

Top Three Questions: Direct Deposit by Employer, Total Amount You Can Save, and Quick-and-Easy Access

By ABLE National Resource Center

Q I am employed and want to begin regularly saving into my ABLE account. How can I deposit money into my ABLE account since the account is online, and can it be done through my employer?

A Most employers can help you to set up payroll deductions into your ABLE account. You can:

- Provide your ABLE account number to your employer and request deductions from your paycheck just like you would with any other type of account

- Download a form that some ABLE programs provide on their website, indicate the withholding amount you choose, and give it to your employer to start deductions

If your employer cannot process the request due to limitations in their payroll system, there are other ways to save, and the rules vary by state. Examples include:

- Sending a paper check to your ABLE program
- Transferring funds electronically

Once you deposit to your ABLE account, you may have to wait a short period before you can access the funds. You may want to ask your state ABLE program about their “hold time,” particularly if you use your account as a transactional account to pay bills. “Holding rules” are often described in the ABLE plan Disclosure Document.

If your employer is not familiar with ABLE accounts, ask them to [visit and review the “tools” in our Employer Toolkit](#).

Q This year, I am thinking about long-term goals and becoming financially fit. I am employed and my family and I both contribute to my ABLE account regularly. Where can I find the total amount I can save in my ABLE account over time?

A The ABLE account balance limit varies from program to program, ranging from \$235,000 to over \$500,000. You can contact your state ABLE program and ask, or you can find a specific state ABLE account limit by using our [Select A State Tool](#).

To find the limit for all states to compare, follow these steps:

- Use the [“Search by ABLE Program Features Tool”](#)
- Select any of the features
- Scroll down to the bottom of the results page, where you will find two CSV files. One of the files contains the data for all states.

Please keep in mind that the calendar year contribution

(continued on page 2)

ABLE New Mexico Presentation Available

Do you know a person or an organization who would be interested in an ABLE New Mexico presentation?

Contact **Denise V. Balderas**,
ABLE New Mexico

Coordinator, at
denise.balderas@state.nm.us
or call (505) 955-1151 or (505) 629-9476 for more information.

(continued from page 1)

limit is \$15,000 (2020), but employed account owners may be able to contribute even more under the [ABLE to Work Act](#).

Also, as you make purchases from your ABLE account, the annual contribution limit of \$15,000 applies. If you spent \$15,000 within the calendar year, you cannot contribute more to your ABLE account until the next calendar year. Through the ABLE to Work Act, you may be allowed to contribute more to your account from your earnings each calendar year.


The ABLE account balance limit means that the ABLE balance cannot exceed that amount. An account balance is

the amount of money present in a financial repository, such as a savings or checking account, at any given moment. The account balance is always the net amount after factoring in all debits and credits. A person who has reached the ABLE balance limit may have contributed far more than that amount over years of contributing and spending from ABLE.

Q I am concerned about being able to access my ABLE savings if I need to make a withdrawal since the account is an online account. How can I withdraw funds easily and quickly?

Check with your state ABLE program first. Most programs

allow requests for withdrawals by phone, through a debit card, or by check. You can request that a check be sent to you or, if you maintain the checking account option with your ABLE program, you can write a check to pay for your purchase as long as you have sufficient funds in your account. Some programs may ask you to complete a withdrawal request form. You may also be able to transfer funds electronically from your ABLE account. Once again, check with the ABLE program to learn what options are available.

To learn more about the rules of your ABLE program, explore the ABLE program's Disclosure Document through our [Select A State Tool](#). 

Advantages of ABLE for Those Not Receiving Public Benefits

By the ABLE National Resource Center

Many people mistakenly believe that ABLE accounts only provide a benefit to those individuals with disabilities who are enrolled in programs that have asset tests or resource limits, such as Supplemental Security Income (SSI) and/ or Medicaid. This is simply not true.

While ABLE accounts do help eligible individuals with disabilities save for their futures without jeopardizing their public benefits, it is not required that



you be receiving public benefits in order to be an ABLE account owner. Additionally, there are significant financial advantages of being an ABLE account owner that can often outweigh other types of long-term savings tools, regardless of whether or not you are on public benefits.

[This recorded webinar](#) focuses on the advantages of being an ABLE account owner for individuals with disabilities who

are not receiving public benefits. The webinar includes insight from experts in the disability sphere, the financial planning industry, state ABLE programs, and self-advocates.

Topics include:

- Eligibility Requirements for People with Disabilities Not Receiving SSI or SSDI
- Understanding ABLE-Related Tax Benefits (including tax-free growth and state income tax deductions)
- Medicaid Payback Provision (does not apply to those not on Medicaid)
- Profiles and Scenarios
- ABLE Account Testimonial



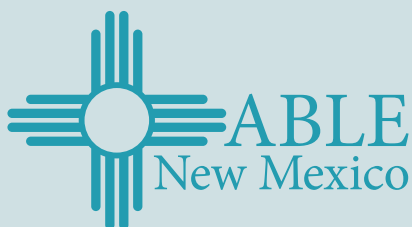
ABLE New Mexico YouTube Video

“Saving for the Future of
Your Child with a Disability”

<https://youtu.be/5KzieaoyKSQ>



**ABLE New Mexico
Now Has 627
Active Accounts!
Go, New Mexico!**



16TH ANNUAL FAMILY LEADERSHIP CONFERENCE

APRIL 7-9, 2021

ALBUQUERQUE, NEW MEXICO

Save the Date!



Parents Reaching Out

LEADERSHIP INSTITUTE APRIL 7, 2021

This conference will help families improve their skills in advocating for their children and in impacting the systems that affect their children.

There will be fun networking opportunities with about 400 participants from around the state and a selection of workshop strands that will provide important information and perspectives to both families and professionals.

Some of the topics that the conference will address:

- Information about early childhood, special education, healthcare, parent engagement and transitions
- Engaging parents in leadership
- Building advocacy skills
- Laws, regulations, policies, and best-practices for increasing parental involvement
- Skills and strategies for

communication, sharing stories, and record-keeping

- The value of family-to-family networking and ways to make it happen
- Tips on creating connections with local and statewide resources
- Methods for creating and/or maintaining strong partnerships between families and professionals
- Leveraging individual identity (culture, language, family uniqueness and more) to become stronger advocates for children, family, and community

Selected sessions will be presented in Spanish. ✚

For More Information, Contact:

Parents Reaching Out

Attention: Belinda Vigil
2501 Yale Blvd. SE, Suite 200
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Phone: (505) 247-0192
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Email:

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Here's Why Vaccinated People Still Need to Wear a Mask

By Apoorva Mandavilli/[Reprinted from the New York Times](#)

The new vaccines will probably prevent you from getting sick with Covid. No one knows yet whether they will keep you from spreading the virus to others—but that information is coming. The new Covid-19 vaccines from Pfizer and Moderna seem to be remarkably good at preventing serious illness. But it's unclear how well they will curb the spread of the coronavirus.

That's because the Pfizer and Moderna trials tracked only how many vaccinated people became sick with Covid-19. That leaves open the possibility that some vaccinated people get infected without developing symptoms, and could then silently transmit the virus especially if they come in close contact with others or stop wearing masks.

If vaccinated people are silent spreaders of the virus, they may keep it circulating in their communities, putting unvaccinated people at risk. "A lot of people are thinking that once they get vaccinated, they're not going to have to wear masks anymore," said Michal Tal, an immunologist at Stanford University. "It's really going to be critical for them to know if they have to keep wearing masks, because they could still be contagious."

In most respiratory infections, including the new coronavirus, the nose is the main port of entry. The virus rapidly multiplies there, jolting the immune system to produce a type of antibodies that are specific to mucosa, the moist tissue lining the nose, mouth, lungs and stomach. If the same person is exposed to the virus a second time, those antibodies, as well as immune cells that remember the virus, rapidly shut down the virus in the nose before it gets a chance to take hold elsewhere in the body.

The coronavirus vaccines, in contrast, are injected deep into the muscles and stimulate the immune system to produce antibodies. This appears to be enough protection to keep the vaccinated person from getting ill. Some of those antibodies will circulate in the blood to the nasal mucosa and stand guard

there, but it's not clear how much of the antibody pool can be mobilized, or how quickly. If the answer is not much, then viruses could bloom in the nose—and be sneezed or breathed out to infect others.

"It's a race: It depends whether the virus can replicate faster, or the immune system can control it faster," said Marion Pepper, an immunologist at the University of Washington in Seattle. "It's a really important question."

This is why mucosal vaccines, like the nasal spray FluMist or the oral polio vaccine, are better than intramuscular injections at fending off respiratory viruses, experts said. ✚

Leer en español: <https://www.nytimes.com/es/2020/12/08/espanol/ciencia-y-tecnologia/vacuna-contagio-covid.html>



Max Whittaker for The New York Times

Money Smart



The Federal Deposit Insurance Corporation (FDIC) and the Consumer Financial Protection Bureau (CFPB) are working together to make it easier for schools to bring financial education to students and families.

Join us for a 4 part workshop series that will offer you and your child information on functional financial literacy: how to earn, spend and save money for the future. Community organizations will join us during our sessions.

This Workshop Series is designed for co-participation with the student and parent.

Space is limited, so please register as soon as possible.



Click [HERE](#) to Register

Thursday, January 21, 2021

Workshop 1: EARN

Dream Big! Understanding Sources of Income and Your Paycheck / SSI

Thursday, January 28, 2021

Workshop 2: SPEND

Spending and Budgeting / Bank

Thursday, February 4, 2021

Workshop 3: SAVING

Understanding Savings and Planning for a Rainy Day / ABLE NM

Thursday, February 11, 2021

Workshop 4: Financial Finesse

Putting it all Together for Financial Success!

All Workshops :
6:00p.m.-7:30p.m.

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or to request accommodations,
please contact:
Jill Vice (vice@aps.edu)