

MAPPA WEALTH MANAGEMENT NEWS AND VIEWS



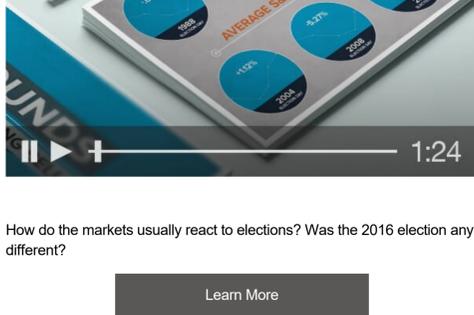
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Please share this newsletter with friends and colleagues who may be interested in this information.

Can Election Results Predict the Market?



How do the markets usually react to elections? Was the 2016 election any different?

[Learn More](#)

CAREGIVING DURING THE PANDEMIC



For the past six months we have all been living a very different "normal". From social distancing, virtual schools, wearing masks and becoming experts at the zoom cocktail hour, our lives have changed. It has not been easy for any of us.

For those of you who are also the regular caregiver of a family member, this time is particularly hard. Caregivers not only have the normal responsibilities of keeping their family member safe, now they have to be extra vigilant to keep COVID-19 from seriously harming their loved one. Even though things may be easing for many of us, caregivers have to stay alert. Here are some reminders:

- Reduce exposure as much as possible.**
- While many elderly and ill people are home ordinarily, the caregiver is probably more exposed to the virus. To combat bringing it home:
- Be aware of what you are doing and where you go as a caregiver. Practice social distancing outside and try to avoid situations that seem overly crowded.
 - If possible reduce routine visits to doctors. If you or your family member need to see a doctor, try for a virtual or video "visit".
 - We can't eliminate buying groceries but many stores are doing curbside delivery. Call and see if any in your area are. Perhaps another family member can do shopping and leave them in the driveway or front door and clean bottles, boxes, jars, etc. with a disinfectant wipe.

- Cleanliness is key.**
- Wash hands thoroughly and frequently with soap and water. Wipe down repeatedly used surfaces like door handles, remote controls, countertops, etc. with soap and water.

- Avoid greater isolation and boredom.**
- Elderly and ill people are more isolated under normal conditions but social distancing is increasing that isolation. Visits from friends and family members may not be wise and so the regular phone call from family members may not be enough. To help foster more interaction:

- Use one of the easy "virtual meeting sites" like Zoom or Google Hang Out with family members and friends.
- There are virtual ways of getting "out and about" such as tours of museums around the world, live theater and concerts, even games of Monopoly and Clue – all of them online. A good site to visit is: <http://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- If your family member is able to participate, find an online, gentle stretch or meditation class – excellent for the caregiver as well!

For more information for caregivers visit: <http://caregiveraction.org/covid-19>

Always remember to take care of yourself as well. It is just as important for you as for the person for whom you are caring.



Women Get the Vote! Celebrating the 100th Anniversary of the 19th Amendment

On June 4, 1919 American women won the right to vote. But it wasn't until a year later, August 18, 1920 that Congress ratified the bill which prohibits the federal government from denying American citizens the right to vote based on their sex.

The fight for women's rights began during the American Revolution with Abigail Adams asking her husband John, to "remember the ladies" at the Constitutional Convention. The *Declaration of Sentiments at Seneca Falls* in 1848 called for equality between the sexes and for the right to vote for women.

In 1910 the Woman's Suffragists Movement began to focus on lobbying, marching and protesting for a constitutional amendment to improve the lives of woman by gaining the vote. Many of them were arrested and sent to jail in the ensuing years.

The 19th amendment was introduced in 1878 but several attempts to pass it failed.

Finally in 1919 it all came down to Tennessee and to one man. The resolution for ratification passed relatively easily in the Tennessee Senate, but the State House was bitterly divided. The final outcome, on August 18, came down to a tie-breaking reversal by Harry Burn, a young representative who was planning to oppose the resolution. But just that morning he had received a pro-suffrage plea from his mother, Phoebe Ensminger Burn, to vote in favor – and he did. **The resolution passed by one vote.**

So thank you to Elizabeth Cady Stanton, Lucretia Mott, Susan B. Anthony, Carrie Chapman Catt, Hattie Purvis and Mary Church Terrell and all the other women (and men) who at great personal cost, led the way for women's rights.

For more information on the 19th Amendment and this important piece of American history visit:

The Women's Vote Centennial Initiative
- <http://www.2020centennial.org/>

Sources:
Wikipedia; 19th Amendment
National Women's History Museum - <http://www.womenshistory.org>
"Abigail Adams", Phyllis Lee Levin, St. Martins Press 1987



Mappa Wealth Management's New Office Is Open

Our new space provides us with our own suite of offices as well as a large, comfortable conference room and common space. Located right off the highway, our goal was to make our new offices as convenient as possible for our clients. Please be assured, we are still offering zoom and phone meetings to anyone who wants to meet with us because of COVID-19.

Our new offices are located at 400 Skokie Blvd, Suite 550, Northbrook, IL 60062. We are pleased to let you know that our office at 401 N. Michigan Avenue remains open for your convenience as well.



Vacationing During COVID-19 – Yes, You Still Need a Break From Work!

Many thousands of people are now working from home and it may seem as if you are always on call for the office. And we know all of our essential workers have been working under a great deal of stress during the pandemic. But even during a pandemic you need a break from work and there are ways (depending on where you live) that you can plan a vacation from work and the worry of COVID-19. While summer may be coming to an end, you can still plan a great getaway.

Take a "Safe Vacation" - Here are some sites that can help you plan the perfect, safe vacation:

<http://www.forbes.com/sites/nextavenue/2020/05/29/the-best-travel-advice-for-you-dur>

<http://www.realsimple.com/work-life/travel/travel-planning/travel-vacation-planning-covid>

<http://www.businessinsider.com/safe-vacations-during-covid?op=1>

Whatever you decide to do, please stay safe and maintain social distancing rules.

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*Offered through Quorum Federal Credit Union. Working with MWM for over 20 years

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