

Hi (Firstname),

Father's Day

Celebrating Great Dads

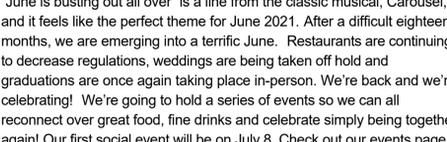
Sunday June 20, 2021



ARTICLES IN THIS ISSUE

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Please share this newsletter with friends and colleagues who may be interested in this information.



"June is busting out all over" is a line from the classic musical, Carousel, and it feels like the perfect theme for June 2021. After a difficult eighteen months, we are emerging into a terrific June. Restaurants are continuing to decrease regulations, weddings are being taken off hold and graduations are once again taking place in-person. We're back and we're celebrating! We're going to hold a series of events so we can all reconnect over great food, fine drinks and celebrate simply being together again! Our first social event will be on July 8. Check out our events page for details. More information will follow for our August 12th and September 23rd events. Please add these dates to your calendar. You can also visit our website for information on our events.

Everyone seems to be making travel plans, as well. But travel post pandemic will be different, at least for a while. We have some good tips for those planning trips locally and abroad.

All of us at Mappa are looking forward to seeing you again.

Best regards,
Mark

UPCOMING EVENTS

After almost a year and a half of social distancing, we're Baaack and we're Celebrating!!! Please Join Mark, Brett and Steve to enjoy great food, fine drinks and most of all... BEING TOGETHER AGAIN!

Please add these dates to your calendar.

- July 8, 2021
- August 12, 2021
- September 23, 2021

Join us for our first event on:

Thursday July 8, 2021

5:30pm

Grandpa's Place

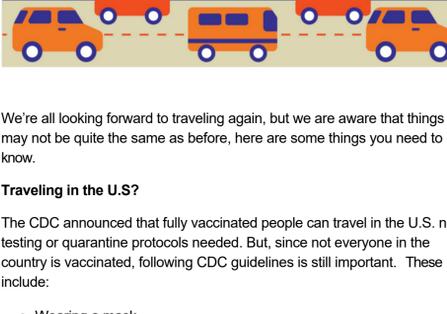
1868 Prairie St.

Glenview, IL 60025

RSVP by July 2 for you & your guests to:

Tanya Widner

tanya@mappawm.com



We're all looking forward to traveling again, but we are aware that things may not be quite the same as before, here are some things you need to know.

Traveling in the U.S?

The CDC announced that fully vaccinated people can travel in the U.S. no testing or quarantine protocols needed. But, since not everyone in the country is vaccinated, following CDC guidelines is still important. These include:

- Wearing a mask
- Maintaining social distancing
- Continuing to wash hands frequently
- Avoiding large crowds, even if you are vaccinated

For further CDC guidelines visit:

<http://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

What if you are traveling with children?

Unvaccinated children are the wild card. If you are flying, try to fly non-stop and at the least busy times. Stay masked and wash/sanitize hands frequently. The goal is to keep everyone safe.

Foreign travel, where can you go?

It's no longer enough to just pick a destination and go. Now it is equally important to know what countries are open to U.S. citizens and what are that specific country's policies regarding:

- Masking
- COVID-19 testing
- Quarantine measures
- Vaccination requirements

Using a site like Sherpa (<http://apply.joinsherpa.com/travel-restrictions>), which has all of this information in one place, can be a big help in figuring out where to go and what the restrictions (if any) will be.

For those of you planning to travel to Europe, here is a great article from the New York Times: <http://www.nytimes.com/article/travel-to-europe.html>

Ask lots of questions.

When booking your hotel or rental car, ask about their safety policies. Is check in and check out virtual? What are their cleaning policies for rooms, elevators and lobbies.

Airports

With all the pent up travel happening, airport delays are increasing. Download the TSA app: <http://www.tsa.gov/mobile>. It can help you:

- Quickly search which items you can bring with you through the checkpoint onto the airplane.
- Check the delay information and current weather conditions at your favorite airports nationwide.
- Check how busy the airport is likely to be on your specific day and time of travel based on historical data.
- Consult the TSA Guide on how to prepare for and get through the security checkpoint quickly.

Think about using a travel agent.

Travel agents are pros. They can give you the answers to your questions and tell you what you need to know about your destination. For example, what restrictions exist at museums, beaches, local attractions, etc. They know what's open and what's not. If something should go wrong, they can negotiate on your behalf.

Remember, planning ahead for any trip is always a good idea, now it's even more important than ever.

Sources:

<http://www.forbes.com/sites/christopherelliott/2021/05/08/this-is-how-to-stay-safe-when-you-travel-after-the-pandemic/?sh=5aa5bb0069d4>

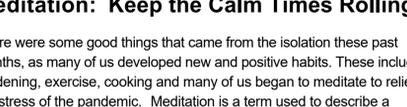
<http://parade.com/1205490/hochwald/get-ready-to-hit-the-road-with-these-post-pandemic-travel-dos-and-donts/>

The Pre-Retirement Checklist



This checklist can give you a quick snapshot of how prepared you are.

[Learn More](#)



Meditation: Keep the Calm Times Rolling

There were some good things that came from the isolation these past months, as many of us developed new and positive habits. These include gardening, exercise, cooking and many of us began to meditate to relieve the stress of the pandemic. Meditation is a term of being to describe a practice that attempts to achieve a relaxed state of mind. It does not require any equipment nor expenses. It can be practiced in any room in your home, walking outside, even sitting in traffic. The benefits are both mental and physical. Meditation may:"

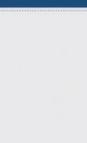
- Provide a sense of calm and well being
- Provide a new perspective on stressful situations.
- Help you focus on the present.
- Reduce negative emotions.
- Help reduce blood pressure.
- Help with chronic pain.

So, if you began to meditate, keep practicing! If you didn't start during the pandemic, think about starting now as we head back into a more normal, but perhaps equally stressful, life. Here is a link to 10 free guided meditation sites to get started:

<http://www.healthline.com/health/meditation-online#our-picks>

*<http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Your Team of Financial Professionals

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