

THE BUZZ...News You Can Use

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Clothes DRYER SAFETY Tips



Do you remember helping your mom or grandmother hang laundry on the clothesline in your backyard as a child? There's nothing like the smell of the clothes fresh off the clothesline, dried on a warm, sunny day. Still, most of us would rather not go back to the days of hauling damp clothes outside to dry them.

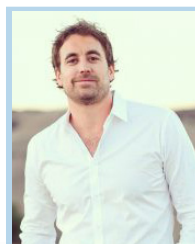
Today, we rely on automatic clothes dryers to get the job done. Just put the damp clothes in, turn the dial, hit the start button and 30-90 minutes later your clothes are dry, fluffy and ready to wear without a clothespin in sight.

The clothes dryer in a typical family of four runs 150 – 200 hours a year without malfunctioning. It

can be easy to take them for granted as simple to use, trouble-free appliances needing little attention.

Clothes dryers cause over 16,000 reported house fires in the United States and cause dozens of deaths, hundreds of injuries and over \$200 million in property damage annually. Sometimes the cause is a mechanical malfunction of the machine. Other

See "DRYER Safety TIPS" on next page



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“DRYER Safety TIPS... continued from page 1

Other times, the electrical supply or appliance cord is the culprit. But the leading cause of these fires is failure to clean. 1 out of 3 dryer fires is caused by overheating due to accumulation of lint inside the dryer filter, around the drum or in the exhaust ductwork. Overheating can cause clothing inside the dryer to ignite, or the lint in the ductwork to catch fire.

Unfortunately, many people believe that keeping the lint filter clean is all that is necessary. But the lint filter in most dryers cannot catch the finest particles of flammable lint and fibers. These small lightweight particles travel through the exhaust ductwork and vent outside the structure.

Ideally, the ductwork should be smooth galvanized metal and as straight as possible. In most cases, at least one or two bends or elbows are necessary to get the

ductwork outside the home. Each bend in the system restricts airflow and creates a potential point for lint to collect. This further restricts airflow, allowing even more lint to collect. This dangerous cycle will continue until the system is completely blocked or the duct system is cleaned.

At the point where the duct exits the home, there should be a damper and a grill of some kind. The damper is a flap that opens when the dryer is running and closes to prevent air from entering the duct when it is not. The grill helps keep birds and rodents out. It is critical to keep the damper and grill clean and working properly. If the damper is stuck closed, the dryer will not vent properly and heat can build up to dangerous levels. Poor airflow will contribute to the buildup of lint. If the flap is stuck open or the grill is broken or missing,

birds or rodents may decide that your dryer duct is a great place to build a nest, creating another potential fire hazard.

Clean the lint filter before every load. Consider installing an auxiliary inline lint trap in the ductwork coming from the dryer to catch more lint. You should have your dryer duct cleaned at least once a year to avoid buildup of flammable lint.

In the event of a dryer fire you must act quickly to minimize the damage and call the fire department. So avoid running your dryer when no one is at home or when everyone is asleep.

Chances are you will never experience a dryer fire. But if you do, **ServiceFirst, Your Restoration Hero**, is here to help clean up the mess and get your home back to normal again.

The Good Life



Good Clean Funnies

What is the name of the horse next door? Neigh-bor.

Why did the crab never share? Because he's shellfish.

What did the triangle say to the circle? You're pointless.

Which knight created the round table? Sir Cumference.



ASPARGUS Roll Ups

Directions

Preheat oven to 400°F. Grease a baking sheet. Place bacon in a large, deep skillet. Cook over medium-high heat. Turn occasionally, until evenly browned, about 10 minutes. Drain bacon slices on a paper towel-lined plate. When bacon is cool, crumble and set aside in a bowl. Place asparagus spears into a large skillet. Pour in about 1 inch of water. Place over medium heat, cover skillet. Simmer asparagus until bright green and slightly tender, about 5 minutes. Remove asparagus and set aside.

Place cream cheese and chives into the bowl with bacon and stir to evenly combine. Roll each bread slice with a rolling pin on a work surface until the slices are thin and flat.

Spread cream cheese mixture evenly over each slice of bread. Center 2 asparagus spears on a bread slice, and roll the slice around the asparagus into a tidy and compact cylinder. Place seam side down onto the prepared baking sheet. Repeat with remaining ingredients.

Brush each roll with melted butter and sprinkle each with about 1 1/2 teaspoon Parmesan cheese. Bake in the preheated oven until lightly golden brown and hot, 10 to 12 minutes.

Recipe Tip - After making the asparagus rolls in Step 9, you can refrigerate them for up to 6 hours before baking if desired

Recipe courtesy allrecipes.com

Fun way to eat asparagus! Have the kids help out while making them, and they will enjoy them even more!

Ingredients

- 6** slices of bacon
- 24** spears fresh asparagus, trimmed
- 1** (8 ounce) package cream cheese, softened
- 2** tablespoons finely chopped chives
- 12** slices white bread, crusts removed
- 2** tablespoons butter, melted
- 3** tablespoons grated Parmesan cheese, divided

Prep Time: 25 mins

Cook Time: 20 mins

Total Time: 45 mins

Thinking about Weight Loss MEDICATIONS?



When your appetite is suppressed and you're eating less, it becomes more important to focus on nutrition quality and make every bite count.

Thinking about trying the new weight loss medications? As the new year is here and you may be setting health goals for yourself, exploring the new weight loss medications might be part of this. It is very important not only to consult with your health care provider for guidance, but also to follow nutrition practices that can support your long-term wellness goals.

Here are three important tips to support your journey.

1. Focus on maintaining lean muscle - Losing weight typically involves losing some lean muscle tissue, so it's important that you consume enough protein to help minimize the amount of muscle lost. Prioritize protein to preserve muscle tissue during weight loss. Seek meals and snacks that include lean meats, seafood, eggs, low-fat dairy and nuts. Exercise - combining resistance

training with higher protein intake will help preserve lean tissue during weight loss.

2. Make sure to get your vital nutrients - Be sure that the foods you do eat are not full of empty calories and added sugar, but instead are sources of the vitamins, minerals and other nutrients that your body needs, such as vitamin D, calcium, magnesium, zinc, protein and fiber. Also, make sure to stay well hydrated.

3. Find healthier ways to satisfy cravings - It's important to understand that if you haven't made nutrition and lifestyle changes, it's likely you will regain weight if you stop taking these medications. You may also find that your cravings for certain foods - like sweet things - will return when stopping treatment. However, that doesn't mean you have to deprive yourself of all the tastes that you love.

5 Tips to Make the MOST of your Health SAVINGS Account

HSAs can be a powerful tool to help save and pay for qualified medical expenses. If you're one of many Americans enrolled in a high-deductible health plan (HDHP), you have access to one of the most tax-efficient savings options available.

1. Leverage the triple-tax advantage.

The triple tax-advantaged nature of HSAs can offer help by reducing your taxable income: the money you contribute to the account goes in tax-free, you can withdraw your HSA funds to spend on qualified medical expenses with no tax penalty, and all the money in the account can also grow tax-free.

2. You can pay for a lot more than just doctor visits. Qualified medical expenses that apply to an HSA run the gamut from copays and deductibles to more niche services you might not expect. Things like medical equipment, family planning services, acupuncture, or even

lead-based paint removal may be covered if certain requirements are met.

3. Your employer may make contributions.

Many employers help their workforce pay for health care costs through contributions to their HSA. If you're enrolled in a high-deductible health plan through your employer, check to see if this benefit is available to you.

4. You can invest funds held in your HSA.

The contributions to your HSA are tax-free, and can be invested to grow over time, which is especially valuable to your retirement nest egg. Consider that the average 65-year-old retiring in 2023 can expect to spend over \$150,000 in health care costs throughout retirement.

5. Your HSA is yours to keep.

Most Americans believe they'll have to forfeit the money in their HSA at the end of the year if they don't use it. Thankfully, that isn't the case.



It's that time of year again: you feel the tickle in the back of your throat, think you're coming down with something, and visit the local urgent care. They ask for a copay, and you pay it.



FUR-TASTIC Fabric Care: Do's & Don'ts for Pet-Friendly Homes

Pet stains, hair and odors can be tough on your clothing, bedding and furniture. However, with some preparation and tips, you can easily keep your fabrics clean and fresh, even if your furry family member has an accident.

1. Do rotate pet bedding and blankets

Make sure to regularly wash and rotate your pet bedding - like removable, machine-washable pet bed covers, pet blankets, and removable furniture covers to prevent odors, dirt, hair and bacteria buildup. Do this once a week. Have a couple sets of bedding and blankets so you can remove and launder one set while using another.

2. Don't wait to wash - As soon as you notice dirty paw prints, urine or other accidents, treat and wash the fabric immediately to prevent stains and control odors. Make sure to invest in a pet-safe stain remover that's gentle on fabrics.

3. Do use fabric conditioner designed for pet parents

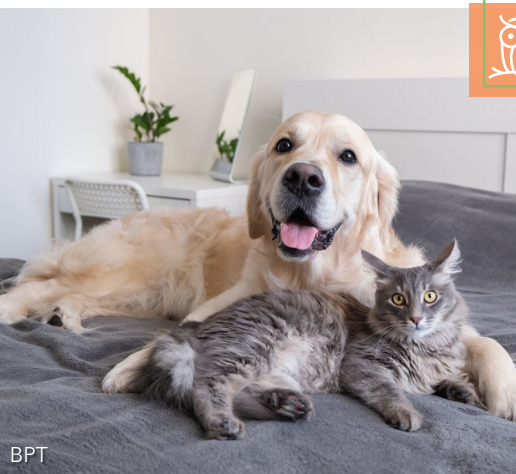
Try using a liquid fabric conditioner formulated for pets. It fights pet odors and repels pet hair, versus detergent alone, while keeping the clothes soft and fresh. You can worry less about fur sticking to your clothing.

4. Don't wash with regular laundry

Always wash your pet's bedding and blankets, as well as any fabrics with pet stains and hair, separately from your regular laundry. Doing so prevents pet odor and bacteria from contaminating your regular laundry.

5. Do use lint rollers and fabric brushes

Lint rollers and fabric brushes are handy tools that quickly remove pet hair, lint and other debris from your upholstery. Buy a few and store them throughout the house. Remove pet hair as soon as you see it to keep your upholstery looking and feeling fresh.



Being a pet parent is a joy and privilege. Every day, you have a friendly, 4-legged companion who's just as happy to join you on walks as they are to relax with you on the couch.



Your **24/7**
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Need a HERO?

CALL (855) 88-FIRST (34778)

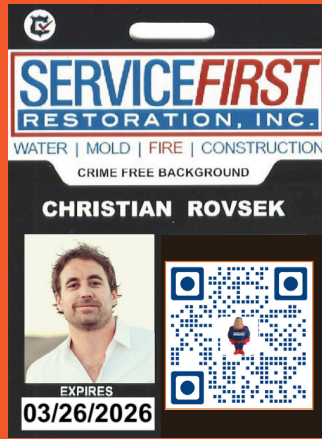
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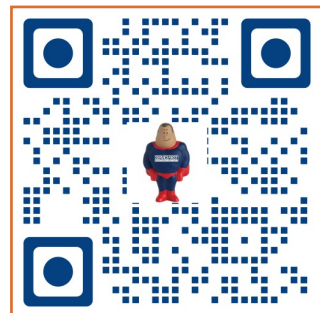
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