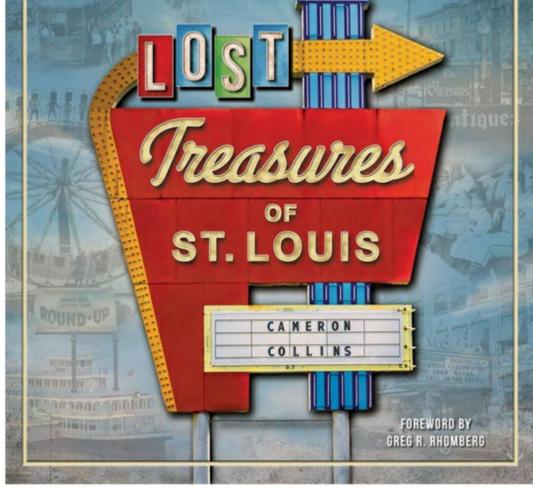


The Plaza Pulse

Welcome to the summer edition of the Plaza Pulse. This edition features a short bio on Martha Guyer, our investment planning coordinator. Along with her other duties, Martha is becoming our "go-to" person for Medicare Supplement Insurance and Medicare Advantage plans, so if you are currently a Medicare recipient (or if you will be soon), look for the story below. On a lighter note, check out the recommended coffee table book about past St. Louis history. It is a great gift idea for a native St. Louisan! Or if you prefer less fun, we have a great suggestion on how you can relieve the pain of the Great Recession as told through the eyes of the financial leaders of the time. Finally, I was honored to be invited by authors Barbara Ballinger and Margaret Crane to write about Long Term Health Care Insurance for their blog. I've included a link to the article for those who care. Happy Summer and don't forget your sunscreen!

Books and Podcasts



The Lost Treasures of St. Louis, by Cameron Collins.

This picture book recalls memories of wonderful local institutions that are no longer with us. A fun trip down memory lane.

Firefighting: The Financial Crisis and It's Lessons, by Tim Geithner, Ben Bernanke and Henry M Paulson

This is a look back at the worst economic catastrophe since the Great Depression written by the decision makers of that time. Readable with lots of geeky charts for those so inclined.

PODCAST: Get Better At Email

Everyone knows it's a problem but can't make it go away. We are drowning in emails. The author of this podcast attempts to attain inbox zero through rigorous discipline and shares her tips.

Plaza People



Martha is celebrating her 4th year working at Plaza, where she uses her passion for financial planning to guide clients toward meeting their goals. For almost as long as she has been here, Martha has been busy trying to keep up with her twin girls. The most challenging part of parenting twins is that "they gang up against me" she laughs. If it's quiet in the house, it's a sure thing they are up to no good (unless it's nap time).

This summer Martha, her husband and her girls have been busy going to swim lessons and playing at the park. They also enjoy family trips to Costco and the St. Louis Zoo. They might even take their girls to a Cardinals baseball game this summer. On the rare occasion that she has time without the twins, Martha enjoys soaking in the quiet while relaxing on the couch catching up on the latest HGTV shows or reading a good book.

Market Matters

Q2 2019 Economic & Market Review: US economy enters longest expansion in history despite global headwinds

To read more about it, follow this link: [Market Matters Q2 2019](#)

Medicare Insurance

Attention Medicare Recipients:

There have been many changes to Medicare over the last few years. If you'd like us to help evaluate your options or better explain your current coverage, please give us a call. Don't forget, open enrollment begins October 15 and continues to December 7 so please call us prior to October 15 to get on our calendar.

Long Term Care Conversations

Life Lessons at 50 Plus

Research suggests that more than half of people who are 65 years old today will need some custodial care during their lifetimes. That means some help with the activities of daily living, including eating, bathing, toileting, dressing, transferring and help due to cognitive decline. Every boomer should take a few minutes away from work, the pickleball court or TV's *Downton Abbey* reruns to think through what the future may bring and to plan for the time when help is needed, perhaps, lots of it. If planning makes sense, they should start by trying to answer the question: "If I can't take care of myself, then who will?" This conversation should involve the whole family but at the minimum anyone who might end up as a caregiver or one needing care

Find the complete article here: [Long-Term Care Health Insurance- The Pros & Cons, by Judy Rubin](#)



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