



# The Insurance Place Inc.

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## MARCH 2017 - NEWSLETTER

### A Letter from Lori

Hard to believe that it's almost time for the next season to Spring into action. Jim and I got spring fever ourselves a little early this year and spent a couple weeks at our Florida office last month. Even though it was spent mostly working, at least we can say it was slightly warmer!

If Colorado temperatures stay the way they were in February, we may as well get our Spring fix here and get some Spring cleaning out of the way. With nice temperatures around, we urge you to do the same. Post-winter is a great time to check your roof and gutters for any damage. It is also a good time to check for pipes that froze or broken door and window seals. However, if we end up buried in one of our infamous March snow storms this year, we'll just keep the spring cleaning inside the house for another month.

One of my favorite things about springtime is the new life that abounds – from flowers and trees to animals and babies. Last year we were lucky enough to grow our Insurance Place family with the birth of my grandson Lincoln. This year it will grow one more as our social media and newsletter writer Tawny and her husband Michael await the arrival of their second child set to arrive in September. For now, stay tuned for another kind of baby fun (from Megan's farm) in next month's newsletter....



Winter winds can add a surprising amount of debris to the gutters.

### Calendar of Events

- Cook Street Taste of Peru – March 2nd
- World Beat: Music of Bali, Mexico and India – March 8, Boulder/Dairy Arts Center
- GIVE Denver's 6th Masquerade Ball – March 10
- Denver St. Patrick's Day Parade – March 11
- The Edge Tiger Exhibit opens at Denver Zoo – March 17
- Harlem Globetrotters at Pepsi Center – March 18
- Snow Mountain Ranch Ski and Fat Bike Festival – March 24 - 26, Winter Park
- Denver March Powwow – March 24 - 26



"When spring came, even the false spring, there were no problems except where to be happiest." - Ernest Hemingway

## 2017 Referral Program Organizations: Spotlight on JDRF

As we have truly enjoyed giving to local charities through our referral program, this year we decided to spread the giving even more. We will be giving to two charities this year: the Juvenile Diabetes Research Foundation (JDRF) and Judi's House. The former is one that holds particular interest to our office as a couple of our employees have families affected by diabetes. The foundation specifically funds research for Type 1 Diabetes.

According to the foundation's webpage, Type 1 Diabetes "is an autoimmune disease in which a person's pancreas stops producing insulin." They say it can come "suddenly" and "strikes both children and adults." In light of supporting research for Diabetes, we have listed a great St Patrick's Day recipe below that is diabetic-friendly.

In our next mailed newsletter, we will let you know a little more about our other chosen organization: Judi's House. Also, please be sure to check out our Facebook page to see what we donated to last year's organizations.



### Sugar-Free Irish Soda Bread



Photo and Recipe Courtesy: My Diabetic Friends

#### Ingredients:

- 2 cup Whole wheat flour, 2 tsp baking powder, 1 tsp baking soda, ½ tsp salt
- ¼ cup Splenda, 1 cup lowfat buttermilk, 1 egg, 2 tbsp butter (or margarine), ½ cup raisins

#### Directions:

- 1) Preheat oven to 350°
- 2) Mix all ingredients together in lg bowl to form dough. Add raisins in last.
- 3) Bake in 9" round cake pan for 26-28 minutes. Check with toothpick.

1 slice = 97 calories. You can find this recipe and other diabetic-friendly recipes at <http://mydiabeticfriends.com>

## SPRING CLEANING TIPS

Of course, because spring is a time for new beginnings, cleaning and organization around the house are very popular this time of year. If you're ready to tackle that monumental chore, read on for some helpful information. (And if you're so tidy and organized throughout the year that spring cleaning isn't a big chore for you, well, keep that to yourself! Unless you want your friends and neighbors to be jealous, that is.)

- **Take it one room at a time.** Deciding to clean or organize your entire home can quickly get overwhelming. If you focus on just one area or room, then move to another only when you're finished, you'll likely work more efficiently.
- **Follow the six-month rule.** Generally, if you haven't used something in six months (with the exception of seasonal items), it's a good idea to consider throwing it away or donating it.
- **Don't forget the kitchen.** Just like other rooms, your kitchen likely has things that haven't been used in some time — and this includes food in the refrigerator or freezer. Give those appliances a thorough cleaning and get rid of anything you won't be eating.
- **Set yourself up for success.** Paper clutter is something we all could probably cut back on pretty easily. Setting up a few recycling bins throughout the house gives you a convenient alternative to just setting that old magazine or paperwork down somewhere and watching the pile grow.
- **Make some money!** Of course, the spring cleaning garage sale is a tradition for many homeowners, and can be a great way to bring in some extra income. Talk about a win-win situation — you get rid of stuff you don't need, and someone pays you for it!
- **Stay safe.** When you're cleaning or maintaining your home, be mindful of the physical risks involved. Lift with your leg muscles, not your back. Avoid prolonged repetitive motions. Use ladders, lawnmowers and other dangerous tools with caution.



