



# THE ANCHOR

A MONTHLY NEWSLETTER FROM ANCORA WEALTH PARTNERS

## October 2023

WELCOME AUTUMN!!!

October brings cooler temperatures, beautiful fall colors and the urge to drink or eat something with pumpkin spice.

Don't forget... Medicare open enrollment starts October 15.

We've added an article that you may find helpful.

We hope this month's newsletter is informative and a little fun.

*Angie, Melissa, Kyle & Kasey*

## Market Recap for September 2023

Index	12/30/2022	09/29/2023	Monthly Change	Monthly % Gain/Loss
DJIA	33,147.25	33,507.50	(1,214.41)	(3.50%)
NASDAQ	10,466.48	13,219.32	(791.16)	(5.65%)
S&P 500	3,839.50	4,288.05	(219.61)	(4.87%)

Index	2023 YTD Change	2023 YTD % Gain/Loss
DJIA	360.25	1.09%
NASDAQ	2,752.84	26.30%
S&P 500	448.55	11.68%

*The information contained in this email does not purport to be a complete description of the securities, markets or developments referred to in this material and does not constitute a recommendation. The Dow Jones Industrial Average (DJIA), commonly known as "The Dow" is an index representing 30 stocks of companies maintained and reviewed by the editors of the Wall Street Journal. The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. Stock market. The NASDAQ composite is an unmanaged index of securities traded on the NASDAQ system. Keep in mind that individuals cannot invest directly in any index and index performance does not include transaction costs or other fees, which will affect actual investment performance. Individual investors' results will vary. Past performance does not guarantee future results. Investing involves risk and investors may incur a profit or a loss.*

## Trivia Questions:

1. What sitcom star played a police officer at the end of "Psycho"?
2. Which state is closest to Bermuda?
3. How many folds are in a chef's hat?

*Answers on page 7*



## TIDBITS OF MONEY ADVICE THAT WILL MAKE YOU *POORER*

*These all-too-common financial “tips” will lead you astray.*

**Credit cards are evil.** Credit cards do not have any inherent qualities, good or bad. Human behavior determines whether they are beneficial or problematic. Used responsibly, credit cards offer great rewards and eliminate the need to have a bunch of cash in hand. They also provide buyer protections. You just need to be disciplined enough to pay off the balance *each month*.

**Following a rigid spending plan will set you free.** What happens to dieters who have cravings but suppress those urges until they can't take it anymore? They give up and resort to lots of comfort foods. That's why incorporating mad money into your spending plan is OK. If you never have any fun with your money, deprivation will usually backfire, causing you to break down and go on spending sprees. If you are trying to curb purchases, be realistic. Take small steps and modestly reward yourself from time to time.

**10% is the sweet spot for retirement contributions.** Saving 10% of your income used to be the standard advice, but not anymore. If you did not get an early start, you will need to save a higher percentage of your income to reach retirement goals. For example, people in their 40s who have not saved much for their golden years likely will find that 10% is not nearly enough. How much will you need? Figure out what you will spend on health care, food, shelter and other necessities. Then, consider what you will get from Social Security and other sources. Filling in the gap will be your responsibility.

**You should buy a house because it is a good investment.** Were you around for the last housing crisis? Homes do not always appreciate in value as rapidly as you would like them to and they can lose value. That does not mean buying a home is a bad idea. One of the beauties of owning a home is that a fixed-rate mortgage locks you into a set cost each month. You will make the same monthly payment for years while the price of rent goes up. Eventually, you will own that home free and clear. That is an investment in your future financial security. But remember that buying a home is not a surefire path to riches. Being underwater – where your outstanding mortgage exceeds the value of your home – is not a pleasant place to be.

**Home equity loans are a great way to get out of a pit.** Home equity loans may seem like the perfect solution to getting out of debt because of the competitive interest rate. But if you fall on hard times and default on the loan, everything goes downhill. In a worst-case scenario, an inability to pay back the loan could end up with you losing your home.

*Source: [moneytalksnews.com](http://moneytalksnews.com)*

## HALLOWEEN ALTERNATIVES TO TRICK OR TREATING

*Most kids love to go trick or treating but some don't or can't.*

*Either way, you need alternative activities that are safe, not scary and fun for the whole family. Here's a list of alternatives to consider.*

1. **Have a Family Game Night** – There is nothing more fun to a child than sitting down with their parents at the kitchen table and playing some great games with the family. Pick out the games in advance to ward off any fighting over what is going to be played. Place some snacks and chips around the table for everyone to enjoy and start playing.
2. **Host a Bon Fire** – Invite all your family and friends over for a fun bonfire in your backyard. Hot dogs and s'mores are simple enough to make. And who doesn't like sitting around a good old-fashioned fire? Grab some hay bales for seating and serve up some hot apple cider to keep everyone warm. You have your guests dress up for Halloween. If a bon fire isn't reasonable, you can now purchase outdoor fire pits at a reasonable cost.
3. **Pass out Candy** – Have the kids dress up at home and pass out candy to all the trick or treaters. You can have a fun movie playing in the background to keep them busy in between guests. Passing out candy can be a whole lot less stressful than running around in the cold dark night.
4. **Make a Treat Night** – This is a favorite alternative to trick or treating. All kids love playing in the kitchen with mom and dad and what better way to keep them busy this year than by having a fun treat night in your own kitchen. Get busy making cookies, cupcakes or candy with the kiddos. When you are done making your treats, sit down and have a great big, sweet feast.
5. **Make a Scavenger Hunt** – Grab some candy treats and set up a scavenger hunt in your own backyard. Kids can still dress in costumes and experience the joy of candy without having to go door to door.
6. **Go to the Movies** – With all the scary things that are happening Halloween night, it's nice to be able to take your little ones out for a movie night. Check your local listing and see what non-scary cartoons they have playing in your area and take the whole family to see it.
7. **Find a Local Trunk or Treat** – A lot of churches and community organizations will host a trunk or treat. Cars will line up in a parked position in a parking lot and they will pass out candy from the trunks of their cars. It's a fun way to do a little trick-or-treating without all the dangers of crossing back and forth on busy roads.
8. **Pumpkin Decorating**– Pumpkins aren't just for Halloween anymore. Many households decorate them with their favorite football team, or find other uses. Be creative, there are many no carve pumpkin ideas out there.
9. **Visit a Nursing Home**-Even if your kids don't like trick-or-treating or can't stay up late; you can do daytime activities. Consider visiting a local nursing home. Residents love seeing the kids in costumes.

Source: [adayinourshoes.com](http://adayinourshoes.com)

## **OCTOBER** *and a smidgen of* **NOVEMBER HOLIDAYS AND FUNDAYS**

October 02: National Custodial Worker Day, Name Your Car Day  
October 06: Physician Assistant Day, Mad Hatter Day  
October 07: National Forgiveness Day, Bald and Free Day  
October 09: Indigenous People Day, Columbus Day  
October 11: Emergency Nurses Day, Take Your Teddy Bear to Work Day  
October 13: Friday the 13<sup>th</sup>, International Skeptics Day  
October 16: Bosses Day, Dictionary Day  
October 17: *Wear Something Gaudy* Day  
October 18: National Meatloaf Appreciation Day  
October 21: Sweetest Day, National Pumpkin Cheesecake Day  
October 22: Mother-In-Law Day, Smart is Cool Day  
October 25: International Artist Day, Howl at the Moon Night  
October 27: Navy Day, Black Cat Day, Frankenstein Friday  
October 30: National Candy Corn Day, Mischief Night  
October 31: Halloween, Carve a Pumpkin Day



November 01: All Saint's Day, National Author's Day  
November 02: All Soul's Day, Look for Circles Day  
November 04: Check Your Blood Pressure Day, Book Lovers Day  
November 05: Daylight Savings Time ends at 2:00 a.m.

*Source: holidayinsights.com*

### ***Dad Joke***

***How does a ghost eat an apple?***

***By goblin it.***



## BE PREPARED THIS HURRICANE SEASON

North Carolina's summer storms and scorching temperatures remind us that we are in the swing of the hurricane season. Hurricane season lasts until November; sadly, we've already seen storms hit and damage our state. These disasters don't just bring stormy skies – they bring scammers too. It's critical that you prepare to stay safe from severe weather and to protect yourself from scammers looking to exploit your crisis. Follow these tips and stay up-to-date on guidance from your local and state officials to ensure you're staying safe.

**Always plan ahead.** Create an emergency plan with your family so you're not caught off guard when a hurricane hits. Be familiar with your town's emergency guidelines and know how you'll evacuate and where the shelters are located. Think carefully about how you'll care for anyone in your family who needs extra attention like elderly or disabled family members, small children and pets.

**Keep essential documents and supplies handy.** If you know severe weather is approaching, you don't want to waste time searching your home for what you need. Prepare a disaster kit and be sure all household members know where to find it. Include clothing, personal hygiene items, medication list, battery-operated flashlights, enough non-perishable food and water for each family member including pets for several days. Make sure you have important documents like driver's licenses, insurance cards, bank documents, passports and bills. Keep a list of emergency phone numbers too.

**Watch for price gouging and scams.** Scammers and storm chasers exploit the danger and destruction that a hurricane brings. Don't give out personal information to unknown callers, even if they claim to represent government agencies. And if you want to help others by giving to charity, give to charitable organizations you know. Scammers often create fake organizations with compelling names and websites.

**Research contractors and business you may hire.** When the storm passes, your home may have damage that requires a contractor to help with repairs. But don't hire just anyone. Look up online reviews and check the Better Business Bureau website to see if the company is reputable. Always shop around for written estimates and read your contract carefully before signing. Make sure you are satisfied with the work before paying the entire bill. Do not pay upfront.

Source: *Living Power Sept/Oct 2023*

***Bet you didn't know...The Empire State Building generates more revenue from its observation decks than from its 85 floors of office space.***

## MEDICARE OPEN ENROLLMENT 2023

*Medicare open enrollment starts October 15 and continues through December 7.*

Medicare open enrollment takes place each fall, during which Medicare plan enrollees can reevaluate their existing Medicare coverage – whether it’s Original Medicare with supplemental drug coverage or Medicare Advantage – and make changes if they want to do so. Here are some cost changes for 2023 Medicare coverage.

- The Inflation Reduction Act will cap the cost of insulin products at \$35/month in 2023 and ensure that Part D enrollees no longer have to pay for recommended vaccines.
- Part B premiums and deductibles decreased for 2023 (the first decrease in more than a decade).
- Part A premiums (for those who have to pay for Part A), deductible and coinsurance increased for 2023.
- Average Part D premiums are expected to decrease slightly for 2023.
- The threshold for having to pay Medicare’s IRMAA (high-income surcharge) for Part D and Part B increased significantly but the high-income Part B premiums decreased, just like standard Part B premiums.
- The maximum allowable cap on out-of-pocket costs for Medicare Advantage plans (not counting prescription costs) increased to \$8,300.00 for in-network costs. But most plans will continue to have out-of-pocket caps well below this limit.

Source: [medicareresources.org](https://www.medicareresources.org)



### A FEW PUMPKIN FACTS

- Pumpkins are actually fruit. Many people think it should be our national fruit.
- The yellow-orange flowers that bloom on the pumpkin vine are edible.
- Pumpkin seeds taste great roasted and contain medicinal properties.
- Pilgrims learned how to grow and prepare pumpkins for Native Americans.
- The earliest pumpkin pies were made by hollowing out a pumpkin, filling the shell with milk, honey and spices and baking it.
- The “Pumpkin Capital of the World” is Morton, Illinois. Home of Libby’s pumpkin industry.
- The state of Illinois grows the most pumpkins. It harvests about 12,300 acres of pumpkins annually.
- Natural medicine practitioners have proven that consuming pumpkin seeds reduces the risk of prostate disorders in men.

Source: [farmersalmanac.com](https://www.farmersalmanac.com)

## ROASTED BUTTERNUT SQUASH

### Ingredients:

- 1 medium butternut squash, cubed into 1-inch cubes (about 5-6 cups)
- 2 tablespoons olive oil
- ½ teaspoon dried rosemary
- Salt and pepper to taste
- ½ tablespoon fresh parsley, chopped (for garnish)

### Instructions:

- Preheat oven to 425 F.
- Peel the butternut squash, remove the seeds and cut into cubes.
- Place squash into a large baking pan.
- Add remaining ingredients and toss to combine.
- Roast for 25-30 minutes or until soft and tender.
- Serve with a sprinkle of fresh parsley on top if desired.

Source: [aheadofthyme.com](http://aheadofthyme.com)



### Trivia Answer

1. Ted Knight
2. North Carolina
3. 100



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## Local Company Spotlight

**S & T Nails**

919-568-0195  
313 E Center St.  
Mebane, NC 27302  
By Appointment Only!

Hours:  
Monday - Friday  
10:00 a.m - 7:00 p.m  
Saturday  
10:00 a.m - 5:00 p.m  
Sunday Closed

Please call the salon number to book or cancel appointment. Thank you!



<https://www.facebook.com/AncoraWP>

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