

# Monthly news & updates

January | 2023

## UPCOMING EVENTS

[PTSD First Responders Retreat](#)

[2023 IPPFA Illinois Pension Conference](#)

[2023 MidAmerican Pension Conference](#)

## ONLINE TRAINING

[16 Hour Online CTP Course](#)

[8 Hour Online Training](#)

[4 Hour Online Cybersecurity Training](#)

## SAVE THE DATE

### 2023 IPPFA Illinois Pension Conference

*May 9 - 12, 2023*



#### **Eagle Ridge Resort**

444 Eagle Ridge Drive  
Galena, IL 61036

[More Information](#)

Registration will be opening soon.  
*Please stay tuned for more information.*

**Heroes Family Fund Golf Outing**

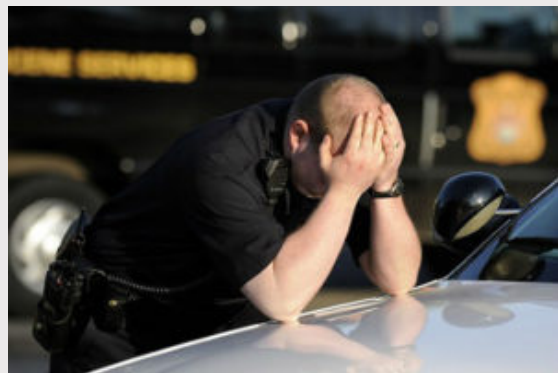
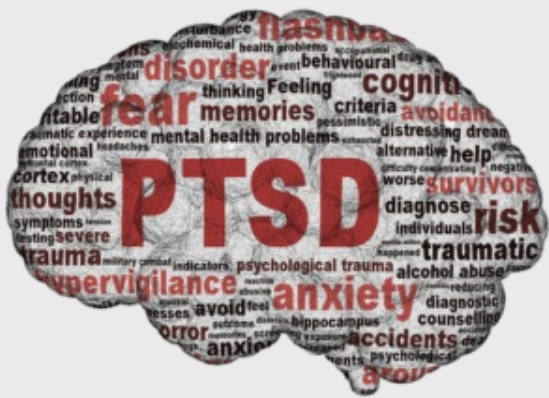




**Eagle Ridge Resort**  
444 Eagle Ridge Drive  
Galena, IL 61036

Please stay tuned for more information.  
*This event is separate from the Illinois Pension Conference*

**2023 PTSD First Responders Retreat**  
*May 10 - 11, 2023*



**Eagle Ridge Resort**  
444 Eagle Ridge Drive  
Galena, IL 61036

**More Information**

Please stay tuned for more information.  
*This event is separate from the Illinois Pension Conference*

## HELPS Tax Break for Police and Fire Retiree Medical Insurance Payments

Please be sure your retired members are aware that they may reduce their taxable earnings by up to \$3,000 for medical insurance premiums paid during a calendar year. This is allowable under the Healthcare Enhancement for Local Public Safety Retirees Act, or the “HELPS” Retiree Act.

[More Information](#)

## IPPFA RETIREMENT GUIDE

### New Book Illinois Downstate Fire and Police Active and Retired Members

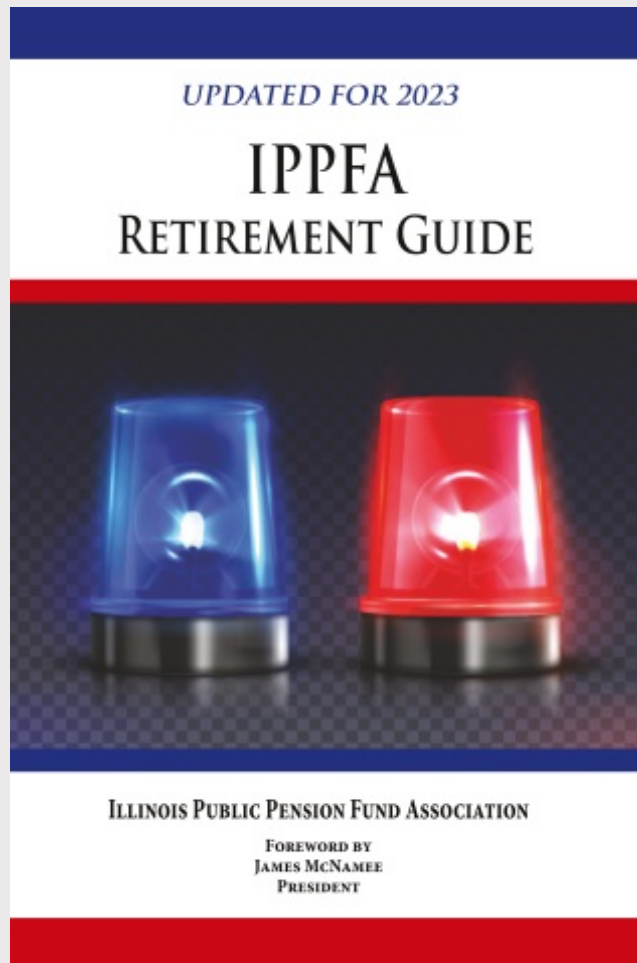
IPPFA is pleased to announce the publication of the *IPPFA Retirement Guide*.

The *IPPFA Retirement Guide* is written for anyone who serves or have served in Illinois as police officers and firefighters under the “downstate” Article 3 and Article 4 pension systems. The book provides both an overview and substantial detail on their well-earned benefits, including:

- Article 3 Police Pensions
- Article 4 Fire Pensions
- Social Security, for personnel both covered and not-covered at police/fire
- Public Employee Deferred Compensation
- Retirement Healthcare Funding Plans

Understanding these income sources is key for your members to plan and execute a successful retirement.

The book is available on Amazon.com for \$9.99 but is offered for bulk sale at \$7.50 to IPPFA Member Pension Funds (and their municipalities, fire districts unions, and foreign, fire insurance boards). This is a great price for any pension fund or related entity that wants to keep their membership informed on their retirement benefits. A minimum order of 10 books is required for bulk sale. Non-member organizations may purchase the book in bulk for \$9.00 per copy.



*\*Payment must be by check and accompany the order\**



## CYBER SECURITY UPDATES



[Cyber risk: 2022 in review](#)

## NEWS LINKS

**ACCELERATE  
INVESTORS**

# SOUTHWEST INVESTOR INSIGHTS SUMMIT

**NEW YEAR,  
NEW OPPORTUNITIES:  
PORTFOLIO RESOLUTIONS**

**SELECT ALLOCATOR SPEAKERS**



**David Veal**  
Chief Investment Officer  
Employees Retirement  
System of Texas



**Jeff Mindlin**  
Chief Investment Officer  
ASU Foundation



**Kirk Sims**  
Senior Director -  
Head of Emerging  
Manager Program  
Teacher Retirement  
System of Texas




**Ian Oldham**  
Investment Officer  
Texas Tech  
University System

**JAN 19**  
AUSTIN, TX

**INDUSTRY PARTNER:**



[accelerateinvestorsny.com/sw23](https://accelerateinvestorsny.com/sw23)  [#accelinvest](https://www.linkedin.com/company/accelinvest)

[Cozen Currents: The Fed, Crypto, and Big Tech Race Post-Election Politics](#)

[What Are the Income Tax Brackets for 2022 vs. 2023?](#)

[5 Common Estate Planning Mistakes to Avoid](#)

[How Does Local Cost-of-Living Affect Retirement?](#)

[Five Takeaways from the DOL's Final Rule on Selecting Retirement Plan Investments](#)

[Medicare Advantage Coverage is Rising for the Declining Share of Medicare Beneficiaries with Retiree Health Benefits](#)

[HHS Proposes New Protections to Increase Care Coordination and Confidentiality for Patients With Substance Use Challenges](#)

[Seven Vital Conditions for Health and Well-Being](#)



[Exclusive: These FTX Investors Stand To Lose The Most From The Crypto Exchange's](#)

[Implosion](#)

[The Shrinking Middle and Shrinking Wages](#)

[Cozen Currents: How Corporations Need to Navigate a Divided Congress](#)

[Do We Finally Have a Final Answer on ESG Investments and ERISA's Fiduciary Duties?](#)

[N.Y.P.D. Officers Leave in Droves for Better Pay in Smaller Towns](#)

[CMS Proposes Rule to Expand Access to Health Information and Improve the Prior](#)

[Authorization Process](#)

[Stellantis Idles Jeep Plant, Citing Electrification Burden](#)

[The Real Deal for the Public Sector: Retirement Income Adequacy Study](#)

[Why Public Employee Pay Probably Won't Keep Up With Inflation](#)

[Doctor, Doctor, Give Me the News: OSHA Moving Forward with COVID-19 Healthcare](#)

[Permanent Standard](#)

[VA releases 2022 National Veteran Suicide Prevention Annual Report](#)

[One in Five Americans Struggle With Past-Due Medical Bills, Which Can Have a Cascading Effect on Their Health](#)

[Out-of-Pocket Spending Has Increased, Driven in Part by Outpatient Services & High Spenders](#)

[Commission on Government Forecasting and Accountability](#)

[FTX – Billions of Dollars to A Firm With No Controls](#)

[DOJ, SEC and CFTC Charge FTX and Founder with Fraud](#)

[Illinois General Assembly 2022 Fall Veto Session Summary](#)

[Supreme Court Term May Upend Precedent, Push Back Regulation](#)

[Gig Economy & Technology](#)

[Most-Overlooked Tax Breaks for Seniors and Retirees](#)

[2022 Year-End Tax Planning Guide](#)

[2022 Year-End Review Highlights](#)

[Congressional Investigations in the 118th Congress](#)

[Off-duty Chicago police officer found dead of apparently self-inflicted gunshot wound — 2nd such CPD death in a week](#)

[The Missing Middle: How Tax Incentives for Retirement Savings Leave Middle-Class Families Behind](#)

[Illinois and Chicago Employers: Preparing for the New Year](#)

[Public Has Modest Expectations for Washington's Return to Divided Government](#)

[SECURE 2.0 Act of 2022 Arrives: \(Another\) Landmark Retirement Package](#)

[Taxation & Representation](#)

[Is Paying Off Your Mortgage Before Retirement a Good Idea?](#)

[Getting Ready for Retirement? We Explain Key Elements and Options](#)

[SEC Proposes Comprehensive Best Execution Framework for Broker-Dealers](#)

[DOL's New Rule on ERISA Investment Duties and Its Relationship to ESG](#)

IPPFA | [www.ippfa.org](http://www.ippfa.org)



IPPFA | 2587 Millennium Drive, Unit C, Elgin, IL 60124

[Unsubscribe julie.guy@ippfa.org](mailto:julie.guy@ippfa.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [special-events@ippfa.org](mailto:special-events@ippfa.org) powered by



Try email marketing for free today!