

HEALTHY, WEALTHY & WISE

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Kitchen Fire! Now WHAT?

The leading cause of house fires is cooking; grease fires, oven fires or simply leaving a pot unattended on a stove. Cooking is also the leading cause of fire injuries and is the second leading cause of fire deaths. Because cooking is such a routine part of our lives, it's easy to forget the high temperatures and dangers involved. Most of us can recall leaving something on the stove and being distracted.

If you ever find you have a fire in a pan, do not attempt to move it. Cut off the supply of air to the fire by putting a metal lid on top of it if possible, and turn off the burner. If the fire is in an oven, turn off the oven and leave it closed.

Of course, every kitchen needs a fire extinguisher. Be certain it's the right type. **Type A** fire

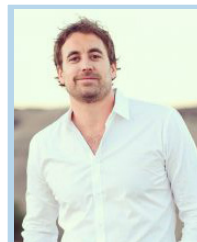
extinguishers are for fires involving combustible materials like paper, wood, cloth, rubber and most plastics. Never use a **Type A** extinguisher on a grease fire! An explosive reaction could result, causing the fire to spread.

Type B extinguishers are for flammable liquids like food grease, oil, solvents and gasoline.

See "Kitchen Fire!" on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS



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Type C extinguishers are for fires involving electrical equipment and components.

Type ABC multi-purpose fire extinguishers are designed to put out all three types of fire. Since they are the most versatile, it's probably the best choice for your kitchen. If you don't have a fire extinguisher, douse the fire with dry baking soda.

If you are not absolutely certain a fire is out, call 911 immediately. Waiting could have disastrous results.

Most of the time, if the fire is contained, damage to the structure is minimal. During a fire, hot gases and smoke penetrate into surfaces, making the resulting odors challenging to remove. Often there is a greasy, sooty residue left on surfaces that also causes odors that can range from fairly mild to quite severe.

The Good Life



Good Clean Funnies

What did the Dalmatian say after lunch?

That hit the spot.

What has ears but cannot hear?

A cornfield.

What do cakes and baseball teams have in common?

They both need a good batter.

Once the area has been ventilated, complete odor removal will follow this sequence:

Step 1: Remove the odor source- Remove as much as possible, all charred material from the house.

Step 2: Clean affected surfaces such as cabinets, walls, oven interiors, upholstery, carpets and just about anything else that has the potential to hold smoke, soot or grease residue. It's best to get professional help with this. Some residues can be removed dry, others require water-based cleaners, and still others require solvents for best results. Sometimes cleaning is all that is needed, but usually the odors have penetrated into surfaces.

Step 3: Recreate the conditions of odor penetration - The goal is to get the deodorizing agent to penetrate affected surfaces to neutralize the odors. This requires professional equipment and training. Some

of the tools create a deodorizing fog that penetrates cracks, crevices and other inaccessible areas. These vapors destroy, neutralize or encapsulate the odor causing molecules in porous materials.

In many cases, these three steps are all that is needed. Sometimes odors linger in certain areas like kitchen cabinets. That's when you need Step 4.

Step 4: Seal surfaces that do not respond. In those cases where all else fails, the surface can be sealed, preventing odors from escaping into the air. The type of sealer used will depend on the surface.

We hope this article will help you prevent a cooking fire in your home. But if the unthinkable happens, call **ServiceFirst Restoration**. We can help assess the damage, clean up the mess, eliminate the odors and get your home back to normal as quickly as possible.



This beef pot roast is lovely served with mashed potatoes. The real secret here is making sure you sear the meat before the long, slow braise.

SLOW Cooker Beef Pot Roast

Directions

Generously season both sides of roast with salt and pepper. Sprinkle top of roast with 1 tablespoon flour and pat onto meat. Shake off excess.

Heat vegetable oil in a large skillet over medium-high heat. Sear roast until well-browned, 5 to 6 minutes per side. Remove roast from the skillet and set aside.

Reduce heat to medium. Melt butter in the skillet; cook and stir mushrooms in butter until tender, 3 to 4 minutes. Stir in onion; cook until onions are translucent and brown, about 5 minutes. Add garlic; stir until fragrant, about 1 minute.

Stir in remaining 1 1/2 tablespoons flour; cook and stir for about 1 minute. Add tomato paste and cook for another minute. Slowly add chicken broth while stirring; return to a simmer. Remove the skillet from heat.

Place carrots and celery in the slow cooker. Place roast over vegetables and pour in any accumulated juices. Add thyme and rosemary. Pour onion and mushroom mixture over the top of roast.

Cover and cook on High for 5 to 6 hours.

Skim off any fat from surface and remove bones. Season with salt and pepper.

Serve hot and enjoy!

Recipe courtesy allrecipes.com

Ingredients

- 1 (5 pound) bone-in beef pot roast
- Salt and pepper to taste
- 2 1/2 tablespoons all-purpose flour, divided, or more as needed
- 2 tablespoons vegetable oil
- 1 tablespoon butter
- 8 ounces sliced mushrooms
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 2 1/2 cups chicken broth
- 3 medium carrots, cut into chunks
- 2 stalks celery, cut into chunks
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary

3 Ways to Enhance Your Day with a NUTRITIOUS Breakfast



We've all heard the saying, "Breakfast is the most important meal of the day," but do you know why? A nutritious breakfast can make a huge impact on your morning and the rest of your day.

Breakfast kick-starts the metabolism - What does "breakfast" mean? It essentially means to "break" your fast from the night before. When fasting, the body responds to prolonged periods of not eating by slowing down, decreasing its metabolic rate and burning fewer calories to conserve energy.

Having breakfast helps wake up the metabolism and gets your engine humming for the day ahead. Studies show that eating breakfast jump-starts the metabolism, which can help burn more calories between 8 a.m. and noon.

Breakfast is good for the brain - Breakfast helps wake up the brain so you can be your best. This is especially important for school-aged children.

According to the International Food Information Council, several studies suggest that

eating breakfast may improve children's memory, alertness, concentration, problem-solving skills and test scores. Adults who skip breakfast should take note, as they can gain the same brain-boosting benefits that may improve their job performance.

Of course, it can be easy to skip a morning meal when crunched for time. That's why it's important to keep nutritious breakfast bars on hand. Choose brands that are high on protein and low on sugars. Simply grab one on the way out the door for a successful morning.

Breakfast boosts your mood - Don't start the day off hangry. Skipping breakfast can make you grouchy and irritable, which can throw off your whole day. However, you can improve your mood with a good quality breakfast.

How to Shop PRE-OWNED Furniture Like a PRO

Why shop for pre-owned furniture?

According to the EPA, furniture accounts for 9.8 million tons of waste in landfills annually. By buying pre-owned, you prolong the lifespan of resources that have already been extracted from the earth.

Pre-owned shopping can give you access to unique and vintage finds you can't get elsewhere and is often much more affordable than buying new.

First, start with what you have: Sometimes a fresh coat of paint, new upholstery or modern hardware is all you need to completely transform a piece of furniture.

Determine your needs: If you still need new furniture, consider the size and style of the piece, as well as any specific features or details you're looking for.

Consider the materials: When shopping for

pre-owned furniture, consider how it's made. Avoid items that are harmful to the environment, like plastics or synthetics. Antique and vintage items tend to be higher quality, usually last longer, and add character to your home.

Don't discount the imperfect: Look for signs of wear, like scratches, dents or stains. Make sure the piece is sturdy and functional. Remember, minor imperfections can usually be fixed. Sometimes cleaning an item thoroughly can bring it back to life.

Stay open to negotiation: Don't be afraid to make an offer that fits within your budget. Ask about the backstory - where it was originally purchased and how long it was owned to make sure you're getting a fair price.

Get creative: You can paint or refinish a piece to give it new life or mix and match styles for a unique look.



If you're searching for new ways to make a positive impact on the planet, considered how you buy furniture. By opting for pre-owned or used furniture you can save money, plus it reduces waste, contributing to a more sustainable future.

Do's and Don'ts of PLAYING with Cats

DO create routines: Cats anticipate what will happen at certain times of day. Try giving your cat 15 minutes of undivided attention at the same time every day, focusing on your cat's cues. Pet your cat and speak in a calm voice. Remember, some cats prefer hearing just your voice as they sit nearby.

DO reinforce positive behavior: Praise good behavior with healthy treats and toys. For example, if they like to scratch furniture, redirect the behavior by giving them a toy or object that's acceptable to scratch.

DO provide mental stimulation: If your cat seems bored, rotate toys or introduce new activities weekly.

DON'T forget to encourage their instincts: Cats love exploring, making blanket forts or repurposing boxes can be great ways to

engage with them. Adding an old T-shirt or packaging paper in the box or blanket fort each week can help keep them entertained.

DON'T betray your cat's trust: Trust is vital to their sense of safety. Some social media trends prompt cat owners to seek reactions from cats as a means for entertainment, but this "teasing" could be damaging to the bonds your cat has with you.

DON'T overstimulate: Watch for signs of agitation: whipping their tail back and forth, biting, hissing or flattening their ears. If this happens, give them space. Avoid raising your voice or punishing your cat for being aggressive. This increases their stress in an already stressful situation - and could increase aggressive behavior.



Play is critical for pets' overall health and physical wellbeing. But, many cat lovers may not know there are positive and negative ways to engage cats in play.



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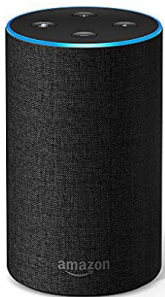
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