

HEALTHY, WEALTHY & WISE

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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

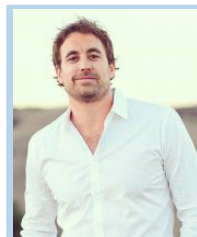
call a reputable cleaning company after a flood they will take 3 major factors into consideration to develop the appropriate cleaning plan:

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

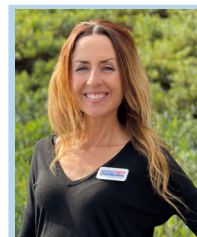
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the structure, requiring specialized knowledge and equipment to find out where the water is. Failure to locate hidden pockets of moisture can lead to further structural damage and the potential for lingering odors and mold growth.

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

What do you call a flower that runs on electricity?
A power plant!

Why can't a cheetah play hide and seek?
Because he's always spotted!

Why is dark spelled with a K and not a C?
Because you can't see in the dark.



Repurpose Thanksgiving leftovers into a great football snack!

Leftover TURKEY Thanksgiving Nachos

Directions

Preheat oven to 400° F. Line a baking sheet with aluminum foil.

Melt butter in a skillet over medium heat; cook and stir shallots in the hot butter until softened, about 2 minutes. Stir jalapeno peppers into shallots and cook until fragrant, about 2 more minutes. Stir cranberry jelly into the shallots and peppers until melted.

Mix shredded turkey with jalapeno-cranberry jelly mixture in a bowl until thoroughly combined. Arrange tortilla chips on the prepared baking sheet and fill each chip with 1 tablespoon turkey mix. Top each chip with 1/2 teaspoon of white Cheddar cheese.

Bake in the preheated oven until the cheese topping is melted and the chips are golden, about 10 minutes.

Ingredients

- 2 tablespoons butter
- 1/2 cup sliced shallots
- 10 slices jarred jalapeno peppers, chopped - or more to taste
- 1/2 cup cranberry jelly
- 2 cups shredded cooked turkey
- 1/2 cup shredded white Cheddar cheese
- 48 scoop-style tortilla chips (such as Tostitos® Scoops®)

Recipe courtesy allrecipes.com

Serves 12-16.



Feeling Down About Thin or Shedding HAIR?

If you're experiencing thinning hair or hair loss, it's important to know you're not alone.

It's normal to shed between 50 and 100 hairs a day. You may temporarily shed more than this due to stressors such as giving birth, losing a significant amount of weight, or recovering from an illness or operation. As your body readjusts, shedding should go back to normal levels.

Hair loss occurs when the hair stops growing - this can be caused by treatments like chemotherapy or hereditary hair loss.

Nourish from the inside: Look at your diet. Protein is important, so stock up on lean meats, Greek yogurt, beans, nut butters, avocado, peas, quinoa and chia seeds.

Boost vitamin intake: Supplements can make a big difference for hair health.

Wash every other day: A dirty scalp can be itchy, leaving hair dry and brittle. Washing every other day is the ideal frequency to promote hair health.

Mind wet hair: Remember, wet hair is weaker, so detangle before you shower rather than after.

Cut heat: When possible, cut down on using heat styling tools or turn the heat down to the lowest effective setting. Explore alternatives that don't use heat, such as rollers.

Go loose: That slick ponytail or braid can damage your hair if worn on a regular basis. These styles pull at the roots and cause breakage mid-strand.

Deep condition: On wash days, leave conditioner on your hair for 3-5 minutes before rinsing. Use this time to relax, meditate and destress.

Hair is an important part of your personal style and when a special event is approaching, such as a wedding or big birthday, it can help you look and feel your best.

4 TIPS To PROTECT your KIDS Online

1. Discuss the dangers of identity theft -

In 2021 more than 1.25 million children in the U.S. were victims of identity theft and fraud and over half involved children ages 9 and younger. Most won't know they are victims until they're adults and apply for a loan or credit card.

To reduce this risk, for younger children, emphasize the importance of keeping their full name, birthday, address and phone numbers private. Teenagers should never share their Social Security numbers or driver's license information.

2. Be mindful of what you and your family post on social media - Make your profiles private and restrict who can see your posts. Limit comment access to close friends and message requests to approved followers only. Never reveal your address or date of birth. Finally, disable location sharing on certain apps.

3. Review password security best practices

- Never use a password that contains personal information - like your birthday or a pet's name - or reuse passwords. Teach your children the importance of password protection and best practices for password security.

Use a password manager. This feature stores and manages your family's online accounts in one place and, more importantly, automatically chooses long, random and complex passwords that are difficult to crack. Never recycle passwords again!

4. Check parental controls - Parental controls are a powerful tool to give you peace of mind that your kids' online activity and behavior are in accordance with your family's preferences. Not only do they allow you to monitor your child's screen time and online activity, but you can also use parental controls to block and filter harmful sites.



With new digital learning devices and platforms your kids are experiencing in school now, comes the need for additional online safety tools and the ability to educate kids on safe online habits.



Benefits of COMMITTING to FAMILY Mealtime

Studies have shown time the lifelong benefits of family meals, like higher self-esteem in kids, better grades and even an increased consumption of healthier foods such as fruits and veggies. Family meals also give everyone an opportunity to share about their day.

Check out the tips below on how to maximize mealtime with your family:

1. Ease into it - Start by taking baby steps. If you set a goal to start eating one or two more meals together a week, even if it's just for 30 minutes, you will be more inclined to stick to it, and incorporate even more mealtime from there.

2. Get the family involved in meal prep - Make mealtime fun by getting the whole family to plan what recipe to make, go grocery shopping together and gather in

the kitchen to prepare the food. Kids will not only enjoy being involved in the process, but it will also help to increase the frequency of eating meals together and foster healthier eating habits.

3. Don't limit family time to dinner - While families tend to gather more often for dinnertime, it doesn't mean parents and kids can't join for breakfast, lunch or even a snack. Start the morning off right with a nutritious meal and keep them energized throughout the school day.

4. Switch up your meals - Tired of the same boring lunches or snacks, get the family excited by testing out new dishes every week. Get creative with your meals and switch them up by having breakfast for dinner. Or try whipping up a snack board dinner which would be perfect during a family movie night!



With the school year in full swing, it is challenging for families to find time in their busy schedules to spend quality time together. One easy way to create quality time is family meals at home.



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Need a HERO?

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Why ServiceFirst?

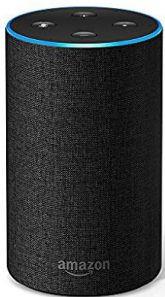
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- Mitigation Focused
- Financing Available

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