

# THE BUZZ...News You Can Use

MAY 2026

Published by your *Restoration Hero!*



## Electrical **SAFETY** MONTH

**E**lectricity is an important part of our lives. May is National Electrical Safety Month, sponsored by the Electrical Safety Foundation International (ESFI) to raise awareness of electrical hazards at home and work. From lighting the way once darkness falls to keeping our perishables fresh for us to eat, electricity is there for us when we're charging our phones, using our computers, watching the news, and washing our clothing.

Nothing makes us appreciate electricity more than during a blackout. Having to rely on the sun, flashlights and candles for light and a cooler with ice to keep our food from spoiling is stressful and exhausting. So even though we all admit that electricity has become an essential part of our lives, we should always remember it poses severe, even fatal, dangers caused by often overlooked unsafe conditions like faulty wiring or overloaded circuits.

Never take for granted that electricity is always safe. If you've ever suffered an electric shock, you've felt the

power of electricity. Even natural electricity is dangerous. That's why we should head for cover at the first sign of lightning. And yet we flip on a switch on the wall or click on a lamp next to the couch in our home without a second thought. The more we know of the potential hazards that electricity can cause, the better we can safeguard our families and our homes against these dangers.

The third leading cause of home fires, electrical system fires result in more than 500 deaths, 1,400 injuries, and \$1.3 billion in damage to property every year, according

*See "Electrical SAFETY..." on next page*

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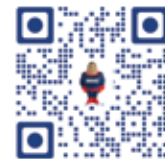
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## Electrical SAFETY... continued from page 1

to the EFSI. 65% of those deaths result from fires in homes without a working smoke detector. There are an estimated 51,000 home electrical fires every year with arcing faults responsible for 28,000 of those home fires, causing deaths, injuries, and \$700 million in property damage. 5,300 fires involve electrical receptacles every year, according to the U.S. Consumer Product Safety Commission (CPSC), causing 40 deaths and more than 100 injuries.

NFPA recommends you hire only a qualified electrician to do all electrical work in your home, including general inspections when buying or selling your home. You can protect your family and your home from electrical fires, one of the top causes of home fires. Because electrical fires can happen anywhere in your home, inspect the electrical system in your home, and pay attention to the following items:

Install smoke detectors outside every sleeping area, and on every level of your home. Test smoke detectors on a monthly basis.

Cover the electrical receptacles with safety plugs if you have young children in the home. Replace missing or broken wall plates that cover wiring.

Hire a certified electrician to install additional electrical receptacles if your home relies on extension cords, which should only be used on a temporary basis.

Loose-fitting outlets can cause a shock or fire risk. If a cord cannot be plugged securely into the outlet, it should be replaced.

Hold a plug securely when pulling it from the wall. Pulling from the cord or yanking the plug can cause wear on the cord, which increases the risk of a short circuit, an electric shock, or a fire.

Discard cords or plugs that are cracked, frayed, or worn.

Do not run electrical cords beneath high-traffic areas of carpeting or rugs.

Keep electrical cords away from sources of heat and water.

Replace two-pronged (non-grounding) electrical receptacles with three-pronged (grounding) receptacles. This may require hiring an electrician to replace non-grounded wiring.

Do not staple electrical cords to floors, walls, or other objects. Ensure light bulb wattage matches the fixture requirements. Securely screw in light bulbs to prevent overheating.

Install Ground Fault Circuit Interrupters (GFCIs) in your kitchen, bathrooms, laundry room, basement, garage, and outdoor receptacles. Test your GFCIs on a monthly basis.

Call **ServiceFirst Restoration** for more tips and recommendations.

## The Good Life



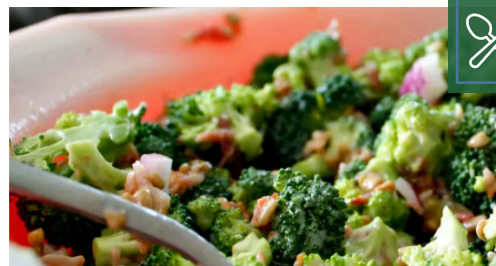
### Good Clean Funnies

**What animal needs to wear a wig?**  
A bald eagle!

**What is the smartest kind of bee?**  
A spelling bee!

**What did the Dalmatian say after lunch?** That hit the spot!

**What do you call two bananas?**  
A pair of slippers!



This easy broccoli salad uses a tasty combination of fresh ingredients and bacon tossed in a tangy creamy dressing.

## TANGY Broccoli Salad

### Directions

Gather all ingredients.

Place bacon in a deep skillet and cook over medium-high heat until evenly brown, 7 to 10 minutes; drain, cool, and crumble.

Combine bacon, broccoli, onion, raisins, and almonds together in a bowl; mix well.

To make the dressing: Mix mayonnaise, sugar, and vinegar together until smooth.

Stir dressing into the salad until broccoli is evenly coated.

Serve immediately or chill the salad before serving, as desired. **Enjoy!**



Recipe courtesy [allrecipes.com](http://allrecipes.com)

### Ingredients

- 1/2 pound bacon
- 2 heads fresh broccoli, cut into bite-sized pieces
- 1 small red onion, sliced into bite-sized pieces
- 3/4 cup raisins
- 3/4 cup sliced almonds
- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons white wine vinegar

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Servings:** 8



## Don't Wait for that First SNEEZE...



**If you're among the 1 in 4 U.S. adults that suffers from seasonal allergies, it's time to start preparing for the pollen and other allergens.**

Start preparing for spring allergy season with these expert tips -

**Change your air filter** - Your HVAC air filter works hard year-round by removing dust, pollen and other allergens from your home. Change the filter at the onset of spring so it is operating optimally.

Pro tip: If you have severe allergies, don't replace the filter yourself. It will be full of allergens that can trigger your symptoms. Have someone else change it and dispose of it immediately.

**Manage inflammation** - A proactive approach can help reduce the intensity of seasonal symptoms. Good habits like limiting excess sugar, gluten and dairy, prioritizing sleep and managing stress all support a more balanced immune response.

**Reduce pollen exposure** - Even though it's tempting to let the fresh spring air in, keep

doors and windows closed to prevent pollen from entering your home. Using a high-quality air purifier with a HEPA filter can also help reduce indoor pollen levels and improve air quality. Avoid doing yard work before noon, when pollen counts are highest, and try to limit outdoor activities on high pollen-count days.

**Taking a shower at night helps** - During the day, pollen settles on and clings to your hair, face and body. Rinsing off before going to bed prevents pollen from settling on your pillow and triggering allergies while you sleep.

**Don't be reactive. Be proactive** - Make intentional changes in your life to reduce your exposure to allergens and manage your symptoms before they start. Use these expert tips to get a jump on allergy season so you can enjoy the warmer weather to the fullest!

## AFFORDABLE Ways to Have a Happy Memorial Day



Memorial Day is a time to honor and remember those who have sacrificed their lives while serving in the military. It's also an opportunity to gather with family and friends, enjoy the start of summer, and create lasting memories.

A classic and affordable way to celebrate Memorial Day is by hosting a backyard BBQ. Fire up the grill and prepare delicious burgers, hot dogs, and grilled veggies.

Set up outdoor games like cornhole or volleyball to keep everyone entertained.

Encourage guests to bring a dish or dessert to share, making it a potluck-style gathering. Don't forget to set aside a moment to remember and honor the military personnel who have made the ultimate sacrifice.

Get creative and involve your family and friends in patriotic crafts that honor the spirit of Memorial Day.

You can even encourage the children to create handmade cards or drawings to send to veterans or active-duty military personnel. These activities provide an opportunity for artistic expression and foster a sense of gratitude and appreciation for those who serve our country. Websites like [amillionthanks.org](http://amillionthanks.org) can help you with ideas of how to write and how to send your letters.

If you prefer a relaxed outdoor setting, consider organizing a last-minute picnic in a nearby park. Pack a basket with your favorite snacks, sandwiches, and refreshing beverages. Bring a blanket or portable chairs for seating.

Encourage everyone to bring outdoor games, such as frisbee or bocce ball, to enjoy some friendly competition. During the picnic, take time to share stories or memories of loved ones who have served in the military.



**Do you have minimal time and a limited budget to plan for this holiday? Fear not! Here are some last-minute ideas for a meaningful Memorial Day today.**



## Mother's Day... Is it a "Hallmark HOLIDAY"?

The first **Mother's Day celebration** in the United States was held in 1908, when Anna Jarvis held the first service of worship at Andrews Methodist Episcopal Church in Grafton, West Virginia, in honor of her mother. Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. She and another peace activist and suffragist, Julia Ward Howe, had been urging for the creation of a "Mother's Day For Peace" where mothers would ask that their husbands and sons would no longer have to fight and die in wars. Forty years before it became an official holiday, Ward Howe had made

her Mother's Day Proclamation in 1870, which called upon mothers of all nationalities to band together to promote the "amicable settlement of international questions, the great and general interests of peace." Anna Jarvis wanted to honor this and to set aside a day to honor all mothers because she believed a mother is "the person who has done more for you than anyone in the world".

Although Jarvis was successful in founding the celebration, she became resentful of the commercialization of the holiday, that eventually became associated with the phrase "Hallmark holiday". By the early 1920s, Hallmark Cards and other companies had started selling Mother's Day cards. Jarvis believed that the companies had misinterpreted and exploited the idea of Mother's Day, and that the emphasis of the holiday was on sentiment, not profit and threatened to sue the companies involved.



**Ann Reeves Jarvis organized "Mothers' Day Work Clubs" in the 1850s to improve sanitary conditions and "Mothers' Friendship Day" in 1868 to promote reconciliation between former Union and Confederate soldiers.**

**Upcoming Events...** *Don't miss out!*  
Register at [callservicefirst.com/events](http://callservicefirst.com/events)

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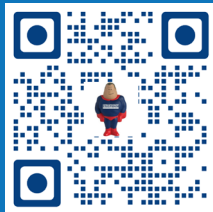
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Back to School Campaign

July 1- Aug 10, more information at

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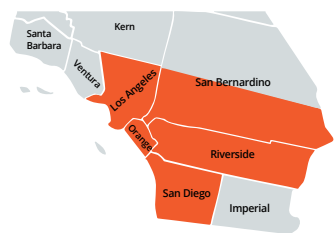
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