

Mike Stromsoe's

The Protection Coach®

News & Tips For Clients & Friends of Stromsoe Insurance Agency

#flagsfromstromsoeins

Thank you to all of our amazing clients and community members for making our annual Flag Exchange Celebration a huge success and joining us in painting the Murrieta/Temecula Valley red, white and blue!!



Our

team is so honored to have given away over 59 American Flags. We can't wait to see what our Flag Exchange brings next year!! Thank you for the opportunity to serve and protect you, your loved ones and everything you work so hard for. What more can we do for you?

Inside This Issue:

STOP Distracted Driving



Back to School



Is Your College Student Covered?

Quick Tips: Summer Health Tips



**Celebrating over 302 client
birthdays in August!!!**



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TIPS To Avoid Distracted Driving



While most drivers have driven while distracted at some point in their lives, it's important to remember that distracted driving can be devastating, potentially fatal consequences. This is why all drivers should make a conscious effort to avoid distractions when they're behind the wheel. Here are some tips to help you stay focused as you drive.

Put Away Your Phone

Any time you play with your phone, you are taking your attention away from the road. This can negatively affect your reaction time or cause you to miss a driving hazard completely. To avoid the temptation of answering a call or replying to a text, keep your phone out of reach while you're driving. If you do need to use your phone for some urgent reason, just make sure you pull off to the side of the road.

Keep Your Passengers at a Minimum

Whether you are dealing with a backseat driver or noisy conversationalists, passengers can be extremely distracting for drivers. The best way to avoid this distraction is by avoiding driving with passengers. If this is not possible, do your best to keep the number of passengers you transport at a minimum.

Turn Your Music Down

Finally, while many drivers like to blast their music as they drive, this is not a safe driving practice. Not only can loud music become disorienting and make it difficult to focus on the task of driving, but it can also drown out the sound of an approaching siren or the warning honk of a nearby vehicle. To stay focused and safe, make sure you keep your volume turned down.

Try out these tips to help you avoid distracted driving. Want another way to stay safe while on the road? Make sure you have the proper auto insurance protections in place.

Our team at Stromsoe Insurance Agency is happy to help you with any Auto Insurance questions.

Contact us at: 951-600-5751

insure@siaonline.com

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- ☒ Business Cars & Trucks
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- ☒ And much more, Just ASK!

The Client Of The Month Is...

Ernesto & Faith Pagulayan

Thank You For Your Business!

Contact YOUR Protection Coach® At

Stromsoe Insurance Agency, Inc. • Phone: (951)600-5751 • Fax: (951)677-6265
24910 Las Brisas Rd. #117 Murrieta, Ca 92562 • E-mail: insure@siaonline.com

Have No Fear, Back To School Is Here!!

Do I Need Coverage For My College Student?



Planning to send your graduate off to college soon? You might be wondering whether your current insurance coverage will help protect your loved one while they are far from home. When it comes to insurance and college students, there are a few stipulations that may require alterations to your current policy.

Automobile Insurance Coverage is a responsibility many parents choose to continue for a number of reasons. Cash strapped college students tend to miss a payment here and there, which can put them at serious liability even if they don't take a car with them. Consider those occasions where your responsible child unexpectedly becomes the designated driver or borrows a friend's car before dropping them from your auto policy.

Home Insurance & Covering Property in a Dorm is one thing you'll want to inquire with your agent about. Most policies do help cover personal property that is damaged or stolen from dorm rooms in particular situations.

Find out more about keeping your college student safe while they earn a higher education. Contact one of our knowledgeable Protection Coaches to find out more information.

A Warm Welcome to Some of The Newest Members of Our Agency Family!

And Many others...



7 Tips to Prepare Both You and Your Child for the Next School Semester:

1. During the last week of summer before school begins, start bringing routine habits back into your daily lives. Bring back wake up times and bedtimes. Have your child get dressed for the day at the same time they would for school and have them eating during the same times as well.
2. Since school gives children more responsibilities, give your child certain tasks that they will have to manage on their own to prepare them.
3. If you don't already have your launch pad in gear, you'll want to designate a place for the essentials. To avoid early morning scrambles, have your child have a designated place for their lunch box and backpack.
4. Establish a specific time each day where your child will complete their homework. It is smart to have your child do their homework during the time that you are cooking or finishing other household chores. This will make them more motivated to get it done.
5. If your child's school day ends before you are off of work, you'll want to start deciding what their afternoon plans will be ahead of time. Whether you decide to enroll your child in an after-school program or arrange play dates with their friends, it is important that you get this out of the way before the night before the first day of school.
6. As a working parent, it is important that you have a plan in place for when your child gets sick. You may need to fill out forms ahead of time to have a certain trusted person or babysitting pick your child up from school, just in case.
7. Most importantly, make going back to school a family affair.

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**Irene Polikretis – Laguna Woods, CA
Client Since 2008**



Quick Tip Time

Summer Health Tips:

1. Hydrate
2. Eat Fresh
3. Transform Activities into Exercise
4. Lifestyle Modification
5. See Your Doctor
6. Stay Shady
7. Plan a Personal Vacation
8. Disconnect
9. Sleep Well
10. Stay Cool

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