

HEALTHY, WEALTHY & WISE

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HUMIDITY

HUMIDITY EXPLAINED

Humidity. What is it? Basically, humidity is a measure of the amount of water vapor present in the air. Most people are familiar with the term, “relative humidity.” But do you know what it means and how it can affect your home and your health? What is the

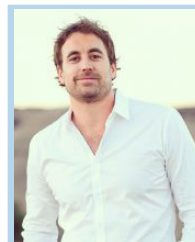
Often used by meteorologists, relative humidity (RH) is the amount of water vapor present in the air compared -or relative- to the amount of water vapor the air could hold. Relative humidity is expressed as a percentage and is determined by two factors; air temperature and the amount of water vapor present in the air.

For example, 57% RH means that the air contains 57% of the water vapor it *could* contain at *that* temperature. Warm air can hold more water vapor than cool air. So, 57% RH at 80°F is not the same as 57% RH at 60°F. Just as 57% full in a 5-gallon bucket is not the same as 57% full in a 2-gallon bucket.

See “HUMIDITY” on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS



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You should maintain 30-50% RH in your home for your comfort and health. If humidity is too low, your skin, eyes and hair will feel dry and uncomfortable. Materials like leather and wood will begin to dry out.

RH above 60% can aggravate some respiratory issues, cause damage to structural materials, and increase the potential for mold and other microbial growth.

Signs of high humidity are: a sticky or clammy feeling; wood floors that are "cupped"; sticking doors; condensation on windows, air conditioning vents or walls; musty odors and mold growth on interior surfaces and furnishings.

High humidity can be a sign that there is a leak in the structure, or problems with the air

conditioning and ventilation system, building envelope or foundation issues. Damp musty odors are an indication that there are moisture or humidity problems. Musty odors are more than a nuisance. They could be an indicator of wood rot, mold growth or other damage. Mold can also cause health problems.

Warm air can hold more water vapor than cool air. As high humidity air comes into contact with cold surfaces, condensation forms on the materials. Condensation is caused by high humidity, and can create a great deal of damage in a short time.

If you have a basement, sun room or unfinished area that is sometimes cooler than the rest of your house, temperature variations can lead to excessive

humidity, condensation, and all of the associated problems. In these areas it may be necessary to use a dehumidifier to control humidity.

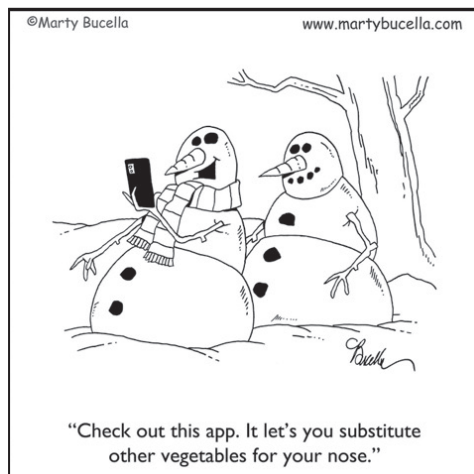
Remember, if the air is damp, so is the structure. Keeping indoor humidity under control is an important step toward making your home a healthy place to live.

High humidity can be a sign that something is wrong in your home; don't ignore it. It will cost you a lot more in the long run.

If you suspect any kind of water damage from a leak, condensation, poor construction or foundation issues, call **ServiceFirst Restoration** today.

We can identify moisture and humidity issues and help solve them before you end up with a much bigger problem.

The Good Life



Good Clean Funnies

Why are snails slow?

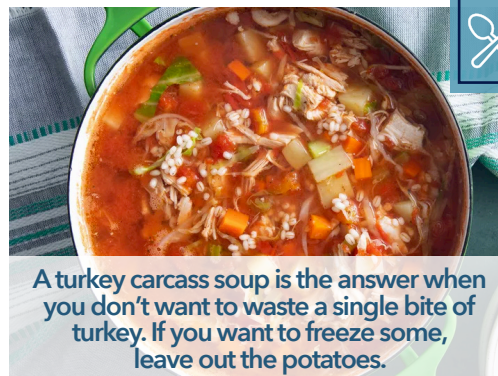
Because they're carrying their house on their back!

Why did the soccer player take so long to eat dinner?

He thought he couldn't use his hands!

Sandy's mom has four kids; North, West, East, and?

Sandy, of course!



A turkey carcass soup is the answer when you don't want to waste a single bite of turkey. If you want to freeze some, leave out the potatoes.

TURKEY Carcass Soup

Directions

Place turkey carcass into a large soup pot; pour in water and bring to a boil over medium heat. Reduce heat to a simmer, and cook until the remaining meat falls off the bones, about 1 hour.

Remove turkey carcass from the pot. Remove and chop any remaining turkey meat. Discard carcass.

Strain broth through a fine mesh strainer into a clean soup pot. Add chopped turkey to the strained broth and bring to a boil.

Reduce heat and stir in tomatoes, potatoes, carrots, onion, celery, cabbage, barley, Worcestershire sauce, salt, parsley, basil, bay leaf, pepper, paprika, poultry seasoning, and thyme. Simmer until vegetables are tender, about 1 more hour.

Remove bay leaf before serving.

Prep Time: 45 mins

Cook Time: 2 hrs

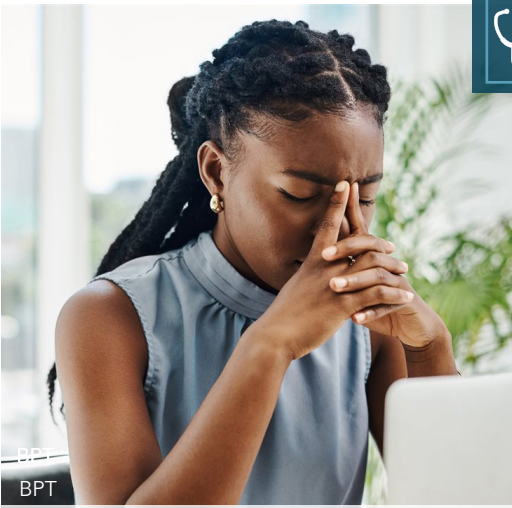
Total Time: 2 hrs 45 mins

Recipe courtesy allrecipes.com

- Ingredients**
- 1 turkey carcass
 - 4 quarts water
 - 1 (28 ounce) can whole peeled tomatoes, chopped
 - 6 small potatoes, diced
 - 4 large carrots, diced
 - 1 large onion, diced
 - 2 stalks celery, diced
 - 1 1/2 cups shredded cabbage
 - 1/2 cup uncooked barley
 - 1 tablespoon Worcestershire sauce
 - 1 1/2 teaspoons salt
 - 1 teaspoon dried parsley
 - 1 teaspoon dried basil
 - 1 large bayleaf
 - 1/4 teaspoon freshly cracked black pepper
 - 1/4 teaspoon ground paprika
 - 1/4 teaspoon poultry seasoning
 - 1 pinch dried thyme



Feeling BURNT OUT? Watch Out for These Symptoms



Burnout symptoms can be due to - or worsened by - excessive screen time (more than two hours consecutively each day).

While work burnout symptoms may lead you to seek a visit with your physician or consult a mental health professional, others may indicate a common source of discomfort in today's digital environment: **Your Eyes!**

Eyestrain can cause headaches, flashing, or sparkling lights and darkening of vision. Blurring and inability to focus can occur without proper lighting and posture, or if you're not taking enough breaks.

Dry eye, a medical condition in which someone doesn't create enough of a quality tear film to lubricate and nourish the eye, may be caused by viewing a screen for prolonged periods of time.

Neck and shoulder pain can result from tilting your head at odd angles because your glasses aren't designed for looking at a computer.

In addition to seeing your optometrist yearly, which is crucial, here are tips to safeguard your eyes:

The 20/20/20 rule. It's important to rest your eyes while using any device for long periods. For every 20 minutes on a digital device, look at something 20 feet away for 20 seconds. This gives your eyes a chance to refocus.

Blink! Blinking keeps the front surface of the eye moist, but it's common for people to blink less often when working on electronic devices.

Digital device distance. Your computer screen should be 15-20 degrees below eye level (about 4-5") as measured from the center of the screen, and 20 inches from your eyes. Make sure to use the zoom feature to read small print instead of bringing the device closer to you.

The right glasses for the job. You may benefit from wearing glasses specifically made for computer work.

The Holidays and BEYOND: 4 Uses for Strip and Rope Lights



1. Embrace the holidays - It's easy to light up your home for any holiday or special occasion by using strip or rope lights. You can easily highlight columns or pillars, porch railings, stairs or windows. Use rope lights for rounded surfaces and strip lighting on flat, even surfaces.

Pro tip: Measure the areas you want to decorate. Use string to simulate how you want to decorate winding or spiral areas, like columns, measure the string to determine the length of lighting you'll need. Today's lighting, such as EcoSmart rope (Home Depot's brand) and string lights, are both cuttable and linkable with LED lighting - making it better for the environment and your energy bills.

For outdoor applications, like your porch or patio, consider the Outdoor Dimmable Linkable Rope Light with Remote Control

making it easy to match your lighting to any holiday spirit.

2. For any occasion, lighting up your celebration with strip lights is an easy way to get the party started! The LED Strip Light with Remote Control makes it easy to decorate along the edges of windows, bookshelves, ceilings, doorways and more.

3. Level up your gaming space - Gamers, take note! You can create a dynamic backdrop that syncs with in-game actions or music, immersing you deeper into the gaming world.

4. Great lighting for any space or occasion - Have you ever thought about using lighting to enhance every room in your home? Now you can with strip and rope lighting. With their ease of use and energy efficient design, there's no limit to how you can elevate your space and enhance your mood.



As the days grow shorter, it's natural to start looking for new and exciting ways to light up the night, both indoors and out.



5 Ways to Preserve Your Family's RECIPES and HISTORY



Smell and flavor are powerful memory triggers. Just smelling a homecooked meal, especially one based on a family recipe, can conjure up fond memories.

New research found that family recipes bring a strong sense of connection for people, evoking feelings of **joy (48%), love (46%), nostalgia (35%) and satisfaction (24%).**

1. Learn about your history - By learning about your heritage, you'll gain insight into the recipes handed down within your family. You may even learn about your family's immigration story and how they adapted recipes with the available ingredients in their new home.

2. Organize recipe gatherings - At your next family get together, encourage everyone to bring their favorite recipes and share their cooking techniques. Document the recipes digitally or online. Add the history and significance of each dish. Label recipes with the names of family members who contributed to them and the date they were added.

3. Create recipe keepsakes - Once you've collected all existing recipes, create a family cookbook. Consider adding photos, stories and anecdotes to each page. If using recipe cards, make sure to laminate them using sheet protectors to guard against spills and stains. Consider digitizing the cookbook.

4. Record a video demonstration - Choose a few recipes and record yourself demonstrating how to prepare and cook all the ingredients. It helps preserve cooking techniques and nuances that may not be conveyed through written words alone. Save your recordings to a secure digital archive for future family members to access.

5. Create your own recipes - If you're a home chef, chances are you've adapted or created your own recipes. Don't be afraid to experiment and share them.





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Need a HERO?

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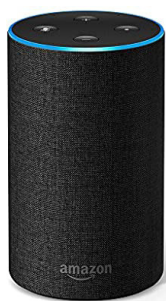
Why ServiceFirst?

ServiceFirst Restoration, Inc.
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One-Stop-Shop
24/7 Availability
Same Day Attention
Free Evaluations
Mitigation Focused
Financing Available

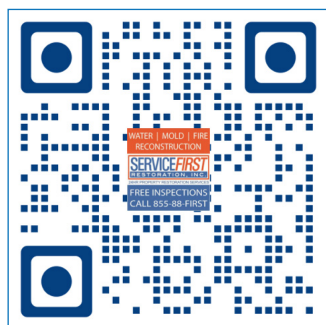
Referral Rewards

DID YOU KNOW?



Win An amazon echo

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



SCAN HERE
to see if you are
a **WINNER!**



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!