

THE BUZZ...News You Can Use

SEPTEMBER 2024

Published by your Restoration Hero!



MOLD... *the SILENT* DANGER

Mold damage might not be an obvious threat at first glance, but its impact on health and property can be far-reaching. As homeowners, we often focus on protecting our houses from visible perils like fire and water damage, but it's crucial not to overlook the silent danger that mold can pose.

THE IMPACT OF MOLD DAMAGE ON HEALTH

Mold is a type of fungus that thrives in damp and humid environments, making our homes susceptible to its growth. While mold plays a vital role in nature by breaking down organic matter, it can become a serious concern when it infiltrates indoor spaces and begins to grow, especially when left unaddressed.

The health risks associated with mold exposure can vary depending on the type of mold, the extent of contamination, and individual susceptibility.

Respiratory Issues: One of mold exposure's most common health effects is respiratory problems. Mold releases tiny spores into the air, and when inhaled, they can trigger various respiratory

See "**MOLD...the Silent Danger**" on next page

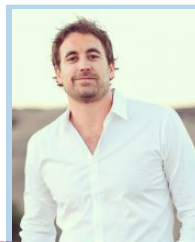
Need a HERO?

CALL (855) 88-FIRST (34778)

EMAIL ineedhelp@callservicefirst.com

ONLINE www.callservicefirst.com

We are your Restoration Heros!



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We are the #1 Restoration **HERO**
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MOLD...the Silent Danger... continued from page 1

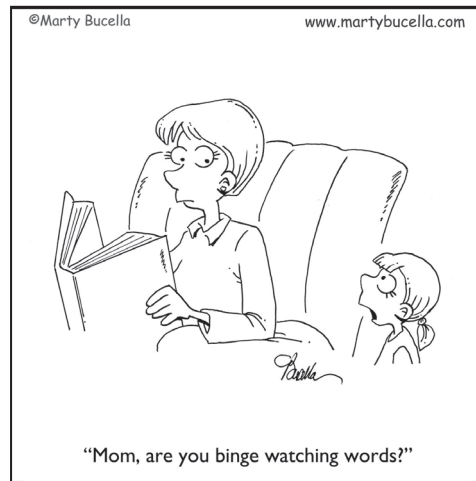
issues, especially in individuals with allergies or asthma. Symptoms may include coughing, wheezing, throat irritation, nasal congestion, and exacerbation of existing respiratory conditions.

Allergic Reactions: Mold spores are common indoor allergens, leading to allergic reactions in susceptible individuals. Allergy symptoms may range from mild to severe, including sneezing, skin rashes, watery or itchy eyes, and respiratory distress. Prolonged exposure to mold can worsen these symptoms and even cause the development of new allergies.

Immunological Responses: In some cases, mold exposure can also lead to immunological responses, impacting the body's ability to fight off infections. Individuals with compromised immune systems, such as those undergoing medical treatments or with underlying health conditions, are particularly at risk.

Aggravation of Pre-existing Conditions: Mold exposure can exacerbate pre-existing health conditions, such as chronic respiratory illnesses, allergies, or skin conditions. This can lead to a decline in overall health and quality of life.

The Good Life



Good Clean Funnies

Why can't Cinderella play soccer?

Because she's always running away from the ball.

Why can't you send a duck to space?

Because the bill would be astronomical!

Why is a snake difficult to fool?

You can't pull its leg!

Why can't your nose be 12 inches long?

Because then it would be a foot.

Toxic Mold: Certain types of mold, such as *Stachybotrys chartarum* (often commonly referred to as "black mold"), can produce toxic byproducts called mycotoxins. Prolonged and repeated exposure to certain mold toxins can lead to more adverse health problems in certain individuals.

COMMON SOURCES OF DAMAGE CAUSED BY MOLD

Mold can flourish in environments with moisture and organic materials, and it's crucial to identify the common sources of mold growth to prevent its harmful effects on health and property. These sources include water leaks and intrusions, flooding, high humidity levels, poor ventilation, damp basements and crawl spaces, condensation on cold surfaces, wet or water-damaged materials, and a lack of maintenance.

RECOGNIZING MOLD IN YOUR HOME

Recognizing mold damage in your home is vital for taking prompt action and mitigating potential health risks. Look out for visible mold growth, musty odors, water stains, peeling or bulging paint, allergic or respiratory symptoms, high humidity, and deteriorating materials.

If you suspect mold, seek professional inspections to identify hidden growth accurately. Swift and effective mold remediation is crucial to prevent further damage and safeguard the health of your household.

THE PROCESS OF MOLD REMEDIATION

Property restoration for mold is a complex and specialized process aimed at safely and effectively removing mold from indoor environments. It requires a systematic approach to prevent the spread of mold spores and ensure the complete removal of mold colonies.

By entrusting the mold remediation process to experienced professionals like **Service-First, Your Restoration Hero.**, homeowners can be confident in the thoroughness and efficacy of the remediation. Seeking professional help ensures that mold issues are tackled promptly and comprehensively, protecting both the property and the well-being of its occupants.

Are you in need of assistance with mold damage? Contact **Service-First, Your Restoration Hero** today for more information, or call (855) 883-4778.



GRILLED Cauliflower

Directions

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Sprinkle cauliflower slices on both sides with olive oil, brown sugar, and seasoned salt.

Cook cauliflower on the preheated grill until char marks appear, 2 to 3 minutes per side. Transfer to a grill-safe pan with a lid, cover, and continue cooking on the grill until tender, about 20 minutes.



Ingredients

- 1 head cauliflower, cut into thick slices
- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 2 teaspoons seasoned salt (such as Lawry's)

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Servings: 4

Is Your Parent's Home (or Yours) Safe for AGING in Place

Here are seven ways to create a safe, accessible environment for your aging parents - or yourself.

1. Create clear pathways. It's vital for people to have clear pathways to get around in their home. Look at the rooms, especially the living room and bedroom, with a critical eye.

2. Remove throw rugs. They're one of the biggest tripping hazards in the home, and they can make using a walker problematic. Get them up and get them out! Also, use non-slip wax on wood floors and add non-skid treads to steps.

3. Add a toilet seat with built-in support arms. Seats like the Bemis Independence Assurance is securely mounted directly to the porcelain ensuring exceptional stability, and is elevated three inches, to make sitting and standing easier.

4. Add non-slip treads or appliques to the bathtub or shower floor to prevent a nasty fall. Add grab bars to help steady people in the shower or for extra stability getting into and out of the tub, and a waterproof shower seat.

5. Consider converting your tub into a walk-in shower. Although more expensive than adding grab bars, a walk-in shower is much safer than climbing over a tub, and can also accommodate a wheelchair.

6. "Smarten" up the house. Smart faucets, thermostats and other smart appliances can add ease of use, protection and safety for older adults. All can be monitored from a cell phone, which adds peace of mind for adult children.

7. Install cameras inside and outside the house. Cameras give you a way to check on your loved one instantly on your phone, from wherever they are.



Aging in place, the ability to live at home safely as we age, is crucial for many of us. But most of us have not thought about the types of home modifications we need to make aging in place possible.

5 MONEY-Saving Strategies to BEAT Inflation

While you can't directly influence the inflation rate, you can find ways to reduce your spending on things like insurance, groceries, your phone, gas and streaming services.

1. Shop around for the best insurance deals - Carve out time to search for a better deal for your car, renters' and home insurance, and don't settle for the first quote you receive. You could save an average of 18% by bundling your home and auto policies.

2. Switch up your phone plan for savings - If you've had the same phone plan for a while, explore other options. Many plans offer competitive rates and deals to new customers who make the switch. Be sure to pick a carrier that will help you save AND treat you well.

3. Choose generic brands at the grocery store - Opt for generic brands instead of name

brands. You can save without sacrificing quality. Consumer Reports found that 76% of generic food items tasted as good as the name brands, and can save you as much as 72% per serving.

4. Embrace alternative transportation methods - You can save on ever increasing fuel costs by using alternative forms of transportation. Public transit riders can save more than \$13,000 a year. Consider biking, walking or carpooling with friends or neighbors or a combination of these transportation methods to save and get to where you want to go.

5. Bundle up your subscriptions - While you could cancel subscriptions, an easier and more convenient way to save while still enjoying entertainment is to look for bundles. Just like with car and home insurance, bundling streaming subscriptions can give you a discount.



The rising cost of goods and services across the U.S. has many Americans feeling financial stress.

A New Shopping Experience is COMING Soon

Combining the functionality of QR codes and UPCs will create a more seamless and enriched purchasing process, aligning with the growing expectations of consumers and current technology. Additionally, cashiers will soon be able to scan them at their registers, confirming the item and price with the familiar "beep," since retailers have committed to implement QR code scanning at checkout by 2027.

Brands are increasingly using these QR codes on their products to communicate directly with consumers, clearing the way for an entirely transformed future shopping experience to unfold with a myriad of benefits:

1. Transparency and traceability: QR codes can reveal a product's origin, manufacturing process and supply chain details. If you're prioritizing healthy, ethical and sustainable purchases, this transparency is invaluable.

2. Enhanced product information: QR codes can provide nutritional facts, allergen warnings, user reviews and usage instructions. This helps consumers make better-informed choices, catering to their specific needs and preferences while protecting consumer safety.

3. Shopper perks: Discounted pricing, coupons and other engagement opportunities can be accessed via QR codes. Retail items can be labeled with links to promotions, recipes, instructions for use and more.

4. Safety and authenticity: Concerned about counterfeit goods? Scanning a QR code can confirm the product's authenticity, ensuring you're buying the real deal. And if a product is recalled for health or safety reasons, the QR code can be scanned to obtain details, helping you determine whether a product is affected or if it is safe to use.



Have you ever wished you could quickly access reliable, detailed specifics about a product before you bought it - and after? If so, you're not alone.

WIN \$250 and \$100 Donation
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Every job you refer enters
your name into our monthly
raffle... See this months winner



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Upcoming Events... *Don't miss out!*

ServiceFirst Restoration, Inc.
23192 Verdugo Dr., Suite D
Laguna Hills, CA 92653

ENDLESS SUMMER VIRTUAL BINGO

September 17th from 12-1 pm
www.callservicefirst.com/events

NFL Pick'em POOL is now up...
get ready for to win some **CASH!**
more info @ www.callservicefirst.com/NFL

BEHIND THE SCENES WEBINAR

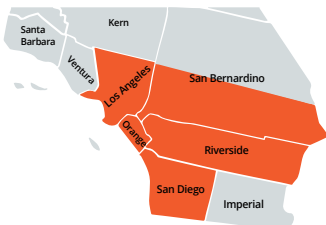
What happens after you send us a job/client?
Request info @ events@callservicefirst.com

INSURANCE CLAIMS and ...
how to reduce them & increase customer retention
Request info @ events@callservicefirst.com

COMMITMENT

Save Time – Save Money Make your life easier!

- 5-Star communication through frequent job status emails
- Tailored service for each client through personalized vendor profiles
- Mitigation focused w/ fair and ethical billing practices
- One-Stop-Shop w/ free evaluations
- Servicing OC, LA, SD and IE



TRANSPARENCY

Our Transparency Promise is one of our most unique and powerful benefits.

Our password protected job portals allow you instant access to job status, notes, photos and more.

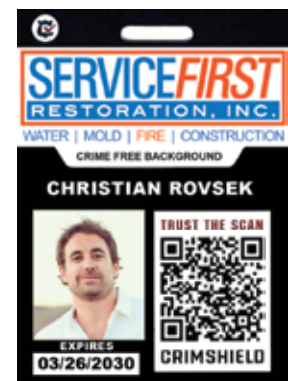


- 24/7 Instant access
- Transparency & certainty
- Increased workflow & efficiency
- Fewer phone calls & emails

SAFETY

YOUR SAFETY IS OUR PRIORITY

We Crimshield background check every employee, just ask to scan their badge!



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