

sa Parilla Koniecz
a Dream Come Tr

A woman with glasses and a black turtleneck sweater is smiling and holding two children's books titled 'SHAPE TOWNS'. The top book features a colorful landscape with various shapes like circles, squares, and triangles. The bottom book is a smaller, square-shaped book with a white background and colorful shapes.

happened to Iheresa Parilla Konicieczny.

The book, "Shape Towns: Can Hexner Find His Home?" was written and illustrated by Theresa as a ten-year-old. But as she grew up, the story was put aside -- career, marriage, children, and parents.

Hexner made a new appearance when she began to tell his story to her own children. Throughout the years, her children who are now adults - Joey, 21, and her 19-year-old daughter, Gianna - urged her to take her story and illustrations and publish it. Her husband, Tom, has always been a big supporter of her book.

Now, a beloved bed-time ritual that helped uphold her family's "no electronics" rule... but more importantly, created joy, happiness and memories, is about to turn out to be a book.

said as she laughed. Theresa began her career at Deloitte and Touche, as an auditor, then moved into the corporate world within Finance at Kraft Foods where she met Mark Mappa at the Quorum Credit Union on-site office. That was the beginning of a twenty plus year relationship both professional and personal.

"Shape Towns" is the story of Hexner who is trying to find his home, that place where he fits in and belongs.

"At 10, I didn't realize I had written a story about inclusion and diversity. I wanted to share a story that all kids can feel, and share a delightful story. Now I realize it is a tale that will always resonate with an important lesson."

Theresa is currently a Senior Director, Human Resources for IC

When asked if there are other children's books in the works, her answer was a definite maybe. Receiving pictures of parents reading her book to their children, as well stories of children bringing her book to school and reading it to their classmates, provides pure joy.

"To imagine that this book, which was in our home is now in other families' homes, providing fun and connection, across many countries is surreal." Her son stated it best, "Gianna and I got to

You can find "Shape Towns: Can Hexner Find His Home?" on [Amazon](https://Amazon.com), BarnesandNoble.com and through BookFinder.com

- Review all credit lines, mortgages, credit cards, etc.
- Make sure I have all your current, pertinent information.
- Make sure all beneficiaries on insurance policies and retirement accounts are up-to-date.
- Review all life insurance policies to make sure they are still relevant to your needs and situation
- Make sure your financial plan is still on target to meet your goals

Management has a "Virtual Vault" where you can store these important files. Please ask us about it. We can help you get this resolution checked off the list and help you keep it current.

- Make sure to provide a trusted family member with all your pertinent financial information including my name and contact information.

The best way to keep your financial resolutions is to use me as your partner. I'm always ready to help you at any time and in any way possible. Please contact me and we can make 2023 a year we keep those resolutions.

UPCOMING EVENTS


In 2023 Mappa Wealth Management will be bringing you both important informational events and fun get togethers.

We will be sending you more details soon. Please check your emails and our website for Additional information.


New Retirement Contribution Limits for 2023



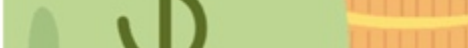
**New Retirement
Contribution Limits**



A look at the new, record-high retirement contribution limits from the IRS.



**January
is
Financial**



Financial Wellness Month

What is Financial Wellness Month? It's a month that was created and

Financial Wellness is the dynamic between our financial resources (savings, retirement planning, current debt, etc.) and our physical health (peace of mind or worry).

Here are some things to educate yourself about to achieve financial wellness:

- **Understand the difference** between good debt (a mortgage) and bad debt (overspending on high interest credit cards).
- **It's realizing that no matter what stage of life** you are in, it is vital you live within your means.

This is a significant issue for me as an advisor, please call me if you have any questions about your financial questions.

<https://nationaltoday.com/financial-wellness-month/>

<https://www.forbes.com/sites/lizfrazierpeck/2022/01/19/financial-wellness-is-critical-to-your-overall-healthand-financial-literacy-is-the-key/?sh=788181602cdc>

THE WELLNESS CORNER

MAPPA
WEALTH MANAGEMENT

Icons representing various wellness topics: a head with a brain, a heart, a leaf, a person running, a paw print, a sailboat, and a gift box.

Keeping New Year's (Or Any) Resolutions!

Resolutions – easy to make, even easier to break. We all have good intentions as we make those resolutions on January 1st. But by January 31st, many of us have reverted to bad habits – again. Here are some ideas on how to make resolutions that you will actually

Ask exactly why you are thinking about making this resolution. Does it sound like something you should do or is it meaningful to you in a particular way?

- **Do it for yourself.** Doing something because someone else wants you to is often a recipe for failure. Any resolution should be something that you want to do for yourself.
- **Think about how you will keep the resolution.** For example, if you want to exercise an hour a day, how will you plan your

- **Be kind to yourself.** We all slip up so expect that you won't be perfect. But when you do slip up, don't beat yourself up, just acknowledge you slipped and recommit. It really works.

Your Team of Financial Professionals

Two headshots of men. The top photo shows Mark A. Mappa, a man with short brown hair, smiling, wearing a dark suit jacket over a light blue shirt. The bottom photo shows Brett Gardiner, a man with short brown hair, looking directly at the camera, wearing a dark suit jacket over a light blue shirt.



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