

## Keeping Well Is A Priority. Stay Safe.

### 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.*

## An Important Message From Mark Mappa, President Mappa Wealth Management

### We're All In This Together

As I write this, most of us are staying at home, seeing to our children's education and working. These are challenging and unprecedented times. But what is true is that we are all in this together and all of us here at Mappa Wealth Management are conducting business as usual to help you in any way we can.

During this time, communication is even more important. I want to assure you that we are always just a phone call or email away. Whether we are in the office or working from home, we have secure access to all of your accounts and information.

I feel like we are all being bombarded with information; some factual and important and some of it not very reliable. We are using our website to post carefully vetted articles about COVID19, economic news, government updates and even ideas for being at home with children and work. Just use this link to go to our website: <http://www.mappawm.com/>

Like you, I am seeing that we are also part of something that is special – and that is being part of a larger community; a community that is coming together to do what is right for everyone. So with that thought, in this newsletter you will also find tips and ideas to make our new reality of "staying at home" more fun, more productive and maybe just a bit easier.

From all of us at Mappa Wealth Management – myself, Steve, Brett, Tanya and Brook, stay safe and healthy.

Mark

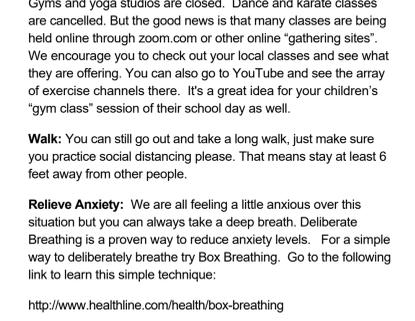
## What You Need to Know about the Stimulus Package



The Federal Government has passed a massive Stimulus Package in response to the economic impact of COVID19. The package contains multiple provisions and affects almost every American citizen. Here is a link to what we think is a clear summary of what the package offers.

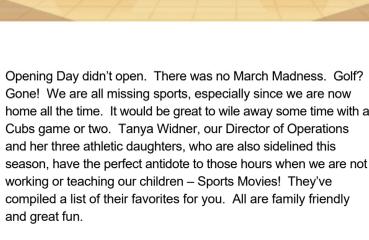
<http://www.forbes.com/sites/advisor/2020/03/27/your-guide-to-the-federal-stimulus-package/#1ad8aebb2711>

## Lesser Known Provisions of the SECURE Act



Learn about clauses in the SECURE Act that affect 401Ks, students, and families.

[Learn More](#)



## No Excuses: You Can Still (and Should) Exercise!

Gyms and yoga studios are closed. Dance and karate classes are being cancelled. But the good news is that many classes are being held online through zoom.com or other online "gathering sites". We encourage you to check out your local classes and see what they are offering. You can also go to YouTube and see the array of exercise channels there. It's a great idea for your children's "gym class" session of their school day as well.

**Walk:** You can still go out and take a long walk, just make sure you practice social distancing please. That means stay at least 6 feet away from other people.

**Relieve Anxiety:** We are all feeling a little anxious over this situation but you can always take a deep breath. Deliberate Breathing is a proven way to reduce anxiety levels. For a simple way to deliberately breathe try Box Breathing. Go to the following link to learn this simple technique:

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

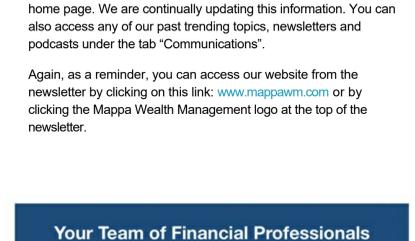
In the meantime please follow the CDC and state guidelines to help keep our community and all communities safe.



Opening Day didn't open. There was no March Madness. Golf? Gone! We are all missing sports, especially since we are now home all the time. It would be great to live away some time with a Cubs game or two. Tanya Widner, our Director of Operations and her three athletic daughters, who are also sidelined this season, have the perfect antidote to those hours when we are not working or teaching our children – Sports Movies! They've compiled a list of their favorites for you. All are family friendly and great fun.

So microwave that popcorn, sit back and enjoy SPORTS (and one movie about dancing)!

- Coach Carter
- Hoosiers
- A League of Their Own
- Remember the Titans
- Rudy
- The Blind Side
- Footloose (the original)



Games are great family fun at any age, but it is hard when you can't visit and get out the board or dice or cards. But there are great ways to play with your friends and family even if not allowed to visit.

One of our colleagues and his two grown sons are Monopoly addicts. Now that they can't get together to play, they are using the Monopoly mobile app to play remotely. It's actually like being in the same room and the games can go on for hours. And by using zoom.com (or downloading the app from your app store) in conjunction with the game apps, it's almost like being with the other players in each persons home. Great fun!

Other games you can play together while apart are:

- Monopoly
- Life
- Uno
- Settlers of Catan
- Scrabble
- Clue
- Ticket to Ride

All of these are available as regular board games and as apps so you can play remotely. Enjoy!

## BULLETIN BOARD

**Important Reminder:**  
**Tax Filing has been extended to  
 July 15, 2020**

### Events For 2020

April 7th: Educational Event. We will reschedule this event later in the year

**We are looking forward to continuing our client events as soon as possible. We will keep you updated**

- July 28th: Post 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)

## Mappa Wealth Management WEBSITE NEWS

### DID YOU KNOW...

You can find current information on COVID19 on our website home page. We are continually updating this information. You can also access any of our past trending topics, newsletters and podcasts under the tab "Communications".

Again, as a reminder, you can access our website from the newsletter by clicking on this link: [www.mappawm.com](http://www.mappawm.com) or by clicking the Mappa Wealth Management logo at the top of the newsletter.

## Your Team of Financial Professionals

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### We Offer Personalized Strategies in:

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

## Our Concierge Services

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.

<b>Mortgage Brokers:</b> Credit Unions* Mortgages Lines of credit Personal loans Banking services	<b>Insurance Brokers:</b> Health Medicare Property & Casualty	<b>Attorneys:</b> Wills Trusts Estate planning Legal services
<b>Mappa Wealth Management</b>		
<b>CPAs:</b> Tax return preparation Tax return filing Tax planning IRS audit assistance	<b>For Business Owners:</b> Business evaluation Buy/Sell agreement Payroll services	

\*Offered through Quorum Federal Credit Union. Working with MWM for over 10 years

Contact us for more information about our concierge services  
 Phone: 847-262-3030  
 Email: [info@mappawm.com](mailto:info@mappawm.com)  
 Website: [www.mappawm.com](http://www.mappawm.com)

## MAPPA WEALTH MANAGEMENT THE BEST OF BOTH WORLDS...

### 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 services 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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Mappa Wealth Management

<http://www.mappawm.com/>



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