

RETIREMENT PLANS THAT “CLEARLY” WORK FOR YOU.



Prizant Group



HAT IN HAND: To ask someone very humbly and respectfully for money or help.

(WITH) HAT IN HAND

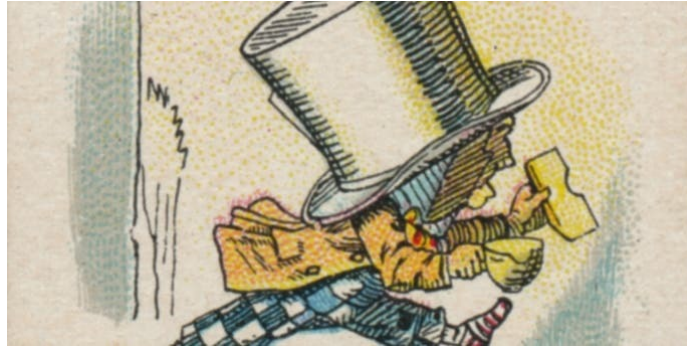
In a meek or submissive manner. (The removal of one's hat is typically a gesture of respect or deference.)

I can't believe I have to go back to my old boss with hat in hand and ask for my job back.

It's amusing seeing the governor have to grovel hat in hand before the state senate in order to get his budget requests approved.

I sure made a big mistake blowing my life savings on that stupid business venture. Now I have to go to my parents, hat and hand, and ask them to lend me some money.

Hats



Origin of the phrase "Mad as a Hatter"

Lewis Carroll's 1865 novel "Alice's Adventures in Wonderland" famously features an eccentric character called the Hatter, who's referred to in the story as "mad" and became popularly known as the Mad Hatter. However, the phrase "mad as a hatter," used to describe someone who's crazy or prone to unpredictable behavior, didn't originate with Carroll. Instead, the expression is linked to the hat-making industry and mercury poisoning. In the 18th and 19th centuries, industrial workers used a toxic substance, mercury nitrate, as part of the process of turning the fur of small animals, such as rabbits, into felt for hats. Workplace safety standards often were lax and prolonged exposure to mercury caused employees to develop a variety of physical and mental ailments, including tremors (dubbed "hatter's shakes"), speech problems, emotional instability and hallucinations.

In Connecticut, mercury-induced tremors were called the Danbury shakes, after the city of Danbury, which was a leading center for hat making during the 19th century and into the early years of the 20th century (by the 1920s, only a handful of headwear manufacturers remained in the place once billed as the "Hat Capital of the World"). In the U.S., the use of mercury in the production of felt finally was banned in the early 1940s.

Researchers have suggested that Boston Corbett, a hat industry worker who killed John Wilkes Booth, President Abraham Lincoln's assassin, might've suffered from poor mental health due to mercury poisoning. Corbett, who'd been employed as a hat maker since he was a young man, became a religious zealot

and in 1858 castrated himself with a pair of scissors as a way to curb his libido. He went on to serve in the Union Army during the Civil War, and after Lincoln was shot by Booth on April 14, 1865, at Ford's Theatre in Washington, D.C., Corbett and his regiment, the 16th New York Cavalry, were sent to track down the gunman, who was on the lam. On April 26, the soldiers surrounded Booth in a Virginia barn; however, Corbett disobeyed orders to capture the fugitive alive and instead shot and killed him. Corbett was cleared of blame by the military and lauded by many in the public as a hero for his role in avenging the president's death. Eventually, he resumed working in the hat industry in the Northeast before moving to Kansas in 1878, where he lived a solitary existence as a homesteader. In 1887, he landed in a mental asylum after threatening a group of people at the Kansas Statehouse with a gun. The following year, this possible "mad hatter," who was then in his 50s, escaped the facility and soon disappeared for good.

Mad

Mad Hatter



Mental Health has finally come to the forefront of topics for national discussion. Rampant homelessness, violent acts, soaring substance abuse, joblessness, and marginalization have put the spotlight on a crisis that affects all social and economic levels of society. In the past, persons with mental disabilities were

"shuttered away" and forgotten. In Nazi Germany, they were the first to be "liquidated" [Disabled](#). Individuals who were deemed "**Mad as a Hatter**" by more "civil" societies were locked away, drugged up, and the "keys were thrown away." Whether genetic, experiential (PTSD/CTE), biochemical imbalance, or exposure to medical or environmental toxins; the end result was the same.

HIDE THEM AWAY UNTIL THEY DIE. We, as a society, have little patience or sympathy for disabilities that are unseeable. [Mental Illness](#)

Though the move to shut down many of the horrific and abusive state mental institutions in the last few decades made sense, there was little thought to where the patients would go. The majority ended up on the streets, incarcerated or dead. [Deinstitutionalization](#) Interestingly enough, by "humanizing" people who struggle with mental health, their outcomes are significantly better.

[Mental Health Costs](#)

[Alternatives](#)

As one whose family history is littered with mental health issues that resulted in suicide, shock treatments, abhorrent behavior, violence, manic-depression, substance abuse, panic attacks et. al.; I applaud the renewed focus to the overall tragedy of mental illness. Just because people are better off financially (and that is up to much debate), has absolutely no bearing on their mental state. In my wilder days, I wore a party jacket (my grandfather's old suede sport coat) with a button (remember those?) affixed to my lapel stating "**MENTAL HEALTH IS OVERRATED**" (and, of course, the other lapel sported a button saying "**LIFE IS CHEAP BUT THE ACCESSORIES WILL KILL YOU**") I can assure you my "circuits" were certainly misfiring during that time and professional help would have been a governor on my excesses and rash decision-making. The advent of health insurance coverage for psychological issues and more recently Telehealth, are excellent examples of moving in the right direction. Thankfully, the studies on CTE (Chronic Traumatic Encephalopathy) are creating a whole new way to protect the noggins of athletic participants, weekend warriors, and other persons exposed to brain trauma. [CTE](#)

[Chronic Traumatic Encephalopathy \(CTE\)](#) Chronic traumatic encephalopathy (CTE) is a progressive and fatal brain disease associated with repeated traumatic brain injuries (TBIs), including concussions and repeated blows to the head. It is also associated with the development of dementia.

As a college student in the 1970's, Ken Kesey's novel "**One Flew Over the Cuckoo's Nest**" was a must read for all of us followers of Tom Wolfe's

"**Electric Kool-Aid Acid Test.**" and Milton Rokeach's "**The Three Christs of Ypsilanti**" was part of the curriculum in Psychology 101. Of course, Jack Nicholson's brilliant portrayal of R.P. McMurphy in his Oscar winning performance (1976- "One Flew Over the Cuckoo's Nest") made a much greater impact than any piece of literature.

[Cuckoo's Nest](#)

We, at [The Prizant Group](#) are forever educating our plan sponsors on their ERISA obligations. Though we act as a 3(21)/3(38) Investment Fiduciary, the greater importance of a retirement plan lies in its' workings. We stand ready to assist as the myriad of rules and regulations are near impossible to keep up with. Thankfully, one of our strengths (13 years in the TPA world) is ERISA compliance. Furthermore, with the passing of **SECURE Act 2.0 of 2022**, [Secure Act 2.0](#) what was "standard" for many plan design options, employer/employee contributions, emergency savings/tuition reimbursement, RMDs, hardship withdrawals, compliance testing, audits, a multitude of technical changes have radically changed ERISA landscape. With SECURE Act 2.0 in mind and with my continuing efforts to educate my plan sponsors, (even those who have made the questionable decision not to retain our services), I recommend you keep a copy of the following article on missteps by Plan Sponsors in your retirement plan files for future reference. [Plan Sponsor Mistakes](#) BTW, your junior high science teacher wasn't wrong when you were told not to play with the mercury in class without gloves or from your thermometer at home! [Mercury](#)

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