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Avidia Monthly



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Avidia@School

Whether you're in high school or heading off to college, having access to your money should be easy.

From August 1, 2016 through September 29, 2016, when you open an eligible Avidia@School account you will receive a \$50 Amazon.com gift card.

Avidia@School has these great benefits:

No monthly maintenance fees.

Mobile banking with People Pay*

Debit card that earns Avidia Rewards+ points

ATM fees reimbursed at the end of the month[^]

Open up either a First Checking (15-18 years old) or a Smart Checking (19-23 years old) to be eligible.

Open your account online by clicking here.

*Standard text and data rates may apply. When transferring funds from a savings to a checking account, you are limited to 6 electronic transfers each statement cycle. Any more than 6 will result in a \$10 fee per transfer after 6. Transfers are unlimited when made at any of our branch offices or at an ATM.

[^]Avidia Bank foreign ATM fees and other bank ATM surcharges. (Just remember you will be charged for foreign ATM use at the time of the transaction and reimbursed the total amount of fees at the end of your statement cycle.)

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Avidia Bank Gets Smart About Social

A social squad can expand your institution's reach and humanize your brand, but don't limit "social" to just online. Avidia Bank's squad of brand ambassadors take social to the streets. Read the full article on the Financial Brand [here](#).

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ScoreCard Score BIG Sweepstakes

All Avidia Bank MasterCard debit or credit cardholders are automatically entered into the ScoreCard Rewards ScoreBIG promotion which is being held August 1, 2016 through October 31, 2016. Cardholders will receive one entry per month while the contest is running.

Cardholders can earn additional entries every time they use their Avidia Bank MasterCard debit card or credit card to make an eligible purchase.

Prizes are:

- One Grand Prize of 1,000,000 ScoreCard Bonus Points
- One First Place Prize of 250,000 ScoreCard Bonus Points
- One Second Place Prize of 100,000 ScoreCard Bonus Points
- Five Third Place Prizes of 10,000 ScoreCard Bonus Points
- Ten Fourth Place Prizes of 7,500 ScoreCard Bonus Points
- Fifteen Fifth Place Prize of 5,000 ScoreCard Bonus Points

No obligation or purchase necessary to enter or to win. ScoreCard Score BIG Sweepstakes is sponsored but ScoreCard Rewards.

Read official rules for detailed information.

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Summer of Mobile: People Pay

Customers who make an eligible Person-To-Person (P2P) payment using Avidia Mobile during the month of August are eligible to win a match to their P2P payment, up to \$500!

One customer will be selected from all eligible participants.

Eligibility:

- 1- Customer must have Checking, Savings, or Money Market Account at Avidia Bank.
- 2-Must have downloaded the Avidia Mobile App and be enrolled in Avidia Bank's Mobile Banking Service.
- 3-Customer must perform at least one P2P Payment using the People Pay feature within Avidia Mobile.
- 4-P2P payments must occur and be claimed by the recipient during the month of August 2016 (8/1/2016 - 8/31/2016)
- 5-Employees at Avidia Bank are not eligible to win.

Prize Details:

- 1-Avidia Bank will match a single P2P payment - up to \$500!
- 2-Prize will be in the form of account credit to the Avidia Bank account to which the funds were sent from.

Customer will be notified of winning within 15 days of contest end by mail/phone/email. Statement credit will occur within the same 15 day time period.

Find out more information here.

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How to Invest Your 401(k)

Considerations for what funds to choose and how much to invest

For many people, deciding what funds to invest in and how much to contribute from their paycheck into their 401(k) plan can be confusing.

According to the 401K Help Center, an Oregon-based financial knowledge center that monitors and aggregates industry updates and information on 401(k)s, there are generally eight to 25 investment options within a plan, with 19 choices on average. So how do you know what to invest in, and how much?

“You generally cannot invest in individual stocks unless it’s the company stock,” states CFP® Dustin Obhas, financial adviser with CLA Financial Advisors, in a June 2016 article for Market Watch. Obhas recommends that an appropriate fund instead should be a mix of both stocks and bonds within exchange-traded funds or mutual funds.



What to consider in planning your 401(k) investments

There are two major points to consider when deciding how you invest in your 401(k): how much money you’ll need, and how many years until you plan to retire. You’ll want to find out whether your employer offers a contribution-match percent — typically 50 cents on the dollar for the first 6 percent you save — so you can take full advantage in increasing your capital gains.

Also, consider your risk levels and the investment expenses or expense ratio of the fund, as this information will better help you determine whether investing in ETFs or mutual funds is the way to go.

Mutual funds versus exchange-traded funds

Both mutual funds and ETFs are a compilation of stocks, bonds and securities, and are managed professionally. ETFs are considered a better alternative; their many pros include their transparency, flexibility and low cost. CFA Donald Bennyhoff, a senior investment analyst for Vanguard Investment Strategy Group, highlights the differences between ETFs and mutual funds in an article for Vanguard Investment Counseling and Research:

1. In general, ETFs cost less than mutual funds because they do not need to be actively managed by a professional and thus they have fewer operational and marketing costs. With ETFs, the portfolio tracks a specific index, like the S&P 500, rather than the performance of individual bonds and stocks.
2. You can get a more accurate read on the value of the fund throughout the trading day and with real-time settings, whereas mutual fund shares are priced at the end of the trading day and can

be traded only after the net asset value has been determined.

3. Trading in ETFs is much more flexible than mutual funds. There are no restrictions, because they are traded on a secondary market like a stock and can be sold short — unlike mutual funds, which do not allow for margin trading.
4. There's no minimum investment for ETFs, while mutual funds require a minimum contribution, making them less accessible if the individual has limited money to invest.
5. Individuals investing in ETFs will be taxed on only their own capital gains and personal earnings, whereas with mutual funds, the investor will be taxed for all profitable securities sales.

Mutual funds are still a great option for investing, especially if you have the capital to make more than minimal investments and if you're closer to retirement. Because mutual funds are actively managed by a professional, your portfolio of investments will be better diversified than ETFs and can bring higher return on investment. The professional will decide which stocks and bonds to invest in to meet your earnings goals based on the individual performance of those securities on a daily basis.

"If an investor buys ETFs at a premium to NAV and sells them at a discount, the investor may earn less than the return of a conventional fund that tracks the same underlying index," explains Bennyhoff.

In comparison, there are no brokerage fees or bid/ask spreads for mutual funds that could cut into your return on the investment made. Furthermore, mutual funds have comparable options within each asset class for funds that don't charge on trades, called no-load funds, whereas ETFs always charge a fee per transaction.

Final considerations

A May 2015 article in CNN Money reports that financial planners will typically recommend you invest at least 10 percent of your income each year into a 401(k).

"If you don't think you can contribute because money is tight, at the very least, try to contribute as much as the company is willing to match," Obhas explains. After all, free money is free money.

Make sure you also understand your vesting schedule so you can plan your retirement for when your company contribution is 100 percent yours. And remember, you can't take money out of your 401(k) until you're at least 59 ½ years old or the money will be subject to income tax plus a 10 percent penalty fee.

If you have any questions on the benefits of ETFs or mutual funds, or you would like guidance in investing your 401(k), let us know and we'll be happy to help.



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Innovation: Bank Centric Payments

Read the full article in Bank Tech here.

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Local August Events

August 13:
Spirit of Hudson Food & Brew Fest

August 14:
Northborough 250 Family Fun Day

August 27-28:
Special Olympics Tournament of Champions

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Avidia Financial Center Updates

We are getting closer to the opening of the Avidia Financial Center at 17 Pope St. in Hudson! Follow along with our renovations and get a look behind the scenes by checking out our #17PopeSt Feed!

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Plan a Vacation to Cape Cod, Massachusetts

What to do, where to stay and what to eat in Cape Cod

Separated from the Massachusetts mainland by a canal, Cape Cod is one of the premier vacation destinations in all of New England.

With miles of dune-lined beaches, a whole host of charming towns and a multitude of seafood shacks, Cape Cod offers fun and memorable experiences for families and couples alike.

What to do

There is plenty to do in Cape Cod, both on the land and in the water. Located on the northeastern tip, Provincetown is probably the cape's most famous coastal resort town, and boasts several of its best tourist attractions. History buffs, for example, should make a pilgrimage to the town's Pilgrim Monument & Provincetown Museum, which commemorates the Mayflower's landing in Provincetown (which actually occurred before the ship's more famous landing at Plymouth Rock). Visitors are also encouraged to take a stroll down P-Town's Commercial Street, where they will find quirky art galleries on the east end and great restaurants on the west side.



Provincetown is also home to Race Point Beach, perhaps the most beautiful beach in Cape Cod. With gentle surf and excellent views, it's ideal for sunbathing. And if you get too hot, the chilly Atlantic Ocean can cool you quickly.

On the opposite end of the cape is Falmouth, home of the Shining Sea Bikeway. Bring your own bicycles or rent some from nearby vendors and explore this incredibly scenic stretch of land. Along the route are a few quaint villages, the beautiful and historic Highfield Hall & Gardens, and a ferry that will take you to nearby Martha's Vineyard.

Where to stay

Located right between Provincetown and Falmouth, Chatham is in an ideal central location and also offers its own world-class beachfront and shopping options. The town's top-rated hotel is the Chatham Inn at 359 Main, a beautiful and romantic boutique hotel that offers both luxury and New England hospitality. Details on amenities, rooms and rates can be found at <http://359main.com/rooms/>.

If you are looking to stay closer to the action, the Provincetown Hotel at Gabriel's is the top-rated lodging option in P-Town. A charming bed and breakfast that can accommodate both romantic getaways and family vacations, the Provincetown Hotel at Gabriel's offers great food, great views and great amenities. To make a reservation, go to <http://www.provincetownhotel.com/>.

Where to eat

As you might expect, Cape Cod is a seafood lover's paradise. From the bucket of clams served al fresco down at the Falmouth Raw Bar, to the ambitious guanciale-wrapped shrimp with balsamic caramel on the menu at Devon's Deep Sea Dive in Provincetown, there are fresh catches to be enjoyed all across the cape. One of the most popular destinations for lobster and lobster rolls is Moby Dick's in Wellfleet. The line is usually long, but the food is worth the wait. See the menu at <http://www.mobyskabob.com/>.

Of course, there's plenty of non-fishy fare to be enjoyed, too. The Fairway Restaurant & Pizzeria in Eastham, for example, offers affordable and delectable American-Italian dishes and homemade bread that make this no-frills stalwart one of the region's top-rated restaurants. You can find the latest menu offerings at <https://www.fairwaycapecod.com/>.

If you are still craving dessert, Ben & Bill's Chocolate Emporium in Falmouth offers up the very unique treat of lobster ice cream ("made with real lobster!") The less adventurous, however, may be inclined to try the parlor's popular Mud Pie, coffee ice cream mixed with Oreos and chocolate swirls. Learn about the various flavor options at <http://www.benandbills.com/cc/index2.html>.

From Provincetown down to Fairmount and everywhere in between, Cape Cod is full of delights. Plan your trip now and make some memories that will last a lifetime.

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Go Green: Inventive Uses for Your Leftover Yard Trimmings

Recycle your yard trimmings with these creative ideas

There are few smells better than that of freshly mowed grass.

Despite its wonderful smell, though, there is one big problem with mowing your lawn, and that's the lawn trimmings that are left over after you finish. Many people rake up and bag these trimmings, sending them on to the landfill. This isn't the most eco-friendly practice to have, though.

If you want to go green and use your trimmings in a way that will help the environment, rather than hurt it, here are some inventive uses for your yard waste.

Mulch your garden

Organic waste always acts as great mulch for a garden, and lawn trimmings are no exception. Rather than bagging the lawn trimmings, simply rake them into the garden beds throughout the lawn. Using yard trimmings as mulch for your garden will also act as a weed repellent, which is another big benefit for doing so.

According to OrganicAuthority.com, any organic medium, including grass clippings, discourage weed seeds from taking root. So there's no need to use harsh chemicals in the garden anymore.



Create a compost pile

Creating a compost pile is a similar use for lawn trimmings to using them with mulch. Rather than putting the grass clippings directly in the garden, though, composting allows the clippings to become a soil conditioner instead. This conditioner offers plants more nutrients and helps retain moisture in the soil.

According to RodalesOrganicLife.com, building a compost heap is easy. Simply take a carbon-rich "brown" material, such as straw, and top it with the grass clippings. Then, add some soil, more straw, and moisten the mixture. While doing this, organic kitchen waste can also be added to the pile to make the compost richer.

Donate to a compost collection center

Not everyone wants to create their own compost pile. If you are one of these people, then consider donating lawn trimmings to a local compost collection center. Many communities have public and private compost areas that will be happy to recycle any unwanted greens. Some of these organizations might even give donors access to the nutrient-rich soil that is a result of grass clipping donations.

Consider grass-cycling

Grass-cycling is a method of recycling grass clippings that might be the most appealing to those who don't want to rake and bag the leftovers from mowing. The method involves leaving the grass clippings right where they are, allowing them to decompose and nourish the freshly cut grass.

According to University of Illinois' This Land program, grass clippings are a great organic source of nutrients, especially nitrogen. Because of this, it is the perfect way to keep any lawn healthy and green.

It is becoming more common for communities to refuse to pick up lawn clippings as part of an effort to reduce the amount of yard waste in landfills. There are a variety of ways to use your yard trimmings instead that will help improve the environment and your yard.

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