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Hindsight 2020

Durk and Glynis Jorritsma, along with the entire DBI family, would like to wish everyone a happy and prosperous New Year! It has been a rewarding experience working with you and we are excited by what lies ahead. We are happy to kick off the new decade of deliveries with all of you!



THANK YOU TO EVERYONE THAT DONATED GIFTS FOR THE TOY DRIVE!

DBI Health Corner

2020 Vision: Tips for Optimal Eye Care

1. In this day and age, we all have excessive exposure to computer and phone screens. In order to protect your eyes, you can update your glasses or contacts prescription to shield against blue light exposure.
2. Follow the 20-20-20 rule and give your eyes a break every 20 minutes by looking 20 feet away for 20 seconds continuously.
3. A good pair of UV protection sunglasses or contacts can prevent cataracts and macular degeneration by blocking the sun's damaging ultraviolet rays.
4. Consult an eye doctor regularly and look out for any changes in your vision. Experts recommend a comprehensive eye exam once every two years.

**The Start of a New Decade:
2020 New Year's Resolutions**

By DBI Staff Writer

1. **I will get a fresh start**
Endings are not necessarily bad things. Find a way to make things better for yourself and be brave enough to grasp at more happiness by starting new.
2. **I will start small**
Starting a large goal may add too much stress for you to maintain it. To be more efficient, start with smaller achievable goals you can be flexible with in order to reach your long-term goal.
3. **I will spend less time online**
Ever been told to put your phone away? It might be a good idea to take a break from social media and snuggle with a good book or start a puzzle with the kids more often.
4. **I will surround myself with people who inspire me**
These people will bring out the best in you and motivate you to reach new heights in 2020.
5. **I will choose happiness instead of chasing it**
Rather than chasing the fantasy life you see on social media, find happiness in what you have and share that gratitude with others.
6. **I will adopt a new hobby**
Relieve stress and stimulate your mind with a fun hobby. Try art or photography. Join a cooking or Zumba class. Start a book club with friends.
7. **I will be consistent**
Being consistent develops discipline to overcome obstacles that will bring you to reach your goals.
8. **I will eat veggies or fruit with every meal**
Rather than cutting all your favorite foods in order to lose weight or start a healthy diet, just add a few fruits or vegetables to your meals.
9. **I will exercise with friends or family**
Go for walks with your significant other, hike with some friends or take a yoga class to relieve stress.
10. **I will book my doctor's appointment**
Postponing a screening you're due for? Getting the right health services you need will help your chances at a longer, healthier life.

Welcome Baby Girl Martinez 🍼




Join us in congratulating DBI driver Roger Martinez who welcomed his beautiful baby girl, Maleni Natalia Eloisa Martinez, into the world on December 11, 2019. May your new life be full of love and happiness!



Happy New Year!

"What the new year brings to you will depend a great deal on what you bring to the new year."

— Vern McLellan



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