

# MEDIA RELEASE

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## America Saves Week Kicks Off February 24

*CRT Offers Advice, Free Workshops on Ways to Save More Money in 2014*

HARTFORD—America Saves Week starts February 24 and Community Renewal Team Financial Fitness expert Elizabeth Horton Sheff offers the public advice and free workshops on ways everyone can start to save.

### Did You Know?

- Only 54 percent of Americans say they have a savings plan with specific goals.
- Only 43 percent of American say they have a spending plan that allows them to save enough money to achieve the goals of their savings plan.
- Only 66 percent of America have sufficient emergency funds for unexpected expenses like car repairs or a doctor's visit.

CRT wants people to know even in these tough economic times it pays to start saving. Whether it's for retirement, a vacation, home improvements or college, there are some simple strategies that everyone can employ to begin building their nest egg.

Horton Sheff leads CRT's efforts to spread the word of financial literacy. She oversees CRT programs for first-time homebuyers, money management, eviction and foreclosure prevention, a matched savings program called the Individual Development Account and the free VITA tax filing. These popular programs are operating now and are free to the public.

"We want everyone to take financial action by actively saving, reducing debt, managing or correcting their credit and build wealth," Sheff said. "Financial literacy and strength contribute to community building, which is at the foundation of CRT's mission."

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*Community Renewal Team, Inc. is the designated Community Action Agency for Middlesex and Hartford Counties and is the largest non-profit provider of human services in Connecticut. The agency's mission is Preparing Our Community to Meet Life's Challenges. The mission is achieved each day by helping people and families change their lives and create their own opportunities in becoming self-reliant while making sure basic needs are met. CRT's programs include Head Start, Meals on Wheels, energy assistance, supportive housing and shelters, and many others, serving people in more than 60 cities and towns in both our core catchment area and throughout Connecticut. Visit the [www.crtct.org](http://www.crtct.org).*

*America Saves Week, coordinated by America Saves and the America Savings Education Council, is a nationwide movement to promote good savings behavior. Each February, thousands of non-profits and government organizations reach out to encourage people to save automatically, save at tax time, and make sure their employees have savings accounts and are saving and investing effectively with the retirement and savings plans they offer.*