



## MAPPA WEALTH MANAGEMENT NEWS AND VIEWS

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

## The SECURE Act: New Legislation May Affect Your Retirement

The SECURE Act (Setting Every Community Up for Retirement Enhancement) was signed into law at the end of 2019 and certain provisions may affect your retirement and estate planning strategies. Here are some highlights from the bill which you should be aware of:

### Stretch IRAs

The new rules require a full payout from an inherited IRA (Individual Retirement Account) within ten years of the death of the original account owner. Previously, a beneficiary could "stretch" out their disbursements over their lifetime.

### RMDS - Required Minimum Distributions

Retirees will now be able to push back taking RMDs until the age of 72. The previous age was 70 1/2. There are some exceptions including surviving spouses, disabled individuals, children of the account owner who have not yet reached their majority, and individuals who are not more than ten years younger than the account owner.

### 529 Plans

The new rules will expand qualified tuition expenses to include: apprenticeships; homeschooling; up to \$10,000 of qualified student loan repayments (including those for siblings); and tuition for private elementary, secondary, or religious schools.

### Part Time Employees

Certain provisions of the act will make it easier for part time employees to qualify for a 401(k) plan.

### New Parents

If you have just had a baby or have adopted a child, you can take penalty-free early withdrawals of up to \$5,000 from qualified plans and IRAs. Regular income taxes still apply though.

### Employers

There are new provisions for employers who want to provide quality retirement savings opportunities for their employees. If you are thinking about retirement plans for your company, we can help. Please call to speak to us

The SECURE Act has many parts and is complicated, please call us if you have any questions concerning how the SECURE Act may affect your financial or estate planning strategy. We are always here to help.

## St. Valentine's Day. Thank You Geoffrey Chaucer!

It's true. Without the poetry of Geoffrey Chaucer (High School English – The Canterbury Tales) we would not be sending out cards or buying flowers. It was in 1382, the height of the era of "courtly love", that the English poet wrote a love poem celebrating the engagement of King Richard II to Anne of Bohemia. The line that started it all:

"For this was on St. Valentine's Day, when every bird cometh there to choose his mate."

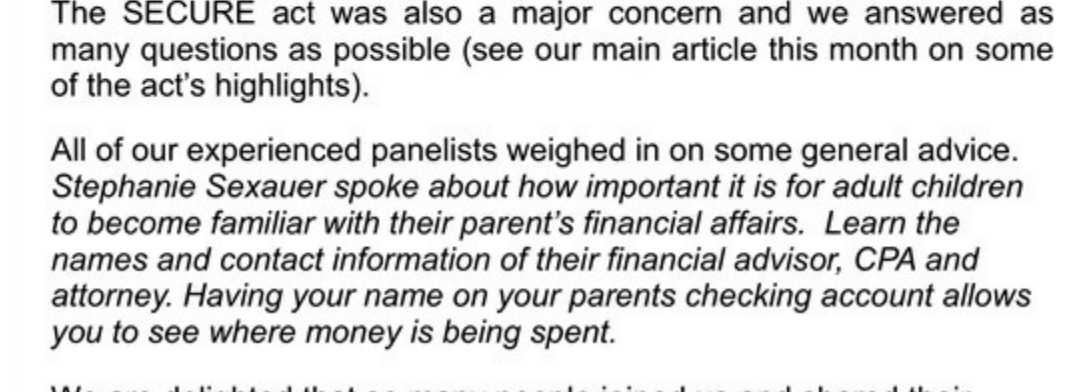
Chaucer's work was widely read and the connection between St. Valentine's Day and courtly love grew.

The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London after being captured at the battle of Agincourt.

By the 18th century in England, February 14th was the day for sweethearts to exchange small gifts. By the 19th century, the sending of cards and notes became so popular it evolved into a commercial enterprise. In the 1840's, Esther Howland began selling the first mass-produced valentines in America using real lace and ribbon. According to the Greeting Card Association, an estimated 145 million Valentine's Day cards are sent each year.

Happy Valentine's Day!

Source: History.com



## Our First Town Hall and Market Update Meeting of 2020

Tuesday, January 28, Mark, Steve and Brett were joined by guest panelists, Stephanie M. Sexauer, Estate and Matrimonial Attorney, and Jim Hechtman, CPA, at our first Town Hall and Market Update meeting of 2020.



Panelists: Stephanie, Mark, Jim

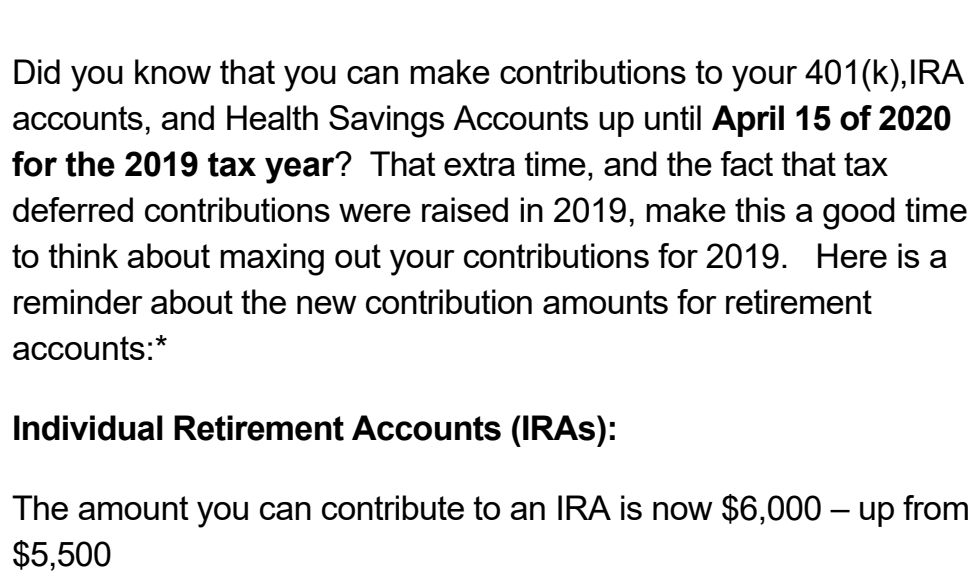
Our goal at these meetings is always to give you our best opinion on the state of the markets and to provide you with a chance to ask questions about financial issues and concerns you may have.

It seems that financial scams and fraud is a major concern for many of you. All of our panelists spoke about what we have seen and there was informative information on how to protect yourself from becoming a victim. *Jim Hechtman emphasized the IRS is required to use the US postal service to communicate. They will never call or email. You should never give your information or respond to emails or calls asking for your social security number.*

The SECURE act was also a major concern and we mentioned a number of questions as possible (see our main article this month on some of the act's highlights).

All of our experienced panelists weighed in on some general advice. *Stephanie Sexauer spoke about how important it is for adult children to become familiar with their parent's financial affairs. Learn the names and contact information of their financial advisor, CPA and attorney. Having your name on your parents checking account allows you to see where money is being spent.*

We are delighted that so many people joined us and shared their concerns and ideas. Please check our website and future newsletters for other client events and activities.



## Take a Deep Breath. . .

We've all heard it at one time or another – take a deep breath, relax, calm down. Medical science extolls the benefits of conscious breathing. Conscious breathing or deep breathing is different than just breathing. It is done as part of a daily practice or as a "time out" in a stressful situation. Conscious breathing can help with releasing negative energy instead of storing it in your body. Stored up energy is often the cause of muscle tension, inflammation and other physical ailments. Deep breathing also increases alertness and focus through increased oxygen flow and allows your body to rid itself of toxins. It is a great tool to combat anxiety and best of all it's free.\*

The key is to make it a practice, part of your everyday routine. While there are many techniques, *Box Breathing*, is a very simple way to practice conscious breathing. Here is a link to get you started:

<http://www.healthline.com/health/box-breathing>

\* Mayo Clinic Newsletter, "Decrease Stress by Using Your Breath", Laura A. Peterson, R.N. [mayoclinic.org](http://mayoclinic.org)



## It's Not Too Late!

### Take Advantage of 2019 Changes to Retirement Accounts

Did you know that you can contribute to your 401(k), IRA accounts, and Health Savings Accounts up until **April 15 of 2020 for the 2019 tax year**? That extra time, and the fact that tax deferred contributions were raised in 2019, make this a good time to think about maxing out your contributions for 2019. Here is a reminder about the new contribution amounts for retirement accounts:\*

#### Individual Retirement Accounts (IRAs):

The amount you can contribute to an IRA is now \$6,000 – up from \$5,500

Catch up contributions for those over age 50 remains at \$1,000

#### 401(k) Plans:

The amount you can contribute to a 401(k), 403(b), most 457 plans, and the federal government's Thrift Savings Plan, is now \$19,000 – up from \$18,500.

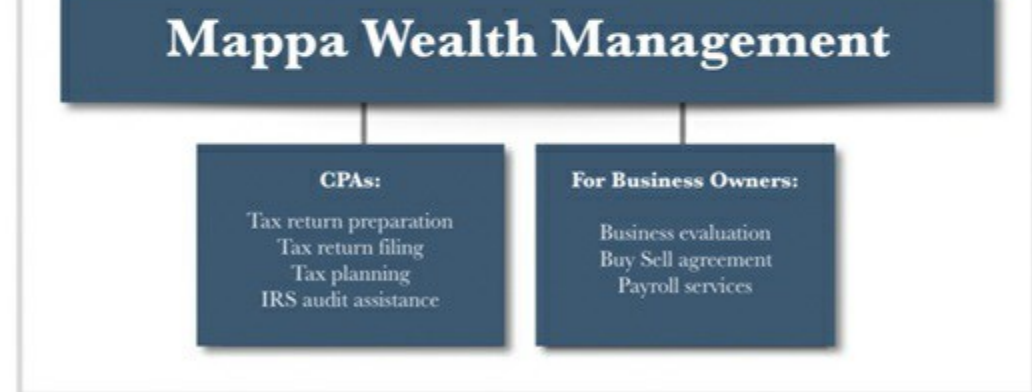
Catch up contributions for those over age 50 remains at \$6000

#### Health Savings Accounts

The contribution limits for HSAs increased from \$3,450 to \$3,500 (single) and from \$6,900 to \$7,000 (family).

The age 55 catch-up contribution limit remains the same for 2019 at \$1,000.

\* Internal Revenue Service: [www.irs.gov/retirement-plans/ira-year-end-reminders](http://www.irs.gov/retirement-plans/ira-year-end-reminders)



### Events For 2020

Mappa Wealth Management is planning for a year of interesting and informative educational events as well as fun social evenings. Check here and on our website for more information about upcoming events.

#### Events planned for 2020

- April 7th: Educational Event
- July 28th: August Democratic Convention Update
- August 20th: Social Event
- September 10th: NFL Opener Viewing Party
- November 5th: Post Election Update
- December 3rd: Client Holiday Party

For additional information visit our Website: [www.mappawm.com](http://www.mappawm.com) or contact: Tanya Widner 847-262-3032, [tanya@mappawm.com](mailto:tanya@mappawm.com)

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- Wealth Management
- Insurance Solutions
- Comprehensive Financial Planning
- Estate Planning
- Tax Planning

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To help our clients meet their financial objectives, Mappa Wealth Management offers you, a full array of concierge services. These professionals complement the broad range of financial services that Mappa Wealth Management provides.



\*Offered through Quorum Federal Credit Union. Working with MWM for over 18 years

Contact us for more information about our concierge services

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### A Truly Powerful Partnership for Our Clients

Mappa Wealth Management is your long term partner for navigating financial and life decisions. We help you achieve the best life possible and work with you to make this happen.

- We bring clarity to complex financial concepts by taking time to explain our approach
- We help make sure you're financially prepared for the challenges that may be ahead
- Committed to integrity and transparency, as fiduciaries we take pride in upholding the highest ethical standards
- Our clients' best interests are always our number one concern

### Personal Service along with National Resources

When you choose Mappa Wealth Management you choose a firm that offers you highly personalized service and the benefits of a powerful national partnership through Woodbury Financial, a network of some of the top independent financial firms in the nation.

You get:

- Highly personalized service and support from an experienced advisor who is a member of your community and understands your needs
- A broad array of national resources to help develop creative solutions to your financial needs

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