



# CAL-VALLEY CONNECTION

## Rolling with the Roehl

### 5 Ways to Combat Drowsy Driving

While most people are aware of the dangers of drinking or texting and driving, many do not realize the dangers of drowsiness. Did you know that 60% of Americans have driven while feeling sleepy and 37% admit to falling asleep behind the wheel? To make sure your mind and body are in optimal driving shape, plan ahead and get 7-8 hours of sleep beforehand.

Other habits include:

- 1. Take a nap.** Taking a quick snooze before hitting the road is the best way to prepare.
- 2. Drink caffeine.** Start your drive fully caffeinated. While caffeine improves alertness, be aware the effects wear off after several hours.
- 3. Drive with a partner.** Driving with someone is the best way to stay alert. For long trips, take turns driving and sleeping. Help keep each other awake with music and conversation.
- 4. Keep it cool.** Roll down your windows, blast the air conditioning, do whatever you need to keep your body cool and alert.
- 5. Don't drive in the middle of the night.** Our bodies have a biological rhythm, which is to sleep during the hours of midnight and 6 a.m. Avoid driving during these hours if you can help it.

Source Material Provided By CIG

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## Happy Holidays

Thank you for partnering with our team this year. We appreciate you entrusting the best interests of your friends and family with us. It's hard to believe that the end of 2019 is fast approaching and that not just a new year, but a new decade is on the horizon. Our success this year was from your support and we look forward to continuing to provide the best service possible for you for the rest of this year, next year and beyond. Looking back, we were happy to remain heavily involved in the community through local charities, blood drives and multiple community events. We look forward to growing our community involvement in 2020. Again, we hope you enjoy the holiday season with friends and family, and have a happy new year.



**Our offices will be closed December  
24th and 25th for the Holidays**

## Quarterly Charity Update

Last quarter we were happy to raise \$425 to the Visalia Rescue Mission, thanks to your referrals. It was an honor to partner with this great charity as they do a lot of good for the community. If you'd like to learn more about the Visalia Rescue Mission, you can get more information from their website by clicking [here](#).



This quarter we have had the pleasure of the supporting another great charity, CenCal Mentoring Academy. CenCal Mentoring Academy is a comprehensive program that connects at-risk youth, dropouts and truants to mentors, programs and services that will help lead them to success. It helps good kids on a dangerous path find promising futures. We look forward to finishing the year strong with this organization. For more information, you can visit their website by clicking [here](#).

## Cal-Valley Blood Drive

We are happy to announce that we have once again partnered with the Central California Blood Center for another Cal-Valley Blood Drive. We have had great success in acquiring blood donations the last few years and we hope to continue that trend in 2020. As always, blood donations are in high demand and taking a short time out of your day to donate can help ensure an adequate supply of blood is available for those in need. Information on the time and date of this blood drive is provided below. If you're interested in donating and want to reserve a spot, please call or email us. We hope to see you March 3rd!



**Tuesday, March 3, 2020**  
**11:00 a.m. - 2:30 p.m.**

**Cal-Valley Insurance Services**  
**5070 N. Sixth Street Ste. #155**

For more information, please call 559-225-1300 or email [Nickb@calvalleyinsurance.com](mailto:Nickb@calvalleyinsurance.com) to reserve your spot to donate.

## Available Tools and Services With Cal-Valley

With 2020 right around the corner, we wanted to remind you of some of the tools and services we offer to help you get your new year off on the right foot. Here are some key tools to use in 2020:

**Client Portal:** Makes managing your insurance policies easy with 24/7 access to everything you need. If you are interested in being setup on Client Portal please contact your account representative.

**Insurlink (Mobile app):** This app is a must-have to complement our Client Portal. Insurlink is currently available for free on iOS and Android app stores.

**Texting:** Earlier this year we acquired a texting number that you can use to ask us questions, use to send us information, etc. Feel free to text us anytime at **559-206-9749**.

**Concierge Claim Service:** Kelly Roehl, our Client Service Manager. She joined the team in the beginning of 2019 to assist our clients with any claim issues they have. If you need assistance with a claim, she's here to help.

**Clickable Coverage:** If you haven't been to our website in a while, head over to [www.calvalleyinsurance.com](http://www.calvalleyinsurance.com) to learn more about different types of insurance coverage using our Clickable Coverage feature.



**CAL-VALLEY**  
INSURANCE SERVICES

## CVI Holiday Fun

We always enjoy our holidays here at Cal-Valley. Every year we try to be as festive as we can during the holiday season. The pictures below capture just a few of our recent events this quarter. We have a lot of fun here for Halloween with our costume contest and we're never disappointed with what people come up with. We have a great time during Thanksgiving with lots of good food and good laughs together. Every year we look forward to attending the IICF holiday luncheon at Roger Rocka's where we enjoy a delicious lunch and a good show. We also like to do a white elephant gift exchange this time of year, which can get very interesting with the gift steals. We hope you enjoy this season as much as we do and we hope you have a happy and prosperous new year.

### Captured Holiday Moments

