



# News You Can Use

## May Newsletter 2024



Spring brings with it new growth, forward movement and change. On that note, we are thrilled to announce Congressional Federal's new President and CEO, Tricia Szurgot. The Board of Directors immediately recognized Tricia as an innovative and forward-thinking leader. The credit union industry at large has likewise recognized Tricia for these strengths, granting several innovation awards to the last institution where she served as CEO. Together, we are confident that we can take the credit union difference to new heights for our members.

Community involvement is a core example of the credit union difference. We hope you will mark your calendar for the upcoming spring and summer community events including the annual Shred Event and Congressional Baseball Game for Charity. Be sure to get your tickets [here](#) for the 2024 Congressional Women's Softball Game (Wednesday, June 26th) to benefit the Young Survival Coalition.

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### Upcoming Educational Seminars

#### Long-term Care Protection Strategies >

*Tuesday, May 21*

#### Keys to Investing for Retirement

*Thursday, June 20*

#### Managing Your Thrift Savings Plan (TSP)

*Tuesday, July 16*



## CFCU Shred & E-Recycling Event

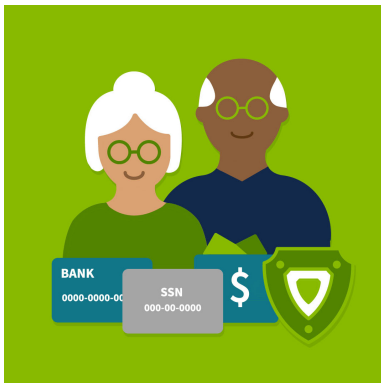
Saturday, May 18, 2024 | 9 am - 12 pm

## A CFCU Recycle Event!

Join us for our Big Recycle Event – Saturday, May 18, from 9am – 12pm at our Oakton VA location. We are combining our annual Shred Event and our Electronic Recycling Event into one colossal recycling extravaganza!

[Visit the website >](#)

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### Protecting older adults from fraud

Losing money to scams or exploitation can be especially devastating to older adults, who may be unable to earn back what they've lost. These consumer advisories can help you make a long-term plan to protect yourself.

[Learn more >](#)

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### How online activity impacts finances

The internet is a tremendous resource, putting infinite information at our fingertips. Depending on how you use it, though, it can push you further from achieving your money goals. Here are four good and four bad ways online activity could affect your finances.

[Learn more >](#)

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### Money tips 5-year-olds understand

Introducing financial concepts early on can help kids be more capable and comfortable with money later in life. Here are some easy-to-understand tips you can teach your five-year-old about finances.

[Read the article >](#)

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### Top 5 personal finance questions

The journey toward financial security is one that—for many—includes lots of ups and downs along the way. One way to ensure you're making progress toward your long-term goals is by doing periodic check-ins with yourself.

[Read more >](#)



# Congressional Baseball Game For Charity



Proud Sponsor

## Congressional Baseball Game for Charity

Join us on Wednesday, June 12, as we once again sponsor this beloved Capitol Hill tradition to benefit local charities such as the United States Capitol Police Memorial Fund and Boys and Girls Clubs of Greater Washington.

[Find out more >](#)



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