



News You Can Use

January Newsletter 2024



We hope 2024 is off to a bright, healthy start for all of our members. Here at Congressional Federal, we're looking forward to helping you lay the foundations for financial success and achieve your goals in the year ahead.

Reflecting on 2023, we worked diligently to enhance our products and services to ensure they align with member needs at every stage of life. We put deeper roots in the Capitol Hill community by expanding membership eligibility options to multiple areas of Washington, DC. This year, we're building on that initiative by establishing new avenues to be the go-to financial education resource in our community. We've actively forged partnerships with schools in the expanded membership area to provide seminars and programs for students. We're honored to have this opportunity to help our area's trusted educators build bright futures.

Another carryover from last year's positive growth: dividend rates continue to be the highest we've seen in a long time. Many members have taken advantage by opening share certificates. We're pleased to continue offering a certificate special with one of the best APYs you can find anywhere.

You can continue to depend on us to offer competitive rates, ways to grow your money, and education that empowers you. On behalf of the entire credit union, may the upcoming year bring you new opportunities, success, and prosperity. We will do everything we can to help you along the way.

Upcoming Educational Seminars

Tax Management Strategies >

Thursday, February 15

Managing Your Thrift Savings Plan (TSP)

Tuesday, March 19

Financial Planning Strategies

Wednesday, April 17



Capitol Hill Competition

Congressional staffers, get ready to run! This year marks our 26th year proudly sponsoring the Capitol Hill Competition and supporting the Credit Union Cherry Blossom Ten Mile Run (Sunday, April 7) & 5K (Saturday, April 6.) The registration period is February 1-29. Can't make it on race weekend? The Virtual Run (March 20-April 14) is a great option for you! Virtual Run registration is open until April 7.

[Learn more >](#)



The risk of an email redirect

Watch an educational video that provides an overview of the most common forms of cyber-attacks that target employees across industries. Learn what you can do to protect yourself both at work and at home.

[Watch the video >](#)

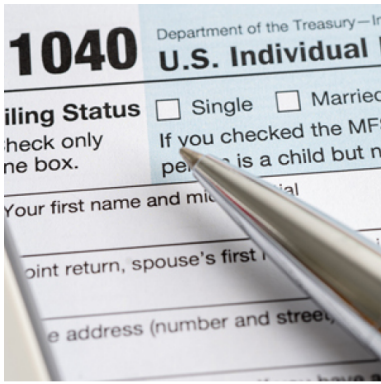


CU Foundation MD|DC scholarships

Apply for one of ten \$1,000 essay-based scholarships, and/or one of two \$1,000 video-based scholarships. College or trade school-bound members of any credit union based in Maryland or D.C. or affiliated with MD|DC Credit Union Association are eligible.

Deadline: April 15.

[Learn more >](#)



Reasons to file your taxes ASAP

When it comes to filing taxes, it's easy to procrastinate. The problem is that waiting comes with consequences. Want to avoid all the extra stress? Check out these persuasive reasons to file your taxes ASAP.

[Read the article >](#)



Talking to parents about finances

It can be challenging to discuss finances with family, especially when we need to address spending with elderly parents. The advice here is designed to give you tools and techniques to make these essential talks go smoothly from an emotional perspective.

[Read more >](#)



QR code scams spike 587%

"Quishing" is a phishing attack using emails to send a malicious QR code. Right now, this credential-stealing scam has grown to epic proportions. Here's what you need to know to help you avoid becoming the victim of Quishing.

[Learn more >](#)



2024 Carleton “C.C.” Jenkins Scholarship

Congressional Federal will award three \$5,000 scholarships to graduating high school seniors based on their academic standing and their answer to an essay question. Scholarship recipients must be members in good standing with the credit union and accepted at an accredited college, university or technical school. The application submission period is February 15 – April 15, 2024.

[Find out more >](#)



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