

GOOD NEWS TODAY

A Newsletter For Friends & Clients of Quinton Insurance

JUNE 2024



Happy Birthday

To my Aunt Rose,
who turned **102**
on May 20th, 2024.



HAPPY MOTHER'S DAY

Aimee and
daughter Alexis.
Mother's Day, 2024



PREPARING FOR YOUR MOVE

Congratulations on your new home! As you prepare to move into your home, it is important to ensure it is as stress-free as possible. Whether you're moving across town or to a different state, taking these specific steps can make a big job less overwhelming.

Pros and Cons of DIY vs. Hiring Professional Movers

DIY Moving

A "pro" is that doing it yourself is far more cost-effective for short distance moves. You control the moving process, and can call upon friends and relatives to pitch in. The drawbacks include that it requires significant time and physical effort. .

Professional Movers

Using a professional moving service streamlines the moving process by outsourcing labor-intensive tasks to experienced professionals who have access to specialized equipment and packing materials to ensure the safe transportation of belongings. This will obviously be more costly than a DIY approach, especially for long-distance moves.

Create a Moving Timeline

To avoid last-minute stress and ensure a well-organized move, draft a timeline outlining key tasks and deadlines. Consider including the following milestones:

- **Packing schedule:** Allocate specific timeframes for packing each room of your house.
- **Change of address:** Update your address with relevant institutions, such as banks, utilities, and subscription services, to ensure uninterrupted service.
- **Utility transfers:** Arrange for the transfer or setup of utilities at your new residence to coincide with your move-in date.

Purge and Declutter

Moving presents the perfect opportunity to declutter your belongings. Take the time to purge items you no longer need or use, reducing the overall volume of possessions to be transported.

Prioritize Safety and Security

During the moving process, prioritize safety and security to safeguard both your belongings and your well-being.

- Lift heavy items with care to prevent injuries.
- Secure valuable or sentimental items separately and transport them yourself if possible.
- Take measures to protect your new home, such as installing locks or alarm systems.

Our Agents Can Help

Our dedicated agents can help you with your insurance requirements. Give us a call for a free home insurance quote or to review your existing coverage.



What's
INSIDE

COOPER'S
Corner

Page 2



Did You
KNOW

Page 3



Guess the
CELEBRITY

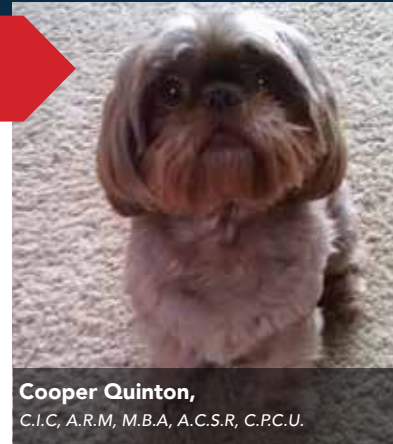
Page 4





Stacey Leontsinidis
Staceyl@quintoninsurance.com

- Favorite topping on pizza:** pepperoni
- Favorite TV show:** I Love Lucy
- What's your talent?:** Bake and Clean.
- Favorite type of music:** Soft Rock.
- Who would you like to meet:** Chris Hemsworth aka THOR
- Favorite place to visit:** Greece, can never get enough!
- What's the best advice you can give to someone who just started their career:**
The best advice I could give someone is to always be on time, give 100% of yourself to your agency, be a team player, take care of policyholders the absolute best way you can. If you make them happy, they will refer their family and friends to you! Most of all never be afraid to ask questions that is how you will learn!



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

When our dog, Cooper heard that we were starting our own newsletter, he jumped up and down and begged me to have his own column. I got tired of the whining and finally gave in...So here is Cooper's Corner.

Can Dash Cams Save You Money on Your Insurance?

While, in general, insurance companies do not offer a discount on auto policies for having a dashcam, there are some surprising perks to having one that could save you a lot of money!

Okay, so how could something that doesn't offer you any insurance discounts still save you some money? Well, think of it as an impartial witness.

"Dash cameras provide non-biased evidence of what occurred that led up to an accident." said Bob Buckel, vice president of personal auto, Erie Insurance. "Our memories can get skewed after a collision, so having this evidence can assist the insurance company with understanding what factors may have contributed to the accident."

Sometimes it is not always perfectly clear what happened just from looking at the damage on the vehicles. Sometimes witnesses' memories lapse or recall things out of order in a moment of high stress. And, unfortunately, sometimes people lie. Having a dashcam allows claims experts the chance to see what happened, exactly as it happened. This helps insurance companies to settle claims faster.

Dashcams can also act as a general deterrent, which can help you avoid any claims or out of pocket cost for damage from theft or vandalism on your vehicle. Seeing a dashcam in a vehicle can be enough to sway the intentions of a would-be thief under the fear of the camera catching them and uploading the footage to a cloud storage.

Another hidden benefit is if you have a teenager that often drives your vehicle, it can help encourage safer driving habits. Let's face it, we all are on our best behavior when we know someone is watching!

In the long run, a dashcam could prove to be worth the upfront investment, not only in assisting with closing claims quickly, but also for general peace of mind and a sense of security over your vehicle.



YOUR MENTAL HEALTH

Talking in your sleep is not a disorder. Although sleep talking (somniloquy) is more common in children, two-thirds of adults talk in their sleep at least sometimes, especially when sleep-deprived. About half of sleep talking is comprehensible-the more common word spoken is "no." Most sleep talking is unrelated to dreams, although people do sometimes say things that reflect what they later remember dreaming. The idea that people speak their true beliefs and feelings when sleep talking is a myth. To stop someone from sleep talking: Simply nudge the person gently-the slight interruption usually stops the vocalizing.

Jennifer Martin, PhD, professor of medicine, David Geffen School of Medicine, University of California, Los Angeles, president of the American Academy of Sleep Medicine (AASM). MedSchool.UCLA.edu



YOUR TECH App for helping with jet lag.

The Timeshifter app (Timeshifter.com) creates a customized regimen to help you adjust your internal clock, allowing you to land at your destination with your body's natural rhythms set to local time. How it works: After accounting for your itinerary, your sleep patterns and whether you are a morning person or night owl, the app prescribes behaviors for you to perform in the days leading up to your trip. Examples: At various times during the day, it might recommend a certain amount of light exposure or to avoid bright light...that you have caffeine or avoid it...take melatonin...have a nap...and so on. Cost: \$25 per person per year (other subscription options are available)...for Android and iPhone.

Wired.com.



TRUTH ABOUT "ENZYME COFFEE."

Truth about "enzyme coffee." While coffee itself is rich in good-for-you antioxidants, there is no evidence that adding "enzymes" makes coffee any healthier...nor that it will help you lose weight without dieting or exercise. Recipes for making enzyme coffee as well as ready-made products can include adding lemon juice, apple cider vinegar, yerba mate, guarana and chromium. None of these has a demonstrated impact on body weight or health when added to coffee-and some of those ingredients, such as yerba mate and guarana, contain high levels of caffeine and when added to the caffeine already in coffee, could cause significant side effects in some people.

Kelly Jones, MS, RD, CSSD, LDN, dietitian, certified specialist in sports dietetic and owner of Kelly Joens Nutrition, Newtown, Pennsylvania, quoted at MindBodyGreen.com. Kelly JonesNutrition.com

EVER HAD EQUIPMENT STOLEN BEFORE?



Here is YOUR proven way to deter heavy equipment theft and reduce insurance costs

It is estimated that equipment theft is a billion dollar a year problem. To combat this growing problem, Quinton Insurance has joined forces with the National Equipment Register® (NER®), a national database of heavy equipment ownership records and theft reports. This database allows police officers to identify the true owner of suspect equipment 24 hours a day, anywhere in the country-even before a theft has been discovered and reported.

Register your equipment and save on your deductible

As a valued Quinton Insurance insurance policyholder, you receive preferred pricing when you register your equipment on the NER HELPtech database. In addition, we offer a deductible waiver of up to \$10,000 for insured equipment registered with NER that is subsequently reported stolen to law enforcement.

How the National Equipment Register works

The NER is a national database that helps authorities track down stolen NER-registered equipment. It contains more than 22 million ownership records and approximately 100,000 theft reports.

NER offers heavy equipment owners a number of advantages

- **Deterrence** -Owners receive 4" x 5" weatherproof decals for each registered item that warns potential thieves of the heightened risk of detection and arrest while moving, storing or selling a registered machine.
- **Theft reporting** -As soon as a theft is detected and NER is notified, a full report is added to the database, helping to ensure a speedy and accurate loss report. Law enforcement authorities can access NER's police hotline 24/7 to check for stolen equipment. More than 5,000 police agencies use NER.
- **Recovery**- NER registration facilitates owner and equipment identification and increases the chances that the machine is recovered.
- **Proof of ownership**- Both component and owner-applied numbers may be recorded on NER's HELPtech® database, which helps prove ownership and provides law enforcement with an added identification tool.
- **Online inventory management**- Owners receive secure, password-protected and searchable access to all of their registered items.

How to put the National Equipment Register to work for you

There are two registration options:

Lifetime Registration -The equipment remains registered until the machine is sold. The registration fee includes three decals, \$32 per machine.

Annual Fee -For owners with larger fleets, the annual fee option may be more cost effective. This allows registered owners to benefit from a secure online fleet management system, where equipment may be added and deleted as it is bought or sold.

Give us a call to find out more information and get protected TODAY!



DID YOU KNOW?



YOUR CAR MAY BE SPYING ON YOU...

warns privacy expert Jen Caltrider. Via cameras, microphones, sensors and apps, carmakers collect massive amounts of data about you and your passengers that could be shared with third parties. All vehicle manufacturers have appallingly bad privacy policies. Intrusive features, especially vehicle tracking, have been linked used by stalkers or disgruntled exes. Self-defense: Say no to downloading your vehicle's smart phone app...and assume that your car is no longer a private place.

*Jen Caltrider is program director for *Privacy Not Included at Mozilla Foundation, PrivacyNotIncluded.org*



DIZZINESS AFTER A MEAL.

Post-prandial hypotension-low blood pressure after eating that can cause light-headedness-affects one-third of older adults. It happens when blood flow is routed away from the heart and brain to the stomach and intestines during digestion. It can lead to falling or fainting, nausea, disturbed vision, even chest pain. What helps: Drink a large glass of water before eating...eat smaller, frequent meals...choose whole grains, beans and lean meats instead of highly processed foods, which pass faster from the stomach into the small intestine.

Women's Health Watch. Health.Harvard.edu



BEWARE.

Scam calls from phony "Publishers Clearing House" reps use the organization's name and even the real names of employees to lure victims-telling them they have won millions of dollars or vehicles and must pay to claim their prizes. Reality: Publishers Clearing House does not contact winners via phone, text or e-mail...and never requires winners to pay anything. Plus, you cannot win a contest that you did not enter.

PublishersClearinghouse.com.

Our customer's say it best...

Stacey has been the most phenomenal rep I have worked with in years. She is the epitome of excellence within the insurance industry. Her attention to detail was impressive, and her kindness exceeded each and every expectation one could have. I would not hesitate to recommend Quinton Insurance to friends and family directly because of Stacey's care in handling a recent policy matter.

— G. Goga

Both agents I spoke with "made my day"
— Jane Kiembock

Alex was great throughout the process, he guided me with details of the insurance as well as helped me to get the best deal. I will highly recommend Alex for insurance and similar services!

— Vijay G.

I recently worked with Nate at Quinton Insurance and had a great experience. I received all the information needed and was able to make a confident choice to switch. Nate was well informed and spent the time to answer all my questions. I would recommend them if you're looking for insurance.

Mark B.

Very responsive and competent. I got all of my questions answered and didn't feel like I was being condescended to.

— Nicole T

Thank You
for choosing
Quinton Insurance



YOUR MONEY SAVERS

Shop with discounted gift cards to save money.

You can use gift cards throughout the year to save money at stores where you already shop. Physical cards may be mailed to your address or "e-cards" sent to your e-mail address.

Raise.com lets sellers set discount percentages and has a one-year money-back guarantee that sends a refund if the card received is the wrong brand or value, is inactive when the buyer tries to use it or does not arrive.

GiftCardGranny.com features physical and e-gift cards for national brands and local vendors.

Card-Cash.com lets you buy, sell or trade gift cards.

Gafeflip.com has cards for PSN, Xbox Live, Amazon, iTunes, Google Play as well as Netflix, Starbucks, Lyft and other companies.

Also worth looking into:

MyGiftCardsPlus, Cardflip, eBay and Costco, where you get the discount by buying cards in bulk—for instance, four Domino's \$25 cards for \$79.99.



GUESS THE CELEBRITY

Send your best guess to -

Marketing@quintoninsurance.com
and you could

WIN A \$10 GIFT CARD

All correct answers will be entered into a drawing, and we'll select one winner.

Last month's winner:

Marianne Petruzelli
it was...**Jennifer Connolly**

No purchase necessary. Contest open to everyone.



BETTER POTATO STORAGE. CREATE A "ROOT CELLAR"

-few people have actual root cellars these days, so instead choose a place that is cool, dry and dark, such as a kitchen cupboard. Avoid plastic containers and keep potatoes away from onions and apples, which emit a gas that makes potatoes sprout and spoil more quickly. Potatoes also last longest if they are stored not touching each other...and are left "dirty"—do not wash them until you are ready to use them.

AllRecipes.com.



YOUR SPRING

Keep skunks, raccoons and other pests out of your outdoor garbage.

Combine two tablespoons of dish soap and two tablespoons of cayenne pepper in one quart of warm water. Put the mixture in a spray bottle and spray your garbage cans liberally, repeating as needed. Most scavenging animals find the pepper distasteful.

Farmers' Almanac. FarmersAlmanac.com

FATHER'S DAY
SUNDAY, JUNE 16, 2024



2700 Elmwood Ave
Rochester, NY 14618



100 Erie Insurance Place
Erie, PA. 16530-0001



OF PROTECTING
OUR CUSTOMERS