children again.



# FINANCIAL LITERACY



Did you know that two-thirds of Americans are financially illiterate? What does that mean? Financial illiteracy refers to the lack of financial skills and knowledge. They do not understand or effectively use various financial skills like personal financial management, budgeting and investing. Interest rates, stocks, bonds, mutual funds, credit scores, retirement planning, savings, and real estate investments are just some of the topics that they know little or nothing about. Financial literacy is much more than just knowledge. It involves motivation, skills and confidence to know how to make financially sound decisions.

## **Why is financial literacy so critical?**

- Quite honestly, studies show that you actually have a longer life expectancy the more financially literate you are. Who doesn't want that?
- Due to that longer life expectancy, people need their assets to last longer. This causes retirement anxiety. Americans are concerned that what they have saved won't be enough.
- Most Americans don't have enough funds to cover even the smallest, unexpected emergency.
- Most Americans are dissatisfied with their financial condition.
- Studies (many studies) show that the more financially literate you are, your odds are higher at being more financially well. You have less stress, you are more prepared for retirement, you can budget and save money, you are able to absorb emergencies without additional stress.

The old saying goes, "you don't know what you don't know". If you were never taught, then you never learned. Two-thirds of people fall into this category. You are certainly not alone. Many people believe that this needs to be taught in schools right along with math, science, and geography. Don't carry shame from what you were never taught.

It's NEVER too late to learn! If you want to learn more about a topic, reach out to someone who knows. Your financial advisor is a great place to start. They LOVE to teach their clients about finances. It's what they do and one of the most rewarding components of their job. People love to teach. They love to see their clients grow and become more confident. Your local banker is another option. Call for an appointment and ask them to teach you. If they aren't responsive, find a different one. You can also reach out to your own network. Ask that friend that you admire for their finance wisdom. They would love to share their knowledge with you. In fact, they would find it to be a wonderful compliment to be asked!



# FALL IN LOVE WITH FALL



**Some people love the winter.  
Some love the spring.  
Some love summer.  
EVERYONE loves fall!**

Maybe it's the crisp, clean and fresh air. It could be the changing of the leaves, the crunch they make underfoot and the beauty of the landscape. Sweatshirts, jeans, and football are all things to look forward to.

If you live on the east coast, consider yourself extremely lucky. New York, Vermont, New Hampshire, West Virginia, and Pennsylvania are all chart toppers for being the best places to see fall foliage. Tennessee with their gorgeous Smoky Mountains are a sight to see as well. Don't discount the Midwest. Iowa, Wisconsin, Michigan, and Missouri (think Ozarks!) are all stunning. Galena, Illinois not only has beautiful foliage, but tons of shopping, history, and sightseeing. It's a beautiful and quaint little town bustling with great restaurants and wine.

Take a trip this fall with your family or friends. Choose a great location and take a road trip. Take it slow and easy. Make time for random stops along the way. Stop at that 100-year-old barn that's been converted to a bar and grill. Have a drink on the patio and enjoy the conversation. Take time at a pumpkin patch, winery, or brewery. Visit a state or federal park. Walk the trails and sit on a bench while you watch the leaves drop. Enjoy fall this year like you never have before. Fall in love with fall all over again!

# COLLEGE KID CHECK IN



**Those college kids have been back to school for a few weeks now. Do you check in on them or not? Watching those little birds leave the nest is hard. Often, it's more difficult for the parents than it is for the kids. There's a balance of letting them be independent and figuring things out on their own but also still being their lifeline when they need it. Here's some good tips to get everyone through it:**

1. If your kid is just a few hours from home, schedule a monthly dinner with them. Plan it on a weeknight when you aren't conflicting with their weekend plans. Kids love to eat.

2. Invite their roommates and friends to come along. If you are able, pick up the tab for everyone. Again.... kids love to eat. Before you know it, you'll be in a routine, and everyone will plan their schedules around you coming to town. They won't miss that free dinner!

3. The best part about these dinner nights with roommates and friends is the conversation you will hear at that dinner table. You will learn more about your kid in that 2 hours than you ever would have before. The conversation is worth every dime spent!

4. Never do surprise pop-ins. Always schedule your visit. You will lose trust with your kid by unannounced visits. Be respectful.

5. Take them grocery shopping while you're in town. You're there for a check in, but you're stocking their dorm room with Cheetos and so they won't mind at all.

6. Service their car as well. Do a checkup on their vehicle. Make sure the tires are good and the oil gets changed. These are things that help your kid financially AND ease your mind that it's getting done.

7. Listen. Talk less and listen more. When you do talk, ask questions about simple things. Keep the conversation light and not heavy. Ask them what they like most about living in this city. Ask about the interesting people they have met. Ask about their favorite coffee shop and why it's their favorite.

8. If your kid is too far away to make a monthly visit, plan a scheduled family Facetime. Put it on the calendar for the same day/time each month. Plan around it. Family Facetimes are so easy for everyone to take part in. Depending on your family dynamics, be sure you aren't taking up too much of their time. If they're not a phone talker, don't make them stay on the phone for an hour.



Maybe 15 minutes is enough for them. Keep it as painless as possible for them. They are much more willing to get on a call if they know it won't be an hour's call. Follow their lead, if they're in a mood to talk, let them! If they're tired and growly, let them off the hook and tell them to have a good night.

9. Open a family Lift or Uber account. Make sure those kids know they can use it when they need to. There's no better feeling than seeing your kid take an Uber at 3 a.m. Use it as an opportunity to call them (the next day) and thank them for being responsible. Then ask about their night.

10. Let them struggle. Try not to be that helicopter parent that moves every roadblock they encounter. Let them figure it out on their own. Offer advice if asked. Lessons, knowledge, and wisdom come from the struggle. Don't take that away from them. This is also where they grow in confidence. That's a real sight to behold. Watch them solve their own problems and watch them flourish with confidence. It's awesome!





# CHRISTMAS SIMMERING POTPOURRI

## Ingredients:

1 cup cranberries  
1 cup sliced oranges  
1 cup sliced apples  
4 to 5 cinnamon sticks  
1 tsp ground cinnamon  
1 tsp vanilla extract  
Whole cloves are a nice touch  
1 small pine tree branch

Put all of the ingredients together and cover with water in a crock pot or pot on the stove. Cook on low heat, adding more water when it gets low.

Make this while decorating the tree or for the office in a crockpot. It's also a sweet gift for teachers or neighbors in a clear bag with a pretty ribbon. Just leave the fruit whole and include instructions to add water and vanilla.







## Miles Financial Services, Inc.

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