



# KEMP Financial Management, LLC

## October 2020: A Focus on Health

### KFM Office Update

“Orange County moves Up from Purple to Red Tier for Covid-19”

While we are not sure exactly what that means, our number one priority is still the same; the health and safety of our clients and staff. As noted last quarter, we are back in the Fullerton office with occasional work from home by some of our staff. We are fully functional and continue to watch over your financial well-being and security regardless of our County “tier”.

Since the virus is still present and ongoing, we continue to recognize everyone’s comfort zone is unique to their personal circumstances. Accordingly, we believe it is appropriate to continue to prioritize meetings through our virtual platform with occasional office visits for existing and new clients who desire to meet in person as needed.

Thanks to technology, face-to-face meetings have become routine through our virtual platform. While we have executed this technology for years for clients whom have moved out of California, it has now become the norm. To that end, we have updated our on-boarding process to make it easier for new clients that have been recommended to KFM in our new virtual world. Our goal and priority is to make the exchange of data just as simple as if a new client were physically in the office. Again, we cannot thank you enough for your continued trust and confidence and for the regular flow of recommendations to KFM.

By the way, all the clients sharing grandparent stories over the years are right! It’s way better than having and raising your very own children. Rob and Diane’s first grandchild, Jaqueline Amira Kemp, was born in August 2020. Jaqueline has brought great meaning and joy to the ever-changing year of 2020.

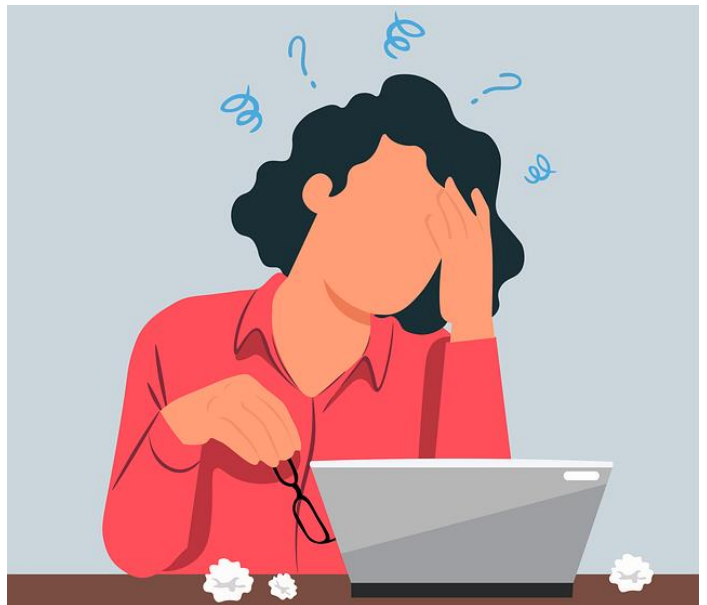
### Health Awareness

Now that we’ve “hyped” our virtual platform, Video Fatigue (aka “Zoom” Fatigue) is a real thing! It’s not just used for work anymore. It’s how people connect with friends, family, do school and now how people do business. While it used to be fatigue from travel between

appointments, it’s no longer the time spent in the car, but the time spent sitting in a chair communicating virtually.

Here are 10 simple tips for reducing video fatigue:

1. Establish “No Meeting” Time Blocks
2. Designate a Meeting-Free Day or Establish One Day a Week for All Meetings
3. Say “No” to Video Calls that Aren’t Valuable (hopefully not KFM)
4. Reduce Calls By Using Text-Based Communications or E-mail
5. Replace Calls with Recorded Video or Audio Message
6. Always have an Agenda
7. Schedule Meaningful Breaks
8. Make Meetings Shorter
9. Hide “Self View”
10. Turn Off Your Camera Entirely



To read the full text of this article, visit:  
[www.vidyard.com/blog/zoom-fatigue-tips](http://www.vidyard.com/blog/zoom-fatigue-tips)

### Helping our Seniors Manage Loneliness and Anxiety during the Pandemic

While seniors are experiencing the coronavirus crisis in several ways, depending on their living arrangements, finances and health, one circumstance is universal: everyone is more isolated than usual, resulting in many more cases of loneliness and anxiety.

This question was posed to your KFM Team: “What are you doing to help our family members that are isolated during this time?” Here are some responses for your consideration.

1. “Zoom” or “Facetime” more often than normal.
2. Call them on the phone more often than normal.
3. Visits in the local park to be outside with ability to be socially distant. Bring their favorite meal, i.e. In-N-Out.
4. Using technology, order delivery of fun or special meals from Uber Eats, DoorDash or Postmates.
5. Go old school and send hand written notes or cards using the postal service for delivery. Wouldn't it be nice to receive something other than a bill or advertisement?
6. Virtual meals or virtual cocktail hours together.
7. Send flower to brighten the house.
8. Assist with set up of television / movie streaming services.
9. Ask thought provoking questions to get to know one another better.
10. Share stories from the past.
11. Play games with one another.

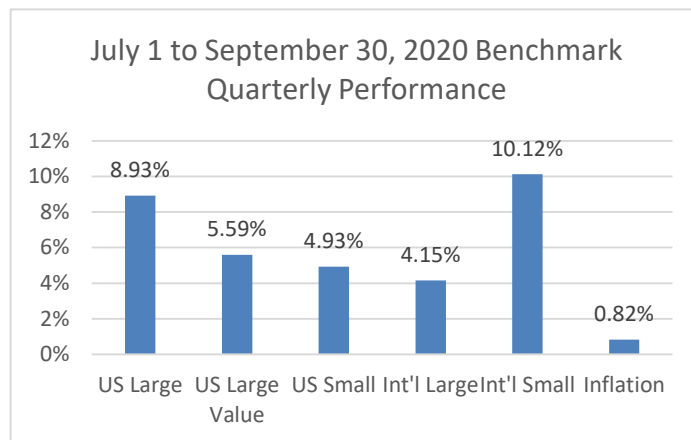
Speaking of #9, just today we received an email from a client whom has put together over 50 questions accumulated over the years that she uses to get to know people better. She has used this opportunity to correspond by mail with her granddaughter by sending questions and answers. She also gets together with friends every Tuesday for new questions and she also uses the questions with her spouse. With all the pitfalls of the pandemic, it sure has been nice to slow down a bit, allowing for more opportunity to brighten other people's day.



## Capital Markets / Elections

[www.nytimes.com/2017/01/17/upshot/presidents-have-less-power-over-the-economy-than-you-might-think.html](https://www.nytimes.com/2017/01/17/upshot/presidents-have-less-power-over-the-economy-than-you-might-think.html)

Capital markets have continued their recovery throughout the third quarter.



As mentioned in our last Newsletter, and we remind you once again, not all asset classes are positive year to date. So, when you review your current statement, do not be surprised that it is still negative year-to-date. However, the recovery has been strong and like you, we hope for continued strength in the upcoming months and years ahead.

The number one asked question continues to be: “What about the election?” A question that comes up every election year. Including mid-term elections, we have been through 18 election cycles. While mid-term elections are less exciting, the financial press and media all maintain that our financial lives will be altered by the results of the elections. So much focus is put on our elected officials as if they have total control over the future of our financial and economic lives. Well, like it or not, we disagree as to the perceived power and influence of our elected officials.

Since 1926, we have had 16 Presidents of the United States and more importantly 13 Federal Reserve Chairpersons. The chart on the next page shows the progression of the market under Democratic and Republican parties. Just like always, the market goes up and down, but you can clearly see the long-term market trend has been up.

Please note the enclosed chart lists the names of each Federal Reserve Chairperson and their respective tenure.

Remember, the President does not set monetary policy. The Federal Reserve does. The “Fed” has the power to raise and lower interest rates in an effort to prevent recessions, assist in recovery of recessions, maintain maximum employment and keep inflation in check. It is the policies of the Federal Reserve that have massive effects on the capital markets and specifically the economy.

So, will it matter? Certainly. But not to the extent one is led to believe by the financial media.

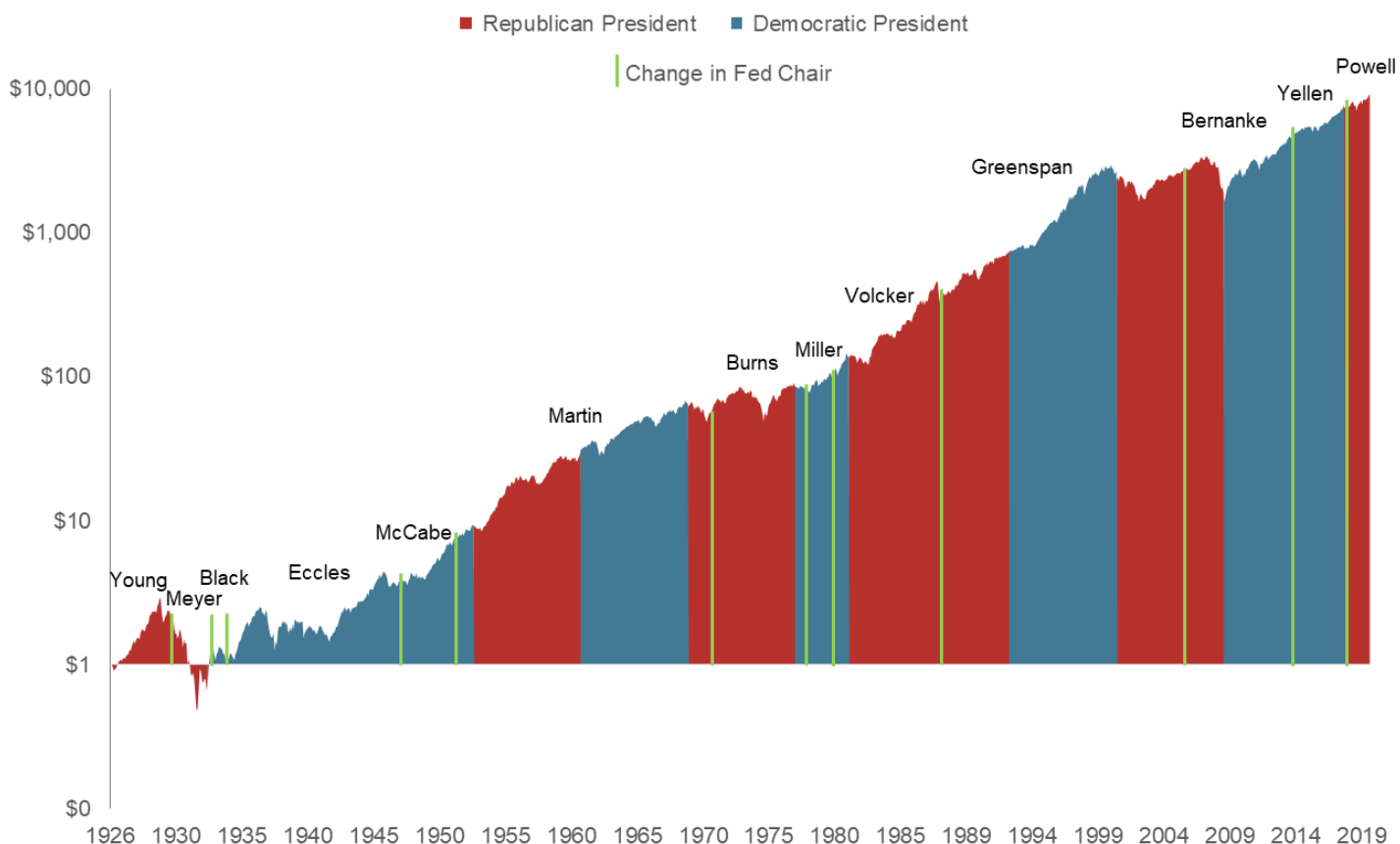
A quote from the New York Times (January 17, 2017) summarizes it best: *“Presidential economic records are highly dependent on the dumb luck of where the nation is in the economic cycle. And the White House has no*

*control over the demographic and technological forces that influence the economy.”* Keep the faith. Do your part and vote. Accept the results. And let’s move forward together.

**Thanksgiving** is upon us. As we meet over the upcoming weeks and months, let’s remember the spirit of Thanksgiving and gratitude. We are so thankful to be a part of your life and we look forward to discussing your desires and dreams in our upcoming meetings. We also look forward to hearing your creativity as you plan your Thanksgiving celebrations with family and friends.

As always, we are here to help in any way. Please feel free to give us a call to set up a virtual visit for your next update meeting. Stay safe, healthy and connected!

Growth of a Dollar Invested in the S&P 500: January 1926–December 2019



*Past performance is not indicative of future performance. Indexes (such as the S&P 500) are unmanaged baskets of securities not available for direct investment.; therefore, their performance does not reflect the expenses associated with the management of an actual portfolio. Source: S&P data © 2020 S&P Dow Jones Indices LLC, a division of S&P Global. All rights reserved. Charts are for illustration purposes only. Index returns are generated by Orion Advisor platform and are based on year to date information through 9/30/2020, which may include reinvestment of dividends without transactions costs or management fees.*