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Inside this issue

Island Holding's Fitness Jam!	1
Flu Shot & Congrats Kenna!	2
HB Top 250 & K9 & Keiki Carnival!	3
Risky Business	4-5
Atlas Gives Back!	6

Submit your articles, pictures
or suggestions to:
kribilla@atlasinsurance.com

CORE VALUES

Pono
Lokahi
Alaka'i
Ho'okele
Kakou
Imi'ike

Island Holding's Annual Fitness Jam!

Our HR department of Island Holdings coordinated its yearly fitness jam in conclusion to our summer bootcamp to promote health and wellness this September. For the third year, it was held virtually and our HR Team did a great job! We had its live debut on YouTube, with Tony Silva from Da Braddahs as our emcee with his funny commentary! Atlas had three teams this year: 40 and Under, Benefit Bandits, and Kupuna & Jr. Although we didn't win overall, we had some amazing individuals that was placed! We did have one overall winner for the women category, which was CAROL DAVIS- yet again for the top jump rope champion for the third year in a row! Woohoo, Carol! And then Aleksandr Razloga was #4 in top push-ups, and Tricia Miyashiro was tied at #4 for Hula Hoop! Thank you all for participating! We hope to see you in person for 2023!



Team 40 and Under: (L to R) Christen Tominaga, Tyrie Tanaka, Kristen Ribilla, Greg Matsuura, Matt Kam, and Chris Wong.



Team Benefit Bandits: (L to R) Aleksandr Razloga, Emily Dirks, Kristen Chong, Kevin Hakoda, Lauren Esposito, and Jasmine Mina.

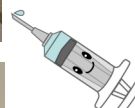


Team Kupuna & Jr.: (L to R) Tricia Miyashiro, Dana Tokioka, Vince Miyoi, Carol Davis, Sharilyn Tanaka, and Kim Soares.



Flu Shots!

Atlas had our annual flu shots and Times Pharmacy came to our office to administer them. Some hurt more than others! :)



Congrats Kenna!

Congratulations to our intern turned full-time employee, Kenna, who recently graduated from Chaminade University with a degree in Business Administration! Way to go Kenna!



Hawaii Business Magazine's Top 250!

Exciting news to share that Atlas Insurance Agency has made Hawaii Business Magazine's Top 250 again! We are #152 on the Top 250 Companies in 2022!



ATLAS INSURANCE		Chason Ishii - Pres.			
152	AGENCY	Carol Davis - Exec. VP of Sales & Retention	\$28.0		
150	Insurance agency.		\$26.3	6.6%	95
173	www.atlasinsurance.com	Tricia Miyashiro - Exec. VP of Operations	\$26.8	-2.1%	103
	ISLAND HOLDINGS, INC.				

K9 & Keiki Carnival!

Thank you to our human and fur friends who stopped by our booth at the Fur Angel Foundation K9 & Keiki Carnival, hosted by Personal Lines. Also, congratulations to King Kuma Tominaga who won the King of the Carnival! We had so much fun seeing you all and supporting such a wonderful cause!



Risky Business Corner

Health Benefits of Hugs

By: Kevin Crawford



Hugs reduce stress by showing your support

When a friend or family member is dealing with something painful or unpleasant in their lives, give them a hug. Scientists say that giving another person support through touch can reduce the stress of the person being comforted. It can even reduce the stress of the person doing the comforting.

Hugs may protect you against illness

The stress-reducing effects of hugging might also work to keep you healthier. In a study of over 400 adults, researchers found that hugging may reduce the chance a person will get sick. The participants with a greater support system were less likely to get sick. And those with the greater support system who did get sick had less severe symptoms than those with little or no support system.

Hugs may boost your heart health

Hugging can be good for your heart health. In one study Trusted Source, scientists split a group of about 200 adults into two groups:

One group had romantic partners hold hands for 10 minutes followed by a 20-second hug with each other. The other group had romantic partners who sat in silence for 10 minutes and 20 seconds.

People in the first group showed greater reductions in blood pressure levels and heart rate than the second group.



Risky Business Corner

Health Benefits of Hugs, Cont.

By: Kevin Crawford



Hugs can make you happier

Oxytocin is a chemical in our bodies that scientists sometimes call the “cuddle hormone.” This is because its levels rise when we hug, touch, or sit close to someone else. Oxytocin is associated with happiness and less stress.

Scientists have found that this hormone has a strong effect in women. Oxytocin causes a reduction in blood pressure and of the stress hormone norepinephrine.

Hugs help reduce your fears

Scientists have found that touch can reduce anxiety in people with low self-esteem. Touch can also keep people from isolating themselves when reminded of their mortality.

They found that even touching an inanimate object — in this case a teddy bear — helped reduce people’s fears about their existence.



Cirino, Erica (4/11/18) - What Are the Benefits of Hugging? <https://www.healthline.com/health/hugging-benefits>.

Atlas Gives Back!



F O U N D A T I O N

The Atlas Insurance Agency Foundation continuously gives back throughout the year with corporate sponsorships or straight donations to organizations/ non-profits. Please don't forget that Island Holdings will match your personal donation to a 501C3 \$1.00 for \$1.00, up to \$500 per employee. Contact Dana Tokioka at dtokioka@atlasinsurance.com for more details.

\$3,500



Hawai'i
HomeOwnership
Center

NeighborWorks® HomeOwnership Center

\$1,000

