



# Around the House

Summer News compliments of Maeser Master Services  
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## Louisville makes the Allergy Capital List

Allergies affect nearly 20% of Americans. With Louisville, Kentucky ranking 5th on the Asthma and Allergy Foundation of America's Allergy Capital List, it seems we Louisvillians suffer more than most. Allergies are abnormal reactions of the immune system that occur in response to otherwise harmless substances. There are a number of allergens that can trigger a reaction.

Red Cedar, Hackberry, Elm, Willow and Poplar trees are some of the local pollinating trees that can cause a reaction. As a matter of fact, Louisville's pollen score is considered worse than average. Although we rank 19 out of 100 in the Asthma Capital List, our air quality is considered worse than average. Obviously these scores are detrimental to our health, however, by proactively reducing the triggers, we can live healthy and active lives.

There are other allergen triggers that can cause a reaction also. These include dust mites, pet dander and mold. The best way to avoid these allergens are to control them.

**Dust mites:** By dusting surfaces and washing bed sheets once a week, the dust mites can be controlled. Vacuuming once or twice a week also can reduce dust mites. Make sure your vacuum cleaner has an air filter to capture the dust.

**Pet Dander:** It is best to avoid pets with feathers or fur like birds, cats and dogs. If you have a passion for your pets, do not allow them in your bedroom.

**Pollen:** Keep windows and doors closed to keep pollen out. Use an air conditioner and change the filter once a month.

**Mold:** Mold spores grow in moist areas like the kitchen and the bathroom. Reduce the moisture by using a dehumidifier and fixing any leaks inside or outside of your house.



## Featured Remodeled Bathroom

Our customer's mobility was challenged, so they decided to remodel their bathroom. We suggested they install a **curbless shower floor** so they are able to roll a wheelchair in the shower. A bench and **grab bars** in the shower encourage safety and allow our customer to stay in their home as long as possible. The over-sized shower has two shower heads, one that can be used while standing and one used while sitting. The controls were mounted at a convenient height.

A **comfort-height toilet**, with a seat height equal to that of a standard chair was installed, with more accommodating grab bars.

Although this bathroom was remodeled for our aging-in-place customer, it is a beautiful bathroom and would appeal to any family that may move into their home in the future.

Call the **Aging-in-place specialist** for details.



## QUACKS

### • Check out our social gallery

A new addition to our web site includes a gallery that allows our customers to view our remodeling projects. As an added bonus, you can share the pictures with your friends via all the popular social sites.

[www.maeser.com/bathroom-remodeling/portfolio/](http://www.maeser.com/bathroom-remodeling/portfolio/)

### • Facebook

Like us on facebook

[www.facebook.com/MaeserServices](http://www.facebook.com/MaeserServices).

We have remodeling photos, staff photos, contests and so much more. Congratulations to Jeffrey T. He won the iPad Mini for our Hug a Plumber campaign. Jeffrey can use his iPad to schedule Maeser appointments!

### • Senior Citizen Days

Save an additional **10% off service calls** on Wednesdays and Thursdays\*

\*Not valid with other offers. Discount not applicable during extreme weather (i.e. flooding, weather advisory days or other acts of nature).

### • Maeser's Preferred Maintenance Plan

Our preventive maintenance plan includes:

- Precision tune-up
- Priority scheduling
- No extra charge for emergency service
- FREE estimates
- 15% off heating/air conditioning repairs
- 10% off plumbing repairs.

**Become a member today! 266-6546**

## Summer To-Do list

Keep your home in great condition. Here are a few summer tips to make your life more convenient and safe.

- Clean gutters and downspouts
- Smoke and carbon monoxide detector check
- Monthly furnace filter change ([www.maeser.com/air-conditioning/air-conditioner-repair/ac-faqs/](http://www.maeser.com/air-conditioning/air-conditioner-repair/ac-faqs/)).
- Deep water shrubs and trees
- Inspect weatherstripping and caulking
- Inspect plumbing fixtures for leaks ([www.maeser.com/plumbing-services/water-leaks-pipe-repair/](http://www.maeser.com/plumbing-services/water-leaks-pipe-repair/)).
- Inspect downspouts and splashblocks for drainage away from home
- Inspect sump pump ([www.maeser.com/plumbing-services/plumbing-repair/sump-pumps/](http://www.maeser.com/plumbing-services/plumbing-repair/sump-pumps/)).

**cont. allergies**

Other ideas to keep you from having an allergic attack include:

- Wash your hair at night to rinse away the pollen
- Wear a mask if you must do yard work to keep pollen out of your nose and mouth.
- Keep your home temperature in the mid to low 60s and the humidity level between 40% and 45% to keep dust mites out of the house
- Use mattress and pillow encasements and wash bed linens at 140° to reduce dust mites.
- Use an exhaust fan in bathrooms and laundry rooms and a dehumidifier in basements.
- Have a HEPA filter attached to your central air-conditioning system and change filter every month.
- Furnish your home with hardwood floors, tile or linoleum. Carpet traps dust and dander.
- Have a non allergenic person comb your dog outside every day with a comb dipped in distilled water. The distilled water traps the dander.

**Maeser suggests the Fresh-Aire UV APCO**

It is possible to remove airborne contaminants with a Fresh-Aire UV APCO. The APCO unit is installed in the ductwork of the central air system. As the air is circulated, mold, germs, and viruses are sterilized by a UV light and airborne microbes and volatile organic compounds (odor molecules) are captured. Scientific studies have shown that UV light can kill 99.9% of microbes after 24 hours.

Enjoy the great outdoors and keep your family's health in mind by being aware of the quality of your indoor air. Maeser has indoor air-quality technicians that have the expertise to diagnose and remove air quality problems so you and your family can enjoy clean air and a healthy indoor environment. Call us today for a free consultation.

<http://allergycapitals.com>

[http://www.health.com/health/gallery/0,,20361208\\_11,00.html](http://www.health.com/health/gallery/0,,20361208_11,00.html)



**"Just Ducky" Services**

**Plumbing**

- Back Flow Preventers
- Drain Water Lines
- Drain Cleaning
- Emergency Plumbing Repairs
- Faucet Installation
- Fixture Replacement
- Garbage Disposals
- Gas Piping Repairs
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- Water Heating

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**Bathroom Remodel**

- Body Massage Shower and Whirlpool Tubs
- Aging In Place Remodels

**Financing Available**

**502-266-6546**  
**www.maeser.com**

**Calling family, friends and co-workers:**

**Do you know someone who needs plumbing, heating, cooling, geothermal or a bathroom remodel?**

**Tell them about Maeser!**

**You both will receive a special gift from us.**

Just have them call **502-266-6546** and give our friendly customer service representative your name. We'll be in touch. Thanks for your loyalty!



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**just ducky recipes...**

**Strawberry Pretzel Salad**

- 2 c. crushed pretzels
- 3/4 c. butter, melted
- 3 T. white sugar
- 1 (8 oz.) pkg. cream cheese, softened
- 1 c. white sugar

- 1 (8 oz.) frozen whipped topping, thawed
- 2 (3 oz.) pkg. strawberry gelatin
- 2 c. boiling water
- 2 (10 oz.) pkg. frozen strawberries

Preheat oven to 400°F.

Stir together crushed pretzels, melted butter and 3 tablespoons white sugar; mix well and press mixture into bottom of 9x13-inch baking dish.

Bake 8-10 minutes, until set; set aside to cool. In a large mixing bowl cream together cream cheese and white sugar. Fold in whipped topping.

Spread mixture onto cooled crust. Dissolve gelatin in boiling water.

Stir in frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer.