

HEALTHY, WEALTHY & WISE

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MOLD The SILENT Pest



Say the word “pests” and people think about common household varieties such as ants, roaches, and spiders or even mice and rats. But did you know that molds are also considered pests? That’s right. Pests are generally defined as undesirable organisms that are detrimental to humans or human concerns.

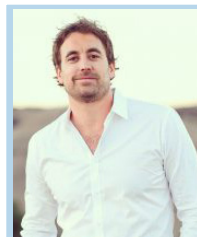
Some molds produce gases called mycotoxins that can cause sickness and allergic reactions in humans. There are molds, such as wood-destroying fungi, that cause property damage. Children 2 years and younger are especially susceptible to mold-related illness. Serious complications can result from prolonged exposure. So it is good to know a few things about mold so you can avoid having a problem in your home.

Molds are fungi that feed on nonliving organic matter. In nature, mold and other fungi are responsible for breaking down dead leaves, plant material and wood. Mold derives energy from these materials by secreting enzymes that break them down into simpler compounds that the mold can absorb. This decomposition is a necessary part of Earth’s ecosystem.

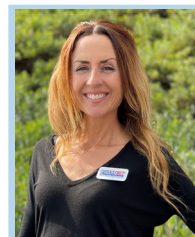
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Molds are ubiquitous; they are found everywhere. Some species of mold can survive in sub-freezing temperatures, while others will thrive in extremely high temperatures of the desert, gaining what little moisture is available from the air. Some molds can even grow on diesel fuel and other chemicals like anti-freeze.

The two most common molds found in indoor living environments are Aspergillus and Penicillium. Given a food source, suitable temperature and elevated moisture or humidity, these molds can begin to grow and flourish on many surfaces within a home.

Molds travel from one location to another by releasing microscopic, seed-like spores which can remain dormant for a very long time. When conditions are right, spores begin to grow into an active and growing mold colony.

Stachybotrys is another mold, often referred to as "toxic black mold", which has gotten massive media attention. Stachybotrys is a sticky, slimy mold that grows on surfaces such as drywall, wood, and even paper on insulation.

While Aspergillus and Penicillium can begin to grow in only a couple of days, Stachybotrys needs at least 7-12 days of constant moisture, warm temperatures around 70-80 degrees and minimal air movement.

Therefore, you are most likely to encounter it in your home if you have an ongoing water intrusion from plumbing, foundation problems, roof or window leaks, etc. Note that you may not see it because it tends to flourish in dark, undisturbed areas.

Since Stachybotrys is a sticky, slimy mold, the spores rarely become airborne. However, it may

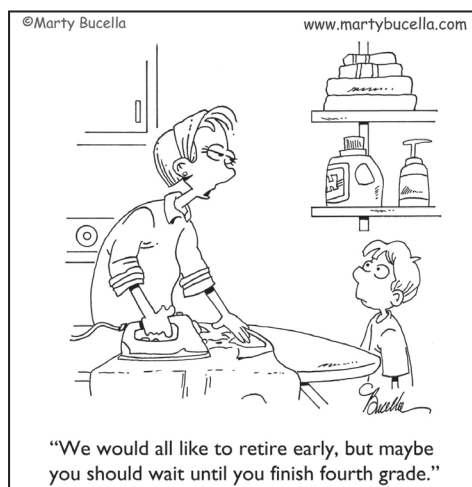
begin to release spores if it begins to dry out. It can also release mycotoxins into the air as a defense mechanism against other fungi.

Spores and mycotoxins can be transported into the breathable air of the home and create symptoms such as cough, headaches, asthma, rhinitis and other allergic reactions. In some cases, infants or others with underdeveloped or compromised immune systems can have serious, even life-threatening, pulmonary complications.

If you have any type of mold in your home or business, it must be removed as soon as possible. The visible presence of any mold is an indicator that there may be more unseen mold hiding elsewhere.

Because mold can be harmful, call **ServiceFirst Restoration** to identify the cause and develop a strategy to solve the problem and remove the mold.

The Good Life



Good Clean Funnies

How can you tell that a tree is a dogwood tree?
By its bark!

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

Why couldn't the pony sing in the choir?
Because she was a little horse!

What can you catch but not throw?
A cold.



Ingredients

- 1/3 cup low-fat sour cream
- 2 tablespoons mango chutney
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 1/4 teaspoon curry powder
- 4 cups chopped cooked turkey
- 1 cup diced red bell pepper
- 1 cup diced celery
- 1 cup pineapple chunks
- 1 cup chopped orange segments
- 1/2 cup of chopped green onion

TROPICAL Turkey Salad

Directions

For the dressing, blend sour cream, chutney, lemon juice, honey, and curry powder in a small bowl. Mix well, and refrigerate until ready to use.

In a large bowl, combine turkey, red pepper, celery, pineapple, orange segments, and green onion. Add dressing, and toss well to coat. Refrigerate for 1 hour before serving.

Prep Time: 20 minutes

Additional Time: 1 hour

Total Time: 1 hr 20 minutes

Servings: 12

Recipe courtesy allrecipes.com



The Best Place for Pets is with Their PEOPLE



BPT

Interacting with animals can decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Studies show that animals can also reduce loneliness, increase feelings of social support, and boost your mood.

Pets bring us joy in so many ways. But what if something changed and you weren't able to care for your pet properly, like an illness, injury or job loss? For many people, the idea of not having their pet in their life is heartbreaking.

Toni Kimble's story started when she found out her neighbor, Nicki, was undergoing medical treatment and was struggling to care for her dog and two cats. She did not have family nearby to help her. After speaking with Nicki's niece on the phone, Kimble offered to walk her dog, feed the cats and clean the litter boxes. This new routine brought her and her neighbor closer and they quickly became friends.

"Animals need care and it would have broken Nicki's heart to remove them from the home. She still loved her animals, and they loved her. She just needed a little help so they could stay together," said Kimble.

97% of pet owners in the U.S. consider their pet a family member. When those owners struggle to care for these pets, it's an opportunity to make a difference.

There are many ways you can take action to help keep pets with their people, including:

- Temporarily fostering a pet for a friend, neighbor or family member
- Donating pet food to a pantry
- Returning a lost cat or dog to their home
- Donating to the cost of veterinary care for a pet in your community.

"Individuals can make a big difference. No action is too big nor too small," said Kimble. "Knock on your neighbor's door and see if they need assistance. Your offer can make all the difference, and you build a better community."

Support Schools and YOUR Kids during Flu Season



Cold and flu season is upon us, but parents can take steps so kids can feel their best and don't have to miss school due to illness. Here are a few top tips to keep your kids safe and schools thriving during flu season.

1. Help Teachers - It is no surprise that teachers use their own money and resources when schools cannot meet classroom needs. When school starts, classrooms may be stocked with tissues, paper towels and supplies, but they run out quickly. Be proactive and show your teacher a little love by checking in to see how you can help refresh classroom supplies throughout the year.

2. Apply for free wipes for your school - Disinfecting supplies are great to use in the classroom. Lysol partners with Frontline Impact Project, which allows teachers who apply to receive free disinfecting supplies for their classroom. Learn more at FrontlineImpact.org/Request-Wipes.

3. Encourage healthy habits every day

- Through the pandemic, your family focused on healthy habits like washing their hands, covering their coughs and sneezes, and throwing out used tissues. Continue to remind your children that they still need to follow these best practices while in school.

4. Make handwashing a set routine - If your kids take the bus to and from school, they are exposed to a host of germs on public transportation. Encourage them to wash their hands as soon as they get to school. And, make handwashing with soap after school a house rule.

5. Disinfect surfaces around the house - To help prevent the spread of illness-causing germs in school and at home, clean and disinfect kids' backpacks and lunchboxes, as well as surfaces the kids touch after they return from school. Disinfecting wipes and spray are an easy way to disinfect school items and surfaces, keeping your family safe!

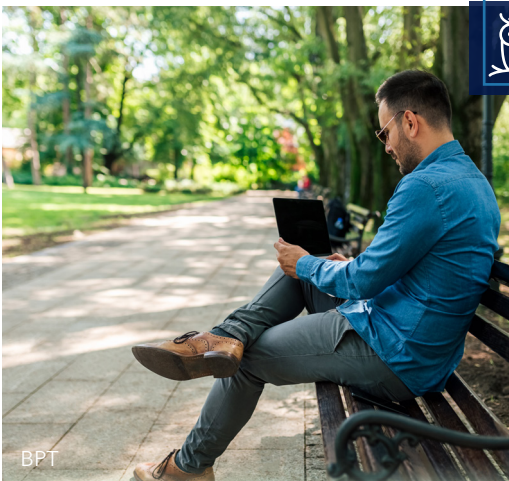


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Kids are enjoying their time in the classroom, learning and socializing in person again. While the focus is on making friends and growing their skills, they are also picking up a few less desirable things, like germs.



Disconnect from Work... Recharge and Avoid BURNOUT



BPT

Taking a vacation or starting a fitness or meditation routine, can help avoid burnout. While finding the energy to carve out some "me time" is challenging, the effort can make a difference in the long run.

If you feel like the stress of work is making it difficult to unwind, you are not alone. Most Americans experienced work-related stress leading to emotional and physical exhaustion.

1. Rethink the 9-to-5 grind - If you work from home, consider taking a break from your home office. Take your laptop to a park or set up on your deck or patio. If you must be in the office, take a break to disconnect and recharge.

For those who can work from anywhere, try a working vacation. Many hotels have adapted to remote working guests in appealing locations.

2. Plan regular weekend getaways - If you can't work remotely, plan weekend getaways throughout the year. Try to plan ahead of time. Just the act of planning a trip can help to alleviate stress and boost happiness.

3. Unplug - To reduce stress, anger, depression, and improve sleep, consider turning off

your phone, unplugging your TV and devices and treating yourself to a digital detox.

4. Think outside the box - Whether practicing yoga or indulging in a massage, these proven stress-reduction activities have resulted in companies adding wellness programs to ward off employee burnout.

Create a quiet space at home to practice a form of wellness, or turn to local outlets like yoga studios and spas.

5. Take the stress out of planning - Booking an all-inclusive resort is the best way to reduce the stress of planning a vacation. Most people feel mentally refreshed on vacation when they don't have to worry about leaving the resort during their stay.

No matter which of these five tips you take, invest in your well-being and don't let work become your whole life.





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Why ServiceFirst?

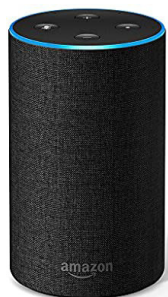
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