



# CAL-VALLEY CONNECTION

## Quarterly Charity Update

Our first quarter charity for our referral program was the Fresno Bully Rescue, and we are happy to donate \$500 to this charity. They are a volunteer-based, non-profit, no-kill rescue and shelter dedicated to rescuing bully-breed dogs. They provide a healthy and loving temporary home while searching for forever homes for their shelter dogs. We are happy to have partnered with Fresno Bully Rescue and some of our team were out there supporting them during Big Hat Day in Clovis last weekend. Please click [here](#) to learn more about Fresno Bully Rescue.



This quarter we are supporting Breaking the Chains. They are a non-profit organization that works with local, state, and federal law enforcement agencies to provide hope, healing and restoration to lives impacted by human trafficking. We are honored to have them as our 2nd quarter charity this year. To learn more about Breaking the Chains, visit their website by clicking [here](#).

## Celebrating 40 Years in Business!

On April 1st, we celebrated a significant milestone, marking 40 years of dedicated service in the insurance industry. Throughout four decades, we have strived to provide quality service to families, individuals, and businesses all throughout California, and we are incredibly grateful for your continued support. Your trust and loyalty have been instrumental in our growth and success. As we celebrate this momentous occasion, we reflect on the countless relationships we've built with our partners and clients. With your ongoing support, we are confident in our ability to continue serving you with excellence for many more years to come. Thank you for being an integral part of our journey, and here's to the next chapter of success and partnership together.



**CAL-VALLEY**  
INSURANCE SERVICES

40 Years in Business

## How to Manage Spring Allergies

Springtime allergies are an annual nuisance for many people as plants bloom and neighbors cut their lawns more frequently. Also, mold growth occurs indoors and outdoors, making it almost impossible to escape allergy triggers. Consider these strategies to alleviate your spring allergy symptoms, such as sneezing, stuffy or runny nose, and watery eyes:

- Monitor local allergen (e.g., pollen and mold) levels to help you know when to avoid spending excessive time outside.
- Take a shower after spending time outdoors, as pollen can stick to your hair, skin and clothing.
- Wash your bedding weekly in hot water to help keep pollen under control.
- Vacuum often.
- Change your air conditioner and heating HEPA filters often.
- Use an air purifier.

### Allergy Treatment

Treatment for most allergies is available both over the counter and by prescription. Your doctor may suggest the following treatment methods:

- Antihistamine medications block the effects of histamines, the chemicals that cause many allergy symptoms. Keep in mind that antihistamines may also cause drowsiness.
- Nasal sprays often help to reduce nasal inflammation, congestion, sneezing and runny nose.
- Decongestants help dry up nasal passages and reduce the swelling that causes stuffiness.

Contact your health care provider to find an allergy treatment option that is best for you.

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## Cal-Valley Blood Drive

A couple of weeks back, we had our Cal-Valley Blood Drive right here at our Fresno office. The Central California Blood Center brought their Blood Bus to our parking lot, accepting donations from both pre-registered individuals and walk-ins. We were thrilled with the turnout, as the constant need for donations at the blood center makes every donor invaluable. Huge thanks to all who contributed; your efforts in coming out to support this cause truly makes a difference in saving lives. Our gratitude extends to the Central California Blood Center for partnering with us once again. We look forward to future opportunities to collaborate and host more blood drives together.

