

GBP Risk Solutions Inc.

Bridging the gap since 1986

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WELCOME TO 2010!

Running to combat cancer



Julie Johnson, Mary Keysor, Genise Jordan and Tina Tighe teaming up for the cause!

The devoted runners of GBP, for the third year in a row, participated in The Holualoa Tucson Marathon on December the 13th. The total distance of 26.2 miles began up, down and around the town of Oracle, to continue down Oracle Road and finishing at Wilds Road in Oro Valley. The marathon relay consisted of four legs. Tina Tighe ran the first leg, 6.6 miles, Genise Jordan the second leg, 4.2 miles, Mary Keysor the third leg, 8.4 miles and Julie Johnson the fourth and final leg, 7.0 miles. The finish time for the event was 4:51 hours. Congratulations to all of the participants for a great run to benefit a great cause.

For more information about the marathon please visit: <http://www.tucsonmarathon.com/site3.aspx> and for more information on the beneficiary of the event, please visit the Arizona Cancer Center's website and click on Better Than Ever Program.

JUST FOR THE HEALTH OF IT!

Consider these easy no cost ideas for a healthy 2010;

- Walk around your office building/parking lot or the mall during your lunch hour.
- Can't work out because of your favorite TV show? Try walking/jogging in place, yoga, or sit ups just during the commer-

cial - Work your way up to an entire 30 minute workout with your favorite movie stars. Keep it up a few times a week and you will notice a difference!

Make a promise to yourself to improve your health this year. Get into some good habits. Take care of your body; where else are you gonna live?!

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Share your thoughts with us!
Email liz@gbprs.com

ABA's Annual Volunteer Day was a HUGE success!

By: Tina Tighe, Bond Manager

On December 5th approximately 200 volunteers converged on the Marshall Home for Men for the ABA's annual Volunteer Day project. The facility received a new duct and air conditioning system, a new irrigation system with landscaping, a new storage shed, bathroom and tile upgrades, new doors & door locks and lots of fresh paint inside & out. The ABA also provided some very cheerful Christmas décor – including lots of presents for under the tree! Volunteer Day chairman, Paul Mueller of The Grounds-keeper, estimated that the total value of the materials, time, & labor that went into the project came to \$125,000. Please visit www.azbuilders.org for more information and a list of generous supporters. For more information on the Marshall home for Men, please visit <http://www.marshallhomeformen.org/>

GBP Classified

LeCaves Bakery is looking for a PT sales clerk. Contact Rudy @ 624.2561.

Do you have an add for our March / April issue? Please send it to liz@gbprs.com.

FOR SALE: Small/ partial collection of Charles Shultz Peanuts memorabilia in-

cluding several boxed Hallmark Christmas Ornaments - please email liz@gbprs.com.

WANTED: Long term clients looking for great business relationship with outstanding insurance agency. Got a referral?

GBP is ALWAYS on the look out for Community Events. Please let us know what charities, events, or volunteer

opportunities you or your business associates are involved in.

Look for our breast cancer walk/run team Collective Cleavage this April. Join our team and walk with us and/or donate to help us raise funds to find a cure for breast cancer.

What Kind of Healthcare Consumer do You Choose to Be?

By: Mary Keysor

I have previously described two of the steps you can take in gaining or maintaining control of your own health and healthcare. The final step, however, must take into account an awareness of the costs associated with the healthcare services you receive. Does your employer offer coverage? What plan options do you have? Do you want to pay more up front for less out of pocket at the time of service? Does a high deductible plan make sense if you can combine it with a health savings account? If you don't have an employer sponsored option, can you purchase individual coverage? Are you eligible for state subsidized coverage?

Each of these questions can be answered by doing the research, comparing the options, researching the costs or asking someone, like an insurance agent, for help. Consider all of your options, then make the best choice for you. If you don't like any of your choices, then get involved in changing the options. When you take control of your choices, you are not surprised by the outcome.

So this is the crux of my statements to you. You can realize that healthcare starts first, and foremost, with your own health and do something about that. You can choose to be an active participant in the healthcare services you receive OR you can be surprised by the unexpected, unanticipated outcomes. You can educate yourself on your options as a healthcare consumer, do the research, do the math, ask the questions OR you can let someone else make those decisions for you. One choice means taking control; the other means taking what you can get. At the end of each day, the choice is yours. What kind of healthcare consumer do you choose to be?

Questions or comments for our GBP Benefits Team? Please contact us via email liz@gbprs.com or by phone (520) 571-7737