

Second Quarter 2016 Newsletter

Dear Participant,

In the world of equities, the second quarter of the year was anything but dull. April saw the large-cap S&P 500 and Dow make marginal gains, with the small-cap Russell 2000 and the Global Dow leading the way for the month. The Fed left interest rates at their 0.25%-0.50% range, noting that economic growth had slowed since the beginning of the year. May ended up being another good month for equities as each of the indexes listed here posted positive monthly returns headed by the tech-heavy Nasdaq (3.62%) and small-cap Russell 2000 (2.12%). June started out with relatively lackluster returns for stocks as labor added only 38,000 new jobs and the Fed, once again, reiterated its reluctance to raise interest rates based on lagging inflationary trends, weakening in the jobs sector, and sluggish exports.



2Q Market Review Video

But the month and quarter ended with quite a bang, primarily precipitated by the UK's referendum vote to withdraw from the European Union, which sent stocks around the world into a dramatic tailspin, felled the British pound by over 10%, and drastically cut some long-term bond yields (see Japan). Nevertheless, by the last day of the quarter, stocks seem to have weathered the storm and regained much of what they had lost. Of the indexes listed here, only the Nasdaq lost value quarter-to-quarter. On the plus side, the Dow and S&P 500 posted quarterly gains of 1.38% and 1.90%, respectively.

Below you will find three Life Stages you may encounter during your accumulation phase to retirement. In each of the Life Stages we will provide articles, calculators and resources to help you save, save more and retire on your own terms!



[Finding a Footing](#)

It doesn't matter where you are in life now is the time to take action and save. This is where you can get some sense that whatever action you do take now will put you on track to be able to eventually retire.



[Building a Nest Egg](#)

Typically, at this stage, your life has gotten more complicated. This is also the time to check if you need a mid-course adjustment to be able to have the retirement paycheck you desire.



[Closing in on Retirement](#)

Congratulations! You are almost there! This is the stage to conduct a financial plan to be able to understand what you will actually need in retirement and fine tune your plan to ensure you get there.

Finding a Footing

Are you confident that your savings rate and investment strategy will allow for you to retire in 40, 30, 20, or 10 years from now?

- [The Saver's Credit: Don't Leave This Tax Break on the Table](#)
- [Help for Those Having Difficulty Repaying Student Debt](#)
- [Guide to Credit Scores **Work Book**](#)
- [Retirement Contribution Effects On Your Paycheck **Calculator**](#)
- [Should You Pay Off Debt or Save for Retirement? **Video**](#)

Building a Nest Egg

Do you need to take make any mid-course adjustments to keep you on track?

- [Avoid These Financial Traps - They May Be Hazardous to Your Wealth](#)
- [Strong Dollar, Weak Dollar - What It Means for You](#)
- [Financial Boot Camp for New Parents **Work Book**](#)
- [My Retirement Savings **Calculator**](#)
- [Should You Sell When the Market Drops? **Video**](#)

Closing in on Retirement

Have you looked at your overall strategy to ensure that you get there? Contact Heffernan Retirement Services for an Overall Financial Review today!

- [6 Ways to Prevent Going Broke in Retirement](#)
- [Tips for Keeping Healthcare Costs in Check](#)
- [Picture Your Retirement **Work Book**](#)
- [Social Security Quick **Calculator**](#)
- [Is 70 the New 65? Why Americans are Working Longer **Video**](#)

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