

If you're paying attention to the financial world, you may be feeling a little anxious over the market volatility in recent weeks. You're not alone.

As the keeper of your pension investment funds, we are keenly aware that the stock market is experiencing some wild up and down swings, and that can affect our members' peace of mind in retirement planning. Since we depend on growth to sustain us through retirement, it's difficult to watch the numbers going in the wrong direction.

So, here are some important points to keep in mind right now:

Changing where your money is invested in the midst of big changes in the financial markets is, generally speaking, not a good idea. Where you invest your money should be determined by your financial goals. Retirement savings calls for a long-term plan because it covers the entire time you are earning an income. Take a look at the charts below. The first chart is a snapshot of the last 6 months'



performance of the S&P 500. Often the S&P 500 is used to represent the entire stock market. If you had invested in this part of the market on July 16, 2018 and held that investment until January 14, 2019, your investment would have decreased by about 8 percent. And though we can never be sure how markets will perform in the future, if you focus on the past twenty years (check out the second chart) you would see that your investment more than doubled! Staying focused on the long-term is key to retirement readiness success. The markets are volatile, and sometimes it can feel like a bumpy ride. The important thing is to keep your eye on your long-term goal of retirement readiness.

If you have questions or just want to talk to someone about your retirement savings investments, we would be happy to help. Our retirement planning consultant, Ed Shannon, is available at (847) 622-3370. Reach out to Ed if you're feeling anxious.

