



November 2022 Newsletter from R. F. Meyer & Associates Attorneys at Law



Richard F. Meyer

November 2022 newsletter covers retirement saving, 'grandfamilies' and insomnia

Welcome to **R. F. Meyer & Associates'** November 2022 newsletter. As our bodies adjust back to Standard Time and we look ahead to Thanksgiving, we have another

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Unprecedented 401(k) boost: IRS increases amount you can save for retirement in 2023

By Jeanne Sahadi, CNN Business
The IRS recently announced a record increase in contribution limits to 401(k) and other tax-deferred retirement plans for 2023. St...

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Honoring Family Caregivers Month: Resources for grandparent caregivers

Although caring for a grandchild is rewarding, it can also be challenging, particularly when it comes to finances.

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A good night's sleep may cut chronic disease risk in seniors

A newly released study finds that seniors who get less than five hours of sleep a night may be at higher risk for chronic diseases.

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