

HEALTHY, WEALTHY & WISE

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Preparing for a FLOOD



An emergency can happen at any moment, and every community in the U.S. must be ready to respond. A pandemic, tornadoes, severe storms, floods, wildfires, and earthquakes often strike with little or no warning. The costs—both economic and human—can be dear.

Keep yourself and your loved ones safe by planning ahead.

Are you in a flash-flood prone area? Contact the local county planning department to find out if your home is located in a flash-flood-prone area or landslide-prone area.

Make a communication plan and a disaster plan for your family.

Plan and practice a flood evacuation route with your family. Ask an out-of-state relative or friend to be the

“family contact” in case your family is separated during a flood. Make sure everyone in your family knows the name, address, and phone number of this contact person.

Stay informed. Learn about your community’s emergency plans, warning signals, evacuation routes, and locations of emergency shelters.

Inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability.

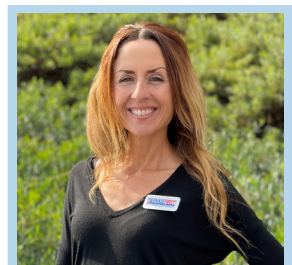
See “Preparing for a FLOOD” on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS



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Get your home ready for a flood.

Be prepared to turn off electrical power when there is standing water, fallen power lines, or before you evacuate. Turn off gas and water supplies before you evacuate. Secure structurally unstable building materials.

Buy a fire extinguisher. Make sure your family knows where it is and how to use it.

Buy and install sump pumps with back-up power.

Have a licensed electrician raise electric components (switches, sockets, circuit breakers and wiring) at least 12" above your home's projected flood elevation.

For drains, toilets, and other sewer connections, install backflow valves or plugs to prevent floodwaters from entering.

Anchor fuel tanks which can contaminate your basement if torn free.

If you are under a flood watch or warning:

Gather the emergency supplies you previously stocked in your home and stay tuned to local radio or television station for updates.

The Good Life



Good Clean Funnies

Why was the broom late?

It overswept.

What do you call a flower that runs on electricity?

A power plant!

What do you call a sleeping bull?

A bulldozer!

Turn off all utilities at the main power switch and close the main gas valve if you are told to evacuate.

Have your immunization records handy in case of a puncture wound.

Store at least 1 gallon of water per day per person and pet. Store at least a 3-day supply.

Bring outdoor lawn furniture, grills and trash cans inside or tie them down securely.

Create an emergency supply kit.

Be sure to include the following supplies in your kit:

Food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc., rubber boots, sturdy shoes, and waterproof gloves, insect repellent containing DEET or Picaridin, screens, or long-sleeved and long-legged clothing for protection from mosquitoes.

Prepare a food and water supply.

Make sure you and your family have enough safe food and water (for drinking, cooking, bathing, etc.) available in the event of a flood.

Prepare to evacuate.

Never ignore an evacuation order.

Even if you haven't been ordered to evacuate yet, be prepared when a flood watch is issued.

If you are ordered to evacuate:

Take only essential items with you.

If you have time, turn off the gas, electricity, and water. Disconnect appliances.

Follow the designated evacuation routes and expect heavy traffic. Do not attempt to drive or walk across creeks or flooded roads.

If you are NOT ordered to evacuate:

Monitor the radio or television for weather updates.

Prepare to evacuate to a shelter or to a neighbor's home if your home is damaged, or if you are instructed to do so by emergency personnel.

For more information or questions, call **ServiceFirst Restoration**. We are always happy to help!



Easy FRIED Cabbage

Directions

Heat grape seed oil in a large cast iron skillet over medium heat. Add onions and cook until softened, about 3 minutes. Add garlic, stir, and cook until fragrant, 1 to 2 minutes. Season with 1 teaspoon Cajun seasoning and stir to combine.

Mix in red and green bell peppers; cook for 1 to 2 minutes. Add cabbage, remaining 1 teaspoon Cajun seasoning, and stir to combine. Add butter and stir until melted. Simmer cabbage until it reaches desired softness, about 15 minutes. Season with salt and pepper.

Ingredients

- 2 tablespoons grape seed oil
- 1 medium yellow onion, chopped
- 3 cloves garlic, chopped
- 2 teaspoons Cajun seasoning, or to taste, divided
- 1/2 red bell pepper, sliced
- 1/2 medium green bell pepper, sliced
- 1 tablespoon butter, or more to taste (Optional)

Salt and ground black pepper to taste

Recipe courtesy allrecipes.com

How to SAFELY Dispose of Old Medications



What can you do to dispose of medications properly and help prevent these potent chemicals from polluting the environment?

Here are practical do's and don'ts to follow when discarding old medications or other household drugs:

DO: Make it a habit to regularly inventory your medications and remove expired, unwanted and unneeded ones for disposal.

DON'T: Keep prescriptions you are no longer advised to take by your doctor. This can be unsafe and increases risks for accidental ingestion or potential substance misuse.

DO: Use one of these safe disposal methods for discarding unused medications in your home:

✓ Use the Detera Drug Deactivation and Disposal System, a safe medication disposal

pouch that can be used at home. Easily available on Amazon, and in their online store, Detera's proprietary activated carbon renders drugs inert and harmless, and its plant-based packaging and non-toxic ingredients prevent harmful chemicals from entering landfills and water supplies.

✓ Find a drug take-back program in your community. Be sure to ask what types of medications the program will accept, as some will not take liquids.

DON'T: Flush medications down the toilet, down the drain or throw them in the trash. While some say flushing pills or mixing meds with coffee grounds or kitty litter to make them unappealing to potential poachers, these methods don't render active chemicals inert and allow harmful ingredients to seep into the water and soil after being discarded.

Wastewater treatment plants are neither designed nor equipped to fully remove pharmaceuticals, which is how these substances end up in ground and surface water.

4 Ways to Protect Yourself from Phone SCAMS



Have you received a call from a number you think you should know or recognize? Always remember, phone scams are only successful if a potential target answers the call so the scammer can initiate a conversation.

Scammers have gotten more aggressive since the pandemic. Every week, on average, there are 425 million scam calls attempted.

Here are four ways you can protect yourself from potential scam calls.

1. Do not answer unless you recognize the caller

The easiest way to protect yourself from scammers is to not answer or respond.

If it's really important, maybe a call from your bank, they'll usually leave a message with a call-back number. Confirm the number on a company's website before calling back.

2. Never confirm or share information

Scammers are after your personal information, so if you do pick up a call or read a text from an unfamiliar number, do not confirm or share any sensitive, personal information over the phone. Even something as simple as confirming your name can leave you vulnerable to scammers.

3. Add your phone to the Do Not Call list

The National Do Not Call Registry is a database that stops unwanted calls. While it won't stop all calls from real companies, it does let telemarketers know that your number is off-limits and makes scammers easier to spot.

4. Use scam call-protection services

There are several apps and services that can help cut down the number of unwanted calls and texts you receive. Several phone carriers now offer call-blocking services to their customers to help protect them from scams.



While everyone can be susceptible to phone scams, Latinos and other people of color have become one of the largest targets for internet, phone and text scams.



Your Weekend, Your TIME: Shake the Sunday BLUES

Do you sometimes find yourself feeling anxious as your weekend draws to a close each Sunday?

Recent stats indicate 81% of workers have experienced the "Sunday scaries" in anticipation of the work week. Still, it's important to fend off those encroaching feelings and preserve your Sunday, since weekends are intended to help people relax, rejuvenate and enjoy time with family and friends.

In that spirit, here are **FIVE** suggestions to help energize your Sunday.

Be intentional about weekend plans.

Plan ahead so you spend your weekend doing what you really need or want to do - whether that involves resting, having adventures, spending quality time with family or completing projects - instead of simply waiting for things to unfold.

Incorporate activities you love. Spend part of your weekend doing something you enjoy, instead of things you feel you have to do - social obligations, errands, chores, volunteer commitments, etc. - that you never have time for the things that give you pleasure.

Maintain a cheerful environment. Instead of winding down your weekend in a space that's cluttered, dark and stuffy, make sure your physical living area is neat, clean, well-lit and boosts your energy.

Disconnect from your phone and computer. Keep thoughts of work from encroaching on your weekend psyche by unplugging from your screens until Monday morning.

Prioritize sleep and eating habits. Following healthy habits can enhance your general sense of well-being and set you up well for the start of your work week.



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Why ServiceFirst?

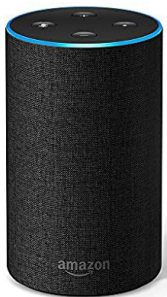
- One-Stop-Shop
- 24/7 Availability
- Same Day Attention
- Free Evaluations
- Mitigation Focused
- Financing Available

Referral Rewards

DID YOU KNOW?

Win An amazon echo

Take home an Amazon Echo, plus a **\$50.00 DONATION** to your favorite charity.



Winners announced every month!

Congratulations to our recent winners:

Paige Sofka-Fields - Powerstone Property Management

Jerome Timmons - Conrey Insurance

You can track your projects through your *website portal!*

- 24/7 access to job status
- Real time, notes and photos
- Fewer emails and phone calls
- Increased transparency and certainty

Ask your account manager for details.

Filing an Insurance Claim

With ServiceFirst, you will not pay a **PENNY** over your deductible on covered claim items!