

Money Matters

With Edgewater Wealth Management



"I'm so glad I live in a world where there are Octobers."

L.M. Montgomery, "Anne of Green Gables"

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Get Outside!

Spending time outside offers a wealth of physical and mental benefits that can significantly enhance your overall well-being. Physically, exposure to natural sunlight boosts your vitamin D levels, which is crucial for bone health and immune function. Outdoor activities like walking, jogging, or cycling improve cardiovascular health, increase energy levels, and can even help regulate sleep patterns due to the natural light exposure. Fresh air and the physical exercise you get outdoors also contribute to better respiratory health and a stronger immune system.

Mentally, being in nature has a calming effect that reduces stress, anxiety, and depression. Studies have shown that spending time in green spaces can lower cortisol levels, the body's primary stress hormone, and promote relaxation. Nature also enhances mood and fosters creativity by providing a break from the over-stimulation of modern life. Additionally, outdoor activities can improve focus and cognitive function, making you feel more alert and productive.

Whether it's a stroll in the park, a hike in the mountains, or simply lounging in your garden, making time to be outside can rejuvenate your body and mind. So, take a break from your routine, breathe in the fresh air, and soak in the natural beauty around you. Your body and mind will thank you!

Source: <https://health.ucdavis.edu/blog/cultivating-health/3-ways-getting-outside-into-nature-helps-improve-your-health/2023/05>

Spotlight



Sara's Sea Salt Caramel Shots

In October, I like to hand out Jello shots to adults on Halloween. Here's a recipe that I'm going to try.

Ingredients:

Caramel Sauce

1/2 cups Vodka

1/2 cup Cold Water

1 cup Boiling Water

3 oz Unflavored Gelatin

Sea Salt for Garnish

Instructions:

Pour the gelatin mix into a medium mixing bowl or 4-cup liquid measuring cup. Pour the boiling water into the bowl and whisk until gelatin is completely dissolved. Pour in the vodka, caramel sauce, and cold water and whisk once more to combine.

Pour into shot cups, refrigerate 2-3 hours or until set, and sprinkle with sea salt before serving.

Frank's Desk



October. October is the month that we celebrate a variety of themes and ideas, but none are as distinct and as defining as that Day that is celebrated around the world by youth and elderly alike. Of course, we are talking about the “International Day of Older Persons”, followed closely by World Animal Day, and finally National Fossil Day.

Really! No haunted house? No trick-or-treats? No Halloween?

This is crazy, but not unexpected. In this world of political correctness, what can you expect? Because for most of us, October is when we spend weeks trying

to decide what superhero we are going to dress up as. We spend days mapping out the neighborhood so that we narrow down those addresses that hand out the best treats. And we make sure we identify where the big kids will most likely be hanging

out waiting for unsuspecting goons and goblins so that they can scare them silly while grabbing handfuls of candy bars and chocolates from their bags. Ah those were the days.

But these days, it seems like all we do in October is reach out to our clients and discuss with them their RMD's. What's a RMD? Well if you have any type of retirement account (IRA, 401k, or profit-sharing plans) you have probably heard us talk about RMD's. RMD is short for "Required Minimum Distributions" and refers to the when and how much you are required to take out of your retirement account. Why does the government care when and how much you withdraw from your retirement account? Well aside from the fact that they just can, remember that these accounts are funded from your income and are deposited before being taxed; this doesn't include a ROTH IRA which is funded with income that has already been taxed. The government doesn't have any problem with any of this, EXCEPT the part that goes: "funded from your income and are deposited **before being taxed**". You see, they are content to wait to get their pound of flesh, but rest assured they will ultimately get what they think is there's. To determine how much you are required to withdraw each year, you first determine the balance of the account at prior years end, then divide it by a mortality rate table provided by the government. And remember, this is the minimum amount you must withdraw. If you need more, you can take more; you just have to pay taxes on what you withdraw. Oh, and by the way, if you don't take the minimum distribution in the year prescribed, then there will be a penalty upwards of 50%.

BOO!!! That's scarier than any buggy-man I have ever confronted.

Luckily, you don't have to deal with these critters. My recommendation is to sit back and decide what you're going to be this year for Halloween. And get your candy sooner rather than later. If you wait you may have to settle for the dregs of the candy isle. Make sure you get pre-wrapped candy because Mom's don't let their little monsters eat candy that wasn't wrapped at the candy factory. And if you get this wrong, you may have to eat all that candy by yourself; that would be awful wouldn't it.

So don't you worry about Halloween, monsters, candy, or RMD's. We have already begun our review to determine if you are up to date on your retirement accounts. We have ample time to take care of this. So go out and practice your trick-or-treats. Perhaps you are into scarry movies; go see one, but please don't invite me. But above all, don't you worry about your required minimum distribution; that's my job.

Videos



Eugenio J. Alemán, Ph.D.
Chief Economist

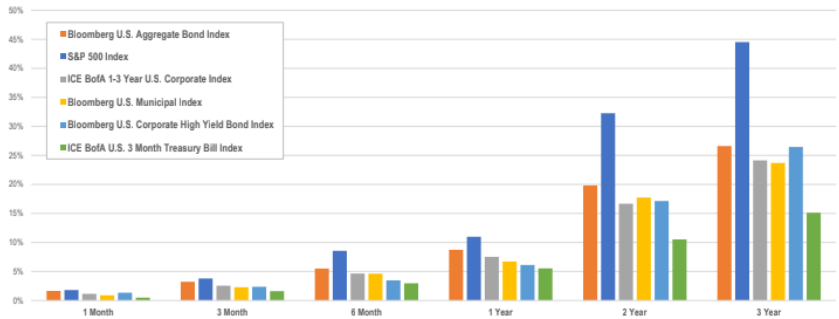
What is the Fed's rate cut decision telling us?

Raymond James Chief Economist Eugenio Aleman notes the Fed isn't expecting an economic slowdown and that inflation is approaching its 2% target.

Watch Video

Articles

ASSET CLASS PERFORMANCE FOLLOWING FIRST RATE CUT IN LAST 8 CYCLES

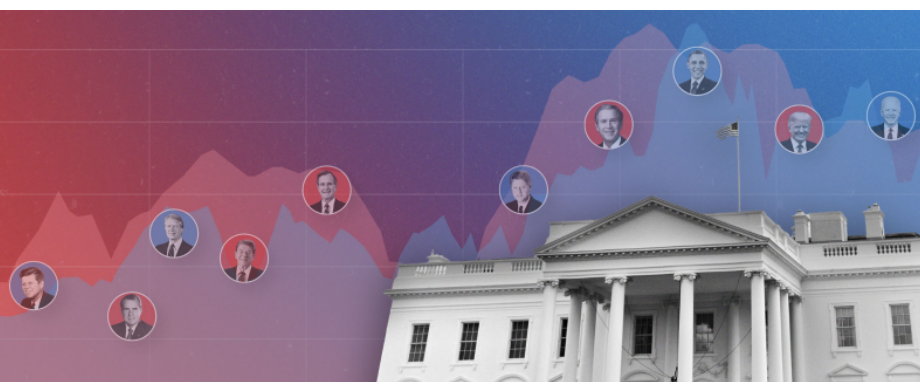


Source: Bloomberg. Past performance is no guarantee of future results. For illustrative purposes only and not indicative of any actual investment. These indices are shown over the 1-month, 3-month, 6-month, 1-year, 2-year, and 3-year periods following the first Federal Funds rate cuts in the previous 8 cycles by the US Federal Reserve. The start date of the 8 periods are 10/21/84, 10/19/87, 5/5/89, 7/6/95, 9/29/98, 10/01, 9/18/07, and 7/31/15. Bloomberg U.S. Aggregate (inception date 1/1/1986), Bloomberg U.S. Municipal Index (inception date 6/13/1997), and Bloomberg U.S. Corporate High Yield Bond Index (inception date 1/1/1986). These three indices were back tested to the starting period of 10/21/84. Bloomberg U.S. Aggregate Bond Index - Measures the investment grade, USD-denominated, fixed-rate taxable bond market. S&P 500 Index is an index of 500 companies used to measure large-cap U.S. stock market performance. ICE BofA 1-3 Year U.S. Corporate Index - Tracks the performance of USD-denominated investment grade debt publicly issued in the U.S. domestic market, including U.S. Treasury, U.S. agency, foreign government, supranational and corporate securities. Bloomberg U.S. Municipal Index - Covers the USD-denominated long-term tax-exempt bond market of the following maturities: 7 Year (6-8) and Long Bond (22+). Bloomberg U.S. Corporate High Yield Bond Index - Measures the USD-denominated, high yield, fixed-rate corporate bond market. ICE BofA U.S. 3 Month Treasury Bill Index - Measures the performance of a single issue of outstanding Treasury bill which matures closest to, but not beyond, three months from the rebalancing date. The issue is purchased at the beginning of the month and held for a full month; at the end of the month that issue is sold and rolled into a newly selected issue.

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How Do Presidential Elections Impact the Impact?

Are you wondering how the presidential election could affect your investments? Every four years, uncertainty about the next president and their policies leads to more uncertainty in the minds of advisors and their clients. 2024 is no exception, given the extraordinary move by a sitting president to withdraw from the race.

Check out this guide to help answer some commonly asked questions during an election year.

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All Eligible US Citizens Can Now Renew Their Passports Online. Here's How It Works.

After three months of beta testing, the State Department's online passport renewal system has launched for everyone.

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