

CAAB's newsletter is designed to ensure that our IDA/MDA Savers are fully informed about relevant money management topics, effective savings strategies, financial education opportunities in the DC area and upcoming CAAB events. Every month, we will feature a different article focusing on strategies or products that can help you plan for and achieve your savings goals. If you have any comments regarding our newsletter, please call us at 202-419-1440 or e-mail us at [ida@caab.org](mailto:ida@caab.org).



**Creating a budget and Sticking to it**

[www.about.com](http://www.about.com) & [www.ec-online.net](http://www.ec-online.net)

You know you want to save, but do you need help reducing your everyday expenses? Start by creating a budget. This is the first step to controlling and managing your debt. Try these useful tips to start and continue saving:

**1. Identify how you're spending your money now.**

Take a firm look at your banking statements, receipts, and your overall cash flow. Can you cut back on your trips to the movies and rent a video or DVD instead? Set a realistic savings goal, like purchasing your first home, and then put the money you save from the movies and other miscellaneous things into a bank account for your new home.

**2. Start a spending log.**

This is very useful and effective if you do it correctly. Have you ever gone to the grocery store on a Saturday and then when you go to lunch on Mon-

day, you're broke? Maybe you could have packed a lunch instead of buying it. Get a small notebook or notepad to keep in your wallet; start writing down all your cash purchases and at the end of the day see what you could have avoided spending.

**3. Ask yourself if you really need it.**

Try and ask yourself before every purchase is this a "need" or a "want." Do you really need that new pair of shoes? Or do you want that new business? Keep a picture or note to remind yourself that your needs and priorities are more important than your wants and you will begin to get serious about your budget.

**4. Trick yourself into saving.**

Do you have a champagne taste on a beer salary? This is the old-fashioned way of saying don't spend more than you make. Try to spend no more than 90% of your income so you can save the other 10% for big costs or emergencies. The easiest way to do this is to have direct de-

posit. Have the extra 10% of your salary automatically deposited into a savings account and the rest to your checking account. That way you won't even see your savings, they can just accumulate. Remember to never include money you're not sure you will receive like overtime pay, year end bonuses, tax refunds and lottery proceeds.

**5. Be Patient.**

Patience is a virtue when dealing with bad habits and trying to save your money. Be patient with yourself if you get off-track. Refer to your pictures and notes that represent your savings goal as often as you need to. Remember, developing a new habit to replace an old, bad one takes practice. It's liberating to be in control of your finances. Write your budget, stick to it, and honor your savings goals. Your new home, small business or education can be in your future if you decide to make it happen.

**CONGRATULATIONS!!!**

To the following IDA savers who have made asset purchases in the month of July. Will you be next?

**Eugene Griffin**  
Home

**Ronnell Howard**  
Education

**Audra Latney**  
Home

**Maria Lopez**  
Home

**Tia Norde**  
Home

**Katrina Randolph**  
Education

**Michael Rivera**  
Home

**Francisco Velasquez**  
Home



**PROGRAM NEWS**



**Financial Education vs. Asset Training**

Many of our new IDA savers often get confused about the differences between Financial Education and Asset Specific Training.

Financial Ed (as we like to refer to it) benefits IDA clients by showing them ways to be better savers. It includes a money management class that teaches you how to set goals, create a budget, repair your credit, and how to shop for financial products and services. It is mandatory to complete at least 8 hours of Financial Ed.

Asset Specific Training prepares clients for their investments by teaching them the best ways to acquire and to maintain their assets. It includes homeownership counseling, small business training, job training or financial aid counseling at a post-secondary educational institution.

The classes can be completed before or within the first six months of joining the IDA program.

If you get your training before joining the program, you would need to provide proof by showing us a certificate or letter.

You can take the Financial Ed or Asset Specific Training together at one organization or you can break it up. CAAB can provide a list of places in the DC area that will offer these services for free or for a small fee.

If you would like more information or would like to request our training resource guide, call us at 202-419-1440 or e-mail us at [ida@caab.org](mailto:ida@caab.org). You can also download our resource lists from our website: [www.caab.org](http://www.caab.org), so check it out!

# UPCOMING EVENTS

## News You Can Use

### Contact Us:

Capital Area Asset Building  
Corporation  
1801 K Street NW, Suite M100  
Washington, DC 20006  
Phone: 202-419-1440  
Fax: 202-419-1447  
E-mail: [www.caab.org](http://www.caab.org)

CAAB creates opportunities for people of all incomes to improve their financial management skills, increase their savings, and build wealth. We believe that a prosperous community is one in which everyone has incentives and opportunities to save for the future.

### Home Ownership

#### Home Resource Center

[www.dcfha.org](http://www.dcfha.org)  
“Home Buyer Seminar”  
Aug. 25, 11:30 am  
815 Florida Ave NW  
Free

### Small Business

#### Score DC

[www.scoredc.org](http://www.scoredc.org)  
“Writing a winning Business Plan”  
Aug. 17, 9 am-4 pm  
“Record Keeping: Accounting for a Small Business”  
Sept. 14, 9 am-4 pm  
740 15th Street NW 3rd Floor  
Free

### Job Training

#### 9th Annual Norton Job Fair

Aug. 8, 11 am– 4 pm  
Washington Convention Center  
801 Mt. Vernon Place NW  
Must have valid D.C. ID  
Free

### IDA/MDA Orientations

#### CAAB

[www.caab.org](http://www.caab.org)

#### IDA Orientation

Aug. 16, 6:30-8pm  
1801 K Street, NW, M-100  
Free

#### MDA Orientation

Aug. 23, 6:30-8pm  
1801 K Street, NW, M-100  
Free

### Financial Literacy

#### Money Management:101

##### Workshop Series

Sept. 9, 16, 23, 30 and Oct. 7.  
10 am—12pm  
1801 K Street NW, M-100  
Free

## CAAB CORNER

- Did you know that if your IDA account is for education, you can use your money for application and tuition fees, registration, books, supplies, and equipment? Expenses for school add up, but, if you plan accordingly, your IDA funds can help offset those costs. Your youth IDA coordinator or CAAB staff member should be able to help you determine the best use of your IDA funds and answer any questions you may have.
- Are you a successful saver who would like to share your story to inspire others? If so, then you might be the next *Saver of the Month* to be featured on our home page at [www.caab.org](http://www.caab.org). To nominate yourself, contact Damisha Crawford at [dcrawford@caab.org](mailto:dcrawford@caab.org) or (202) 419-1440. Starting next month, we'll also recognize the *Saver of the Month* in this newsletter. So don't be shy, please share your story!
- Have you seen our new website? Visit [www.caab.org](http://www.caab.org) today and check out the latest information and new links to financial resources, success stories, and news and events. Let us know your suggestions about how to make the site even more useful!
- Stay focused on your goal and keep saving!

