

# Waldo Connection

*On the border between winter & spring*

Volume 16 Issue 2

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## WELLNESS CHALLENGE 2022

Waldo Agencies kicked off our yearly **Waldo Wellness Program** with a focus on **NUTRITION** – challenging one another to drink at least 8 oz. of water per day for the month of January. Sounds easy but it wasn't!

Monthly winners & recipients of a cool water bottle were Dee Anne, Dave, Anthony, Kelly and Kristie. Well done, folks!



For February, our focus shifts to **SOCIAL** as we share healthy recipes with one another, earning points that contribute to our overall goal of earning 10,000 points as a team. This month's winners will receive a cookbook!

### HOW IT WORKS

- Our company goal is to earn 10,000 points collectively by earning points with monthly challenges (one of seven areas on our wellness wheel).
- The Wellness Committee contributed 2,500 points to kick off this year's program.
- If we reach our goal by Dec 31st, the Wellness Committee will buy the company a massage chair.
- We welcome family members. Some of our clients have also asked to participate.

### Statistics for the January Challenge:

28 participants  
Total points earned = 585



### Quite a Scare

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the sidewalk, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, don't ever do that again. You scared the living daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver. Before this, I worked in a funeral home and drove a hearse for 25 years."

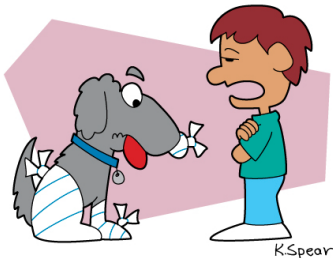
## March Is Red Cross Month American Red Cross

Red Cross Month has been an annual tradition since 1943, when President Franklin D. Roosevelt issued the first Red Cross Month proclamation. Join the Red Cross mission by volunteering, donating blood, learning lifesaving skills or making a financial contribution.



## Does it Make Sense to have Pet Insurance?

"Do you want  
the real remedy?  
STOP CHASING  
CATS!"



**PICTURE THIS!** Your beloved family pet has wandered home with a limp. You take them to the vet and find out they need surgery on their leg. This is the time you'll be thanking yourself for taking out pet insurance. But what if disaster never strikes? Here are some things to consider when choosing a pet insurance policy.

### PETS ARE EXPENSIVE

A study by the People's Dispensary for Sick Animals predicted owning a cat can cost up to \$30,942 and owning a pup can cost up to \$42,545. Factor in routine medical checks, flea and deworming medication and old-age problems. If you end up at the vet, how much is that going to cost without a bit of protection?

### POLICIES WITH PREVENTATIVE MEASURES

Not only can pet insurance help in the case of an accident or a major health condition, but many policies actually cover your pet for the smaller procedures like spaying or neutering and microchipping.

### PREKNOWN CONDITIONS ARE NOT COVERED

The mistake that many pet owners make is waiting to see if they need pet insurance. But if you decide to get covered after your furbaby gets sick and needs constant checkups, you won't get a payout for it.

### BETTER SAFE THAN SORRY

Our furry friends become a part of the family. The last thing you want is to have to decide between financial stability and the loss of a pet.

If you're wondering if pet insurance is right for you, get in touch.

Our policy advisors can help you make the right decision for you!

Scan this code or contact us at Field-Waldo Insurance at 541-889-9181.

You can also email us at: [contact@waldoagencies.com](mailto:contact@waldoagencies.com)



## Look! Over there! A leprechaun!

The leprechaun is one of the most popular and enduring symbols of Ireland and St. Patrick's Day.

In Irish folklore, the leprechaun is a little old man, typically dressed in a coat of red or green. As a group they're sneaky and mischievous and when they're not jealously guarding their gold and treasure, they make shoes.

The word "leprechaun" may come from *leath bhrogan*, shoemaker, although some say it's from the word *luacharma'n* (pygmy), since they're known as the "wee folk."

If you happen to catch a leprechaun, you may be in luck. But be very careful—he'll promise you anything if you set him free, including all his gold, but leprechauns are famous for their cunning and will likely trick you out of any treasure they offer.

**St. Patrick's Day, March 17.** The luck of the Irish be with you!

FEELING DOWNIE.  
EAT A BROWNIE.



### Goody Brownies

Yields 9  
1/2 cup melted butter  
1 tablespoon oil  
1/2 cup unsweetened cocoa  
1 cup sugar  
2 large eggs  
1 teaspoon vanilla  
1/2 cup flour  
1/4 tsp salt (omit if using salted butter)

#### STEP 1:

Preheat oven to 350°F.  
Grease 8x8 square pan and set aside.

#### STEP 2:

Combine melted butter, oil, cocoa and sugar in medium bowl. Stir until sugar is dissolved.

#### STEP 3:

Add eggs one at a time, then add vanilla and stir until well combined.

#### STEP 4:

Stir in flour and salt until fully combined. Do not overmix. Spread in pan.

#### STEP 5:

Bake for 20-22 minutes or until the center is slightly set. Cool completely. Cut into 9 squares with salt and pepper to taste and enjoy!

home

## 2022 PNW Home Renovation Trends

<https://www.oregonlive.com>

Need a little inspiration for your new home or remodel? Check out some of these super stylish but natural touches by designers with [Neil Kelly](#), a design-build remodel and home improvement company that started in Portland seven decades ago.

**Nature-inspired colors:** The color trend is moving away from all-white or all-gray kitchens and bathrooms to the use of more color, especially nature-inspired hues of green, blue and brown.

**Black accents:** Black adds sophistication and drama with higher levels of contrast. Black goes great with neutrals.

**Non-square tile:** Homeowners are looking beyond classic gray and white subway tiles and are exploring different colors, sizes and tone-on-tone patterns.

**More living space:** The best way to enlarge space without tearing down walls is to make it clutter free. However, the current trend is to convert underused areas to flexible work and/or gather spaces.

Get the full scoop on [OREGONLIVE](#).



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Secluded Country Living in beautiful Eastern Oregon close to the amenities of a small town; only an hour drive from Boise, Idaho. 3 bedroom, 2.5 bath home with a two-car garage sits on 10.10 fully fenced acres. The property has room to build a shop or barn. There is plenty of parking for RV or trailers. Yard is landscaped and the views are phenomenal! \$400,000. #521-22

Click [here](#) to see the property profile on Waldo Real Estate.

<https://www.waldore.com/properties/540alderrdvaleoregon>

For more information, please contact:  
**Tessa Harnden, Broker, OR**  
541-771-0191 cell



## INSURANCE FUN FACTS!



Starbucks spends more on employee health benefits than on coffee.

Reportedly, coverage for werewolf and vampire attacks is available from Lloyd's of London for customers worried about becoming a victim.



Alien abduction insurance is offered by a few companies up to \$1.5 million in coverage. Many policies will also cover in case a UFO crashes.

Since no insurance company is willing to insure Jackie Chan's productions, he trains his stuntmen and covers their medical bills out of pocket.



The most expensive life insurance policy in the world, which costs \$1.2 billion, belongs to Steven Spielberg.

## POP CULTURE CHALLENGE



\$4.99

### Is the PAPRIKA App Worth It?

Some of us here at Waldo Agencies are confident the **PAPRIKA** app will revolutionize the way you store and share your online recipes! If you enjoy trying out new recipes that you find online but dislike having to read through an entire blog to simply get to the recipe (snoozer!) then the **PAPRIKA** app is a MUST HAVE for you!

The **PAPRIKA** app conveniently imports recipes from websites and neatly organizes all your recipes into categories without all the extra fluff.

**HOW IT WORKS:** When you find a recipe you like, simply copy the weblink, tap the **PAPRIKA** app, and it automatically detects that you've copied a recipe link. Paste it and viola! Your new recipe is now broken down into a simple format that includes a list of ingredients, directions and even a picture! All of these recipes are editable (and edible too) and when you share a recipe via email, it's neatly formatted and easy to follow.

There are some other great features in the app, like the grocery list feature, so check it out! <https://www.paprikaapp.com>

## Selling your house?

~ Show it with safety in mind.

Selling your home can be difficult enough without worrying about your security when you're showing it to prospective buyers. The Ross NW Real Estate website has some advice for showing your home with minimal risk:

**Use the right signage.** A "For Sale" sign can be tempting to burglars. If you or your real estate agent post one in front of your house, include a warning that you have a home security system. (You do, right?) Post some signs around your property advising people not to enter without an appointment.

**Hide your valuables before every showing.** Lock up jewelry, checkbooks, antiques, and anything else of value before an open house or private viewing. Secure medications, credit cards, computers, and any bills you might have lying around with account information in them. Also, remove knives or anything that could be used as a weapon in the unlikely event that a viewer tries to attack you.

**Show by appointment only.** Don't allow strangers into your home unannounced. Your listings should include complete information on making appointments. Avoid any buyers who don't follow the instructions. If working with a real estate agent, make sure he or she does the same.

**Don't show alone.** Your real estate agent should be with you when any possible buyer comes to the house. If you're selling on your own, have at least one family member or friend stay with you for the showing. This is especially useful if more than one buyer shows up—you'll want to keep track of everyone who comes inside your house.

**Safeguard security codes.** Don't give out codes for garage doors, backyard gates, or any other access point to your property. Change the code every few days when you're showing. If you're using an electronic lockbox to store a key for your agent, program it to send you a notification whenever it's opened, so you'll know if anyone unauthorized is trying to get in.

## HEALTH WATCH

~ Start your spring in good health!

With spring coming, lots of us are planning a cleanup of our homes and offices. How about some spring cleaning for your health? Follow these tips from the Everyday Health website for cleaning up your health habits as the weather turns warmer:

### GET BACK TO FRUITS AND VEGETABLES.

Fresh fruits and veggies start coming into season during the springtime months. Visit your local farmer's market when it reopens and look for organic produce in your grocery store. Mushrooms, bell peppers, zucchini, berries and more will become more plentiful as the year goes on.

**STAY HYDRATED.** As temperatures grow warmer you may be outside more, exercising, running errands, and doing chores. You can easily sweat away moisture from your body without realizing it, so make sure to drink plenty of water throughout the day to ward off the fatigue, headaches, and low energy that can result from dehydration.

**GET MOVING.** Take advantage of the milder weather to get outside and get your blood pumping. Even light exercise can do your body good after a sedentary winter. Take a walk or do some gardening to improve your muscle and bone health.

**ENJOY THE SUN—CAUTIOUSLY.** Sunshine boosts your skin's production of vitamin D, which is good for bone health and increases serotonin levels, which elevates your mood. Just remember to protect your skin from UV radiation by covering up and using sunscreen when you're outside. Safeguard your eyes with sunglasses and hats.

**WATCH FOR ALLERGENS.** Unfortunately, springtime is allergy season for many people. Aside from pollen outdoors, many allergens can be found indoors—dust, mold, and the like. A thorough spring cleaning of your house can eradicate many of them. Visit an allergist to discuss problems and seek treatment.

**GET A SPRING CHECKUP.** Schedule an exam with your doctor. An annual physical can alert you to potential problems before they grow out of control. Review your medications and overall health history to make sure you're on the right track for good health throughout the year.

# IN THE SPOTLIGHT



## **Snow Pool Winners!**

The Waldo staff had a contest to see who could predict the day of the first snowfall. The amount had to be ½ inch or more in the parking lot of the Ontario office. Winners of Subway gift cards were KimberLeigh & Rebekah! Congrats!



## **Wedding Bells!**

KimberLeigh & Tyrell tied the knot on February 12<sup>th</sup>.



## **Tiny Dancers!**

Kelly's daughter, Lilah (back row, far right) and her dance team took 1st place over all in the Beginners division. None of them have ever danced before.



## **Happy Birthday, Mike!**

The team created a gigantic birthday card with random personalized thoughts & sentiments then delivered it to Mike's home on his special day.



## **Best in Show!**

Dawna's granddaughter, Bristol. 1st All-Around at gymnastics tournament in Reno. Her all-time best score!



## **Good Times!**

Barbara celebrates her birthday lunch at Sa-wad-dee Thai restaurant.



## **Embracing the Cold!**

Dellas & Patty at Winter Carnival in McCall.



## **Congrats!**

Brittany, Kristie's daughter, is recognized for her teaching.