

HEALTHY, WEALTHY & WISE

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What **SURPRISES** are **LURKING** in Your Bedroom?

Yes, it is often easy to tell when it's time to clean the carpet in your family room, hallway or the main entrance to your house. You begin to see soil in the traffic areas, or there are those inevitable spots and spills. Despite your best efforts at vacuuming the carpet still looks soiled and you clearly know it needs to be cleaned. But what about the carpet in your bedrooms? Tracked in soils or spills aren't usually a major problem in bedrooms. This may lead you to think that bedroom carpets don't need cleaning as often as the rest of the house. **Think again.**

Your Bedroom is Dirtier than you Realize.

Your bedroom is the place where you sleep, dress and groom. The natural body oils, perspiration, dander, hair, particles from coughing and sneezing, residue from recently showering and the moisture it generates make the bedroom among the most heavily soiled carpets in

your home, even if they still look good. Of course, don't forget all of the sprays, lotions and potions we use when grooming. These can leave residue behind that is unhealthy itself but which also attracts dirt and germs.

It's no surprise that much of this "stuff" ends up in your carpet. And even though you can't see these soils, they

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are there. Need proof? Walk into your bedroom, master closet or dressing area and take a whiff. Chances are, you will notice a natural musky odor that is unique to that room.

The Surprises Lurking in Your Private Spaces

Discussing the most personal space in your home may make you feel a bit uncomfortable, but the fact is that you spend a huge portion of your day in that room. It should be the cleanest room in the house, if you want to be healthy. Let's consider two major bedroom problems: your carpet and your mattress.

Much of the body oil, sweat and dander you lose every day remains in your carpet and mattress. During the natural processes of oxidation and decay, these organic materials

break down and release gases that are the source of odors. Your bed sheets help protect your mattress, but some of the tiny dead skin cells and body oils, along with 8-12 ounces of perspiration adults lose each night, do make it through and end up in your mattress.

Another concern is dust mites. The highest population of dust mites in any house is in the bedroom. This is because the 3 things that a dust mite needs to survive are found there in abundance: food, moisture and warmth. Dust mites eat dead skin, they get all the moisture they need from bedroom humidity and perspiration, and they love the warmth your body leaves in the bed. All of this makes your bedroom the perfect breeding ground to raise happy, healthy dust mites.

Wake Up Refreshed

If you are one of the millions of Americans with allergies, dust mite droppings could be a major cause of your suffering. Dust mite feces, a major component of household dust, is one of the most potent allergic irritants known to medical science. This is especially true in bedrooms. If you really want your house to be clean and healthy, include occupied bedrooms in every carpet cleaning. For extra protection and potential relief from allergies have your mattress cleaned as well to remove these contaminants.

Do you go to bed breathing easy, but wake up congested and sneezy? You may find that detailed cleaning helps to alleviate your symptoms.

Contact **ServiceFirst Restoration** today for more tips, help or to schedule your next appointment.

The Good Life



Good Clean Funnies

Why wouldn't the shrimp share his treasure?

Because he was a little shellfish.

What do you call a cheese that's not yours?

Nacho cheese!

If a seagull flies over the sea, what flies over the bay?

A bagel!



EGG and Sausage Casserole

Directions

Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Preheat oven to 325°F. Lightly grease a 9x13 inch baking dish.

Line the bottom of the prepared baking dish with crescent roll dough and sprinkle with crumbled sausage. In a large bowl, mix beaten eggs, mozzarella, and Cheddar. Season the mixture with oregano, and pour over the sausage and crescent rolls.

Bake 25 to 30 minutes in the preheated oven, or until a knife inserted in the center comes out clean.

Recipe yields 12 servings.

Ingredients

- 1 pound pork sausage
- 1 (8 ounce) package refrigerated crescent roll dough
- 8 large eggs, beaten
- 2 cups shredded mozzarella cheese
- 2 cups shredded Cheddar cheese
- 1 teaspoon dried oregano

Recipe courtesy allrecipes.com



Reducing the number of people who are sick with flu can help save medical resources needed for the care of COVID-19 patients.



Why It's SO Important to Get a FLU Shot

It's now, more than ever, crucial to make sure you get your flu vaccine!

Flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States yearly. This year, because of the COVID-19 pandemic, it is more important than ever to get a flu vaccine to protect yourself, your family and your community from flu and its potentially serious consequences.

Both flu and COVID-19 are respiratory illnesses that are thought to spread mainly by droplets when people who are infected cough, sneeze, or talk. Both flu and COVID-19 can be spread to others before infected people know they are sick.

While what will happen this winter is uncertain, the CDC is preparing for flu and COVID-19 to spread at the same time. Besides making people sick, this could result in a dangerous public health situation because both diseases can cause serious illness that might require hospitalization. Getting a flu vaccine provides the best protection against flu and is particularly important this year. Flu vaccines help reduce the risk of developing potentially serious flu complications. This is especially important for people with certain long-term health conditions like diabetes, asthma and heart disease. Flu vaccines are also important for people who are 65 years or older who are more likely to get very sick from flu.

TIPS for the Best TRAVEL Rewards Cards



TIP 1: Ditch annual fees

To help get more bang for your buck, choose a card that doesn't have an annual fee. Some cards can charge an annual fee of more than \$100. Do yourself a favor, avoid an annual fee and treat yourself to room service!

It's an extra bonus if you can find a card that also doesn't charge a foreign currency conversion fee. This is a great feature for those who like to travel abroad.

TIP 2: Get rewarded for everyday spending

Look for a card that has the traveler in mind and one where virtually every swipe or tap of your card gets you closer to earning reward nights. Even

though you may not be traveling right now, just a trip to the grocery store and other everyday purchases can help you get closer to earning reward nights for your next trip.

TIP 3: Prioritize flexibility

Find a card that gives you options! Oftentimes people will sign up with one specific travel partner, such as a hotel, airline, or rental car chain. This limits the scope of your vacation if that partner isn't located in your favorite beach town or if you'd rather stay in a lake house, cabin or villa. Select a card that gives you the freedom to stay your way, meaning you won't have to book at the same place every time.



Planning your next vacation may not be at the top of your to-do list right now, but to maximize your future travel perks, you must start with a great rewards credit card.



Holiday Traditions REINVENTED

Maintain traditions in new, safe ways -

Traditions bring comfort and hope, so rather than forgoing beloved activities, get creative instead. Plan a car caravan to look at holiday lights and have everyone keep a scorecard of favorite houses including winners for most creative, brightest, funniest, and overall best. Set up a video chat and bake favorite holiday treats in real time from afar. Relatives can virtually tuck kids into bed by reading classic holiday books through a free digital video platform. These activities are safer to enjoy and will create meaningful memories to make the season special.

Plan a virtual gift exchange - To enjoy the holidays safely, consider a virtual gift exchange with friends or family. Drop off or

mail gifts and plan a time for everyone to video chat and open presents together. Get dressed in your favorite holiday attire to make the event feel special, whether that's festive formal wear or ugly sweaters and sweats. Then, take turns opening gifts and feel the joy.

Give gifts with meaning - Rather than a traditional present, consider alternative gifts that show you care. Do you have a talent that would benefit others, such as tutoring a friend's child who is studying remotely? You could drop off a meal for a senior who's homebound, donate a snack basket for hard-working delivery personnel, or even make a donation in the recipient's name to a charity close to that person's heart.

Uncertainty has continued into the 2020 holiday season, but fortunately by thinking outside the box, you can stay healthy, stretch funds, and create merry moments.





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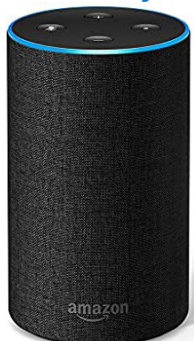
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