

CONTRACTORS BENEFIT ASSOCIATION

COMMISSION

INSIDE THIS ISSUE

- 5 Ways to Upgrade Your Remote Workspace
- Tips for Safer Grilling
- Car Rental Member Benefit
- Many Types of Exercise Can Lengthen Older Adults Lives
- Annual Meeting Proxy



5 Ways to Upgrade Your Remote Workspace



(Family Features) With remote and hybrid work schedules here to stay for many Americans, it's important to have a space dedicated to comfort and productivity.

The initial transition to remote work may have involved setting up an impromptu workstation at the dining room table but creating a long-term, functional home office can be one of the first steps to increasing efficiency, focus and productivity.

Whether your work area is a spacious room, small den or desk in a quiet spot in the house, these ideas can help you create a space where you enjoy

working.

Select the Perfect Location

While some remote workers have a spare bedroom or den they can dedicate as a home office, others may need to create a multiuse area in which office space occupies another room, such as the dining room, family room or basement. If you have several options for your workspace, consider how lighting and sound may impact your ability to focus.

For example, positioning your desk near a window can help increase your mood and reduce boredom. Similarly, if possible, choose a location where noise from other family members moving around or traffic outside will be less of a distraction. Earplugs or background noise can help drown out sounds if you're restricted to a specific location in your home.

Keep Color in Mind

Colors can influence productivity and mood, so it's important to consider them when designing or updating your workspace. Avoid white, which can lead to boredom, and instead choose a color scheme that can make a positive impact. Warm colors like red or orange can increase energy; blues are relaxing and can help keep blood pressure down; and green can help reduce stress.

An on-trend option like the Granny Chic Home Office from Wellborn Cabinet, Inc., can be set up in nearly any area of the home to create a stylish workspace. Featuring Premier Series cabinets with Napa doors in an olive finish and satin nickel hardware, this desk and hutch also includes base and crown moulding to help set it apart as a space devoted to productivity. Plus, accessories like a wastebasket pullout, drawer inserts and dividers, and tiered organizers can make organization easy.

Choose a Desk and Chair

Start by measuring your space to see how large of a desk you can accommodate then decide between a traditional desk or trendy adjustable-height version, which can allow you to sit and stand throughout the workday and has been shown to provide health benefits in addition to increasing work performance. An ergonomic chair with a padded seat and armrests is also a must-have to provide lumbar support and increase comfort while seated.

Find Storage Solutions

Storage is one of the most critical aspects when designing your home office. To avoid clutter and keep documents and other items organized, consider options such as built-in cabinets and shelving, base cabinets with desk file drawers, utility cabinets and wall bookcases. You can even customize your cabinets and choose from a wide selection of styles including traditional, transitional, casual, formal, contemporary or eclectic with options from Wellborn Cabinet.

Add Plants and Decor

Office plants provide numerous benefits, including improving air quality and increasing productivity. In fact, a study published in the "Journal of Environmental Horticulture" found productivity increased 12% when workers performed a task on a computer in a room with plants compared to those who performed the task in the same room without plants. Low-maintenance species such as orchids and succulents also produce a pleasant aroma and earthy atmosphere to decrease stress.

In addition, consider your space's decorations if you will be conducting video calls. If your home office doesn't have much natural light, place a light source behind the camera. While the background for your calls should be relatively neutral, a mural or art on the walls or shelves can complement your professionalism and add a creative touch to your space.

Find more home office inspiration at [Wellborn.com](https://www.wellborn.com).





6 TIPS FOR SAFER GRILLING



FOLLOW THE MANUFACTURER'S INSTRUCTIONS.

Whether it's assembly, use, maintenance, cleaning, or storage, make your grill manufacturer's instructions your go-to resource for safe grilling.



FOLLOW PROPER LIGHTING PROCEDURES.

Follow the manufacturer's lighting instructions, and with all grill models, keep the lid open and don't lean over the grill when lighting it.



POSITION THE GRILL IN A SAFE LOCATION.

Keep your grill outdoors and at least five feet from the house on a level surface that is clear of outdoor furniture, overhead trees, or other potential fire hazards.



FOLLOW PROPER RELIGHTING PROCEDURES.

If your flame goes out, turn off the gas and refer to your owner's manual. At a minimum, with all grill models, keep the lid open and wait at least 15 minutes before relighting.



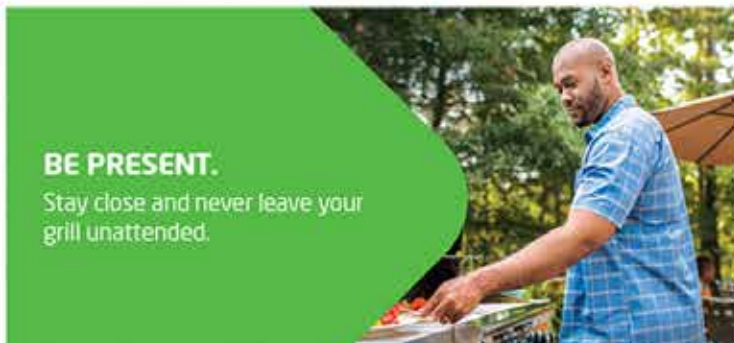
CHECK FOR LEAKS.

Use a soapy water solution to check connections for leaks. Expanding bubbles indicate a leak. Follow this procedure every time you replace a cylinder.



BE PRESENT.

Stay close and never leave your grill unattended.



Summer Road Trip

There's still time for that summer road trip and the car rental discounts available with your CBA membership can make it more affordable!

AVIS®

Save up to 25% off base rates and accumulate points for every qualifying dollar you spend with your complimentary membership in Avis Preferred®



Redeem points for rentals and accessories.



Enjoy expedited service and go straight to your car at most locations.



Save your rental preferences and track your activity and rewards anytime.



Receive exclusive monthly email offers.

Budget®

Budget rent a car has a reputation for excellence and value across the globe. Members can save up to 25% off base rates and receive even more perks when they enroll in Budget Fastbreak



Get exclusive rates plus get a free upgrade and welcome bonus after your first rental.



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Many Types of Exercise Can Lengthen Older Adults' Lives

Getting enough physical activity is vital for your health at any age. Guidelines recommend that adults get at least 150 minutes (or two and a half hours) of moderate exercise each week. But does it matter what types of activities you do?

A team of researchers asked this question about older adults. They looked at data from more than 250,000 participants in a national survey. People answered questions about their participation

in seven different recreational activities. These included running or jogging, swimming, racquet sports, golf, and walking. The survey also tracked cycling and other aerobic exercise. Participants were first surveyed in the 1990s. Their average age was 70 when they responded to the last survey.

The researchers examined the risk of death during the 12-year study. They compared how different levels and types of physical activity lowered that risk.

Older adults who got the recommended amount of activity had a 13% lower risk of death compared with those who were inactive. Playing racquet sports or running showed the greatest risk reductions. But all activities provided benefit.

"The most important thing an inactive older adult can do to improve their health is find an activity that they enjoy and can stick with," says NIH researcher Dr. Eleanor Watts, who led the study.

Article reprinted from NIH-News In Health



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 Friday, August 18, 2023 at 11:00 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 18, 2023 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: _____, 2023

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.

St. Louis, Missouri
July 17, 2023
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.

