

CONTRACTORS BENEFIT ASSOCIATION

# COMMISSION

## INSIDE THIS ISSUE

- 3 Health-Conscious Home Updates Worth the Investment
- Create a Home Office That Works
- Annual Meeting Proxy



# 3 Health-Conscious Home Updates Worth the Investment



**(BPT) - The pandemic has brought new focus to home enhancements that not only add value, but also support wellness. Today's homeowners are investing in thoughtful improvements that prioritize safety and well-being, helping to substantially increase the home's health quotient.**

**Here are three, big-impact home improvements trending in 2021 that support health and safety:**

## **Upgrade your home's water**

From drinking and cooking to bathing and cleaning, water is in constant use in a home. Essential to life, high-quality water that helps your family live healthier is vitally important. However, many homes are plagued with poor

water sources that may contain toxins or contamination. A good first step is to get your water tested - many communities and organizations offer free testing - and then determine necessary upgrades.

If taste or water quality is a concern, a filtered water system can help provide safe drinking water at the tap. If you have hard water, you may want to research systems that condition the water such as a water softener. These systems

remove excess minerals and produce water that helps appliances run more efficiently and is easier on the skin and hair while bathing.

Keep in mind, older homes may require upgraded plumbing systems to replace aging and deteriorating pipes. One modern solution for repiping homes is using Uponor AquaPEX®, a flexible polymer piping material that resists corrosion, pitting and scale buildup. Flexible pipe like this

lasts longer and makes repiping easier, bending around corners and fitting into tight spaces without having to cut large holes in drywall.

### Install a snow and ice melting system

Much of the nation faces seasonal snow and ice, which presents many challenges for homeowners. As winter weather begins to cover driveways and walkways, slip hazards increase, not to mention the risk of injury during removal. Hydronic radiant snow-removal and ice-melting systems are a smart solution that melts snow and ice quickly, eliminating the need to shovel and plow, as well as the use of toxic ice melt chemicals that are harmful to the environment.

How do they work? Installed by a professional, the Uponor residential snow and ice melting systems use durable PEX tubing buried in concrete, asphalt or a sand bed to circulate a warm water and glycol solution that heats the surface until it is warm enough to melt snow and ice. A simple on/off manual switch can control the system, or it can be fully automatic, sensing when melting is needed.

These systems improve the health and safety of a home by eliminating slippery ice and snow, which in turn reduces the likelihood of injuries, as well as the associated liability and lawsuits. The system also helps meet Americans

with Disabilities Act (ADA) regulations if a home is opting to follow those standards. Plus, at the time of resale, it's a notable healthy home upgrade to catch the eye of a potential buyer.

### Elevate air quality

When you heat or cool your home, conventional forced-air systems push treated air through ductwork in the walls and ceilings, which often circulates pollutants as well as dust and allergens that lower overall indoor air quality. This is a concern because Americans spend approximately 90% of their time indoors, according to the Environmental Protection Agency, where the concentrations of some pollutants are two to five times higher than typical outdoor concentrations.

A whole-home air filter system is worth considering for ongoing air treatment as well as other steps that reduce reliance on these systems.

For example, hydronic radiant heating works by warming water at a heat source and circulating it through PEX piping installed beneath the floor. There is no fan to circulate dust, allergens and odors, so you can breathe easier while enjoying warmth and comfort.

In addition to improving your home's heating and air conditioning methods, it's important to take steps to limit new pollution in a home. When doing home projects, be mindful of using supplies and materials with high concentrations of volatile organic compounds (VOCs), which can infiltrate the air you inhale. VOCs can be found in various home-building products, including paint, plywood, fabric, carpet and foam.

It may cost more to purchase items with low VOCs, but people are increasingly willing to make this investment to support home air quality.



# Create a Home Office

(Family Features) Although a growing number of businesses are reopening their in-person office spaces, many are maintaining remote workforces or implementing hybrid schedules. While the shift signals steps toward more traditional, familiar work environments, it also presents some challenges.

If your temporary remote work schedule is headed for a more permanent status, or if you'll be straddling both worlds indefinitely, it may be time to make some changes to ensure your home office is up to the task.

## Do Your Research

Before making any significant purchases, do some digging to learn all you can about the devices and equipment you're considering, especially if you're planning to create an efficient setup using smart technology. While many devices work well together, that's not always the case. You should also be aware of the controls and how you'll manage smart functions; choose the setup that's most intuitive for you and fits best with your workflow.

## Identify Unique Requirements

A successful home office needs to reflect the needs of your particular job, so you may need special equipment or tools specific to your role. For example, 63% of desk-based workers said having to collaborate with colleagues virtually is either a challenge or major barrier to working remotely, with 24% saying it is a major barrier, according to a survey by HP. If your job typically relies heavily on collaboration, you'll probably need a video conference setup.

Another common challenge: access to a printer. More than one-fourth of desk-based workers ranked having access to the office printer among the top three things they miss about the in-office experience.

If your home office isn't already equipped with a printer or you need to upgrade, you may be wondering where to start. Convenience is more



important than everything else in a home printer, according to survey participants. You may also agree with the 52% of remote workers who indicated that if they were considering buying a new home printer in the future, it must be easy to use, and a simple set-up process was a leading demand. One convenient and simple option is the HP+ smart printing system, which is powered by a cloud-based

ecosystem with enhanced security, productivity and sustainability features. Paired with an optional Instant Ink automated supplies replenishment subscription, an environmentally friendly solution to ensure you never run out of ink or toner, the system offers a perfect solution for hybrid workers and small businesses.

# Office That Works



## Start Small

Establishing a well-equipped home office takes time and money. Identify the equipment and essentials you need to get started then create a wish list with other items you can add over time. As you're setting priorities, remember it can pay to invest in quality products from the get-go. If you have to make repairs, or upgrade or replacement

equipment, you may actually spend more in the long run.

## Get a Strong Network

At the office, you probably had an IT department responsible for keeping your network up and running. At home, you may still have some level of tech support, but your home connectivity is likely your own concern. A good network starts with

a quality router. You'll also want to shop for an internet provider with the best speeds at a rate you can afford. Just be conscious of any restrictions on volume or speed that could hinder your ability to do your job.

## Keep Security in Mind

Smart devices collect a lot of information and because much of the technology is still so new, it's relatively vulnerable to hackers. Get familiar with privacy settings on all your devices and adjust accordingly so you're not divulging proprietary data or other information that could be used inappropriately.

## Tips for Finding the Right Printer

**Features:** A basic printer simply prints documents, but if you need to also copy, scan and fax, there are many all-in-one models that offer those capabilities, as well.

**Inkjet vs. Laser:** If you normally print text with few images, opt for a laser printer. If your work involves a lot of graphics and photos, an inkjet printer may be a better choice.

**Supplies:** Depending on how much you print, you may go through a lot of ink, and the cost can add up. Comparison shop to find the best ink prices, which brands offer features like recycling for used cartridges and whether you can access a subscription to ensure you never run out of ink or paper before a big deadline.

**Cord Connections:** Some printers require a wired connection to your computer while others can connect to your computer using Wi-Fi or an app like HP Smart App. Aside from personal preference, your decision may hinge on the space you have available.

Learn how to make your home office work for you at [hp.com](https://www.hp.com).

# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Contractors Benefit Association will be held at 1630 Des Peres Road, Suite 140, St. Louis, Missouri 63131, on Wednesday, October 20, 2021 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 October 20, 2021 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: \_\_\_\_\_, 2021.

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 1630 Des Peres Road, Suite 140, 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  
September 17, 2021  
Date



TravNow members have access to a merchant network that combines the power of over 900 world-class brands from every community in America.

A collection of over 300,000 locations offers an unparalleled value of 10-50% in savings at the places consumers shop every day.

## Take advantage of savings in categories like:



Hotels  
Travel  
Car Rental



Movie Tickets  
Sporting Events  
Theme Parks



Dining  
Apparel  
Electronics  
Auto Care  
and more!

Log into the association website at [www.contractorsbenefit.com](http://www.contractorsbenefit.com)  
for complete benefit details



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

**Membership Services Office  
Contractors Benefit Association  
1630 Des Peres Road  
Suite 140  
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.

