



# QUARTERLY DIVIDEND

THE NEWSLETTER OF  
TMH FEDERAL CREDIT UNION

*Work in healthcare? You can join!*

## Download our online banking app from the Apple or Google app store

Search “**TMH Federal Credit Union**” to download our new online banking app. You will use the same credentials as Virtual Branch to access your account. Touch Banking will no longer be available. Please know that the colors within the new app may not display correctly for the first 24 hours. The updates at Apple and Google are pushed to many servers and so it can take up to 24 hours for everything to propagate.

Haven't tried mobile banking before?  
This is a perfect time to enroll!

Some of the new features include enhanced bill pay capabilities, making transfers between accounts, live updates, alerts, changing your password and facial recognition.



## Nothing's scarier than a bad credit card! Switch to our low interest card today.

January 1 – March 31, 2024, TMH Federal Credit Union is offering 3.99%APR\* VISA® Credit Card for one year! Transfer all those high balances over. YOUR Healthcare Credit Union has NO Balance Transfer fee. Stop by or apply online to get the best VISA® rate around!

(\* - APR = Annual Percentage Rate. Financing available to qualified borrowers. Other restrictions may apply. Rates do not apply to refinance existing TMH FCU loans. Membership is subject to eligibility. VISA® rate only good for 12 billing cycles, then regular rates apply.)



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### INSIDE

Relying on Credit for Necessities	2
Annual Meeting Date Announced	2
Reconciling a Spender-Saver Marriage	3
Watch Out for Phon(e)y Messages	3
Important Announcements	4
Holiday Closings	4



*Improving the financial life of each member is our priority and our pleasure.*



## Relying on Credit for Necessities

The increasing cost of daily necessities—most noticeably groceries—is again closing the gap between income and expenses. With few places to make cuts, many people are resorting to credit cards to make ends meet. According to data from the Federal Reserve, consumers' total credit card debt reached \$1.03 trillion in the second quarter of 2023, the highest amount on record. Though the use of plastic may work in the short-term, be cautious about using credit cards as a long-term solution to cash-flow problems.

Even if you're still able to make the monthly payments, relying on credit cards could put you into a danger zone. For example, are you charging more than you used to? Or carrying over part of your debt into the next month when you used to pay off the full balance each month? If your credit card debt becomes so high that you can't even make the minimum payment within 30 days of its due date, your credit score could drop by as much as 100 points. That late payment will stay on your credit report for seven years, making it harder to get loans in the future.

### Recession-, inflation-proof your finances

If you're starting to feel the pinch of higher prices, here are a few ways to protect yourself from serious financial trouble:

- Figure out how much you're spending on gas, groceries, and other necessities every month compared with a year ago. You may not even realize you're spending more, because you haven't changed your lifestyle.
- Look for reductions in income. For example, retired consumers may find they have to tap into their principal to achieve the same annual income they used to get from the return on their investments.
- Revise an outdated budget using the information you gather. Identify where you can make cuts. Start with any remaining luxuries but be prepared to economize on necessities.
- Plan for further price increases. Looking at your new budget, ask yourself how you would make ends meet if gas went up another dollar or groceries cost you an additional \$75 per month. Recession- and inflation-proofing your finances is all about planning, as opposed to reacting.

If you're already watching your debt climb and you can't see any alternative to using credit cards, you may want to talk to a credit counselor. They can show you how to reduce expenses or increase income. They are also familiar with all sorts of free or low-cost assistance programs. You can find a list of agencies at the National Foundation for Credit Counseling.

If you're not in financial trouble now, use this time to be proactive. One of the best things you can do is to start or increase an emergency fund. Then tap it, rather than credit cards, when you need help making ends meet. And remember, the people at your credit union are here to help. Don't wait until you're in deep trouble to ask for a financial checkup. The earlier you ask for a review, the better the outcome.

## Annual Meeting Date Announced

**WHEN:** Tuesday, April 23, 2024 **TIME:** 6:00 pm

**WHERE:** Goodwood Museum & Gardens  
Carriage House  
1600 Miccosukee Road  
Tallahassee, Florida 32308

**PROGRAM:** Committee Reports and Elections

### ALL MEMBERS ARE INVITED AND ENCOURAGED TO ATTEND

One of the most important functions of the annual meeting is selecting qualified members to represent you on the Board of Directors. The Board's responsibility is deciding policy and providing direction.

The following candidate has been selected by the Nominating Committee to fill the expiring term:

#### Aaron Kinnon – 3 year term

This year's Nominating Committee members are Rob Moss, Janis Nall and Judy Eldridge.

Members who desire to be a candidate for the Board of Directors and are not nominated by the Committee are encouraged to file by petition in accordance with the bylaw requirements below.

#### Requirements for nomination by petition to TMH Federal Credit Union Board of Directors

1. Must be a member in good standing of TMH Federal Credit Union.
2. Agree to attend all educational and board meetings as required.
3. Be prepared to actively participate in credit union functions.
4. Must be able to be bonded.
5. Sign statement with intent to serve if elected.  
(See sample Intent to Serve Statement below)
6. Provide Nominating Committee with biographical data on qualifications and reason for wanting to serve on Board.
7. Attach to resume (as described in #6 above):  
Petition signed by 1% of members (or maximum of 500) with the following information provided:
  - a) Name printed
  - b) Signature
  - c) Membership will be verified
  - d) Date signed
8. Present the information above in writing to the Chairman of the Nominating Committee, no later than March 24, 2024.

A final list of candidates will be posted in the lobby of the credit union for review by the membership. If there is more than one nominee per position, a ballot box will be placed in the credit union lobby the day prior to the annual meeting for voting purposes. The credit union staff will issue a ballot to members after verifying and noting their votes have been cast on the membership roll. Members attending that were unable to vote the day prior to the meeting will be issued a ballot and allowed to vote at the meeting. After the voting has been completed a final count will be taken and the new board members will be announced during the meeting.

#### Statement of Intent to Serve if Elected

If elected to serve on the Board of Directors of TMH Federal Credit Union, I will attend meetings and educational programs as required and execute duties and responsibilities of my elected position fairly for the benefit of all members.

**X:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Credit Union Board of Directors**



## Reconciling a Spender-Saver Marriage

In any marriage, even one where both partners have similar money management styles, family finances can occasionally create conflict. But when one spouse is a saver and the other is a spender, financial disagreements can be frequent, emotional, and divisive. For these couples, achieving financial harmony—where both personalities contribute to a balanced approach to the family finances—requires compromise and communication.

One key to achieving compromise is learning to appreciate and respect the differences that attracted you to your spouse in the first place—rather than trying to change them. Although you might feel your spouse's behavior is disrespectful to your feelings, how your partner spends or saves their money is probably not a reflection on you or the relationship. Ongoing communication about money is crucial if you're to avoid misunderstandings about your motivations.

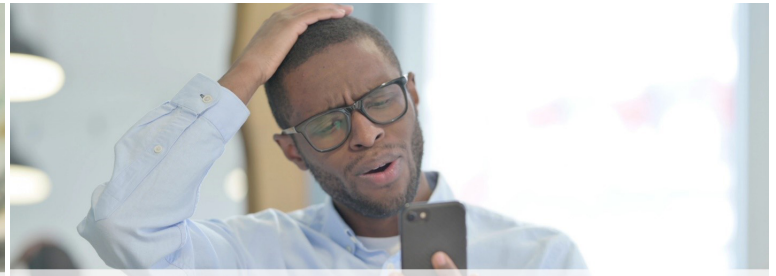
A solution that works for many couples is to have three accounts: one for yourself, one for your spouse, and a joint account. Each of you puts a percentage of your salaries into the joint account each pay period. Then use that account to pay household expenses, including mortgage or rent, utilities, insurance, and car and home repairs.

To figure out each spouse's percentage, add both monthly incomes. Then divide your monthly income by the combined total. That gives you your percentage. Do the same with your spouse's income to calculate their percentage. Next, figure out your total shared monthly expenses. Multiply that amount by your percentage. This will tell you how much of your paycheck to put into a joint account.

If there's money left over, split it into your personal no-questions-asked accounts. It's from these accounts that you can pursue individual wish-list goals. For a spender, that might mean paying for a family dream vacation. For a saver, it could mean beefing up an IRA (individual retirement account).

Make sure to have frequent discussions about your finances and remain open-minded; try not to insist that your partner do things your way. Set goals together and make a few of your own. Make agreements—they add weight to your intentions and keep you on track. And, if you reach an impasse, consider working with a professional who can help you move forward.

For financial planning assistance or money management counseling, contact the professionals at TMH Federal Credit Union.



## Watch Out For Phon(e)y Messages

Few of us can imagine going a day without using our cellphones. For many people, it's become their preferred method of communicating and doing business. Scammers take advantage of our reliance on cellphones and use them to trick us into giving them our personal information. It's important to be aware of the kinds of scams they use.

One common scam is phishing. Thieves "**phish**" by sending emails or text messages claiming to be from authentic organizations, like credit unions, to get you to reveal your private information.

These phishing scam can come in two forms: vishing or smishing attacks. Both aim to trick people into revealing their Social Security numbers, credit union account numbers, personal identification numbers (PINs), passwords, etc. Usually, the messages use scare-tactics to make you panic and act quickly. For example, they will say your account will be terminated unless you act immediately.

The term "**vishing**" comes from "voice" plus "phishing" This involves the fraudster claiming to be from a company or financial institution, calling you and requiring that you provide or confirm personal information. For example, they might send a recording informing you that your credit card has been used illegally. You are asked to call an 800 number and confirm account details. The consumer's answers are saved and later used to commit identity theft.

The term "**smishing**" comes from "SMS" plus "phishing" (SMS stands for "short message service," or text messaging). In smishing, the thief attempts to get your information by sending a text message instead of calling.

A common smishing ploy goes like this: You receive a text message, seemingly from your credit union, stating that your account has been closed. To reactivate it, you're told to click on a link they provide. When you do, you're asked to enter your account number and PIN. The link may also install malware to your phone.

It's important that you **never** click on the links or call phone numbers listed in messages from unexpected or unfamiliar sources. The best protection against either vishing or smishing comes down to a simple strategy: Don't respond.

If it's a vishing scam, refuse to answer questions and hang up. If it's a smishing attack, don't do what the text message instructs you to do. If the scammer claims to be from TMH Federal Credit Union, call us immediately to let us know. Then block the number on your phone.

Remember, TMH Federal Credit Union will never ask you for personal information over the phone or by e-mail. We already have this information. If you're unsure if the message is legitimately from us, simply call us directly to ask.

# HOLIDAY CLOSINGS

The Credit Union will close on the following days, with The 24 Hour Money Centers, PEARL, Virtual Branch and Mobile Money remaining available to serve members:

**Martin Luther King, Jr. Day – Monday, January 15, 2024**

**Presidents Day – Monday, February 19, 2024**

We will reopen our Main Office the next business day at 9:00am and our Hospital Branch the next business day at 8:30am for regular business hours.

## Personal & Auto Rates

Loan Type	Terms	Annual Percentage Rates*
Personal / Personal LOC	48 Months	9.49% - 18.00%
New Auto/ Used Auto (Five Years or Newer)	60 Months	5.24% - 18.00%
New Auto/ Used Auto (Five Years or Newer)	72 Months / \$20,000.00 Minimum	5.74% - 18.00%
New Auto/ Used Auto (Five Years or Newer)	84 Months / \$30,000.00 Minimum	7.55% - 18.00%
Used Auto (Ten Years or Newer)	60 Months	6.54% - 18.00%
Used Auto (Over Ten Years Old)	60 Months	7.04% - 18.00%
New/ Used Boats	Same as New/ Used Auto Rates	Same as New/ Used Auto Rates
New/ Used Boats (Five Years or Newer)	120 Months / \$30,000 Minimum	6.79% - 17.29%
Non-Motorized Camper	84 Months	7.05% - 17.55%
New/Used RV's	180 Months	6.05% - 16.55%
New Sport Vehicle	48 Months	6.49% - 16.99%

Visa Type	Terms	Annual Percentage Rates*
Visa Premier	Annual Fee \$10.00 / 25 Day Grace Period	9.99%
Visa Classic	No Annual Fee / 25 Day Grace Period	10.99%
Visa Premier Gold	Annual Fee \$10.00 / 25 Day Grace Period	8.99%
Visa Classic Gold	No Annual Fee / 25 Day Grace Period	9.99%
Freedom Visa	Annual Fee \$10.00 / 25 Day Grace Period	12.99%

Rates as of January 1, 2024, rates are subject to change without notice. For current loan rates please visit [www.tmhfcu.org/loan-rates](http://www.tmhfcu.org/loan-rates). The lowest auto loan rate available under the Silver Select discount and Pinnacle Share Draft discount is lowest stated 60 months auto loan rate.

\*Rates may vary based on creditworthiness. Visit [www.tmhfcu.org](http://www.tmhfcu.org) for VISA Disclosure.

## IMPORTANT ANNOUNCEMENTS

**Stay in the Know – Join Our Email List!**

Interested in receiving useful financial tips and the latest updates about YOUR Healthcare Credit Union via email? If so, you can disclose your email address to TMH FCU at any branch location, call 850.402.5301 or email [tmhfcu@tmhfcu.org](mailto:tmhfcu@tmhfcu.org).

**Be ahead of the game next holiday season!**

With our Christmas Club account, you can “deck the halls” a little easier next year. Set aside funds throughout the year with auto transfer or payroll deduction, then have extra cash next holiday season. Wouldn't it be wonderful to have a worry-free holiday season of giving and festivities? Plan ahead and open a Christmas Club account today!

**Our Annual Membership Questionnaire is Now on Our Website**

Each year we request input to enhance areas of importance and obtain feedback on member service from those most important to us, our members.

Please assist us by taking a few minutes of your valuable time to tell us how we are doing. **All completed surveys will be entered to win one of five \$25 Starbucks gift cards.** The survey must be completed by **end of business February 28th.** We look forward to your response as we strive to continue improving the financial lives of each member.

## TMH FEDERAL CREDIT UNION LEADERSHIP

### BOARD OF DIRECTORS

J. Lynne Peters, *Chairperson*  
 Aaron Kinnon, *Vice Chairperson*  
 Jamie Sheffield, *Recording Officer*  
 Paul Lucas, *Financial Officer*  
 Berinice Mercer-Lewis, *Director at Large*

### SUPERVISORY COMMITTEE

Summer Harrell, *Supervisory Committee Chair*  
 Chris Kennedy, *Member*  
 Morgan DeLoach, *Member*

### ADMINISTRATION

Timothy L. Cook, *President*  
 Liz B. Thiele, *Executive Vice President*  
 Grace H. Chambers, *VP Member Services*  
 Maria B. Legate, *VP Administration*  
 Lisa D. Langston, *VP Finance*

## LOCATIONS/ HOURS

**Main Office and Drive Thru**  
 345 S. Magnolia Drive  
 Tallahassee, FL 32301  
 Monday - Friday - 9:00am - 5:00pm

**TMH Branch Office**  
 1300 Miccosukee Rd.  
 Tallahassee, FL 32308  
 Monday - Friday - 8:30am - 4:00pm  
 TMH Paydays 7:30am - 4:30pm

### Telephone Numbers

Main Office: (850) 402-5301  
 Pearl: 1-800-259-0762  
 Fax (850) 402-5334

**Web Address – [www.tmhfcu.org](http://www.tmhfcu.org)**

The 24 Hour Money Centers (ATM's)  
 Located at the Main Office,  
 TMH Hospital South Lobby,  
 TMH Hospital Atrium, M.T. Mustian Center  
 and Southern Medical Building.

Nationwide Shared CU Service Centers  
 – check the ATM/Shared location link  
 @ [www.tmhfcu.org](http://www.tmhfcu.org) for locations and  
 hours of a service center near you.

## Convenient Electronic Services 24/7

P.E.A.R.L.- audio account access from anywhere, 1.800.259.0762

- On-Line – [www.tmhfcu.org](http://www.tmhfcu.org)
- Current News and Events
  - Loan Applications and Forms
  - Protect Yourself – Fraud and Identity Theft Tips
  - Rates – Current Loan and Share Rates

Virtual Branch – Home banking, bill pay solutions and Zelle®

E-Statements – GO Green!

Mobile Money – Cell phone account access

P..E.T.E. – Payment Easily Transferred Electronically

Facebook Page –  
 Keep in Touch with **YOUR**  
 Healthcare Credit Union



**Celebrate Great Rates**  
*during your birthday month*

**YOU** are dedicated to improving our lives.  
 We are dedicated to improving **YOURS**.  
 During your birthday month, we would like to offer you a  
**one percent discount on posted consumer loan\* rates!**

\*Normal credit qualifications apply. Mortgage and VISA® loans not included. The lowest auto loan rate is 5.24% APR.