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THE CALVERT FINANCIAL GUARDIAN

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UNIVERSITY OF MARYLAND EXTENSION



Good words for Financial Souls

BY DR. TROY ANTHONY ANDERSON

I cannot believe it is February already! Time can be your best friend and, at the same time, your worst enemy, depending on whether you use it or waste it. However, the most important thing to remember is that laziness is your worst enemy, and hard work is your best friend. Though we are already a month out into the new year, do not focus on what you cannot do; look at what you are capable of and always look for how much progress can be made rather than perfection. There is no guarantee of an easy life; believe it or not, the struggle is accurate, and some days are more complex than others. Nevertheless, don't give up no matter what. Always be willing to try one more time, and eventually, you will succeed.



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FINANCIAL TEA

CREATING A LIVING BUDGET

Living in an ever-changing market economy without the basic knowledge to track your expenses and budget accordingly can lead to several pitfalls, especially if you plan to go to college or university or pursue a skill via a trade school. Pitfalls can easily include but are not limited to, accumulating unsustainable debts from poor decision-making that will follow you into early adulthood. As a result, setting up a budget and tracking your expenses is vital, especially after high school, when you begin to have a little more independence.



If you create a living expense sheet to track the goods and services, you spend on daily. You can have an accurate picture of where your money is going. Then creating a budget from your living expense sheet will give you a better idea of your needs and wants moving forward. If you don't want to keep a pen and paper with your notes, try the Expense Manager app. or any other available application with a similar feature. According to the Exchange Manager app. creators, the application is simple, intuitive, and stable and is everything you need at your fingertips to manage your daily expenditures, checkbook, and budgets. However, let us start with a simple expense sheet to track expenses for the next few months. Start by creating a few rows and columns to depict the date of purchase, item description, and cost. Track your expenses for at least two months, compare where you can make cuts, and increase your cash flow.



**HAVE QUESTIONS?
CONTACT DR. TROY**

VIA EMAIL AT
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CALVERT COUNTY Community Resource Day

Friday, March 17, 2023 | 2-6 p.m.

Calvert Pines Senior Center
450 W Dares Beach Road,
Prince Frederick, MD 20678
(410) 535-1600, Ext. 2460

HOUSING AND UTILITIES
JOBS AND TRANSPORTATION
FOOD AND CLOTHES
MEDICAL AND PERSONAL CARE
LEGAL AND VITAL RECORDS

Free food, support services, demonstrations,
health screenings, giveaways and entertainment



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STARTING NOW,
JOIN US IN HELPING OUR KIDS TO SAY NO
TO VAPING & SMOKING.

VAPING AWARENESS

PARENT EDUCATION & SUPPORT GROUP
LAST TUESDAY OF EVERY MONTH
7-8 PM
PRINCE FREDERICK LIBRARY

Spread the word and join the campaign.
call or text 443.878.3365 for more details.

Tri County Council
Presents:

Youth and Young Adult 1st Annual Resource Fair

All attendees will be provided with the opportunity
to gather and exchange information from
different agencies tabling the event.
Resources range from Mental Health, Food Assistance, Family
Support, Mentoring opportunities and so much more.

Giveaways **Food** **Music**
**Virtual Reality
Demonstration**

Join us for this FREE Event
April 7, 2023
1:00pm- 4:00pm
8440 Old Leonardtown, Road
Hughesville, MD 20637





5 TIPS FOR MAKING YOUR FIRST INVESTMENT

1 *ONLY INVEST WHAT YOU'RE COMFORTABLE WITH*

2 *ANYONE CAN INVEST, NO MATTER YOUR INCOME*

3 *DIG IN DEEP, DO THE RESEARCH*

4 *HONESTY IS THE BEST POLICY*

5 *BE PATIENT, RESULTS TAKE TIME*

HOUSERS





New Available

Get a complimentary copy at the
Calvert Extension Office



The Abstruse Art of **ADULTING** with a FINANCIAL MINDSET

Financial freedom starts by changing your schemata of thinking. However, our mental health, past experiences, and personality tends to impact how we react to financial situations. Therefore, we must change our financial posture in every situation without becoming content. Having been there, I know that maximizing your last dollar is parlous when you have to choose between keeping the light on or paying the rent. However, it can get better with discipline, patience, and guidance. The first step is to develop a simple investment strategy to work for you in the next 5-10 years and prioritize.

It is time for you to change your mindset and start thinking big! Open a money market account and start saving as soon as you get hired. There is no need to spend more in a week than you can make in a month. Why do you need a \$1200 phone when you only make \$600 monthly? Is it necessary to pay extra to sit at the front of a plane when the back of the cabin arrives simultaneously? What is the opportunity cost in this instance? Prioritizing your long-term goals versus satisfying your immediate wants or keeping up with appearances will go a long way. Instead of treating yourself with your tax return or bonus, invest it wisely. Put it towards a down payment on a house or something that will generate equity.

Growing pains are not just physical; money can shift the power dynamics among families in many ways. Therefore, when you start adulting, nobody cares about the brand of shoes or clothes you wear anymore. You can own a house, and nobody cares except the mortgage company. You can own 2-3 cars, and nobody cares except the insurance company, the car dealership, and the financial institution that holds the title. These companies must care because they need to collect what is owed. For that reason, as you embrace the abstruse art of adulting, be mindful that not everyone can adapt to the weight of your change. So rather than spending money you do not have, try to decrease the debts that you do have. May the information and quotes in this book motivate and inspire you to keep going, as they helped me find my way to financial freedom during early adulthood.

WISH I KNEW ABOUT IT SOONER



The Abstruse Art of **ADULTING** with a FINANCIAL MINDSET



Dr. Troy Anthony Anderson

FREE!



35%**housing**

- rent
- bond
- utilities
- rates
- insurance
- maintenance

25%**expenses**

- food
- clothing
- education
- entertainment
- childcare
- medical

15%**car**

- payments
- insurance
- petrol
- maintenance
- licensing
- parking

15%**savings**

- specific goals
 - holidays
 - college
- university
- retirement

10%**debt**

- credit cards
- accounts
- loans

WOMEN'S HISTORY MONTH

GIRLS HEALTH 101: FOUNDATIONAL KNOWLEDGE FOR MENTORING GIRLS

Wednesday, March 22
12pm-1:30pm

What do we need to know to ensure the girls we mentor are safe, in their best health, and will reach their full potential?

Learn from our guest expert facilitator, Clarissa Herman, foundational information in the three main areas pertinent to girls' health: menstruation management, birth control, and safe relationships.

Got questions? Ask them here:

<https://bit.ly/whmtraining1qsf>

Then Register Here:

<https://bit.ly/whmtraining1>



The Y in Central Maryland



MENTOR
MARYLAND | DC



CHILD ABUSE PREVENTION EXPERTS PANEL

APR 6, 2023 11:00 AM

National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect.

MENTOR MD|DC has gathered experts from across Maryland and DC to answer questions and share how mentoring programs can help keep children safe in their communities.

There will be a SPECIAL raffle sponsored by Deloitte!

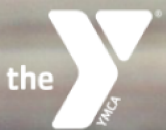
Panelists:

*Laura Boudman,
LCSW-C, Certified
Trauma Specialist*

*Kayla Weems, Safe
Shores - The DC
Children's
Advocacy Center*

*Alison D'Alessandro,
Center for Hope*

*Register Here:
bit.ly/aprilpanel1*



The Y in Central Maryland

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