

HEALTHY, WEALTHY & WISE

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BREATHE Better Air at Home

When you get home at the end of a busy day, it feels good to take a nice deep breath in anticipation of a quiet evening indoors. That is what home is supposed to be; a refuge from the hectic world outside. But when you take that nice deep breath, do you ever stop to consider the quality of the air in your home?

What is "air"? Air is a mixture of gases that make up Earth's atmosphere. The part of the atmosphere that contains the right mixture of gases to support life contains nitrogen and oxygen, as well as trace amounts of argon, carbon dioxide, helium, neon and other gases. Air also contains variable amounts of water vapor. We refer to the amount of suspended water vapor as humidity.

Humidity plays an important role in indoor air quality. The American Society of Heating, Refrigeration and Air-Con-

ditioning Engineers (ASHRAE) recommends maintaining indoor relative humidity levels between 30% and 50% for human health and comfort.

Excessive humidity can create an environment where microbes can flourish and create unsanitary conditions. In addition, higher humidity can result in condensation of water on surfaces. This can hold soils and organic matter, creating a perfect incubator for mold, which can exacerbate asthma and allergies.

See "BREATHE" on next page



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Air suspends particles. Most airborne particles are harmless. However, others can cause problems, particularly for those with asthma, allergies or immune disorders. There are four keys to keeping your indoor air clean and healthy: exclude, capture, clean and control.

Exclude – keep contaminants out. Keeping contaminants out of the home can be challenging because most airborne particles are tiny and can be everywhere. Pollen, carbon, mold spores, organic matter, insect matter, pollution, and plain old dirt enter the home, transported on air currents, clothing and shoes. By keeping doors and windows closed, removing shoes when entering and immediately changing your clothing after dusty activities like yard work, you can reduce the entry of pollutants.

There are other contaminants that originate from within the home. Pet and human dander, food particles, dust mites, cooking gases, sprays, chemi-

cal, cleaning agents and many other particulates combine to reduce overall indoor air quality. That's why exclusion is only part of the solution.

Capture – filter and contain that which enters. When airborne particles enter your home, they remain suspended for a period of time. Those that are larger or denser drop out of the air and settle on surfaces. Smaller, lighter particles remain suspended longer, and are best removed by air filtration devices and the filter on your home's HVAC (heating, ventilation and air-conditioning) system. Use high quality pleated filters designed for your HVAC.

Clean – remove pollutants from surfaces. Eventually, particles settle on surfaces such as floors, furniture, counters, windowsills, shelves and walls. Vacuuming and dusting remove most of the particles, but make sure that your vacuum cleaner has good filtration also.

Hard surfaces can be cleaned with electrostatic dusters or dust cloths that

attract and hold particles, or by wiping hard surfaces with a damp cloth and wet mopping floors. Other surfaces such as carpet, area rugs and upholstery will require periodic professional cleaning to remove accumulated soils and pollutants.

Control – maintain equipment, humidity levels and filters. Proper maintenance is important. Ensure your vacuum, HVAC system, range hood, bathroom exhaust fans and so forth are working optimally. Clean or replace filters regularly.

Speaking of filters, carpeting is the largest air filter in most homes because of its capacity to capture and hold large amounts of soils and pollutants. Keeping your carpet and upholstery clean is one of the best ways to clear the air in your home.

Call **Service First Restoration** for more information or to schedule your next service.

The Good Life



Good Clean Funnies

If you get cold, stand in the corner of a room for a while. They're usually 90 degrees.

What do you call two monkeys that share an Amazon account? Prime mates.



Cook frozen berries with orange juice in your slow cooker for a yummy dessert by itself or over ice cream.



Warm Berry Compote

Directions

Stir together berries, sugar, zest, and juice in a slow cooker.

Cook on High until bubbling, about 1 1/2 hours.

Stir together cornstarch and water in a cup until fully dissolved. Stir into berry mixture.

Cook, covered, until thickened, 5 to 10 minutes more.

Serve warm or room temperature. Delicious by itself or served as a topping on desserts such as ice cream, angel food cake or as a crisp.

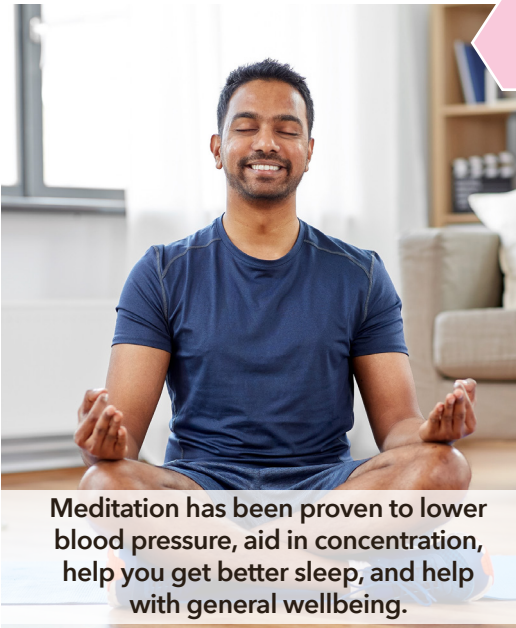
Ingredients

- 6 cups frozen mixed berries
- 1/2 cup white sugar
- 1 1/2 teaspoons finely grated orange zest
- 1/4 cup orange juice
- 2 tablespoons cornstarch
- 2 tablespoons water

Recipe courtesy allrecipes.com



MEDITATE to Help Winter Blues



Meditation has been proven to lower blood pressure, aid in concentration, help you get better sleep, and help with general wellbeing.

One great way to help fend off the blues is with meditation. Meditation doesn't need to involve complicated chants or rituals, but can be as simple as setting a timer for five minutes, closing your eyes, and paying attention to your breath.

Find a comfortable spot to sit upright and keep your back straight, with your legs crossed if possible. Rest your hands on your knees, palms up. Close your eyes and breathe in for a count of four; hold

it for a count of four; release for a count of four; and hold for a count of four. Repeat.

You can also just breathe in and out like you normally do, and concentrate on your breathing. Don't worry if it feels like your brain isn't "clear" or blank. You'll have all kinds of thoughts pass through, and the trick is to take note and let them pass.

That's all there is to it. Whatever your preference, try adding it to your routine and see how it benefits you.

The GOLDEN Years in Business

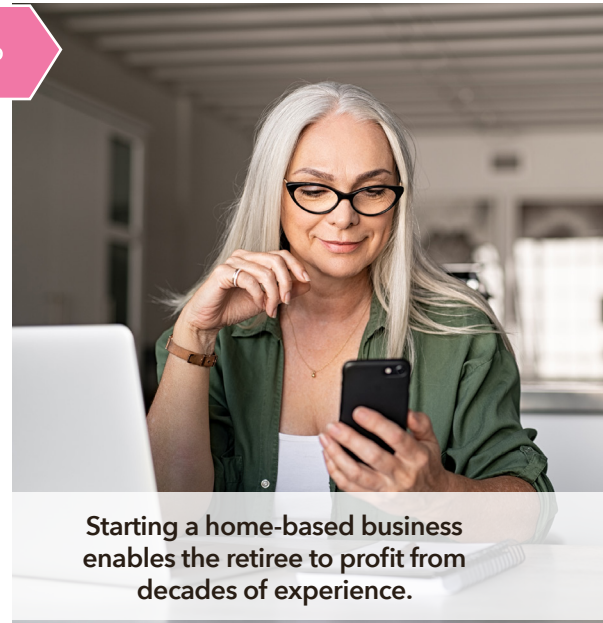


There is a growing trend of retired Americans choosing to keep working. In March of this year, the second annual Small Business Survey revealed 65% of more than 5,000 Americans polled said they envision opening a business when they retire. People are living longer and more than ever before are choosing to start a business to stay active.

Any service that consumers and companies will pay for can be turned into a business. Among them are ac-

counting, bookkeeping, handyman, landscaping, pet care, and more. Nearly any hobby can be turned into a business. How about gardening? Baking? Photography? A musical instrument? Freelance writing?

Contact your former employers to offer your services. Access your network to find potential clients. At or near the top of the possibilities are consulting and coaching. Both can be performed at home and enhanced by online tools.



Starting a home-based business enables the retiree to profit from decades of experience.



PREVENT Hacks into Home Security



Set up a free password manager to help you remember and access complicated passwords.

The latest home security gadgets are a far cry from the early days of simple motion detectors. The downside, of course, is the potential for hackers to access those cameras and find their way into our homes.

Consumer Reports offers tips to keep our home security cameras from being hacked. Keep your camera's firmware up to date. Some cameras automatically download and install these updates, while others require you to check for updates on your own.

Change your camera's password.

You should approach your security camera's password the same as your other devices, and use long and complex passwords without personally identifying information.

Set up two-factor authentication if possible. The company sends a one-time-use code via text, phone or email that you input in addition to your username and password when you log in. Even if a hacker cracks your password, they won't be able to access your camera unless they also gain access to your one time code.



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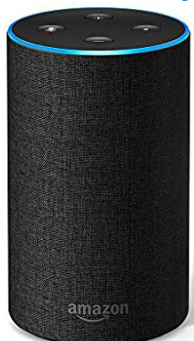
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