

THE BUZZ...News You Can Use

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School Is **NEVER** Out for the **TRUE** Restoration **PROFESSIONAL**

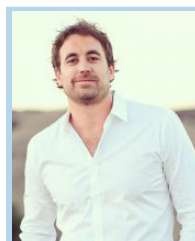


Even though our kids will be out of school for the summer in a few months, we are always aware of the importance of a good education. School doesn't just teach facts and figures. You learn skills that allow you to accomplish many basic tasks. Math, reading, problem-solving and learning to work with others are skills that most of us learned in school.

Perhaps the most important skill that school teaches us is how to learn. We learn to read, ask questions, test theories and discuss ideas as a means of expanding our knowledge. Imagine what would happen if a child was never taught these basic skills. It would be difficult to learn to drive, fill out a job application, read a menu, count money, use a computer or smart phone, travel abroad or shop without acquiring the skills you learn in school.

But learning doesn't stop when you graduate from high school or college. You still need to acquire specific skills and knowledge in your chosen field of endeavor in order to achieve excellence. That is when specialized training is needed. Can you imagine hiring a surgeon who only received on-the-job-training? What about an automobile mechanic who watched some online videos to learn how to fix your car?

See "School is NEVER Out" on next page



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School is NEVER Out... continued from page

Professions like cosmetology, plumbing, home building, childcare and many others require training, certification and in some cases, licensing. It should come as no surprise that training and certification are available for professional disaster restoration technicians, too. This training and certification come from an organization called the Institute of Inspection Cleaning and Restoration Certification or IICRC.

Unlike those other professions, however, training and certification are not legal requirements for water, fire and smoke restorers. That is why many professional restoration companies never invest the money and time in their employees to get this valuable training.

ServiceFirst Restoration technicians are different. We believe in the value of classroom learning in addition to our field training. In

the classroom, technicians learn to identify the different classes and categories of damage. This is important so that they select the proper techniques and equipment to restore the structure.

They learn about health and safety, basic building construction, psychrometry (the science of air, temperature, humidity and their effects on buildings and people) and more.

In a typical 2- or 3-day IICRC course, our technicians get practical hands-on demonstrations by a seasoned instructor with many years in the industry. This allows the students to reap the benefits of decades of experience without the risk of problems on the job.

There are separate courses for certification in each of several restoration categories including: basic water damage, health and

safety, fire and smoke restoration, mold remediation, odor removal, applied structural drying as well as commercial drying. Once the course is completed, our Technicians must pass a monitored 150- to 200-question exam to qualify for certification in that discipline.

But that is not the end of it. The IICRC requires ongoing education to maintain certification. So our Technicians keep learning even after they have achieved certification. This assures you, our valued clients, that we are up to date on the latest in the restoration industry.

As you can probably imagine, education is not free. It requires a significant investment of time and money to keep our team at the top of our profession. **Service-First Restoration** believes you, our clients, are worth it.

The Good Life



Good Clean Funnies

What type of snake ate all the desserts?

A pie-thon.

Why did the turkey join a band?

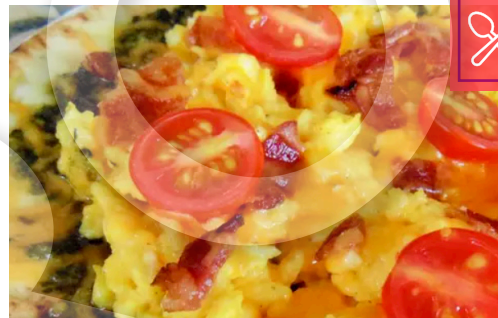
So she could use her drumsticks!

Why was the computer chilly?

It left a window open.

Who wears shoes while sleeping?

A horse.



All kinds of good stuff on pita bread!

Breakfast Pita PIZZA

Directions

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain on paper towels. Cook and stir onion in the same skillet until soft and translucent, about 5 minutes. Remove and set aside. Heat olive oil in the skillet. Pour in eggs and cook, stirring occasionally, until set, 3 to 5 minutes.

Place pita bread on lined baking sheet. Spread pesto over pita; top with bacon, scrambled eggs, tomato, mushrooms, and spinach. Sprinkle Cheddar cheese over toppings.

Bake in the preheated oven until cheese has melted, about 10 minutes. Serve garnished with avocado slices.

Prep Time: 25 mins

Cook Time: 30 mins

Total Time: 55 mins

Recipe courtesy allrecipes.com

Ingredients

- 4 slices of bacon
- 1/4 onion, chopped
- 2 tomatoes, chopped
- 2 tablespoons extra-virgin olive oil
- 4 eggs, beaten
- 2 tablespoons pesto
- 2 pita bread rounds
- 1/2 tomato, chopped
- 1/4 cup chopped fresh mushrooms
- 1/2 cup chopped spinach
- 1/2 cup shredded Cheddar cheese
- 1 avocado - peeled, pitted, and sliced

How to Recognize LONELINESS in SENIORS



The growing crisis has an outsized impact on older Americans.

Social isolation takes a toll on physical and mental health, leading to chronic disease and higher healthcare costs. Older adults are at higher risk of social isolation and loneliness due to changes in social connections that naturally come with aging, as well as hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

Health Impacts of Loneliness - Seniors grappling with loneliness are more likely to experience symptoms of depression and cognitive decline. They're also more likely to be admitted to a nursing home.

Loneliness can also lead to cardiovascular problems, including heart disease, stroke and high blood pressure. Social isolation also increases the risk of dementia by about 50%.

Signs to spot loneliness in seniors include: Changes in appetite; Anger, being more argumentative or disengaged in conversation; Withdrawal from social events; Less regimented personal hygiene; Bringing up people in their past who are not in their lives; Changes in their living situation, including friends or long-time neighbors moving away; New or worsening mobility issue; Differences in how often they are calling or emailing; Friends passing away.

Strategies to Combat Loneliness - Whether you are suffering from loneliness yourself or supporting a loved one,

Here are some strategies that can be used to help cope: Creating a regular schedule; Adopting a pet; Volunteering; A new hobby; Getting outdoors; Addressing transportation needs Consulting with a mental health professional; Staying on top of hearing issue; Considering a senior-specific living environment

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Do you know a senior? During the month of LOVE, make sure to stop and ask how they are doing. Remember, loneliness is a condition that doesn't show up on medical tests, yet it can be just as deadly as daily smoking.

Love Using CANDLES? 8 Safety Tips to "Candle with CONFIDENCE"



As Valentine's Day approaches, this is the perfect time to "Candle with Confidence." Here are tips to help everyone use candles safely:

1. Never leave a burning candle unattended, and make sure candles are not lit on or near anything that might catch fire. Always keep candles out of the reach of children and pets.

2. Before lighting your candle, trim the wick to 1/4 inch before every use, and be sure to place candles away from drafts, vents or air currents. If a candle continually flickers or smokes, it is not burning properly and should be extinguished.

3. Do not burn candles in glass containers that are not specifically designed for candles. Glass candle holders are specifically manufactured to withstand the temperature changes that occur when burning a candle.

4. Make votive cleaning easier. Add a few drops of water to the glass of votive holders before inserting the candle to make them easier to clean. Never use water to extinguish a candle.

5. Avoid placing candles where they will be directly exposed to sunlight or harsh indoor lighting. Candles may fade if they are left in bright light for an extended period of time.

6. Keep your candles in a cool, dark and dry place. Tapers or dinner candles should be stored flat to preventing warping.

7. Remove dust and fingerprints from a candle by gently rubbing the surface with a piece of nylon or a soft cloth that is dry or slightly dampened with water.

8. Remove wax drippings from candle holders by running hot water over them or place the candle holder in the freezer for an hour. This allows the wax to shrink and easily pop out when the candle holder is removed from the freezer.



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If you enjoy candles, you probably love the way their flames illuminate a darkened room, set a certain mood or bring a sense of fun, romance or wonder to your life, all of that for a reasonable price.



Christian settlers brought the holiday with them to the New World, where it became one of the most popular holidays during the Victorian era.



Who Was VALENTINE'S Day Named For?

Valentine's Day is named for St. Valentine. But it gets more complicated from here. As it turns out, at least three Valentines were sainted by the Catholic Church, and each one has his own group of supporters claiming he's behind the holiday.

The first St. Valentine was a rebel, defying a decree from the Roman Emperor Claudius II, which said young men were not allowed to be married and had to serve in the military instead. (The Romans believed single men made better soldiers.) St. Valentine continued to marry lovers in secret.

The second St. Valentine helped Christian prisoners escape Roman jails—until he was caught and imprisoned himself. His last act before death was to miraculously heal the daughter of his jailer, thereby converting the whole family to Christianity. In some versions of the

story, St. Valentine II was even in love with the daughter, but their love was tragically cut short.

The third St. Valentine was a Catholic bishop in Terni. History hasn't remembered much about him, and the stories of all three saints have become entwined over the centuries. The story became so murky and confusing that, in 1969, the Catholic Church removed the St. Valentine's feast day from the Christian liturgical calendar.

But there was one unfortunate thing all three men had in common besides their name, and it'll give you pause before uttering your next "Happy Valentine's Day." In a very unromantic twist, all three were martyred by different Roman emperors. In some versions of the stories, the men were all executed on or near February 14 (in different years), but historians have been unable to verify that detail.



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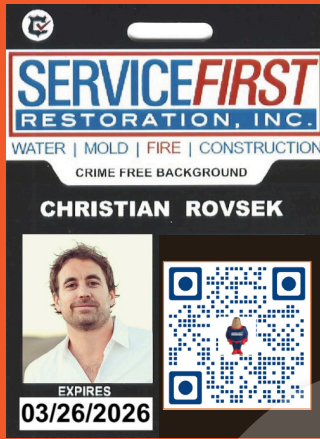
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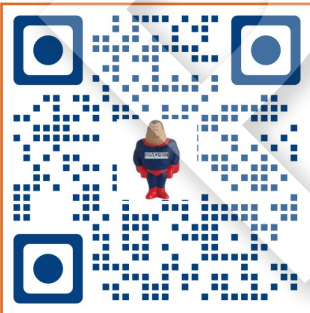
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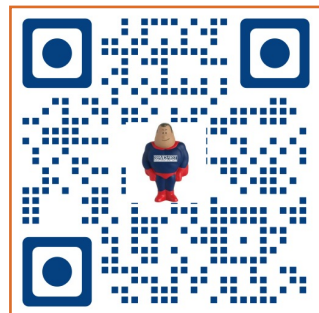
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time doing things that are more important
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