

1. ~Stillwell Times~
Newsletter

Agent Spotlight

Get to know our agents a little better
with some fun questions!
This month we are highlighting Jim
Malone and Michelle Fulginiti.



Jim Malone has been an agent with the Robert J Stillwell Agency since May of 2013 working in Pennsylvania, Delaware, New Jersey, and South Carolina. In his almost 13 years with RJS Jim has built a rapport with his clients based on his compassion and drive to help people set themselves up for security.

What is one place you want to visit?
Ireland

If you were to compete in the Olympics, what would your sport be?

Skeleton (what a daredevil!)

What is the best meal you've ever had or favorite food?

A perfectly done Tuna Steak, very rare

Michelle came to the Stillwell Agency in the summer of 2024 with a positive outlook and a desire to help seniors navigate their healthcare options.

Michelle's attitude helps put people at ease and she makes connections and builds trust to find the best options for clients.

What is one place you want to visit?

I hope to someday visit all 50

states. Next off the list will be exploring Montana and hiking Glacier National Park this summer, we can't wait!

If you were to compete in the Olympics, what would your sport be?

If I ever got to compete in the Olympics, I'd love to lace up for some Women's Figure Skating. I spent hours on the ice growing up and I still smile thinking about some of those spins.

What is the best meal you've ever had or favorite food?

The best meal I've ever had was in Oahu, Hawaii. We had filet mignon, truffle mashed potatoes, and an incredible salad. We dined outside against a backdrop of tropical gardens with twinkle lights, lanterns, and a moon that was perfectly set in the sky. The meal would be hard to top, hopefully I'll go back someday!




Let's Fill Facebook with More Positivity!!

Highlighting a couple of our great clients that have taken the time to post on our Facebook page! RJS Thanks You!!

[Follow us on Facebook for more updates and positive feedback.](#)



Jeanne Thierolf  recommends **The Robert J. Stillwell Agency.**

July 24, 2020 · 

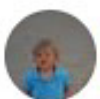
Jim Malone is an awesome insurance agent! He helped my husband and me when we were ready to retire and needed to transition from commercial insurance to Medicare. He thoroughly explained all the options and helped us make the right choice given our situation. He was very patient with our many questions and had great follow through putting the plans in place. I can recommend him without reservation and have, in fact, referred several ... [See more](#)




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Amanda McCarthy  recommends **The Robert J. Stillwell Agency.**


May 6, 2020 · 

Excellent Insurance Agency



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The Robert J. Stillwell Agency

Published by [Lisa Gruber](#) · June 27, 2025 · 🌐



Meet Eileen!

Allow me to introduce Eileen, who serves as the first point of contact for our clients, ensuring they are directed to the appropriate department for assistance. With 25 years of experience in the customer service industry, Eileen has been a valued member of the Robert J. Stillwell team for the past three years. Her greatest motivation in her career is the opportunity to help others and bring a smile to their faces.



Receptionist



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Newest ▾



David Shaw

Great 1st pt. of contact. Gives a good 1st impression of the co. when you walk in the door.

35w [Like](#) [Reply](#) [Hide](#)





Do you love your agent? Postcards were sent out for you to hand out to your friends and family so they can receive all the benefits you do for signing with an RJS agent, spread the word about the great support and service you get from your agent and the office staff!



Per Medicare.gov staying healthy with Dr. Oz, The Dietary Guidelines for Americans is updated every 5 years, follow [this link](#) to see the updated edition with recommendations focusing on getting back to basics with nutrient rich, whole foods that fuel your body naturally.

- Boost your Protein and Healthy Fats. Think eggs, seafood, red meat, dairy, beans, nuts and seeds. Aim for 6-7 servings per day (based on a 2,000-2,200 daily calorie level). And remember to keep saturated fats under 10% of your daily calories.
- Load up on Veggies and Fruits. Fresh is fantastic, but frozen, canned, or dried work, too (just check for minimal added sugars). Shoot for 3 servings of colorful vegetables and 2 servings of fruit each day.
- Choose Whole Grains. Fiber-rich options like whole wheat, oats, and brown rice are your friends. Aim for 2-4 servings daily and cut back on refined carbs like white bread.

Whether you are managing a chronic condition or want to stay healthy as you age, these updated guidelines can help you feel strong and energized for years to come.

Do you qualify for any of these benefits?



COMPASS

CLICK. APPLY. BENEFIT.

There are many services available for PA residents who may qualify due to income levels or disability status. Food assistance, Healthcare Coverage, Home & Utility Support, and Long-Term Care are all benefits offered to help Pennsylvanians in need. The only way to see if you qualify is by contacting and submitting the required paperwork to your county assistance office as they make the qualification decisions. If you feel confident navigating a website then you can head to the [PA Compass website](#) and click get started to see what benefits you may qualify for. Office by county can be found at [this link](#) if you prefer to speak to someone in person or over the phone.

[This Checklist Will Help You Prepare Your Garden for Spring](#)



Need an Easy and Healthy dinner idea?
[Try this recipe for Chorizo Sweet Potato Chili.](#)



Trivia Time

Which 1975 film directed by Steven Spielberg is considered the first major summer blockbuster?

[Click here for answer](#)