
The Stillwell Times

May 2026

Agent Spotlight

Get to know our agents a little better with some fun questions!

This month we are highlighting Pete Rader and Mark Petruso.



Pete Rader has been a part of the RJS family for 25 years helping the people of Berks, Lancaster, Lebanon, Lehigh, Northampton, and York Counties in Pennsylvania. Pete possesses a drive necessary to succeed in the insurance industry, he truly cares for clients and does whatever he can to make sure they are taken care of.

Describe your perfect summer day.

The perfect summer day would be taking a long ride on my motorcycle through the mountains enjoying the beautiful scenery.

What is one thing that can make your day instantly better?

Knowing that I have helped a client or improved their situation.

What is the best concert you've been to?

I've been to many great concerts but probably my favorite was seeing Black Sabbath with Ozzy Osbourne.

What makes you feel most accomplished?

The times I feel most accomplished are when I have been able to help others, whether in my work environment or in my personal life. It really gives me a sense of peace and serenity.

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

My favorite food of all time was my grandmother's homemade chicken pot pie. Unfortunately, she passed, I really miss her and her pot pie.

Mark Petruso has been with The Robert J. Stillwell Agency since 1999 covering Western Pennsylvania, Ohio, and Florida. Mark's drive to help people has been an integral part of his success, helping his clients navigate their retirement needs.



Describe your perfect summer day.

My perfect summer day would be to walk into the ocean in the morning, jump on one of my boogie boards, and shred some waves.

What is one thing that can make your day instantly better?

To me any day is a great day, my day always starts with a 4:30 am workout to clear the cobwebs off. The best part of the day is an evening facetime book reading with my grandboys, who are 3 and 5, in Canada.

What is the best concert you've been to?

I'm a metal head, which is my nickname "Metal", and I saw Megadeth at the Chuck Landis Country Club in Reseda, California in 1985 with about 900 people in attendance.

What makes you feel most accomplished?

Knowing that my wife and I have done a great job in raising our 3 girls who have become wonderful young women doing their thing in 2 different states and Canada. We couldn't be prouder!

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

Spicy Grouper Fish Tacos on the grill, blackened with mango salsa. I have them 4 times a month (sometimes more in the summer!).

"I could go on for hours about my job, first the RJS Agency has changed my life, it's a wonderful family environment. I have been with them for 26 years and it is truly great to know if I need anything or a client needs anything, we have the best supporting cast around. Finding the right plan for a client is important, not the plan their friend has but what is right for them and to me, that is satisfaction"

Time to get your heart pumping

Stay healthy with Dr. Oz

Any time is a good time to focus on your heart health. Did you know your calf muscles are like a second pump for your heart?

Every time you move your legs, they help push blood back up to your chest. Stronger calves mean better circulation, less swelling, and less strain on your heart.

The good news? You can work these muscles almost anywhere ---
- while brushing your teeth, cooking, or watching TV. Simple calf raises, done 15-20 times twice day, can make a real difference.

[Click Here to Keep your Heart Healthy](#)

Bonus heart-health tips:

Certain foods pack powerful heart-healthy benefits. Add more fatty fishes like salmon, nutrient-dense veggies like beets, and proteins like beans and nuts into your diet.

Sleep matters. Most adults need 7-9 hours of sleep nightly. Try going to bed and waking up at the same time daily, and put away screens before bedtime.

Know your numbers. Medicare covers cardiovascular disease screenings at no extra cost to help you track your cholesterol, lipid, and triglycerides levels.

What to do if you are discharged from the hospital too soon?



[Click here for the answer](#)

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Trivia

In honor of the Artemis mission:

Who was the first manned spaceflight mission commander to orbit Earth in 1962?

[Click here for the answer](#)



Try out this Easy and Healthy recipe for White Bean Fajita Casserole

[click here for recipe](#)

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