



## 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". Often used by meteorologists, relative humidity is the amount of water vapor present in the air compared, or relative to, the maximum 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 actually present in the air. So, when we say 57% relative humidity, what we really mean is that the air is holding 57% of the water vapor it could contain at that temperature. Warm air can hold more wa-

ter vapor than cold air. So, 57% relative humidity at 80°F is not the same as 57% relative humidity at 60°F. Just like 57% full in a 5-gallon bucket is not the same as 57% full in a 2-gallon bucket.

### Discovering Water Vapor

You should maintain humidity levels in your home between 30-50% RH for optimal comfort

*See "Humidity EXPLAINED" on next page*

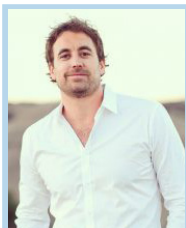
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and hair will feel dry and uncomfortable. Certain materials like leather and wood will also begin to dry out. High humidity - 60% or above - for extended periods can cause many problems, including health issues and damage to structural materials, in addition to increased 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.

The Danger of High Humidity

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

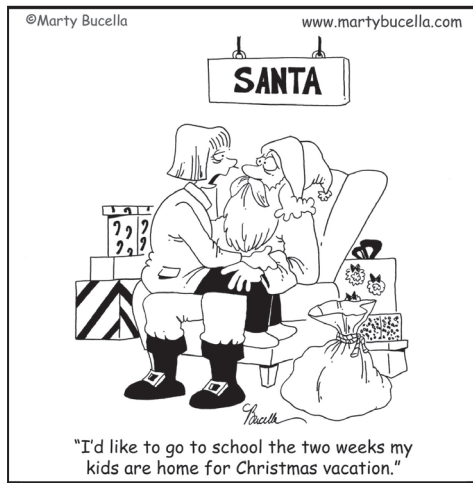
system, building envelope or foundation issues. If you have a basement or crawlspace, a damp musty odor is an indication that there are moisture or humidity problems. Musty odors are more than a nuisance. They could be an indicator of wood rot, mold growth or other damage. Microbes can also pose a health risk to occupants of the structure.

Warm air can hold more water vapor than cool air. This is why condensation occurs on cold surfaces. As air comes into contact with the cold surface, the air gets cooler, and the RH increases. If the surface is cold enough RH reaches 100%. Since the air can no longer hold all of the water vapor condensation forms on the surface of the cooler material. We call this the dewpoint temperature.

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 moisture in the air. Remember, if the air is damp so is the structure. Keeping humidity under control is one step toward making your home a healthier place to live.

High humidity is a sign that something is wrong with a structure. If you suspect you have any kind of water damage from a leak, condensation, poor construction or foundation issues, call **ServiceFirst, Your Restoration Hero** today. We can identify moisture and humidity issues and help solve them before you end up with a

The Good Life



Good Clean Funnies

Why are dogs terrible dancers? Because they have two left feet.

What do you sing at a snowman's birthday party? "Freeze a Jolly Good Fellow!"

What do you call one day below freezing and the next day at 70 degrees? "It's snowing today, but water you doing tomorrow?"



These are so tasty, you can not eat just one. A holiday tradition at my house. After your make them, they will be one at your's too.

CHERRY Rum Balls

Directions

Melt the chocolate chips and stir in the rum and corn syrup.

Stir together the vanilla wafer crumbs, pecans and 1/2 cup of the confectioners' sugar. Drizzle the chocolate mixture over the crumb mixture and stir until blended.

Shape mixture into 1 inch balls. Roll balls in the remaining confectioners' sugar. Place cherry half in center of each cookie, pressing down lightly. Store in an airtight container for several days to develop flavor.

Ingredients

- 1 cup semisweet chocolate chips
1/2 cup rum
1/4 cup light corn syrup
3 cups vanilla wafer crumbs
1 1/2 cups chopped pecans
1 cup confectioners' sugar
24 red candied cherries, halved

Servings: 24
Yield: 48 cookies



Recipe courtesy allrecipes.com



## Overwhelmed by MANAGING your Healthcare?

Here are 5 things to consider that can greatly improve your patient or caretaker experience and make managing healthcare much easier:

**Access.** It's essential that tools are in place for effective communication with the practice. A messaging function should be in place for you to ask questions at any time and convenient self-scheduling allows you to schedule appointments. Ideally, you'll also be able to join a virtual waitlist to secure preferred appointment times when they become available.

**Intake.** A good patient experience platform should streamline the check-in process, allowing you to request and schedule appointments, securely upload necessary information, and complete paperwork before you even step inside the practice.

**Visits.** Your patient portal should have the functionality to enable virtual visits with your

doctor or care team for many types of visits - ensuring that you receive the care you need without any barriers.

**Health management.** This includes access to electronic bill pay and digital patient education resources. Everything to manage your healthcare should be available at your fingertips from anywhere. Finally, your practice may even be able to offer remote patient monitoring to manage care for a variety of chronic conditions.

**Care coordination.** You'll want automated messaging, the ability to fill and refill medications easily, and a way to participate in patient surveys to make sure your feedback is heard.

The right technology can be a powerful tool for streamlining the healthcare experience and making it much more manageable. It gives you more control throughout life's many health journeys - leading to healthier futures for you and your loved ones.



Unfortunately, as a patient or caretaker for a loved one, you can't choose what technology your doctor uses. But don't be afraid to ask the practice what patient experience options they offer.

## Freshen up Your Kitchen Before the Holidays CHEAP & EASY



**Paint.** There is nothing easier, quicker or less expensive than a DIY paint job to brighten up your space. Even a new color on one wall makes a big difference.

**Faucets.** You'd be surprised how much a new faucet can change the entire vibe of your kitchen. Today, faucets are multi-functional works of art, statement pieces that catch the eye.

**Sinks.** Long known as the workhorse of the kitchen, your sink is a central focal point of all of your meal prep and cleanup. You can choose from under or top mounted, farmhouse, double or single bowl - whatever fits best with your kitchen decor. And deep color is all the rage.

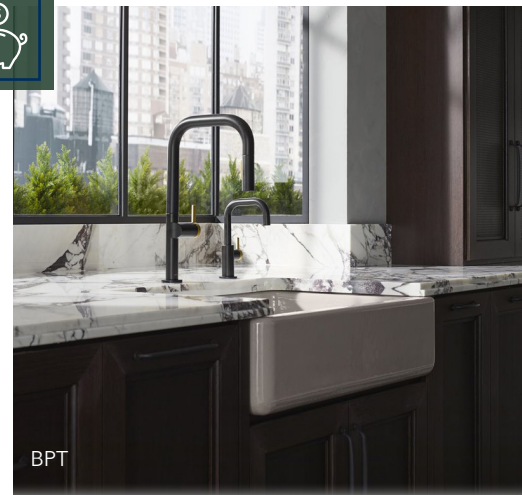
**Backsplash.** While you're choosing your new sink, consider a new backsplash that will really make the area pop. Think about subway tiles, a mosaic or a metallic look that can pull the various elements of your kitchen together.

**Cabinet refresh.** You don't need to invest in new cabinets to give your kitchen a new look. All you need is a coat of paint. Gone are the muted colors and whisper grays of past years. Today, it's all about deep, rich color. Trending colors include deep red, pastel blue and even rich black.

**Cabinet hardware.** Don't forget the cabinet pulls and knobs. Take an afternoon to browse at your local kitchen store or online - you'll be surprised by how many innovative, fun styles and colors of pulls and knobs you can find that will accent and highlight your kitchen's new look.

**Lighting.** Swapping out your old fixtures for a more dramatic look will instantly change the feel of your kitchen. Under-cabinet lighting provides a soft glow for those times when you don't need the room to be bright.

With a few changes, you can freshen up your kitchen easily, just in time for the holidays.



Thinking of updating your kitchen. You can spruce up your kitchen easily, in a weekend, with some small changes that will make a big impact.



## Stress-FREE Christmas Dinner Tips

**Gather Details** - Write down your guest list, date and time of dinner, and any themes you're working with. Make sure to note food allergies or sensitivities, and any glaring dislikes of your guests.

**Decide on Menu** - Keep it simple here - write down all the traditional things you usually have and then see if you need to add things in or edit things out.

**Figure out Cooking Times** - Schedule the time the appetizers should go out, when you want to sit down for dinner, when you should put out dessert, and finally how much prep time for each recipe (if you're not a pro cook, add an extra 10 mins to each one).

**Clear up Traffic Jams** - Remember everything can't fit in the oven at the same time! Figure out what can be made in the crockpot, on the stovetop, or ahead of time and warm it up

later. Ask friends for extra slow cookers, electric griddles, or turkey roasters that they might not be using.

**Enlist Help** - You don't have to do it all yourself. Look over your list. Is there anything you hate making, or isn't going to fit in the oven no matter how you finagle it? Have someone else bring it, and be specific about what you need.

**Take out the Stress** - Figure out which serving dish and utensil you'll need ahead of time. Put post-its on each with the name of the dish too, it'll be so much easier than scrambling last minute! Set the table the night before. Keep a tub for cold drinks instead of using up valuable space in the fridge.

**Designate jobs to your guests** - Napkin folder, drink re-filler, door opener... most people want to do something so they're not feeling awkward!



Making an entire holiday dinner yourself is stressful enough, then add in everything else you do this time of year, and you end up forgetting something.



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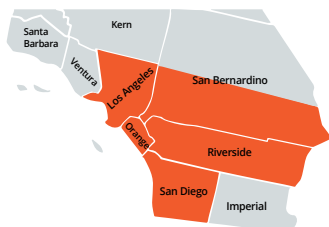
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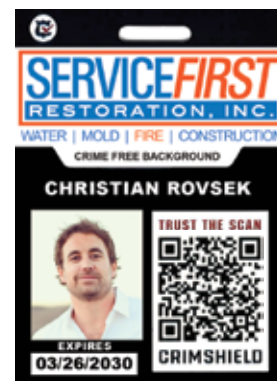


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