

CONTRACTORS BENEFIT ASSOCIATION

COMMISSION

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Want to Green Your Home?

The many eco-benefits of modern electric fireplaces



(BPT) - Interest in green home improvements continues to soar as people look to make their properties more eco-friendly and comfortable. One top trend of the year is adding a modern electric fireplace that is stylish, sustainable and green in numerous ways.

"Today's electric fireplaces have come a long way, with realistic, captivating flames that supply light and heat without an actual flame," says Joe Kuefler, director of electric fireplaces at Heat & Glo. "The ambiance is beautiful and you can feel good about the many green benefits that help you create an environmentally sound home year-round."

Here's why modern electric fireplaces are a top green home improvement:

ENVIRONMENTAL

Electricity is a green alternative to fossil fuels or wood. And your home's electricity may already be sourced some or all from green energy derived from wind, sunlight or geothermal. Electric fireplaces have no emissions, fumes or pollutants of any kind and cost just pennies an hour to operate. As some states are moving away with natural gas for home use, installing an electric fireplace still provides

the warmth and ambiance of a hearth while adhering to new building codes.

OPTIONAL HEAT

Electric fireplaces like SimpliFire Electric Fireplaces by Heat & Glo can be operated with or without heat, so you can enjoy the ambiance year-round, even during the hottest months. On chilly days or cold evenings, if you want some heat, turn on the electric fireplace so you can get quick warmth in the spaces where

your fireplace is located, often a living area of the home.

ZONE HEAT

Because you can choose to turn on or off the heating option, electric fireplaces allow you to zone heat your home. This means you can add heat just where it's needed rather than the entire home like with a furnace. This supplemental heat can help cut waste and monthly energy bills. You can control where you want the heat - and how much - to enjoy a beautiful fire throughout the year.

AIR QUALITY

Electric fireplaces don't require ventilation because they aren't putting carbon into the air. Because they have no emissions, fumes or pollutants of any kind, electric fireplaces won't compromise the indoor or outdoor air quality. This means your family can breathe easier and is especially important for people with asthma or allergies.

MINIMAL CONSTRUCTION

An electric fireplace is much easier to install compared to a traditional wood or gas fireplace, making it an accessible DIY project. You can mount it on the wall, build it into the wall or insert it into an existing wood fireplace. These three options require minimal construction and minimal waste, so you're not adding unnecessarily to landfills.

PLACEMENT VERSATILITY

Because it doesn't need to be vented and requires little construction, you can put an electric fireplace virtually anywhere you'd like in your home, adding green heat to favorite spaces. What's more, TVs and artwork are safe to install directly above the fireplace, which you can't always do with wood or gas fireplaces. Learn more at HeatNGlo.com.

"Electric fireplaces can help you save money and boost your home's value," said Kuefler. "These fireplaces easily become a focal point to anchor a room around, with sleek, modern designs that complement a wide range of decor styles."



Clever Storage Ideas for Small Spaces

(Family Features) No matter how cramped and cluttered your living space may be, you can almost always find a spot or two for extra storage. It's often just a matter of getting creative and utilizing a few clever solutions. Find more ideas to maximize your space at eLivingtoday.com.

Consider these simple ideas to create some extra space in oft-used rooms:



Kitchen

- Metal rods with hanging hooks can create storage space on your blank walls. Use them to hang coffee cups, cooking utensils, dish towels or pots and pans.
- Magnetic strips mounted on the wall or the inside of a cabinet door can be a simple way to hang knives and free up counter space normally taken up by a knife block.
- If your countertop is cluttered with small spice containers and oil bottles, elevate them with a decorative cake stand. Place small jars below and top with pretty decanters and additional spices.
- If you're using prime cabinet space for items you only use once a year, such as holiday cake pans or a big serving bowl you pull out for parties, consider storing them in the attic or a closet instead.

Bathroom

- Instead of hanging just one towel bar on the back of the bathroom door, hang multiple to maximize your drying space.
- Most modern cabinetry has adjustable shelving. If you haven't customized the heights of your shelving to accommodate different sized bottles and containers, give it a try.
- A three-tiered fruit basket might seem perfect for the kitchen, but it's also a handy way to store bathroom essentials right beside the sink.
- Flour and sugar canisters can also be repurposed in the bathroom to keep makeup, toiletries, cleaning supplies and soaps contained. Make sure to buy bins that stack easily.

Bedroom

- Nix those nightstands and hang small shelves on either side of the bed. This cuts down on the clutter you can keep and makes cleaning underneath a breeze.
- Rolling bins that fit under the bed are perfect for storing linens, out-of-season clothing and children's toys. They're also the perfect way to slide building block projects out of sight without destroying your child's latest masterpiece.
- Closets with a single hanging rod are one of the biggest space-wasters in the bedroom. Double their storage capacity by hanging a second rod or shelf below shorter jackets and shirts.

Roadside Assistance Member Benefit



Members of Contractors Benefit Association have access to 24/7 roadside assistance with Roadside Protect Motor Club *

Covered emergencies include:

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- Flat tire assistance
- Jump start
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* Activation is required prior to use



Certain Antioxidants May Lower Dementia Risk

Antioxidants are a type of compound found in vegetables and fruits. They help protect your cells from a certain type of damage. Eating lots of produce can help lower your risk of heart disease and other health problems. A new study found that certain antioxidants in these foods may also reduce the risk for Alzheimer's disease and other dementias.

Dementia, including Alzheimer's disease, harms your ability to remember, think, and make decisions. Studies have found several lifestyle factors that may help lower the risk of getting dementia. These include eating a healthy diet, being physically active, and socializing with others. Getting enough sleep and doing activities that challenge your brain may also help.

Studies of antioxidants' effects on dementia have had mixed results. Some have found that they protect the brain. Others have not. These studies asked people to remember what types of foods they'd eaten over a long period of time.

In a new study, researchers measured antioxidant levels in blood samples from more than 7,000 people. Participants were between the ages of 45 and 90. They were part of a nationwide study tracking their health over 16 years.

Blood levels of certain antioxidants were linked with a lower risk of developing dementia. These included lutein and zeaxanthin, which are found in green, leafy vegetables. They also included beta-cryptoxanthin, which is found in some orange-colored fruits.

"Further studies are needed to test whether adding certain antioxidants to the diet can help protect the brain from dementia," says NIH's Dr. May Beydoun, who led the study.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Contractors Benefit Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri 63131, on Wednesday, August 17, 2022 at 10:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY
Contractors Benefit Association
August 17, 2022 Annual Meeting of Members
THIS PROXY IS SOLICITED ON BEHALF OF
CONTRACTORS BENEFIT ASSOCIATION

The undersigned member of the Contractors Benefit Association does hereby constitute and appoint the President of Contractors Benefit Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Contractors Benefit Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [] , or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Matt Merrifield, Kirk Luna, and Tom Ebner
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2022

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri

July 18, 2022

Date



For information regarding your membership
and association services, call or write:

**Membership Services Office
Contractors Benefit Association
12444 Powerscourt Drive
Suite 500A
St. Louis, MO 63131**

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting
any exercise program.

