

HEALTHY, WEALTHY & WISE

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FEBRUARY IS National Bird Feeding Month



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What to do When You have a Flood

Floods happen, everywhere in the country. Water can come from a storm surge, broken pipes, poor landscaping and so much more, and you needn't live near a dam to be in danger. How you handle a water intrusion usually has to do with the rate at which water enters a structure, the amount of water, the source of the water, and what areas are affected.

Safety is of Primary Concern

In short term water management, slip fall hazards, possible electric shock, biological or toxic contamination and other potential dangers must be considered before you take any action. In cases when there is a large quantity of standing water it is usually safest to turn off the electricity and gas to the structure before you begin any cleanup.

Once you have determined it is safe to proceed, identify the source of the water, and stop the water intrusion, if possible. If it is from rainwater or other sources beyond your control, take steps to reduce the rate at which it is spreading. You can do this by placing towels to absorb the water, using a shop vac to extract the water, or even using a push broom or squeegee to push the water outside. If you have them, sandbags can help keep water out as well.

Cleaning Up

The services of a professional cleaning and restoration company will usually be needed when the water has saturated building materials or furnishings such as carpet and pad. It is nearly impossible for a homeowner to remove water and dry a structure in a safe and efficient manner. This is because cleaning companies have the fans, heaters, other equipment and experience to dry water quickly.

Often homeowner attempts at saving money end up costing thousands of dollars later on in the form of mold contamination and permanent damage to the structure. Many items that could have been saved by quick response from a professional may have to be discarded, or undergo expensive restoration.

A Plan of Action

Your best course of action in the event of a substantial water intrusion is to ensure the safety of yourself and other inhabitants of the structure, determine the source of the water, try to stop or slow the entry of water, move sensitive furnishings out of the water as soon as possible, and call a professional restoration contractor to handle the extraction of water and structural drying.

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Strawberry Pretzel Salad

Ingredients:

- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tablespoons white sugar
- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 (3 ounce) packages strawberry flavored Jell-O®
- 2 cups boiling water
- 2 (10 ounce) packages frozen strawberries

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9x13 inch baking dish.
3. Bake 8 to 10 minutes, until set. Set aside to cool.
4. In a large mixing bowl cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.
5. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set.

recipe courtesy allrecipes.com

What to do When You have a Flood *(continued from cover)*

Homeowners' insurance may or may not cover damages from water intrusion, depending upon your policy and how the water entered. Many policies do not cover "rising water" or water intrusion from flood conditions unless you have specific flood coverage. Yet they will cover damage resulting from rainwater that enters the structure from above, as from a hole in the roof. You can get additional insurance to cover flood and other water hazards. Check your policy or talk to your insurance provider to see what's covered.

No matter your policy type, most insurance companies require you to act fast and contact a professional restoration company to minimize damage and reduce the cost of the claim. That's why if you ever have a water intrusion you should call Professional Carpet Systems immediately. Fast response and having the right equipment are both critical in getting your home back to a pre-loss condition as quickly as possible.

The Power of a Campfire

Consider the power of fire to early humans: It provided heat for food and warmth and protection against predators.

What is less obvious is that the fire provided a setting where people could talk and socialize.

A study from the Proceedings of the National Academy of Sciences suggests that it is the less-often-cited social activities that may be responsible for humanity's dramatic evolution we see today. The study, quoted in The Wall Street Journal, shows that campfires allowed humans to extend the day past sunset for the first time and gave people an opportunity to perform singing, dancing, religious ceremonies, and storytelling.

All of these activities played a significant role in how humans learned to consider broader social networks, cooperation, big picture thinking and allowed social behavior, in general, to act as a life-extending activity. Campfires brought people together and created a nexus for cultural development.

Fast-forward to the present day, and people have lost that sense of community and social behavior. According to Fortune, the amount of people describing themselves as lonely has doubled over the past several decades. Many factors such



Spending time outdoors around a fire is a good opportunity for family bonding.

as cell phones, the internet, no longer living in the same area for extended periods of time, and more demanding work hours all contribute to more isolation between people despite living in a world that is more technologically connected than ever.

According to the Huffington Post, unplugging from gadgets and going camping can help improve sleep, mood, and inspire creativity. It can create connections.

It sounds like the early human ancestors had it right all along.

How to Take Care of Yourself After a Heart Attack

The American Heart Association recommends these five steps to give yourself the best chance at recovery from a heart attack.

Take any prescribed medication.

Follow the instructions of your doctor and take all medication as directed. Depending on the severity of heart damage and the underlying causes, you may be prescribed a range of medication. It is important to know what you are taking, what it does, how and when to take it, and any possible side effects.

Continue to see your doctor

Attend any follow-up appointments scheduled with your doctor so they can monitor your progress. Your doctor will continue to assess the effectiveness of your treatment.

Complete cardiac rehabilitation

Cardiac rehabilitation is a medically supervised program aimed at making your recovery successful.

Commuting: You Don't Control Traffic

How traffic moves is beyond your control. It doesn't matter if you are in a hurry, uptight, or anticipating something at the end of your commute.

So why not relax and go with the flow? The laid-back approach will keep your blood pressure in check and your temper down. Here are some ways to do it:



Traffic can be a hassle, but it's always best to keep your cool.



Follow-up appointments after a heart attack are an important part of the recovery process.

Get support

Getting support from loved ones, health professionals and support groups can help reduce the emotional burden.

Change your lifestyle

High blood pressure, high cholesterol, and diabetes are major risk factors of having a heart attack. Quit smoking. Eat a healthy diet. Stay active.

- Forget paybacks. Reckless drivers you encounter will get theirs. You've seen it happen. The speeder gets a ticket. The cutoff champ gets wrapped around a tree. They will reap the rewards of their actions.
- See real people. Stay alert by seeing individuals around you rather than just seeing cars. What kind of people are they? What do they do, and where are they going?
- Be considerate. Good drivers are polite on the road. It calms the occasional driver who may be hostile or violent.
- Perk up your commute. Even a small change in routine, like taking a different road part of the time, will make the trip a little more interesting.

Good Clean Funnies

One Sunday morning, a pastor noticed little Alex standing in the foyer of the church staring up at a large plaque. It was covered with names and small American flags mounted on either side of it.

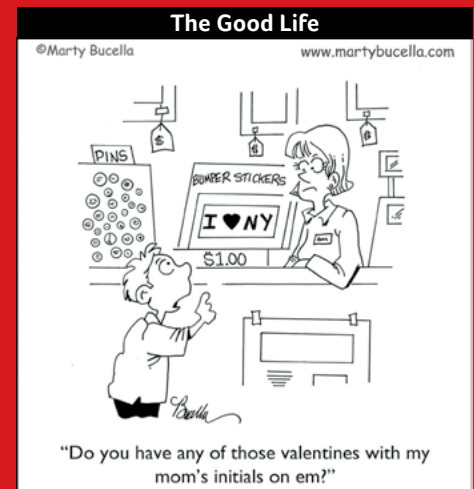
The six-year old had been staring at the plaque for some time, so the pastor walked up, stood beside the little boy and said quietly, "Good morning, Alex."

"Good morning, Pastor," he replied, still focused on the plaque. "Pastor, what is this?"

The pastor replied, "Well, son, it's a memorial to all the young men and women who died in the service."

They just stood together quietly, staring at the large plaque. Finally, little Alex's voice, barely audible and trembling with fear asked,

"Which service, the 8:00 or the 9:30?"



Moneywise

Buying Flowers

According to Aboutflower.com Valentine's Day accounts for 25 percent of the total dollars spent on flowers for the year in the U.S. But surprisingly, only 20 percent of mothers surveyed by Offers.com list flowers as one of their top gift picks.

If flowers are a must, purchasing a few days early through a local florist will often yield the best results and value.

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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:

- a. Require you to clean it up yourself
- b. May or may not cover it, check your policy
- c. Cancel
- d. Pay for all damages

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 2/28/2018.



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