



## October's Financial Review Is Here!!

Hi, Valued Client

Our monthly newsletter offers market updates, access to our most recent blogs, a financial outlook for upcoming month, and a lifestyle section...all delivered straight to your inbox!

### Market Research Update - Three Things to Know About Recessions

The three factors for defining a recession are depth, diffusion, and duration – conveniently referred to as the “three D’s.” Depth refers to declining economic activity that is more than a relatively small change. Diffusion describes an economy that has experienced a contraction in a wide range of sectors, such as trade, business activity, and consumer spending. Duration is likely the least important of the three D’s and measures the time between the previous business cycle peak and the following trough. Given the unique cause of the 2020 recession, the time between peak and trough was the shortest on record – only two months.

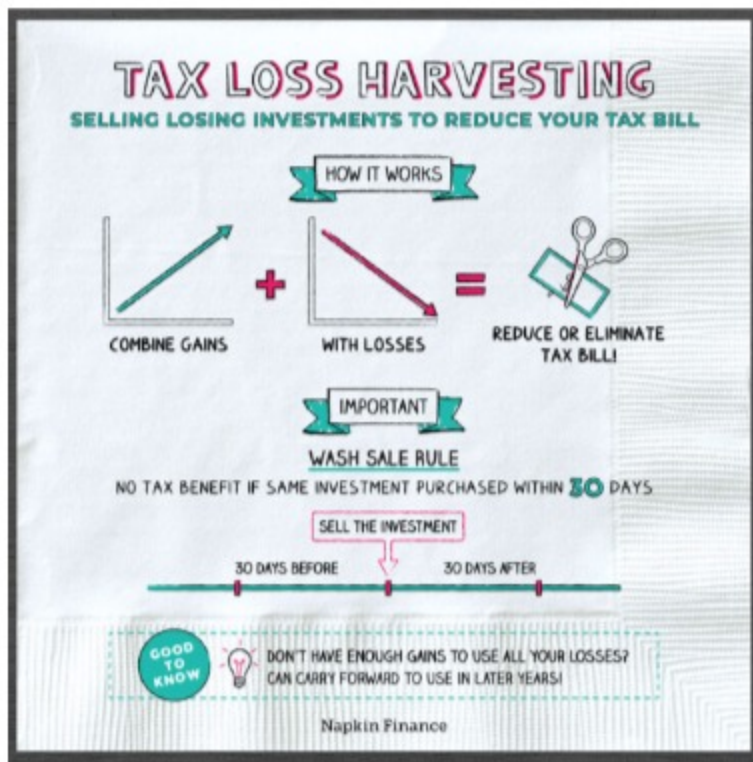
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### Our Monthly Outlook - Could the Worst Be Behind Us?

This has clearly been a challenging year for households. Stocks and bonds are both down significantly. Elevated food and gas prices continue to stretch budgets, and higher interest rates have increased borrowing costs. But we continue to see signs that the worst may be behind us. Gas prices are falling. Inflation pressures stemming from supply chain disruptions are easing. And the Federal Reserve (Fed) has taken these price increases seriously and is doing its job by raising short-term interest rates. While the Fed may still gradually increase rates throughout this year, it has already done a lot even as asset prices have come under increasing pressure.

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### Chart of the Month - Tax Loss Harvesting



This information is not intended to be a substitute for individualized tax advice. We suggest you discuss your specific tax situation with a qualified tax advisor.

### Recent Blogs



**10 Easy Financial Planning Steps for Beginners**

If you've never engaged in financial planning and are unsure how to get started, this article is for you. A financial plan starts by evaluating your current financial situation and future expectations and can be created independently or with the help of a financial professional.

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**6 Important Components of Estate Planning**

According to a 2021 poll by Gallup, less than half of U.S. adults (40%) have a will that dictates what happens to their assets when they die. This statistic illustrates that more Americans should consider estate planning to help ensure their assets transfer quickly to their heirs.

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Saving money can be difficult, even when you stick to a budget. It's easy to feel like you're not getting anywhere. You wish you could save more, but where do you start?

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**Resources for Women-Owned Small Businesses**

Small businesses face many problems related to their size, capital, and capability, and for women-owned small businesses, the challenge is sometimes even greater.

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