QUINTON INSURANCE

INSURANCE INSIDER

MAY 2020

A Monthly Newsletter For Friends & Clients of Quinton Insurance

ARE YOU TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19?

- Stay informed but take breaks from social media, watching, reading, or listening to news stories
- Practice physical distancing, but stay connected. Talk to friends or family about your feelings and concerns through email, phone calls, video chats and social media platforms
- Practice mindfulness. Take deep breaths, stretch or meditate
- Try to eat healthy meals, exercise regularly, and get plenty of sleep
- Focus on the positive aspects of your life and things you can control
- Be kind and compassionate to yourself and others

You're not alone - ask for help if you feel overwhelmed

If you need additional support, Please call your primary health provider, a registered psychologist or any mental health provider in your community.

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TOGETHER, WE ARE FACING A TRULY UNPRECEDENTED SITUATION.

The global coronavirus pandemic is affecting all our families, our businesses, our communities, and our way of life. During this time, I wanted to reach out and update you on how we are approaching the situation at Quinton Insurance.

First and foremost, our hearts go out to all those who have been impacted by this virus, either directly or indirectly. Our thoughts are especially with those who are sick, to whom we extend our heartfelt wishes for a full recovery. And we are truly inspired by the selfless healthcare workers around the world who are on the front lines working tirelessly to care for people in need.

Second, at Quinton Insurance, we are focused on the health and safety of our employees, families, and communities. All our employees are now working from home. With our highly talented team, this shift has been relatively smooth, and we continue to deliver the highest levels of performance, availability, and security.

We are also asking our teams to work with customers through digital channels as much as possible. We are postponing some of our in-person meetings while turning others into virtual meetings via Zoom.

Third, even as we deal with this pandemic, our entire team at Quinton Insurance remains laser-focused on your success. While all our businesses and our families are in uncharted territory, Quinton Insurance was built to handle moments like this, and our relentless commitment to your success is stronger than ever. Our company was founded on core values -- trust, customer success, innovation, and equality -- and our values are unwavering and continue to guide everything we do.

During this time, we are supporting our community through philanthropic donations to support our local communities where we live and work. We are also making some of our technology available for our customers as well as needed.

If you are aware of other opportunities for us to help others, please let me know personally at gordon@quintoninsurance.com

We have amazing teams here at Quinton Insurance and we are here for you.

This moment reminds us that we are all connected like never before. We are called upon to be our best selves, with patience, understanding and compassion. On behalf of all of us at Quinton Insurance, we are committed to be your partner and persevering together in all the days and years ahead.

As we go forward, we will be sure to keep you updated, and know that we always value your questions, ideas, and feedback.

Warm Regards,

Gordon Quinton, President
Quinton Insurance

GUESS THE CELEBRITY?

AND WIN A $10 GIFT CARD

Send your best guess to service@quintoninsurance.com

Every correct answer will be entered into a draw, and we'll select one winner.

NO WINNER LAST MONTH!!!

It was... ***Julia Roberts***

No purchase necessary. Contest open to everyone.

APPRAISALS NO LONGER REQUIRED FOR LOANS

...on some home sales, says mortgage expert Keith Gumbinger. To speed up the home -buying process and reduce closing costs, a new federal rule exempts many homes selling for $400,000 or less (up from $250,000 or less) from requiring an appraisal. Exception: Loans backed by Fannie Mae and Freddie Mac still require it. Also, private lenders still may demand an appraisal, which typically costs $300 to $600. Make sure you factor it in when shopping for loans.

Keith Gumbinger is vice president at HSH Associates, which publishes mortgage and consumer-loan information, Riverdale, New Jersey. HSH.com

COOPER'S CORNER

GROUNDHOG DAY-*I'M SICK & TIRED OF IT.*

Cooper Quinton,
C.I.C, A.R.M, M.B.A, A.C.S.R, C.P.C.U.

As you read this I am hoping that the quarantine from Covid-19 will be slowly coming to an end and none too quickly!!!

I don't know about you but I have seen just about enough of the inside walls of my house. Not sure if you saw the movie Groundhog Day with Bill Murray, but it pretty much sums up what we are living in right now. In the movie Bill Murray wakes up each day and repeats the same things that he did the day before over and over again. Sadly we are all like Bill Murray living on the set of Groundhog Day and we cannot escape!!!

Not sure about you but here is what my owner's typical day has looked like for the past two months and he is so bored it hurts……..

6 am -Wake up hit that SNOOZE a few times.
6:30 am -Elliptical -60 minutes...*he is getting very sick of that stupid thing!*
7 am -Take Cooper for a walk...*as I sit next to the ellitpical waiting for him to finish.*
7:30 am -Shower and get ready for work...*if his hair gets any longer he may have to braid it!*
8:30 -At his desk ready to help out his clients.
12 pm -Lunch and take Cooper for another walk...*once this is all over he's gonna get fat from no walks.*
1 pm -Back at his desk taking calls.
6 pm -Close up shop for the day and get ready for tomorrow.
7 pm -Dinner with family...*hopefully dropping some tablescraps for me!*
8 pm -board games, card games, puzzles.
9 pm -Netflix, Hulu, Roku, iBooks, Audible-anything he can get his hands on.
10 pm -Pass out in front of the TV and drag myself up to bed.

Well that's all folks. Hope you and your family are staying safe and healthy and I hope that we have a very long hot sunny summer that we can all get outside and enjoy the days ahead!

Cooper

DID YOU KNOW?

GROWING UP WITH A DOG reduces risk for schizophrenia by as much as 24%, according to a recent study, reports Robert Yolken, MD. Childhood exposure to a dog's microbiome could help the human immune system protect against this mental disorder, which affects 3.5 million Americans. Having a cat in childhood does not appear to lower schizophrenia risk.

Robert Yolken, MD, is professor of pediatrics at Johns Hopkins University School of Medicine, Baltimore, and leader of a study published in PLOS One. HopkinsMedicine.org.

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Phone: 800-454-1970 Fax: 877-397-2856
Email: service@quintoninsurance.com

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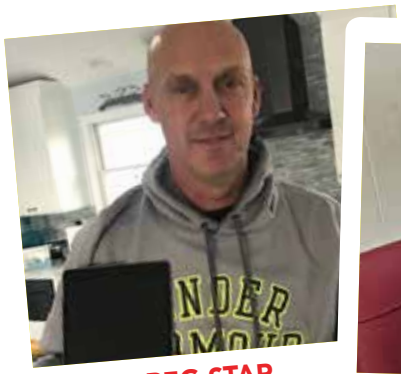

WINNER: GREG STAR

WINNER: MARLENE BANJOKO

WINNER: BRAD QUATAERT

EACH TIME you refer a friend or family member to Quinton Insurance, you will receive a **FREE GIFT**... *and*, we'll enter your name into our **MONTHLY drawing to win an iPad, a Big Screen TV or a Vehicle Dash Cam...*Your choice!***

We'll give one prize away **EVERY MONTH**, and there is no limit to the number of entries.

Refer 10 friends to us and YOU get 10 chances to win! You will also get a FREE Gift just for your referral.

QUINTON INSURANCE

CALL TODAY WITH YOUR REFERRAL

800-454-1970

INSURANCE INSIDER

Thank YOU for your generous referrals...

I WANT YOU TO MEET MY FRIEND *DEUCE.*

In July 2018, Deuce's parents learned he had a type of blood cancer called acute lymphoblastic leukemia. His treatment at St. Jude Children's Research Hospital will include nearly two-and-a-half years of chemotherapy.

Delarian is named after his dad, but instead of calling him "Junior," his family calls him "Deuce." He's funny and outgoing. ***"He's always the life of the party,"*** said his mom, Crystal. Deuce likes to fish, play video games and eat hamburgers and french fries. He's responding well to treatment and his cancer is in remission.

Quinton Insurance is so proud to continue their support of the St. Jude Children's Hospital. Since 2015, Quinton Insurance has donated more than $11,000 to support this wonderful facility.

At Quinton Insurance, we are so thankful for your business and generous referrals, that EACH time you refer a friend or family member to us, **we will donate $15 to St. Jude Children's Hospital** - even if they *don't* purchase insurance from us.

And if you don't think your referrals make a difference, read what President and CEO of St. Jude Children's Hospital, Richard C. Shadyac., had to say:

"I wanted to thank you for your gift of $7,890 in January. Your contribution helps us to continue to treat children every single day"...children like Deuce."

St. Jude Children's Research Hospital

"St. Jude is like heaven on earth. You walk through the doors and everyone is the same. Everyone has a smile. It's like one big family."

Crystal, Deuce's mom

QUINTON INSURANCE
2700 Elmwood Ave
Rochester, NY 14618