



From the Chair

Welcome to the Insurance Board of Trustees Newsletter, *Insurance Insider*.

Do you constantly receive unsolicited mail or has someone attempted to steal your personal information? InfoArmor may be the product you need to guard against identity theft. This is one of the insurance products SEANC offers to monitor your credit and will benefit you and your family. Take advantage of SEANC's group discount rates. For more information about any of our insurance products please contact us.



Martha Fowler, Chairperson
Insurance Board of Trustees



INFOARMOR

InfoArmor[®] goes far beyond the standard credit monitoring services to provide best-in-class, comprehensive and forward-thinking information security services. InfoArmor continually improves the efficacy of existing monitoring capabilities and seeks new methods for acquiring data. We actively search for emerging types of fraud so that your customers' data stays more secure in the face of an ever-changing threat landscape. With Identity Insights[™], your brand automatically reaps the benefit of being backed by our experienced team of security experts.

Beyond providing robust credit monitoring, you can create a package that fits your customers' exact needs by integrating options from our PrivacyArmor[®] Solutions suite:

- **Monitors and alerts** on credit cards, driver's licenses, gaming credentials, passports, insurance cards and more.
- **Protects online reputation** by actively monitoring social media for known issues and triggers, providing email or API notifications.
- **Safeguards financial accounts** by monitoring password resets, fund transfers, unauthorized account access and more.

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- **Watches for identity exposure** and helps minimize damages by notifying customers of suspicious account activity.
- **Provides valuable insight** by showing customers what's associated with their personal information on the un-indexed or unstructured web.
- **Offers financial security** with the \$1,000,000 Identity Theft Insurance Policy included in the PrivacyArmor protection suite.

**<https://www.infoarmor.com>



8 Health Benefits of the Spring Season

The beautiful spring blooms, warm weather, and outdoor activities are just a few added bonuses of the season.

Springing forward for daylight savings time may have felt rough the few days following, but once you've recovered from a night or two of sleep deprivation, the advantages of spring are far-reaching, especially the surprising health benefits that come along with this time of year.

8 Healthy Reasons to Love this Time of Year

- **Boost to mental health** - The longer days, fresh outdoors, and warmer temperature can help you experience more enjoyment while feeling less stressed.
- **A spring-cleaned diet** - Now is the time to sweep out your cold-weather diet and make room for fresh, local produce.
- **More fresh produce in season**- many local

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bounty of fresh produce available makes eating healthy even more delicious.

- **More vitamin D-** A lack of vitamin D can put our bones at risk, hurt immunity and impair healthy muscle and nerve functioning.
- **A healthier home-** Researchers have found that those who live in orderly homes are more likely to be physically fit than those who live with surrounding clutter.
- **Say goodbye to winter skin and hair-** if you live in an area encompassed of high winds or freezing temperatures during the winter, then you know how much damage is done to your skin and hair.
- **No more excuses to avoid exercise -** The longer days and moderate temperatures are perfect reasons to take your workout outside.
- **You're socializing more -** Say goodbye to cabin fever and enjoy engaging in outdoor activities with friends.

*** https://www.medicalert.org/health_benefits_of_spring



Eating Right Isn't Complicated

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits,

Spinach Pesto Pasta with Shrimp



Ingredients

PESTO:

- 2 C packed fresh baby spinach
- 1 C packed fresh basil leaves
- 1/2 C loosely packed fresh flat-leaf parsley
- 1/2 C seeded chopped plum tomato
- 6 Tbsp chopped toasted walnuts
- 2 tsp fresh lemon juice
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1 1/2 oz Parmesan cheese, grated (about 1/3 c)
- 1 garlic clove, chopped
- 2 tsps extra-virgin olive oil

PASTA:

- 8 oz uncooked whole-wheat penne pasta
- 1 lb fresh asparagus, cut into 2-in. pieces
- 1 Tbsp olive oil
- 1 Tbsp unsalted butter
- 1 lb large fresh shrimp, peeled and deveined
- 1/4 tsp ground red pepper
- 1/4 tsp black pepper
- 1/2 c halved multicolored grape tomatoes
- 1/4 tsp kosher salt

How to Make It

Step 1

To prepare pesto, bring a large saucepan filled with water to a boil. Add spinach and basil; cook 20 seconds. Remove spinach mixture to a bowl filled with ice water (reserve water in pan); let stand 30 seconds. Drain and pat dry with paper towels.

Step 2

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vegetables, fish, beans, peas and at least 3 ounces of whole-grain every day.

Know Your Fats

To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils.

For more information, view the Academy's infographic on the [Total Diet Approach to Healthy Eating](#).

spinach mixture and 2 tbsp oil; process to combine. Place 3/4 cup pesto in a small bowl; place plastic wrap directly on pesto. Reserve for Pesto Chicken with Blistered Tomatoes and Vegetable Soup au Pisto.

Step 3

To prepare pasta, return water in pan to a boil. Add pasta; cook according to package directions, adding asparagus during last 5 minutes of cooking. Drain in a colander over a bowl, reserving 3/4 cup cooking liquid.

Step 4

Heat 1 tbsp oil and butter in a large skillet over medium-high until butter melts. Sprinkle shrimp with red pepper and 1/4 tsp black pepper. Add shrimp to pan; cook 1 to 2 minutes on each side or until done. Remove shrimp from pan.

Step 5

Add pasta mixture and reserved 3/4 cup cooking liquid to pan; cook 1 minute. Stir in remaining 6 tbsp pesto, shrimp, grape tomatoes, and 1/4 tsp salt. Divide pasta mixture evenly among 4 bowls.

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