

HEALTHY, WEALTHY & WISE

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Water Intrusion! Now What?

For various reasons such as aging or defective plumbing, frozen pipes, faulty appliances or simply leaving the water running, it is estimated that 1 in 4 families will suffer property damage from indoor plumbing failures and accidents in the next 10 years. This means that you or someone you know will likely be affected in the not-too-distant future.

Regardless of where the water originates, a water intrusion can cause significant property damage, so it is important to act fast. Your first step is to call Professional Carpet Systems so that we can minimize the damage.

When we arrive to create a plan of action, there are 3 major factors that we take into account:

- Amount of damage- How much of the structure is affected?
- Level of contamination- What is the amount and type of contamination in the water?
- Depth of penetration- How deep has the water penetrated into structural materials?

Amount of damage is determined during a detailed inspection by a professional

restoration technician. You cannot simply rely on looking at the damage. Water migrates to inaccessible areas within the structure, requiring specialized knowledge and equipment to find out where the water is. Failure to locate hidden pockets of moisture can lead to further structural damage and the potential for lingering odors and mold growth.

Level of contamination is based on the source of the water, how long the water sat, and what kind of contaminants it contacted. Here is a breakdown of the 3 main categories:

Category 1- Clean water comes from a source such as a broken water pipe, water heater or a sink overflow.

Category 2- Unsanitary water contains a significant amount of contamination such as soil, household chemicals, or organic material that can provide nourishment for bacteria and fungi. Sources include washing machine or dishwasher overflow, fish tanks, etc. Category 1 water can degrade to Category 2 or 3 over time.

Category 3- Grossly unsanitary water contains contamination that can cause disease or chronic illness. The most



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Cranberry Pistachio Biscotti

Ingredients:

- 1/4 cup light olive oil
- 3/4 cup white sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 2 eggs
- 1 3/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup dried cranberries
- 1 1/2 cups pistachio nuts

Directions:

1. Preheat the oven to 300 degrees F (150 degrees C).
2. In a large bowl, mix together oil and sugar until well blended. Mix in the vanilla and almond extracts, then beat in the eggs. Combine flour, salt, and baking powder; gradually stir into egg mixture. Mix in cranberries and nuts by hand.
3. Divide dough in half. Form two logs (12x2 inches) on a cookie sheet that has been lined with parchment paper. Dough may be sticky; wet hands with cool water to handle dough more easily.
4. Bake for 35 minutes in the preheated oven, or until logs are light brown. Remove from oven, and set aside to cool for 10 minutes. Reduce oven heat to 275 degrees F (135 degrees C).
5. Cut logs on diagonal into 3/4 inch thick slices. Lay on sides on parchment covered cookie sheet. Bake approximately 8 to 10 minutes, or until dry; cool.

recipe courtesy allrecipes.com

Water Intrusion (continued from cover)

common source of Category 3 water is backflow from sewer or septic systems. Any water that passes over the ground falls into this category due to fungi, bacteria, animal waste, pesticides, fertilizers and other potential contaminants.

Depth of penetration depends on the permeance of affected materials and the length of time the water remained in contact with those materials. Permeance is the ability of water to absorb into or pass through a material. Drywall is highly permeable, absorbing water easily, while hardwood floors are low-permeance or minimally absorbent. The permeance factor, exposure time and level of contamination in the water determines what materials we can save.

For example, if drywall is saturated for a short time with clean water, it can usually be saved. However, if drywall is saturated with water from a sewage

backflow, it should be removed and replaced.

There are different requirements for various materials and levels of contamination. If you consider all of the materials in your home, hardwoods, plywood, drywall, insulation, carpet, structural wood, vinyl, particle board, tile, concrete as well as your furnishings, it's easy to see why Professional Carpet Systems should be your first call if you should ever have a water intrusion in your home.

We are experts at assessing the damage and tailoring a restoration program to your unique situation.

Our technicians are trained and certified to minimize the damage and protect the health and safety of your family. We'll act quickly and efficiently to get your home or business dry and clean, so you can get back to normal quickly.

What to do when an Investment Performs Poorly

People often think their homes and other possessions are worth more than they are.

According to the Journal of Economic Perspectives, that's why sellers of cars or homes usually ask a higher price than buyers are willing to pay for the property. It's called the 'endowment effect.'

From an investment standpoint, the tendency to hold on to things too long can cause problems, and the endowment effect is responsible for the poor decisions of many people.

With personal investments, Charles Schwab recommends taking the time to ask a few questions about an investment that is performing poorly.

First, determine if you would re-purchase the stock at the current price.

Second, decide if the original rationale for buying the stock, such as a

competitive advantage or unique strategy, still exists.

Third, look around for better options and consider reallocating the money to the better prospects. The best advice is just not to get overly attached to a portfolio.

The key is: If it no longer works, let it go.



Be wise with your investments.

Strength Training Improves Quality of Life

There is one good reason to stay active as we age: living better.

According to Tufts University's Friedman School of Nutritional Science and Policy, "it's way more dangerous not to be active as older adults." The reason for this warning is that decreasing physical activity over time is likely one of the leading causes of age-related disability and mobility issues.

According to Tufts, strength training increased muscle mass, helps to support the body, maintain balance and promote increased bone mass. These perks directly aid in preventing the falls. Also, research at the University of British Columbia shows that strength training can also boost brainpower. Memory tasks and executive function, higher-level abilities like juggling multiple tasks, both saw improvement with a mix of cardiovascular and strength training.

Despite the benefits, strength training should be approached with caution by seniors that are not used to the level of physical activity. Silver Sneakers

The Ancient Language of Christmas

More than any other holiday, Christmas has spawned a language of its own. Words like yule, noel, and wassail are reserved exclusively for the Christmas season.

Yuletide has been synonymous with Christmas since at least 900 AD, according to the Guinness Book of Christmas (Guinness). The word yule was derived from the Norse word, Jǫl, a heathen feast which lasted 12 days. The feast was so important that the Anglo-Saxon name for December (aerra-geola) translates to "before yule" and January (aftera-geola) means "after yule."



Strength training provides many health benefits as we age.

highlights the fact that many older people have pre-existing injuries or muscle tightness and imbalance caused by years of inactivity. Work with a personal trainer and avoid leg presses, crunches, running, bench presses, and shoulder presses – at least at first.

Walking encourages better posture and continuously works the connective tissues between joints. Squats are another simple exercise that promotes hip mobility. Starting the movement with a backward push in the hips, keep the chest up, and be sure that the knees don't travel far past the feet. Pushups can be made easier with knees on the floor, it is the better start for beginners. Rounding out a basic program, try a rowing machine to get the unused back muscles safely in the mix while helping to strengthen spinal support.



Noel originated as an expression of joy for the birth of Christ. It comes from the Latin word "natalis" or birth. Residents of Gaul (France) dropped the "t" sound and it became "na'al" and evolved as "noel."

Wassail is the name of a beverage and was also used as a greeting such as "Wassail, my friend, and drink to a happy noel." Wassail can also be a carol.

Good Clean Funnies

Why was Santa's little helper depressed?
Because he had low elf esteem.

What do you call people who are afraid of Santa Claus?
Claustrophobic.

Who delivers Christmas presents to dogs?
Santa paws!

What do you call an obnoxious reindeer?
RUDEolph.

The Good Life



"I was good. Why is Santa punishing me?"

Quick Tips

Humidifier for a Healthy Tree

The heating system in your home can dry out your tree, dulling its color and piney fresh scent. To give your tree a healthy boost of moisture, place a humidifier in the room to counteract the drying heat—it'll stay fresh, and you can soak up the holiday spirit as long as possible.

Save Energy This Christmas

Did you know that one strand of traditional Christmas lights running five hours a day for 30 days can add up to \$10 to your electricity bill? This Christmas, make sure you use LED lights, which will only run you 12¢ for the same amount of time. LED lights also last much longer!

Outdoor Christmas Decorations

When pruning your trees and bushes in the spring or summer, make sure to save some branches for later use. Then spray paint them red, white, silver, or gold and you have an instant Christmas decoration! Place them in planters of flowers that are dead for the winter, and add lights or ornaments for extra flair.

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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:

Steps taken in the event of a water intrusion are based on:

- a. damage, contamination and penetration
- b. temperature, humidity and barometer readings
- c. a complete visual inspection
- d. your willingness to tolerate squishy carpet

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 12/31/2017.



**Need help with your wood floors and not sure where to turn?
Professional Carpet Systems has your answer!**

We are now fully trained and ready to offer residential wood floor deep cleaning and a rejuvenation recoat service. Minimal cure times and long lasting results. Bring back that clean floor shine that your home has been missing.