

## June 2020 Newsletter

### Federal Student Loan Relief

#### *How does it work? What should you do?*

Are you or someone you know currently making federal student loan payments? In light of the COVID-19 pandemic, some welcome relief may be on the way. Thanks to the recent passage of the CARES Act, the U.S. Department of Education will allow you to temporarily halt your federal student loan payments from March 13, 2020 until September 30, 2020.<sup>1</sup>

#### **What should you do next?**

At this time, no action is necessary. As part of this relief initiative, all federal student loans will be placed in an administrative forbearance and automatic payments will be paused from March 13 to September 30, 2020.

#### **What about the interest?**

Good news! During this same time period, interest rates are being set to 0% on the following types of federal student loans:<sup>2</sup>

- Defaulted and non-defaulted Direct Loans
- Defaulted and non-defaulted FFEL Program loans
- Federal Perkins Loans

#### **What if I want to keep making payments?**

It's important to keep in mind that payments are still being accepted during this time period, but they won't be automatic or required. Depending on your situation and goals, continuing to pay down your federal student loans may make sense, even during this challenging time.

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Citations.

1 - Ed.gov, 2020

2 - Studentaid.gov, 2020

### **What JMA is doing to keep staff and clients safe with the re-opening of the office**

Whenever possible, we are utilizing Zoom virtual meetings to reduce person to person contact and limit the number of people in the office. For everyone's safety, we are requesting that anyone entering the building wear a mask and exercise 6 foot social distancing. JMA staff will also be wearing masks. We are sanitizing frequently the high touch areas and rooms and counters in between all appointments.



We are requesting that clients call the office upon arrival and wait in the car until we can prepare to safely direct them to the appropriate conference room, rather than sitting in the waiting area.

JMA is following all CDC recommendations and have implemented protocols to keep everyone healthy and safe.

# How to Stock Your Kitchen During Quarantine

## What Are The Essentials To Stock Up On?

There are many staple goods to stock up on during different types of emergencies. Here are some items that you should shop for:

- |              |                                    |                                |          |                |
|--------------|------------------------------------|--------------------------------|----------|----------------|
| • Rice       | • Beef, chicken or vegetable stock | • Bread                        | • Eggs   | • Cheese       |
| • Pasta      | • Applesauce                       | • Nut butter                   | • Yogurt | • Canned soups |
| • Dry cereal | • Dried fruits                     | • Frozen vegetables and fruits | • Milk   | • Canned beefs |

### LOW-COST, NUTRIENT-DENSE FOOD OPTIONS

- Powdered milk
- Canned fruits (no sugar added)
- Low-sodium canned vegetables
- Beans
- Canned tuna (ideally in water, not oil)
- Canned chicken
- Powdered potatoes
- Pasta and pasta sauces

### PROTEIN

- Jerky
- Nuts
- Salmon
- Shrimp
- Peanut butter
- Protein bars
- Quinoa

### PERISHABLE ITEMS

- Cheese
- Yogurt
- Eggs
- Milk (Milk can be frozen and thawed out if used within 5 days.)



Contact the office at  
508.673.3300 or speak with  
your advisor for details.

## BECOME A SELECT CLUB MEMBER

Our success comes from referrals from our valued clients.  
Please consider sharing us with your family and friends.

Becoming a *Select Club Member* is as easy as providing a referral that results in a client meeting. The first referral initiates your membership and each additional referral in 2020 that results in a client meeting will be an entry into the *Select Club* quarterly drawing.

## The Financial Planning Hour



Join Richard Bassett from 1 - 2 pm every Monday for his weekly radio show on WSAR1480. Stay in the know on relevant topics that are defining the American economy, as well as discussions on financial planning.

## Quote of the Month:

**“Hope is the only thing stronger than fear.”**



Kathy & Hallie