



# Financial *planner*

**PARK PLACE WEALTH ADVISORS, INC.**  
**DANIEL J GANNETT & JEAN C. GANNETT, CFP®**

• 18 ORINDA WAY ORINDA, CA 94563 •  
• 505 W OLIVE AVE, SUITE 305 SUNNYVALE, CA 94086 •

[DAN@PARKPLACEWEALTH.COM](mailto:DAN@PARKPLACEWEALTH.COM)

[JEAN@PARKPLACEWEALTH.COM](mailto:JEAN@PARKPLACEWEALTH.COM)

• ORINDA – (925)254-7766 •  
• SUNNYVALE – (408)733-0245 •  
• FAX: (925)258-0591 •



## *Tips for Working From Home*

### *Winter 2021 Newsletter Topics*

- *Tips for Working From Home*
- *Maximizing Your Employee Benefits*
- *Just Breathe!*
- *Investing Resolutions for 2021*

As U.S. governor’s plan to reopen their states and medical researchers across the globe scramble to create an effective vaccine or treatment for COVID-19, it’s natural to wonder how different our lives might look after the virus is under control.

Chances are, parents will continue accessing online educational resources for their children, and geographically distanced families and friends will continue to gather on Zoom. Businesses will likely spend less time and money traveling to meetings, and medical professionals will still offer telehealth care. But many believe the widest-reaching change will be a greater acceptance of working from home. With that perspective, taking the following steps to improve your work-from-home experience may pay off now and in the future.

First and foremost, **ensure your workspace fits your body.** Your elbows should be close to a 90-degree angle when you’re typing, and your wrist should not be hinged. If that’s not the case, you may need to raise your chair or lower your keypad with a pull-out tray under your desk. Similarly, your neck shouldn’t be bent. If your monitor or laptop is too low, consider risers. If your back hurts, consider a different chair, a lumbar support pillow or an orthopedic seat cushion. A footrest can help if your legs are short.



Next, **establish boundaries.** Keep consistent hours. Let family and friends know you are not available during those times. Protect your free time as well. Stop and stretch every 20 minutes. Take a couple 10-minute breaks during the day and a short walk outside over your lunch hour. Take a sick day if you’re not well. And, don’t check emails once you’re off the clock.

**Over communicate.** Remind coworkers when you’re not going to be available. Let your team know when you complete an important task. Make your presence known on conference calls. Since tone is harder to discern in digital communications, err on the positive side. In informal emails, you may want to include an exclamation point or a friendly emoji.

**Don’t forget to socialize.** Interacting with colleagues is important for your career and your emotional well-being. So, join Zoom happy hours and, once it’s safe to do so, attend meetings, trainings and conferences in person from time to time.

## *Maximizing Your Employee Benefits*

If you’re among the 49 percent of Americans who receive employer-sponsored health care coverage, you may have already received information on your company’s open enrollment.

**Your Life** — If you turned **age 33** in 2020, you have lived through **five bear markets** and **three recessions**, the 1987 **Black Monday** stock market crash, the **9/11 terrorist attacks**, the **2008 global real estate crisis**, and now the **2020 pandemic**. You have also lived through **four bull markets** (including the **11-year bull** that ended on Feb. 19, 2020) and **four economic expansions**. And you have benefited from the **lowest interest rates** in history. Your **life expectancy** as of today: **47.3 additional years** on earth (source: BTN Research).

### *(Maximizing your Employee Benefits cont'd...)*

In previous years, you might not have taken much time to review your company's options. But the current pandemic underscores the importance of securing the best possible coverage and value.

Even before COVID hit, workers' average single deductible rose to \$1,644 in 2020 – almost double from 10 years ago. And typical annual family premiums under employer-sponsored plans rose 4 percent from 2019 to \$21,342. During the pandemic, many of us have postponed tests, routine care, and procedures. If much of that deferred care is scheduled in 2021, PwC's Health Research Institute projects medical costs could rise as much as 10 percent above pre-coronavirus levels.<sup>1</sup>

Two ways to fund some of these rising costs are a pretax Health Savings Account (HSA) or a Flexible Spending Account (FSA).

To set up an HSA, individuals must have a qualifying high-deductible health plan (HDHP). They control their HSA and may roll contributions over from year to year. To qualify in 2021, an HDHP must have a minimum deductible of \$1,400 for individuals or \$2,800 for families. The maximum limits for out-of-pocket costs are \$7,000 for an individual or \$14,000 for a family.

In 2021, workers with an HDHP can contribute \$3,600 for themselves (plus \$1,000 if they're 55 or older) or \$7,200 for their family. Once enrolled in Medicare Part A or B, individuals can no longer contribute pretax dollars to an HSA.

FSAs are owned by the employer; this means you may forfeit unused contributions if you leave your job. At year's end, unused funds do not automatically carry over. Depending on the policy, an employee forfeits them, has a few-month grace period to use them, or is allowed to carry up to \$550 (for 2021) into the next year. The maximum amount an employee can contribute in 2021 is \$2,750. Medicare recipients may contribute to their employers' FSA.

## *Just Breathe!*

Health experts tell us most long-term stress takes a greater toll on us than short-term stress. So, as the global pandemic drags on, limiting our social interactions and activities, creating economic uncertainties and stirring health concerns for ourselves and others, it's important to take proactive measures to protect our emotional and physical immune systems.

One of the simplest and often neglected is breathing well. There are countless reasons we breathe sub-optimally: stress, sedentary lifestyles, poor posture, aging – even evolutionary changes in our anatomy.

We all know stress causes shallow breathing. Unfortunately, shallow breathing increases stress, which can create a perpetual cycle. The more we sit, the weaker our core becomes, leading to shallow breathing and tension in the diaphragm. And hunching over a keyboard or steering wheel causes chest muscles to tighten, limiting our rib cage's ability to expand.

The author of "The Healing Power of Proper Breathing," which appeared in the Wall Street Journal, reports our mouths and sinuses have shrunk over time, which makes breathing more difficult. The author also notes our chest bones start thinning around age 30 and collapse inward – reducing our lung capacity by 12 percent by the time we're 50.

According to the article, half of us are chronic mouth breathers. Researchers say inhaling through the mouth reduces the amount of oxygen we absorb, dries the body, irritates the lungs and loosens the mouth's back tissues. It's even been associated with neurological disorders, periodontal disease and potential respiratory infections.<sup>1</sup>

The good news is, improving our breathing isn't difficult or expensive. We can train ourselves to breathe through the nose. Cardio exercise increases lung capacity, making it easier to breathe deeply. Doing planks and other core exercises can strengthen our diaphragms. Elevating our computer monitor to eye level and raising our phone, so we're not looking down can help our posture. Taking breaks to roll our shoulders and stretch our neck from side to side reduces tension in the neck and shoulders.

In addition to consistently breathing deeply and slowly through the nose, we can practice special breathing exercises, such as [box breathing](#) or [4-7-8 breathing](#).<sup>2,3</sup> Like many deep breathing exercises, box and 4-7-8 breathing emphasize inhaling through our noses and exhaling through our mouths.

**Help for College Students** —The Department of Education announced on Friday, Dec. 4, a **second extension** through Jan. 31, 2021, of the **forbearance period on federal student loans**. The forbearance plan, a pause in required principal and interest payments, began March 13 and **was set to expire Sept. 30** but was extended on Aug. 21 **through the end of this year**. 92% of all student loans (by dollar) are **federal loans**. The remaining 8% are loans originated by a **private lender** (source: Department of Education, BTN Research).

In a recent Forbes article, Nobel Prize-winning researcher, Louis J. Ignarro, PhD, explains why. Inhaling through our noses increases our levels of nitric oxide (NO), a very beneficial gas constantly produced by the cells and tissues of the nose.

“The physiological significance of this is that nasally derived NO improves oxygen delivery into the lungs by causing bronchodilation,” said Ignarro.

Once it reaches our lungs, NO expands airways and boosts oxygen delivery to our brains and throughout our bodies. This relaxes blood vessels and muscles. But there may be yet another important benefit of increasing our NO levels. Believing NO may also protect us against viruses and bacteria, Ignarro and other researchers are investigating the effects of NO on COVID-19 in the lungs.

“The NO produced by our own cells can interact with molecules in invading cells such as bacteria, parasites and viruses to kill them or inhibit their replication and spread,” he said.

Ignarro notes inhaling through our mouths will not provide high levels of NO and exhaling through our nose will expel NO away from the lungs.

In the midst of a virus that can make breathing painful and difficult, we should not take the ability to breathe deeply for granted. Breathing well can lower blood pressure, protect our hearts, slow aging, increase our energy, help us sleep better and improve our mental abilities. And, it just may protect us from disease.

<sup>1</sup><https://www.wsj.com/articles/the-healing-power-of-proper-breathing-11590098696?mod=djem10point>

<sup>2</sup><https://www.healthline.com/health/box-breathing#exhale-again>

<sup>3</sup><https://www.livestrong.com/article/149332-4-7-8-breathing-exercises/>



## *Investing Resolutions for 2021*

### **Build Up a Cash Stash**

A lot of investors were fully invested in early 2020. They couldn't take advantage the bear market in March to add to their investments. Do what you can to boost your savings so that when the market drops, you can pounce.

### **Then Round Out Your Portfolio**

We wouldn't suggest that anybody own just one investment. Ideally, you'll have various investments in your portfolio to maximize your chances of finding a top performer of the future.

### **Get Your Portfolio Allocation Lined Up**

There are many different ways to invest, but the best ones start with a plan. Give us a call to review your goals and financial plan.

### **Use an IRA**

If you have income from a job, you can contribute to an IRA or 403B. It gives you tax benefits, including the ability to buy and sell investments without immediate tax consequences. Whether you're 20 or 60, retirement accounts are important for your long-term financial stability.

### **Contribute to a 401(k) to Get Your Match**

If your employer offers you free money in the form of a match, it's smart to take it.

### **Check the Beneficiaries on Your Retirement Accounts**

IRAs, 403Bs and 401(k)s work best when you name beneficiaries to receive them after your death. It's smart to check occasionally to make sure those accounts are going where you want — even changing your will won't necessarily change your retirement account beneficiaries.

### **Turn Off Your Favorite Financial News Source for a Week**

Many of us never take vacations from our portfolios. If you're a long-term investor, though, you should be able to skip a week here and there. You might find it actually helps you *not* to obsess about every news item that affects your investments.

**Park Place Wealth  
Advisors, Inc.**

**Daniel J Gannett  
Jean C Gannett, CFP®**

Orinda Location:  
18 Orinda Way  
Orinda, CA 94563  
(925)254-7766  
Fax (925)258-0591

Sunnyvale Location:  
505 W. Olive Avenue  
Suite 305  
Sunnyvale, CA 94086  
(408)733-0245

## Ditch the Deadwood

We're big believers in buying and holding investments, but that doesn't mean you should hang onto every one you've ever bought. If you no longer believe in an investment's future growth potential — and there's no reason to expect a turnaround — then overcome inertia and hit the sell button.

### Get a Head Start on Your Tax Planning

It's actually not too early to get started on your 2021 tax planning. Whether it's using IRAs, timing your deductible spending, or making charitable gifts, having a plan in advance can help you get the biggest tax breaks available.

### Help a Friend or Family Member With Investing

One of the most rewarding things you can do with the investing knowledge you've gotten from Park Place Wealth Advisors is to pass it on. Helping loved ones become smarter with their money won't just make you feel better about yourself — it can also help reinforce the lessons you've learned yourself. Feel free to share this newsletter!

### Keep a Journal of All Your Investing Decisions

Another way to hold yourself accountable is to write down your reasoning for every purchase or sale you make in your portfolio. Years from now, you might remember that you sold shares of a certain company, but the odds are good you won't remember *why*. A journal lets you see where you got things right and what mistakes you made.

### Have Fun!

Above all else, don't think of investing as a chore. Putting your money to work can be fun, and we are here to help you with the investing journey.

## IMPORTANT DISCLOSURES

PARK PLACE WEALTH ADVISORS, INC. A REGISTERED INVESTMENT ADVISOR.

**DANIEL J GANNETT CA INSURANCE LICENSE OF27019  
JEAN C GANNETT, CFP® CA INSURANCE LICENSE  
0829277**

SECURITIES OFFERED THROUGH SECURITIES AMERICA, INC., MEMBER FINRA/SIPC, AN INDEPENDENT BROKER/DEALER. SECURITIES AMERICA, INC., AND PARK PLACE WEALTH ADVISORS, INC. ARE NOT AFFILIATED ENTITIES.

SECURITIES AMERICA, INC. DOES NOT PROVIDE TAX ADVICE.

THESE MATERIALS ARE PROVIDED FOR GENERAL INFORMATION AND EDUCATIONAL PURPOSES BASED UPON PUBLICLY AVAILABLE INFORMATION FROM SOURCES BELIEVED TO BE RELIABLE — WE CANNOT ASSURE THE ACCURACY OR COMPLETENESS OF THESE MATERIALS. THE INFORMATION IN THESE MATERIALS MAY CHANGE AT ANY TIME AND WITHOUT NOTICE.

IF YOU ARE A REGISTERED INVESTMENT ADVISORY CLIENT, WE ARE REQUIRED TO ANNUALLY OFFER TO DELIVER TO YOU, FREE OF CHARGE, OUR BROCHURE, OR OUR MOST RECENT FORM ADV 2A AND 2B IN PAPER OR ELECTRONIC FORMAT, WHICH DETAILS THE BACKGROUND, BUSINESS PRACTICES, AND PHILOSOPHY OF THE FIRM AND ITS AFFILIATES. SINCE THE LAST ANNUAL AMENDMENT TO OUR ADV PART 2A AND 2B WAS FILED IN JANUARY 2019, THE CHANGES MADE TO THIS DISCLOSURE BROCHURE INCLUDE(S):

IN OCTOBER 2019 THE FIRM ADDED A DISCLOSURE THAT INVESTMENT ADVISER REPRESENTATIVES OF THE FIRM MAY RECEIVE REFERRAL FEES RELATED TO THEIR REAL ESTATE LICENSES.

IF YOU WOULD LIKE A COPY OF THE MOST RECENT DISCLOSURE BROCHURE PLEASE CONTACT US VIA EMAIL, PHONE, FAX OR LETTER AND A COPY OF THE MOST CURRENT DISCLOSURE BROCHURE WILL BE PROVIDED. WE WILL ALSO PROVIDE OTHER ONGOING DISCLOSURE INFORMATION ABOUT MATERIAL CHANGES AS REQUIRED. WE WOULD ALSO BE HAPPY TO PROVIDE YOU WITH A COPY OF OUR PRIVACY POLICY AT ANY TIME. IF YOU WOULD LIKE TO RECEIVE A COPY OF EITHER OF THESE AT ANY TIME, PLEASE CALL US. WE WILL BE MORE THAN HAPPY TO SEND YOU ONE.

THE INFORMATION INCLUDED IS PREPARED FROM SOURCES BELIEVED TO BE ACCURATE; HOWEVER, NO GUARANTEES ARE EXPRESSED OR IMPLIED. LEGAL OR TAX ISSUES SHOULD BE DISCUSSED WITH THE APPROPRIATE PROFESSIONAL. THE INFORMATION OR OPINIONS PRESENTED ARE NEITHER AN OFFER TO SELL NOR A SOLICITATION TO PURCHASE AND SECURITY.

WRITTEN BY SECURITIES AMERICA FOR DISTRIBUTION BY DANIEL J GANNETT AND JEAN C GANNETT, CFP®