

# Claimscene

*A Publication of the Atlanta Claims Association*



**Atlanta Claims Association &  
Goodman McGuffey LLP Webinar**  
Thursday, December 16th, 2021 - 12:00 pm  
"Ethical Consideration in Claim Handling"  
Presented by: Robert Luskin, Goodman McGuffey

**REGISTER**

One Ethics CEU credit will be available for those that attend the full hour. After registering you will receive a confirmation email containing the information about joining the webinar.

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## Letter From The President

### Roberta S. Mike

Dear Fellow ACA Members,

ACA is going into it's 99<sup>th</sup> year and so it won't be long until we have our big 100-year celebration! When ACA began it was an organization that was mostly made up of men but over the years, women have become a large part of the association. I am proud to be a part of such a prestigious group of insurance professionals! October is the start of our membership drive for 2022 so remember to apply for or renew your membership! If you join now, you will be a member for the rest of 2021 and all of 2022. We are happy to welcome so many new members to ACA and look forward to a great 2022. For more information on joining ACA, please go to our membership page on the ACA website here: <https://www.atlantacclaims.com/membership>. We would love to have you join us!

October is also Breast Cancer Awareness month, and we want to emphasize the importance of checkups, mammograms, and self-care. People have been neglecting getting their mammograms due to covid-19, but healthcare facilities have taken every precaution to make their patients safe. Please don't delay and be sure to make your appointment today!

As mentioned in last month's Claimscene, the GWCA Kid's Chance Silent Auction will be in Athens, GA at The Classic Center, January 9<sup>th</sup> -11<sup>th</sup>, 2022. However, if you cannot make the conference, please reach out to Tracey M. Reid, GWCA KC Silent Auction, Kids' Chance of Georgia, Inc., P.O. Box 922381, Norcross, GA 30010. Telephone number 678.314.1615. <https://kidschancega.org/students>

Stay tuned for more information on our end of the year Holiday Bash! We did a survey to see if members want to meet in person or have a virtual event and "in person" won by a landslide! Follow us on the [ACA website](#) and our [LinkedIn](#) and [Facebook](#) pages for the latest news from ACA. You will also be receiving an email when it's time to register for the Holiday event.

Lastly, I would like to send a special thank you to my officers, directors, and committee chairs for their continued support of ACA. Without you, I could not do this!

Stay safe, love, and support one another!

Warmest regards,  
Roberta Mike  
President  
Atlanta Claims Association



# OCTOBER *Breast* **CANCER** AWARENESS MONTH



OTHER THAN SKIN CANCER,  
BREAST CANCER IS THE

**most  
common  
cancer**

AMONG AMERICAN WOMEN.  
MAMMOGRAMS ARE THE BEST  
WAY TO FIND BREAST CANCER  
EARLY.

## SYMPTOMS

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- Skin of the breast, areola, or nipple is scaly, red or swollen.

## MYTHS

*MYTH #1: Finding a lump in your breast means you have breast cancer*

*MYTH #2: Only women with a family history of breast cancer are at risk*

*MYTH #3: A mammogram or X-ray of the breast can cause breast cancer to spread*

*MYTH #4: Use of underarm antiperspirants and deodorants cause breast cancer*

**40,000  
women &  
430 men**

**DIE OF BREAST CANCER  
EACH YEAR IN THE  
UNITED STATES.**

## FAST FACTS

- Each year in the United States, more than 245,000 women get breast cancer. Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

**Be Aware. Get Involved. Show Support.**



# 10 Things to Do with Pumpkins

Try these post-carving tips for food and fun.

Halloween is almost here, which means you can have as much fun as legally possible with a knife by carving some crooked teeth into that giant gourd. You can do more with pumpkins than just carve them (as much fun as that is). Here are 10 healthy ways to turn that pumpkin into food or otherwise amuse yourself.

## 1. Roasted pumpkin seeds

After you cut the top off, clean out the pumpkin using a serrated grapefruit spoon. Pull it along the inner walls to remove all the gunk, but don't throw that stuff out. Wash all the seeds, then spray them very lightly with nonstick spray and toast them on a cookie sheet in a 350°F oven for 10 to 15 minutes, tossing every now and then. When they're lightly browned, remove and cool for 10 minutes before eating.

## 2. Mashed pumpkin and potatoes

Make mashed potatoes, but substitute cubed and peeled pumpkin for half the spuds. Cut the pumpkin into wedges or hunks with a large knife, then scrape off the seeds and their membranes. Use that same knife to cut the rind off these smaller, more manageable chunks. Now you've got pieces you can boil or roast with those potatoes.

## 3. Pumpkin cake or bread

Grate wedges of seeded, peeled pumpkin flesh through the large holes of a box grater, then substitute them for grated carrots or zucchini in a cake or bread recipe.

#### **4. Roasted pumpkin**

Toss 2-inch pieces of peeled, seeded pumpkin in a roasting pan with just enough olive oil to create a thin coating, then roast in a preheated 375°F oven until tender, about 1 hour, tossing occasionally.

#### **5. Grilled pumpkin**

This is awesome with steaks. Seed, peel and cut a pumpkin into 1-inch chunks. Toss these in a big bowl with some balsamic vinegar, a dried herb like oregano or thyme, salt and pepper. Now crank up the grill to medium heat. Spray the pumpkin pieces with nonstick spray, then set them directly over the heat. Grill until tender, about 12 to 15 minutes, turning twice.

#### **6. Pumpkin soup bowl**

Cut tops off small pumpkins and scoop out seeds and any membranes. Place pumpkins in roasting pan and bake at 350°F just until tender, about 45 minutes. Fill with hot soup off the stove and serve. Best of all, you can scrape off bits of inner flesh and eat it with the soup! By the way, the pumpkins can have structural failure as they continue to stay hot out of the oven. It's best to serve soup in the pumpkin set inside a big bowl.

#### **7. Pumpkin chili**

Seed, peel and cube a small pumpkin, then add it as a vegetable in your favorite chili recipe. Cut those bits of pumpkin small, into 1/2-inch cubes, so they'll cook more quickly. After an hour over the heat, they'll give a nice, sweet taste to the fiery chili. Longer over the heat and they'll start to melt — even better, more sweetness per bite.

#### **8. Pumpkin pie**

Skip the canned stuff. Peel, seed and chunk up one or two small pie pumpkins. Place them in a covered vegetable steamer and steam over simmering water until tender, about 20 minutes. Purée in a food processor fitted with a chopping blade and substitute this for canned pumpkin in your favorite recipe.

#### **9. Pumpkin smoothie**

Save some of that pumpkin purée from above and add a few tablespoons to your favorite smoothie or protein drink.

#### **10. Beer cooler**

Before your next party, cut the top off a couple really large pumpkins and clean them out. Fill pumpkins with bottled beer or sodas, then add ice. But keep an eye on them — those jack-o'-lanterns love their suds!



# Membership 2022

It's time to renew your dues or apply for membership with the Atlanta Claims Association for 2022! Membership runs a full calendar year from January to December. If you apply or renew now, you will be a member for the remainder of 2021 and all of 2022!

## Membership includes:

- ✚ Special Events
- ✚ Online Webinars with CE credit
- ✚ Networking
- ✚ Joining an ACA committee
- ✚ Being a valued member of a well-recognized and respected group of claims professionals!

We would love for you to join us!

Click the membership page link below and apply or renew today!

[MEMBERSHIP](#)



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