

HEALTHY, WEALTHY & WISE

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Prevention is the Best Cure

How to Avoid Expensive Plumbing Failures

One of the services offered by Professional Carpet Systems is water damage restoration. In the event of a water intrusion in your home or business, time is a key factor in minimizing damage. But there are things that you can do to prevent a water disaster from happening in the first place.

Plumbing system failures are by far the single largest cause of residential water damage insurance claims. Water begins to damage certain materials like drywall, baseboards, hardwood floors and furniture almost immediately.

The Insurance Institute for Business & Home Safety (IBHS) urges property owners to inspect interior plumbing components and complete preventive maintenance measures to reduce chances of interior water damage.

IBHS conducted a study of water damage insurance claims, identified five leading causes of damage, and developed the solutions featured below.

1. CAUSE: PLUMBING SUPPLY SYSTEM FAILURE – The average cost of a

plumbing supply system failure was more than \$5,000 after the insurance deductible was paid, according to the IBHS study.

PREVENTION:

- Potential indicators of a plumbing problem include increasing water bills, banging pipes, rust stains, moisture on walls or floors, and signs of wet soil near the foundation. If you see any of these signs, or you suspect something is not right, call a plumber for a system inspection.
- Setting the thermostat 60 degrees or higher during winter freezes, letting faucets drip and insulating pipes are all ways to reduce the risk of frozen pipes.
- As a backup, install a house leak detection system.

2. CAUSE: TOILET FAILURE – One-third of all toilet failures in the study resulted from an overflowing or clogged toilet.

PREVENTION:

- After you flush, wait for the valve to completely finish refilling the tank and bowl. If an overflow looks imminent, turn off the supply valve.



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Chef John's Sausage & Shrimp Jambalaya

Ingredients:

- 2 tablespoons butter
- 8 ounces andouille sausage, cut into 1/4-inch slices
- 2 tablespoons ground paprika
- 1 tablespoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 cup diced tomatoes
- 1 large green bell pepper, diced
- 2 stalks celery, sliced 1/4 inch thick
- 4 green onions, thinly sliced
- 1 teaspoon salt
- 1 bay leaf
- 1 cup uncooked brown rice
- 3 cups chicken stock
- 1 pound large shrimp, peeled and deveined
- salt and ground black pepper to taste

Directions:

1. Place butter and sausage in a large stockpot over medium heat; cook and stir for 5-6 minutes until sausage begins to brown.
2. Stir in paprika, cumin and cayenne; cook for 1 minute.
3. Stir tomatoes, onions, celery, green pepper, green onions, salt, and bay leaf into sausage mixture.
4. Add brown rice and stir to combine. Stir in chicken stock and turn heat to low. Cover and cook for until rice is just tender, about 45 minutes.
5. Stir in shrimp, replace lid and cook for 5 minutes. Season with salt and black pepper.

recipe courtesy allrecipes.com

Prevention is the Best Cure *(continued from cover)*

- Twice a year, inspect a toilet's components, such as the fill, supply and flush valves and the supply line.
- Consider upgrading the toilet's supply line to a sturdier braided steel hose.

3. CAUSE: WATER HEATER FAILURE – The most common causes of water heater failures in the IBHS study were a slow leak or a sudden burst in the tank, followed by supply line failures.

PREVENTION:

- Check the life expectancy and warranty for the water heater and replace accordingly.
- Proper maintenance, such as flushing sediments and inspecting the heater's anode rod, can increase life expectancy.
- Inspect valves to ensure proper operations, and use ball valves in place of gate valves whenever possible.

4. CAUSE: PLUMBING DRAIN SYSTEM FAILURE – The IBHS study found more than half of plumbing system failures were the result of sewer backups.

Prevention:

- If the home's sewer system is connected to the city's sewer

system or if you are located downhill or below street level, contact a plumbing professional to install a backflow prevention assembly into the home's sewer system.

- Plant trees away from lateral drain lines to prevent roots from damaging piping.
- Never pour grease down the drain.

5. CAUSE: WASHING MACHINE FAILURE – One burst inlet hose, and your laundry room is flooded in a matter of minutes, with water quickly spreading to adjacent areas.

PREVENTION:

- Replace rubber hoses every three years and consider upgrading to sturdier braided steel hoses.
- When leaving the house for an extended period of time, turn off the hot and cold water supply valve to reduce failure risks.
- Don't try to cut corners by overloading the machine, and use it only while someone is at home.

Pass this information along to your friends and neighbors and remember to call Professional Carpet Systems immediately if you should ever have a water intrusion. Visit disastersafety.org for more information.

Simplify Your Life

Are too many activities making your life hectic? Consider these ways to slow things down.

Get rid of distractions—everything from TV watching to running the kids from activity to activity can fill up your day. Only do those things that are necessary. Clutter can be a distraction, too. Remove items you rarely use from your home. You'll have more space and fewer things to spend time cleaning. Make sure you get enough sleep each night. And take time for yourself each day, even if it is just a few moments.

When all else fails, just say no. When others ask for your help,



consider carefully whether you have the time. If not, don't be afraid to decline. Try saying, "I'm busy with other things right now, but thanks for considering me."



Keeping Your Pets Safe this Easter

Easter is a fun and exciting holiday for children; but for your pets, it can be filled with danger. The treats in your children's Easter baskets and the decorations around your home can be hazardous to your pet's health.

Some plants, especially Easter lilies, are highly toxic to pets and can be fatal if eaten. All parts of the Easter lily, day lily, and tiger lily are toxic to cats. Eating even a small part of the plant can lead to kidney failure, which if left untreated, can cause death. Other spring

Reduce Bedtime Stress

Falling asleep can be difficult when you are stressed. Try these tips to help make your bedtime more peaceful and relaxing.

1. Do something physical for a few minutes. Dance around your living room, take a short walk on your treadmill, or run in place for a minute or so. You will release some of your pent up tension and help to begin the relaxation process for your mind.
2. Enjoy a warm drink. Herbal tea (without caffeine) or warm milk will temporarily increase your body temperature and calm your nervous system. It is also a way to slow down your mental energy.

plants that are concerning include daffodils, hydrangeas, wisteria, and ivy. Ingestion of these plants can cause stomach pain, vomiting, dehydrations, and difficulty breathing.

Also harmful if eaten is the plastic grass used in Easter baskets. It can become twisted within a pet's intestines and can require surgery to remove. Foil candy wrappers are tempting to pets, but can cause intestinal blockages. Keep these items out of your children's Easter baskets or up out of the way of your pets to be safe.

Finally, candy can be harmful to pets, with chocolate possibly fatal to cats, dogs, and ferrets. Dark chocolate is worse for pets than milk chocolate. Xylitol, an artificial sweetener used in many candies and gum, can be toxic too. All candy in your family's Easter basket should be kept out of the reach of your animal companions.

What are some ways to treat your pets this Easter? Give them their own Easter basket filled with healthy treats, a new leash, and some fun chew toys.



3. Massage your aching body parts. You can very easily give yourself a foot or scalp massage. This will cause your tensed up parts to release, allowing your whole body to feel more relaxed.
4. Take a warm bath. This will calm your entire body. Use your soaking time to relax your mind as well. Once you've spent this time relaxing, you will find that it is easier to fall asleep.

Good Clean Funnies

A Hearty Offering

A pig and a chicken were walking by a church when they realized that there was a benefit potluck dinner going on. They listened to some of the speeches for a while and then felt moved to try to make a contribution themselves.

"We should donate something," said the pig.

"That is a great idea!" replied the chicken. "I know! How about ham and eggs?"

"Not so fast," the pig said testily. "For you, that's a contribution. For me, it's a total commitment."



Quick Tips

Home Tip

Want a quick and easy upgrade to your bathroom? Install a curved shower rod. Not only does this give you more room in a shower, but it also adds an elegant detail to the look of the space. To complete the upgrade, get a new shower head. They come in a variety of styles and offer special features that improve both function and look.

Car Tip

If your wheels are looking particularly dirty, you may have a buildup of brake dust. It is best to remove this as soon as possible. If left on your vehicle, it can combine with road grime and moisture and get baked on by the heat from your wheels. A damp sponge and clean cold water is the best way to remove brake dust.

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Win a \$25 Restaurant Gift Card!

Read this edition of *Healthy, Wealthy & Wise* to find the answer to the following trivia question:

One third of all toilet-related water damage insurance claims are caused by:

- a. defective flush valves
- b. burst supply lines
- c. clogged or overflowing toilet bowl
- d. children's imaginary friends

Once you've found the correct answer, email it to anna@pcssuperior.com. At the end of the month, we will draw from the correct answers and someone will win a \$25 restaurant gift card!

Contest Expires 4/30/2017.



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