

# "THE CIRCLE OF SAFETY" CONSUMER AWARENESS ADVISOR

*News and Tips to Make Your Life Easier, Safer and Happier!  
For Friends and Clients of Dan Yoest Insurance, Inc.*

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## Inside This Issue ...

**Avoid A Dangerous Summer  
Illness... Page 1**

**Important Tips for Stopping  
Allergies in Your Home ... Page 2**

**Are YOU The Client of the Month?  
See Page 3 to find out if you won!**

**The Night Before, Dangerous  
Plants, Safety Tips... Sidebars**

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### The Night Before You Leave

The night before you leave for vacation can be very chaotic. Here are some simple things you can do the night before.

Double check your carry-on bag. Remember to include any medicines you or your loved ones might need, including a pain reliever. Your carry-on bag should also contain your tickets and I.D. Your carry-on bag should be large enough to hold a change of clothing and a toothbrush just in case your luggage takes a vacation to a different location!

Make a last minute check of your home before you turn in for the night.

- Unplug appliances you won't use in the morning.
- Be sure to water your plants and/or your pets.
- Check the locks on all windows and doors.
- Run the dishwasher so you don't come home to dirty dishes.

Now you can sleep soundly knowing you are ready to have a wonderful vacation!

## The Most Dangerous Summer Illness: know the signs and symptoms of this silent killer.

Each year in the United States hundreds of people die of heat stroke and many more are hospitalized. Heat stroke is the number one summer illness and it's completely preventable.

### Educate yourself so you can take action.

Heat stroke occurs when your internal cooling system stops working and your body temperature rises. This can potentially cause brain damage, damage to internal organs, and even death.

Some of the symptoms of heat stroke include:

1. Nausea
2. Headache
3. Dizziness
4. Hot, flushed, dry skin
5. Rapid heart rate
6. Decreased sweating
7. Increased body temperature (104 to 106 degrees Fahrenheit)
8. Confusion, delirium or loss of consciousness
9. Convulsions

Heat stroke can happen very suddenly; often without other symptoms. If you or someone you know is experiencing the symptoms of heat stroke don't delay: **obtain medical care immediately.**

The primary treatment for heat exhaustion is replacement of lost fluids and salt. Victims should move to a cool environment, lie flat or with feet raised slightly above head level, and sip a cool, slightly salty beverage -- such as a salty sports drink or plain drinking water with salt added (one level teaspoon of salt per quart of water).

### Prevention is the key

Of course the best defense against heat stroke and other heat related illnesses is prevention. Heat injuries can be prevented simply by good hydration and common sense. Drink plenty of fluids before and during exercise or sports. Water is all you need for moderate exercise in the summer, but if you plan on exercising or playing sports for more than an hour a sports drink with electrolytes is best. Take care when spending time outdoors in the hot sun so everyone has a great summer.

## Is This Safe To Take?

Check and discard expired medications - **those dates really DO have meaning** - some very common over-the-counter medications can cause *serious* problems due to change through aging. Always check the date before you take the medication!

## Home Improvement is No Joke.

With the warmer weather and long weekends coming up many of us are getting ready to do a little DIY (Do-It-Yourself). A word to the wise: 70 deaths a year are caused by DIY projects gone wrong. Keep this list in mind and avoid a trip to the emergency room:

1. Falling off a ladder: the number one cause of injury!
2. Having animals or children under foot.
3. Lack of safety gear: wear those goggles and gloves!
4. Misuse of chemicals: paint and paint thinner are flammable and can release toxic fumes.
5. Misuse of power tools.
6. Not calling a professional for big jobs.
7. Get unplugged. Before you quit for the day or take a break unplug all power tools.
8. Rushing to finish a job.
9. Using the wrong equipment.
10. Not having the proper training. If you don't know how to do it ask some one who does.



## The Hidden Danger Lurking in Your Home!

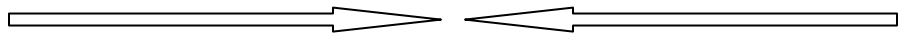
### What you can do now to protect yourself and your family.

Allergies are not just an inconvenience. Some people have severe reactions to very normal everyday items. If you suffer from seasonal allergies don't spend another season miserable: detoxify your home and breathe easier. Following these simple steps can have you feeling better sooner than you think.

1. **Wash your pillows and children's stuffed toys.** It isn't the stuffing that causes the sneezing; it's the dust mites and mold! Allergists suggest washing in hot water (130°) to clean them thoroughly.
2. **Bring in the green.** Houseplants (provided you aren't allergic to them!) are a great way to clean the air in your home. Spider plants (*Chlorophytum comosum*) are especially effective. For a list of more air cleaning houseplants visit: [http://en.wikipedia.org/wiki/List\\_of\\_air\\_filtering\\_plants](http://en.wikipedia.org/wiki/List_of_air_filtering_plants)
3. **To carpet or not to carpet?** Experts agree that carpeting is responsible for many indoor allergies. If you can manage it, remove your wall to wall carpeting completely. If this isn't an option invest in a vacuum with a small particle or HEPA filter. Wear a mask while vacuuming as dust particles can float in mid air for up to 15 minutes.
4. **Turn down the thermostat and open a window.** Warm humid air can cause mold and mildew to grow unseen inside your home. Fresh air and cooler temps can help reduce this problem in most areas.
5. **Safely and properly dispose of used cleaning products.** Studies have shown that the improper storage of cleaning chemicals can cause allergic reactions. Follow directions for disposal and keep all chemicals away from pets and children. If you can store cleaning product in your garage in a well ventilated area.

Although it may seem overwhelming, taking a few simple steps towards eliminating some of the allergens in your home will have your whole family feeling better and breathing easier. For more information visit:

[http://www.medicinenet.com/allergy\\_treatment\\_begins\\_at\\_home/article.htm](http://www.medicinenet.com/allergy_treatment_begins_at_home/article.htm)



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Computer Repair Customer Service Phone Call... This is Martha and my printer will not print. Every time I try it says, "Can't find printer." I've even lifted the printer and placed it in front of the monitor but, the computer stills says he can't find it.

[www.danyoestinsurance.com](http://www.danyoestinsurance.com)

**8 Common Plants:  
Beautiful But Deadly.**

With summer in full swing many of us are knee deep in potting soil! But be careful because your favorite flower might be deadly! To keep your garden safe this year here is a list of 8 common plants that are toxic:

1. Delphinium (Ranunculaceae)
2. Larkspur (Ranunculaceae)
3. Foxglove (*Digitalis purpurea*)
4. Lupin (Fabaceae)
5. Columbine (Aquilegia)
6. Morning Glory (Ipomoea)
7. Sweet Pea (Lathyrus)
8. Castor Bean (*Ricinus communis*)

If you are unsure about the flowers you want to plant this year you can visit your local nursery or check online at: <http://www.poison.org/prevent/plants.asp>

**Thank You! Thank You!  
Thank You! Thank You!**

Thanks to all our clients who graciously referred their family, friends and associates to our agency. We build our agency on your positive comments. We couldn't do it without your help!

Your office has provided us awesome service. We started with you with our auto insurance and were so pleased with our service that we added our home to our policy. Thanks for the friendly "hometown" feeling & service!

Steph & Dave Pracht

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Chuck was great to work with – knowledgeable, helpful and personable. He answered questions and made suggestions that made buying insurance as pain free as possible. Even now 'after the sale' I know that if I call him he will return my call in a timely fashion if he is not immediately available.

Diane Berberich,  
Al's Automotive & Tire

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## Are You The Client of the Month?

Our agency is nothing without your loyalty and faith in us. Even if your name doesn't appear below, please accept our heartfelt "thanks" for your support. We truly appreciate it.

These wonderful folks will receive a \$25 gift certificate to the Hawthorne Inn for outstanding work telling others about our agency.

- March = Dale & Val Roberts
- April = Hans Droog
- May = Phil & Gale Walton
- June = Tom & Karen Copeland

Thanks for your continued business!

(Who's next? Hint ... it could be you! Watch this space for the announcement.)

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## A YOEST FAVORITE RECIPE

### Summer Cooler Strawberry Pie – Fat Free/Sugar Free

- 4 Cups fresh strawberries sweetened with Splenda to taste if extra sweetness is desired
- 1 4 oz box Sugar Free Strawberry gelatin
- 1 4 oz box Cook & Serve Sugar Free/Fat Free Vanilla pudding

Wash and slice the strawberries into a 9 inch pie pan (I use a glass pie plate which works wonderfully well for this recipe).

Prepare the pudding mix according to package directions EXCEPT use water rather than milk.

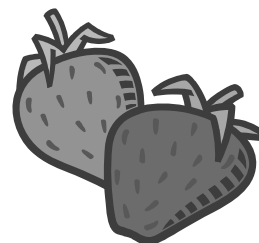
When the mixture comes to a full boil remove from heat and stir in the strawberry gelatin mix until the gelatin dissolves and the mixture takes on the consistency of a glaze.

Let the mixture cool slightly (you don't want to boil the strawberries) and then pour the mixture evenly over the strawberries in the pie pan/plate.

Put the pie in the refrigerator to set; approximately 4 to 6 hours; slice and enjoy.

A dollop of cool whip completes the tasty treat!!

Optional – If you would prefer having a crust, use a regular or reduced fat graham cracker prepared crust of the nine inch variety to accommodate 4 cups of sliced berries.



## Driving and Sleeping Don't Mix

Unfortunately, many accidents occur due to sleepy drivers. Only half of the drowsy driving accidents happen during the nighttime hours. Here are warning signs to alert you that you may be falling asleep at the wheel so that you can take action to wake yourself up.

- Daydreaming
- Yawning
- Irritability
- Trouble keeping your eyes open
- Restlessness
- Missing signs or exits
- Drifting from your lane
- Tailgating

In order to drive safely, avoid heavy meals and take a break from driving every 2-3 hours by getting out of the car and taking a quick walk. Most importantly, make sure you have plenty of sleep before you start long drives. If needed, find a safe place to park and take a nap at least 20 minutes in length followed by a short but brisk walk.

By paying attention to the body's signals and taking breaks from driving, you keep yourself and others safe.

## Seven Great Tips to Save Energy Costs This Summer

1. Turn up your thermostat. Set your air conditioner thermostat at the highest comfortable setting. Try a setting of 78-80 degrees. Use a fan to circulate cool air. Set the thermostat to 85 degrees if you will be away for more than a couple of hours. Installing a programmable thermostat helps - accidentally leaving the AC on while you're at work becomes a thing of the past.
2. Replace your air conditioner filter once a month. Dirty filters restrict air flow significantly increasing energy use.
3. Plug the leaks. Weatherstrip or caulk leaky doors and windows. Cover your outlets. Seal your ductwork. Leaky ductwork can account for as much as 25% of your cooling cost.
4. Complete heat and/or steam producing activities after 8 p.m. or before 8 a.m. to reduce the load on your AC. This includes laundry, dishwashing, cooking, showers, or baths. Do only full loads when using your dishwasher and clothes washer. This is a great season to use the grill and microwave.
5. Install compact fluorescent lights (CFLs). Replace incandescent light bulbs with CFLs, especially in your most used fixtures. They use two-thirds less energy and last up to ten times longer than incandescent bulbs.
6. Turn off unused electronics and plug "leaking energy." Turn on TVs, stereos, etc. only when they are being used. Also, many new TVs, VCRs, chargers, computer peripherals, and other electronics use electricity even when they are switched "off." Although these "standby losses" are only a few watts each, they add up. If possible, unplug electronic devices and chargers that have a block-shaped transformer when not in use.
7. Close your drapes or shades on windows that face the sun (east windows in the morning, south windows during sunlit hours, west windows from noon to sunset). Exterior shading, trees or awnings, are the most effective, but interior shading will help.

