



AROUND THE HOUSE

JANUARY 2015

NEWS FROM OUR FAMILY TO YOURS



Our Services Include:

- *New Roof Installation*
- *Roof Repairs*
- *Metal Roofs*
- *Tile Roofs*
- *Flat Roofs*
- *Shingle Roofs*
- *Energy Efficient Roofs*
- *Roof Diagnostics & Evaluation*
- *Ventilation*
- *Fascia*
- *Gutter Repair/Installation*
- *Skylight Repair/Installation*
- *Insurance Claims*

Inside This Issue:

- **Ask What You Can Do on MLK Day**
- **Avoid Cold Weather Woes**
- **Make the Bathroom Safe for Older Adults**

Plus much, much more!!!

Resolve to Be Resolute About Your Resolutions

Lose Weight? Check. Start Exercising? Check. Stop Smoking? Check.

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

Start Small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change One Behavior at a Time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk About It

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't Beat Yourself Up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

MLK Day of Service

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"

Legislation was signed in 1983 creating a federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. The federal holiday was first observed in 1986.

In 1994, Congress passed the King Holiday and Service Act, designating the Martin Luther King Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service – a "day on, not a day off." The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community."

Participation in the MLK Day of Service has grown steadily over the past decade, with hundreds of thousands of Americans each year engaging in projects such as tutoring and mentoring children, painting schools and senior centers, delivering meals, building homes, and reflecting on Dr. King's life and teachings. Many of the projects started on King Day continue to engage volunteers beyond the holiday and impact the community year-round.

Although the scope of the event grows every year, many people are still not aware of the service component of the holiday. Many American Democracy Project colleges and universities organize and sponsor MLK Day educational and volunteer activities.



"Courtney, send in someone who knows a zig from a zag."



"Dad, did the stork bring me or did you get me in a fantasy draft?"

Just for Fun

1. An Airline - A Dart - A Stairwell
2. A foot - Cinderella Fairytale - A Christmas Tree
3. A Compass - A Doctor - An Evergreen
4. Time - A Kite - A Flag
5. A Bottle - A River - A Guitar
6. Deer Antlers - A Horse - An Attack
7. A Whip - A Joke - A Safe
8. A Dog - A Kite - A Storyteller
9. A Golf Ball - A Nail - A Car
10. A Peach - A Long Jump - A Pole Vault

COMMONYMS

What's a commonym you ask? A commonym is group of words that have a common trait in the three words/items listed. For example: A car - A tree - An elephant ... they all have trunks. These will make you think!

Answer page 9

What did the big furry hat say to the warm wooly scarf?

Answer page 9

Precision Roof Crafters, Inc.

January Is:

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- National Oatmeal Month
- National Hot Tea Month
- National Soup Month

Furniture Trends Harken to Bygone Eras

It could be that today's new furniture pieces are influenced by styles used in TV's Mad Men. Are the 1960s sneaking back into our lives?

Apparently, they have. Mid-century accents include upholstered bedroom headboards for the first time in a long time. They're from the Prada fashion collection and sold by West Elm.

Their stackable dining chairs are another throwback. They have upholstered seats, are armless, and come in walnut, birch and white at \$99 each.

The wing chair is back, drawing applause from all quarters. Designers are turning this traditional piece into a star. The style is timeless and perfect for contemporary homes, they say.

Some come in bold prints, such as the high-end Anthropologie from Joseph, which features a bold African print.

Crate and Barrel is featuring a sleek Silhouette sofa in textured soft yellow (ochre), which catches the eye from across the room. Its mid-century design, according to The Washington Post, is updated by color and fabric.

Target has joined the print trend with a line of melamine trays by New York designer Thomas O'Brien. He says the tray is a signature statement, the smallest piece of furniture he makes. The trays come in exotic prints.

Retail chains now want to feature friendlier selections. Some have added hand-wrought and environmentally friendly products. West Elm works with craftspeople and cooperatives around the world. They offer a line of sleek black pottery made by women in Indonesia, retail priced at \$12-\$24.

Focus On Bathroom Safety

The bathroom can be a treacherous place, with so many hard surfaces and sharp corners. The National Aging in Place Council recommends certain modifications for making the three key elements in your home bathroom more senior friendly.

"As with all matters related to your aging parent, adapting his or her living space to ever-changing needs has to be approached with respect and understanding." — Susan Beerman and Judith Rappaport-Musson, eldercare management specialists.

Shower – Get rid of the old tub and construct a shower stall with no barrier, which eliminates the need to step up and over and provides easy access. Install height adjustable, fixed and [handheld shower heads](#), shower and tub grab bars and pull-down seat.

Sink – Lower the bathroom sink and make sure there's proper knee clearance for comfortable maneuvering.

Toilet – Install an [elevated toilet seat](#) that will make getting up and down more safe and comfortable.

If a full bathroom renovation is out of the question, you can still modify the existing space for safety and security using devices easily purchased at any medical or surgical supply store.

- Put a **backless bench** in the tub or shower – Your parent's physical condition will determine what kind of bench you need. Seek the advice of medical equipment professional to be sure you make the right choice.
- Add a **handheld shower head** – The handheld devices are more flexible and allow you to wash hair and bathe more easily.
- Install an **elevated toilet seat** or toilet riser, which can provide the elevation your parent may need without having to replace the existing toilet.
- Correctly install **grab bars** in the shower and bath area – Do not use a towel rack or bar as a substitute for the real thing! Grab bars come in a variety of sizes and configurations to fit the space.
- Acquire some **large, nonskid mats** – Tub surfaces are often slippery. Make sure your parent only uses the tub with the mat in place.
- Install a **phone** in the bathroom.
- Purchase a **portable toilet** for night-time use in the bedroom – This helps avoid late night trips to the bathroom.

					8			
3		4	6		1		7	
	5		9					6
2		3	8			1	4	
	4	1			7	6		5
4					5		6	
	8		1		2	3		7
			7					

To solve a sudoku, you only need logic and patience. No math is required.
Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

WE WELCOME THIS MONTH'S NEW CLIENTS TO THE "PRECISION ROOF CRAFTERS' FAMILY

Here are some of our new clients that became members of the "Precision Roof Crafters' Family" this past month. I'd like to welcome you and wish you all the best!

Mohammed Alsalamah, Houston

Sayed Amir, Houston

Judith Baker, Houston

Scott Barber, Sugar Land

Tammy Bleicher, The Woodlands

Robert Cavnar, Houston

Dwain Clark, Houston

Jose Contreras, Sugar Land

Bennett Cortez, Houston

Robert Covington, Houston

Nicole Demel, Houston

Skip Elliott, Houston

Jeanie Eymontt, Houston

Vicki Gee, Brookshire

Carlos Gonzalez, Houston

Lauren Hall, Houston

Edith Hicks, Houston

Steven Higginbotham, Houston

William Holliday, Houston

Elizabeth Knowlan, Houston

Roman Konovalov, Houston

Josh Lane, Houston

Josh Lane, Houston

George Larach, Houston

Amy Lee, Houston

Manuel Fernando Letona, Houston

Rachel Magee, Houston

Steve McDowell, Houston

Michael McGarry, Houston

Todd Milligan, Houston

Thamson Nguyen, Beaumont

Thu Ninh, Pearland

Joel Ocmant, Houston

Daniel Pate, Houston

Kristie Penn, Houston

Kyle Powell, Houston

Margaret Rabago, Houston

Debbie Rothschild, Sugar Land

Gary Selisker, Houston

Thomas Spry, Spring

Anthony Thompson, Fresno

Russell Thorstenberg, Bellaire

Sharon Tillie, Missouri City

Joe Toruno, Pearland

We are giving recognition to our new clients and our superb friends who are kind enough to refer their neighbors and relatives to us.

Dream a Little Dream of Work

It's not unusual to have dreams that keep you "working" through the night. Many experts say dreams are simply a tool the brain uses to process thoughts and memories.

Sleep fantasies aside, dreaming about work can be productive. At least two Nobel prizes have been awarded for inventions developed during sleep, according to Harvard's Deirdre Barrett, the author of *The Committee of Sleep*.

The legendary Russian chemist Dmitri Mendeleev said he dreamed up the periodic table of elements in its complete form while sleeping. And Robert Lewis Stevenson claimed to have derived two key scenes of *Dr. Jekyll and Mr. Hyde* while he was asleep.

Nongeniuses benefit from work dreams too. A 2013 Harvard study found that people who learned a task and napped before being tested on it did better than subjects who went sleepless. Those who dreamed about the task during the nap performed best of all, even if their dreams seemed wild and incoherent.

That doesn't mean professional dreams reduce anxiety. One NPR announcer told about his recurring dream. In it, he's driving in his car, and the theme song for *All Things Considered* comes on. He realizes he's supposed to be in the studio.

The announcer was advised to get 15 minutes more sleep than usual so he could stop worrying about it.

Men's and women's dreams used to be different, but because women are now also in the workplace, their dreams are pretty much the same



Hypothermia and Frostbite and Falls – Oh My!

You think it couldn't happen to you - that you're too smart to get frostbite or hypothermia, and you never fall down. But that's thinking about history rather than today's winter weather.

Even tough guys and strong ladies can fall to the pavement when it's iced over. And the step outside your front door could be your biggest downfall.

Staying on your feet

Your foot gear makes a difference. Tennis shoes and shoes with leather soles are out. Wear shoes or boots with some tread on them.

Take your time. Just as when you drive on an icy road, go slow.

Balance yourself with your arms when you walk. That means keeping your hands out of your pockets.

Walk flat-footed on glazed sidewalks and take short, shuffling steps.

Beware of wet, slippery floors when you enter a building.

Hypothermia and frostbite

When your body's core temperature drops, you experience hypothermia, a serious and life-threatening situation.

In frostbite, cell damage occurs from the cold as a result of a lack of circulation, usually to the fingers, toes, ears or nose.

It doesn't take extremely cold temperatures to bring about either condition. Moderate cold, when combined with wind and moisture, can cause them.

Symptoms of hypothermia include violent shivering, disorientation and exhaustion. Get the person to the emergency room right away.

Frostbite progresses from a pins and needles sensation to numbness, hardened skin, blisters and worse. It can lead to gangrene, so if you have the pins and needles sensation, get inside and get warm.

Mulligatawny Soup

Ingredients

- ½ cup chopped onion
- 2 stalks celery, chopped
- 1 carrot, diced
- ¼ cup butter
- 1 ½ tablespoons all-purpose flour
- 1 ½ teaspoons curry powder
- 4 cups chicken broth
- ½ apple, cored and chopped
- ¼ cup white rice
- 1 skinless, boneless chicken breast half cut into cubes
- Salt and ground black pepper to taste
- 1 pinch dried thyme
- ½ cup heavy cream, heated



Directions

- Sauté onions, celery, carrot, and butter in a large soup pot. Add flour and curry, and cook 5 more minutes. Add chicken stock, mix well, and bring to a boil. Simmer about 1/2 hour.
- Add apple, rice, chicken, salt, pepper, and thyme. Simmer 15-20 minutes, or until rice is done.
- When serving, add hot cream

Recipe Source: Allrecipes.com

Swedish Oatmeal Lace

Ingredients

- | | |
|--------------------------------|---------------------------|
| ½ cup butter | ¾ cup quick cooking oats |
| ¼ cup sifted all-purpose flour | 2 tablespoons light cream |
| ½ cup white sugar | |



Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour baking sheets.
- Melt butter in medium saucepan. Add rest of ingredients and cook, stirring constantly, until mixture starts to bubble.
- Remove from heat and stir briskly for a few strokes. Drop by rounded teaspoonfuls about 4 inches apart on well-greased and floured baking sheet.
- Bake only 5-6 cookies at a time. Bake for about 5-6 minutes until golden brown.
- Cool wafers for 2 minutes on baking sheet. Remove carefully with spatula and place over rolling pin, glass, or mug so they curl and become firm. If cookies harden before they can be removed from cookie sheet, reheat in oven again a few seconds to soften.
- Note: Do one test to check oven temp and quantity of batter. The bigger the cookie, the more fragile. Use 1/2 tsp for test.

**Call Today To
Learn How To Save
On Your Next
Home Project**

(800) ROOF-PRO

(800) 766-3776

Client of the Month!

Every month we choose a Precision Roof Crafters' Client Of The Month. It's just our way of saying thanks and giving a little recognition to our good friends and clients who help support us!

This month's client of the month is **Neel Patel!** Congratulations!

Neel Patel wins a **\$50 Gift Card**. You can be the client of the month too! Watch for your name here in an upcoming month! You can be the client of the month too!

SEND A REFERRAL: GET A PRIZE

For every referral you send our way that becomes a client, you will receive a gift from our company:

"A \$25 Pre-Paid American Express Gift Card"

By referring your family, friends & neighbors, you've helped our business grow. Offering these special rewards is our way of saying, **"Thank you, you're the best!"**

Without you, we couldn't do what we do. To take advantage of our Referral Reward Program, just fill out the enclosed referral sheet and either fax or send it in. That's all there is to it!

ROCKET REFERRAL REWARD PROGRAM!

If you use this form, we will be able to make sure you get credit for all of your referrals when they become clients. If you have any questions, just give us a call at (insert your phone number).

Your Name: _____ Your Phone# _____

Referrals: If you run out of room, please feel free to use a separate sheet of paper.

Name _____

Address _____

City, State, Zip _____

Home Phone _____

Name _____

Address _____

City, State, Zip _____

Home Phone _____

Yes! Feel free to use my name as a reference when you contact the referrals!

Email To: info@roofprohouston.com Fax To: _____, TX 77063

Yes! Feel free to use my name as a reference

Fax To: [insert fax number]





3919 Jeanetta St.

Houston, TX 77063

713.799.8555

1-800-ROOF-PRO
(800.766.3776)

www.roofprohouston.com

info@roofprohouston.com

www.RoofProHouston.com

6	1	2	5	7	8	4	9	3
3	9	4	6	2	1	5	7	8
7	5	8	9	3	4	2	1	6
2	7	3	8	5	6	1	4	9
5	6	9	4	1	3	7	8	2
8	4	1	2	9	7	6	3	5
4	2	7	3	8	5	9	6	1
9	8	6	1	4	2	3	5	7
1	3	5	7	6	9	8	2	4

Puzzle Answer:

1. they have flights
2. they have balls
3. they have needles
4. they all fly
5. they have necks
6. they are mounted
7. they are cracked
8. they have "tails"
9. they are driven
10. they have pits

Riddle Answer:

You hang around while I go on ahead!

Precision Roof Crafters, Inc.

Money Saving Coupon

\$\$\$\$\$\$\$ Take Advantage of Our \$\$\$\$\$\$\$\$

OUR JANUARY SPECIAL

**\$20 OFF
Diagnostic &
Evaluation**

Service Call

As always you have our Personal Satisfaction Guarantee

**Cannot be used in conjunction with any other offer.
Must present this coupon to receive offer.
Offer expires February 15, 2015**

New Roof Installation • Roof Repairs • Metal Roofs • Tile Roofs • Flat Roofs • Shingle Roofs • Energy Efficient Roofs • Roof Diagnostic & Evaluation • Ventilation • Fascia • Gutter Repair/Installation • Skylight Repair/Installation • Insurance Claims • New Roof Installation • Roof Repairs • Metal Roofs • Tile Roofs • Flat Roofs • Shingle Roofs • Energy Efficient Roofs • Roof Diagnostic & Evaluation • Ventilation • Fascia • Gutter Repair/Installation • Skylight Repair/Installation • Insurance Claims • New Roof Installation • Roof Repairs •



How about a refrigerator with a TV and DVD player built into the door? It's available.