

HEALTHY, WEALTHY & WISE

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HOME FIRE SAFETY GUIDE

The Fourth of July is one of the busiest days of the year for house fires. Sure, it's a celebration and, yes, fireworks are traditional and they can be used safely. Nonetheless, nearly 20,000 fires annually are blamed on fireworks, according to the National Fire Protection Association. Even the most common fireworks, such as a sparkler, can start a fire.

You think it will never happen to you, but it makes sense to be prepared. The most important thing you can do is to have working smoke detectors on every level of your home. An early warning is your best defense against a house fire.

Taking the right steps in the event of a house fire could save your home and even your life.

Make sure that all adults and older children understand how to RACE and PASS if there is a fire. This doesn't mean RACE around the house in a panic and PASS your spouse on your way out the door! RACE and PASS are simply memory aids for what you should do in case of a fire.

See "Home Fire SAFETY GUIDE" on next page

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R.A.C.E.

R is for Remove. Remove all occupants from the area of the fire.

A is for Alert. Alert the authorities; call 911.

C is for Contain. Close windows and doors to contain and smother the fire.

E is for Extinguish or Evacuate. Which one? That depends on the stage of the fire.

A house fire goes through 4 stages:

Stage 1: Incipient. The fire is just starting and there is a good chance of extinguishing it.

Stage 2: Growth. The fire spreads to other combustible materials. You should evacuate.

Stage 3: Developed. The hottest, most deadly stage; evacuation is your primary objective.

Stage 4: Decay. The fire is running out of fuel or oxygen but still smolders; a deadly backdraft is possible.

If the fire is beyond the incipient stage and spreading rapidly, you should evacuate and let the fire department handle it. If you are confident that you can safely extinguish the fire, do so only after you have gotten people out of the area, called 911 and contained the fire if possible.

Make sure you have an escape route. Then use a portable fire extinguisher to put out the fire using the PASS method.

P.A.S.S.

P is for Pull. Pull the pin out of the handle.

A is for Aim. Aim the nozzle at the base of the fire.

S is for Squeeze. Squeeze the handle to discharge the fire extinguisher.

S is for Sweep. Sweep from side to side at the base of the fire.

Keep portable fire extinguishers in strategic locations of your home such as the kitchen, utility areas, garage and storage rooms.

After a home has suffered even a small fire, proper cleanup needs to be done. There may be fire extinguisher residue, charred materials and smoke residue to clean up. Water-damaged contents, floors, walls and structural materials need to be dried and cleaned. Strong, lingering odors often require a combination of techniques for successful treatment.

A-Town/Hi-Tech will work directly with your insurance company to make sure your house is clean, dry and odor-free. We hope you never have to make that call, but if you do, we'll be there with you to help every step of the way.

The Good Life



"Alexa, ask Siri to look up something for me."

Good Clean Funnies

What's the difference between a guitar and a fish?

You can tune a guitar but you can't tuna fish.

Why didn't the lamp sink?

It was too light.

What do Olympic sprinters eat before a race?

Nothing. They fast.



This is a great Fourth of July red, white, and blue dessert - angel food cake, fresh berries, and whipped topping layered in a trifle bowl. It is light, fresh, cool, and delicious!

Angel Fruit TRIFLE

Directions

Pour the blueberries into a strainer, rinse with water, and shake off excess water. Spread the berries out onto paper towels to dry slightly.

In a deep, clear glass bowl or trifle bowl, spread a layer of angel food cake chunks. Scatter the cake with chopped strawberries in a thin layer. Sprinkle the strawberries with a layer of blueberries, followed by a layer of chopped peach slices. Sprinkle a few fresh raspberries over the peaches. Dollop a layer of whipped topping, then repeat layers until all cake and fruit has been used.

Finish trifle with a layer of whipped topping.

Cover the trifle, and refrigerate until chilled, about 1 hour.

Ingredients

- 1 (12 ounce) package frozen blueberries
- 1 prepared angel food cake, cut into chunks
- 2 cups chopped fresh strawberries
- 1 (12 ounce) package frozen peach slices, chopped
- 1 (6 ounce) container fresh raspberries
- 2 (16 ounce) tubs reduced-fat frozen whipped topping, thawed

Recipe courtesy allrecipes.com



Improve Your Mental and Physical HEALTH



Physical and mental wellness are equally important and often intertwined. Supporting both critical aspects of health is equally important but can be difficult.

The everyday demands of life paired with challenges during the pandemic have caused people to deprioritize their physical and mental well-being.

77% of Americans reported that at least one aspect of their overall health had been negatively impacted in 2020. 56% said they haven't made their mental wellness a priority while admitting they feel stress and anxiety more than ever before.

Staying active is the best way to get on the right path to feeling great while reducing stress. Physical exercise causes your brain to release a chemical called dopamine, or "feel good" chemical, because it contributes to happiness and a positive mental disposition.

Here are 3 tips to improve your overall well-being:

1) Stimulate your mind – To keep your mind engaged and your body active, try something new... download a new fitness app, walk in a new neighborhood park, or join a gym.

2) Slow and steady wins the race – It's best to start slow and finish strong, especially with weights or resistance machines. Light weights add positive stress to muscles, while you perfect your form and mechanics. This will ultimately create better muscle growth without causing too much stress on the body.

3) Rest "actively"– Incorporate "active rest" during your workouts. For example, if you're jogging, slow to a fast walk to catch your breath before speeding up again. Doing this rather than stopping keeps your body working, blood flowing, and ensures faster recovery for muscles.

Travel Adventures at Home and BEYOND



For over a year now, we're all yearning for more spontaneity and adventure - to connect with the people we love while revisiting all the places we miss.

From exploring a new destination to creating adventures at home, there are plenty of ways to indulge your wanderlust and scratch that travel itch once again.

Travel Inspiration – Surprise your family or friends with an at-home movie experience like no other. Pick your top travel-inspired movies on your favorite streaming service, order in foods that fit that destination and use inspiration from the film to decorate your living room. Stack some pillows and blankets to craft a cozy alcove as your favorite movie transports you to another place or time. Your loved ones will appreciate the opportunity to enjoy each

other through a unique and comfortable experience.

Try a Surprise Trip, Near or Far –

Explore a new place or restaurant to bring about entirely new experiences.

Surprise your loved ones by booking a homestay nearby to see life from a new vantage point. Book a room with a view in the next town over or a beachside condo to take in some new views, eats and adventures. Trying something new and embracing spontaneity can spark the adventure we've all been missing.

Earn Rewards for Future Travel –

For those who are ready to take their next trip, travel rewards cards now offer unique opportunities to earn on travel and towards travel, transforming everyday experiences into your next dream vacation.



One thing this past year has taught us is to embrace the places and people we love and appreciate the little adventures of every day.



Summer Learning Activities for KIDS



Need something to do when it is raining? MUD PLAY is fun, free and keeps your kids stomping, splashing and moving even on those rainy days!

Just because school is out for the summer doesn't mean that learning is over -- there are plenty of fun and easy ways to keep kids engaged and active during the summer months.

Outdoor Alphabet Match - Using plastic or paper letters and chalk, write the alphabet out on the sidewalk and challenge your child to match the plastic letters to the chalk letters. Challenge older kids to spell out words.

Summer Reading BINGO - Help your child create a BINGO sheet with a different reading goal in each of the squares. These can be modest goals, like reading for 15 minutes each day, or bigger goals, like finishing a book or reading a certain number of pages. Every time your child completes a goal, cross it off the sheet. When your

child crosses out an entire row or column, treat him or her to a small prize.

Bug Hunting - Grab your magnifying glass and take a little time with your child to get to know the bugs in your backyard. Talk to your child about what different bugs do. Do they sting? What do they eat? Locate ant hills to learn about insect colonies and look for spider webs. There's a whole world in the backyard, just waiting to be explored!

DIY Bird Feeders - A quick do-it-yourself tree feeder will attract new feathered friends to nearby trees. Thread popcorn, berries, raisins and other dried fruits on a sturdy piece of string. Loop the string around a tree branch and watch the feeding frenzy. Help your child identify the birds who come for dinner at your house.





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