

HEALTHY, WEALTHY & WISE

NOVEMBER 2021

Published exclusively for clients of ServiceFirst Restoration



Don't Let WATER DAMAGE Ruin Your HOLIDAYS

1 in 4 families will experience some type of property damage from plumbing failures and accidents in the next 10 years. Such damage can come from defective plumbing, frozen pipes, malfunctioning appliances or accidentally leaving the water running.

One way or another chances are good that you or someone you know will be living with the pain of water damage in the not-too-distant future. Such water damage can leave you with a messy carpet, moldy furniture and more if you are not prepared.

Regardless of where the water originates, water intrusion can cause significant property damage, so it is important to act fast to minimize the damage. When you

call a reputable cleaning company after a flood they will take 3 major factors into consideration to develop the appropriate cleaning plan:

An experienced cleaning company will look at the amount of damage, considering how much of the structure has been damaged. This is determined during a detailed inspection by a professional restoration technician because water migrates to inaccessible areas within

See "HOLIDAYS" on next page



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the structure, requiring specialized knowledge and equipment to find out where the water is. Failure to locate hidden pockets of moisture can lead to further structural damage and the potential for lingering odors and mold growth.

A good company will consider the level of contamination, that is where the water came from, how it might be contaminated and how long it sat.

Category 1- Clean water comes from a source such as a broken water pipe, water heater or a sink overflow.

Category 2- Unsanitary water contains a significant amount of contamination such as soil, household chemicals, or organic material that can provide nourishment for bacteria and fungi. Sources include washing machine or dishwasher overflow, fish tanks, etc.

Category 3- Grossly unsanitary water contains contamination that can

cause disease. The most common source of Category 3 water is backflow from sewer or septic systems, or any water that passes over the ground due to fungi, bacteria, animal waste, pesticides, fertilizers and other potential contaminants.

A reputable company will also look at the depth of penetration, considering how deep water has penetrated into structural materials. Depth of penetration depends on the permeance of affected materials and the length of time the water remained in contact with those materials. Permeance is the ability of water to absorb into or pass through a material.

Drywall is highly permeable, absorbing water easily, while hardwood floors are low-permeance (minimally absorbent). The permeance factor, exposure time and level of contamination in the water, determines what materials can be saved. For example, if drywall is saturated only for a short

time and with clean water, it can usually be saved.

However, if drywall is saturated with water from a sewage backflow, it should be removed and replaced. There are different requirements for various materials and the different levels of contamination.

If you consider all of the materials in your home as well as your furnishings, it's easy to see why water intrusion means that you should call in experts at assessing the damage and tailoring a restoration program to your unique situation. You need technicians who are trained to minimize the damage and protect the health and safety of your family and who will act quickly and efficiently to get your home or business dry and clean, so you can get back to normal quickly.

Call **ServiceFirst Restoration** today to schedule a visit or for more information. Don't let water damage ruin your holiday season.

The Good Life



Good Clean Funnies

Why can't your nose be 12 inches long?

Because then it would be a foot.

Why is a football stadium always cool?

It is full of fans.

Why did the computer go to the dentist?

It had a blue tooth.



This was made from Thanksgiving leftovers, and ingredients in my pantry. It's a family favorite and a hit at Pot Lucks.

TURKEY Potato Casserole

Directions

Preheat the oven to 350 degrees F.

Place turkey in an even layer on the bottom of a 9 x 13 inch baking dish. Top with a layer of onion and a layer of green beans so that the turkey is no longer visible.

Pour the condensed soup over the onion layer, then sprinkle with shredded cheese. Stir together the cubed cheese and mashed potatoes; spoon over the top of the casserole, and spread to cover.

Bake for 30 to 40 minutes in the preheated oven, until heated through.

NOTE FROM THE CHEF:

After a holiday meal, half the work is done because you usually have the mashed potatoes and turkey. When made from scratch, you can substitute chicken for the turkey.

Recipe courtesy allrecipes.com

Teaching KIDS to COOK Leads to Lifelong Rewards



The key to helping build your child's interest in cooking is to start young and be consistent.

If you want to help your kids learn to eat well, teach them to cook. According to the Academy of Nutrition and Dietetics, cooking helps kids build their math, science, literacy and fine motor skills with hands-on learning.

Children can develop an interest in helping in the kitchen around 18 months – clear away any hazards (sharp utensils, heavy or hot items, cleaning products and trip hazards) and let them help with washing vegetables, stirring room-temperature ingredients, sprinkling flour and decorations or spooning ingredients into bowls. Toddlers also have a blast just watching you work, so consider setting up a safe place for them to watch you in action.

3 to 5-year-olds will develop greater dexterity and desire for independence. Let them roll out dough with a rolling pin, cut soft ingredi-

ents (soft fruits or vegetables) with a plastic knife, tear lettuce for salads or snap stems from string beans.

5 to 7-year-olds can be ready to take on basic knife skills, or they can use kid-sized scissors to snip herbs. Measuring is a great way to practice math. They can also help set the table and clean up after meals.

8 to 11-year-olds are ready for more complex tasks, like planning meals and following simple recipes that gradually build their cooking skills. They might also be ready to use a stove and smaller appliances like a stand mixer or food processor (with supervision, of course).

Above all, learning to cook should be fun, not stressful. Relax, include your children and enjoy watching them bloom into curious, independent chefs.

Home Inspection is NOT Just for Home BUYERS

It's easy to put off checking with your doctor about little aches and pains that could lead to something serious. It's just as easy to put off maintenance that could help avoid a serious repair problem at your home. Even worse, a problem could be developing that you don't know about.

That's one reason home inspection companies recommend getting an inspection even when you aren't planning to sell your home. Security Home Inspections in Indianapolis explains why:

Each year, the average home handles 145,000 gallons of sewage, uses 22,000 kilowatt hours of electricity, sheds 45,000 gallons of rain off its roof and uses 65,000 cubic feet of gas.

The home holds 9,000 pounds of furniture on average. The furnace turns on

3,800 times per year and the water heater 3,600 times.

Whether your home is new or if you've lived in it for a long time, a structural and mechanical inspection should be considered. It's the same inspection a home buyer would get. Last year, Security Home Inspections found gas leaks in almost 500 homes.

You might consider a partial inspection if you want to track down a mystery in your house, such as a new crack in a wall, a leak, an odor or a noise. Sometimes, just figuring out who to call for repairs is half the battle.

Because licensed inspectors offer an objective, independent view, the inspector's report improves decision-making.



In one way, home repair contractors are a little like doctors who are known to say, "If only you had come to me sooner..."

A Little FAT Makes Veggies More NUTRITIOUS & Prevents Cancer



Having corn on the cob with dinner? Adding a little butter will enhance your nutrient absorption. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Researchers at Ohio State University Comprehensive Cancer Center in Columbus checked for nutrients that were especially important for cancer prevention. Some of affected nutrients:

Lutein and zeaxanthin, found in spinach and kale, are important for eye and heart health.

Lycopene, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter.

Alpha and beta carotene, the orange pigment in carrots and cantaloupe, help to reduce cancer rates.

Vitamin E, found in mango, broccoli and spinach, is a powerful antioxidant that neutralizes free radicals that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of lutein was 18 times greater than without the fatty avocado. Absorption of lycopene increased by 4.4 times. Beta carotene absorption increased 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.

Many of the healthful compounds in vegetables are fat-soluble. That means your body can't easily absorb them unless fat is present at the same time.



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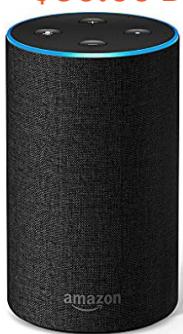
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