

Comfort Pro CHRONICLES

SPRING/SUMMER 2023

IAQ? WHAT IS IAQ AND HOW CAN COMFORT PRO HELP?

Indoor Air Quality (IAQ) has become an increasingly important environmental concern. IAQ describes how inside air can affect a person's health, comfort, and ability to work. According to the Environmental Protection Agency (EPA), your exposure to air pollutants can be up to 70 times greater indoors than outdoors. The American Lung Association estimates that most people spend 60% to 90% of their time indoors, making clean indoor air very important.

Poor IAQ is caused by lack of fresh outdoor air, poor ventilation of heating and air-conditioning systems, mold, excess moisture, high humidity, and indoor activities like smoking or remodeling. Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later.

Immediate health effects include irritation of the eyes, nose and throat, headaches, dizziness, and fatigue. Many immediate effects feel like those from colds or other viral infections. Luckily, such effects are usually short-term and treatable. The likelihood of immediate reactions to indoor air pollutants depends on several factors including age and preexisting medical conditions. Long-term health effects may show up years after the exposure has occurred.

These conditions, which include some respiratory diseases, heart disease and cancer, can be severely debilitating or fatal.

However, there are steps to take to ensure good air quality. The right mix of temperature, humidity

and air filtration are vital to making your indoor air healthier and easier to breathe. Comfort Pro improves indoor air quality through proven strategies: purification, ventilation, humidity control, and elimination.

One major advantage to any of the products recommended below is the systems clean the air without producing ozone, a known lung irritant.

Purification

PureAir™ Air Purification System

The PureAir™ Air Purification System cleans the air in your home or office of common particles like allergens, mold, mildew, odors, and chemical vapors virtually eliminating harm you can't see.

Benefits of Air Purification:

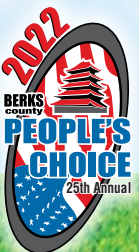
- Excellent Quality
 - Exceeds hospital intensive care/ operating room filtration levels.
- Cleaner Air – Reduces ozone in your home and chance of negative health effects.
- Monitored through your thermostat



Continued inside...



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MEET THE COMFORT PRO TEAM

“
**My greatest achievement to date
is getting married and being the
father of two great kids!**”



Rob Santoro joined the Comfort Pro Team in August of 2005 as Comfort Pro's Warehouse Manager. Rob chose to work for Comfort Pro because he thought a family-owned business would be a perfect fit for him. The best part is his thoughts were correct. Six years later in 2011, he was promoted to a Comfort Advisor which is his current role. Before Comfort Pro, Rob worked in the Heating and Air Conditioning industry where he gained the knowledge and experience he needed at Comfort Pro. Rob's favorite parts of being a Comfort Advisor are being on the road, meeting new people and having the opportunity to help individuals and families with all their heating and air conditioning needs.

Rob was born in Reading and raised in Berks County. He graduated from Schuylkill Valley High School and furthered his education at Reading Area Community College. With all Rob has accomplished professionally, he said, "My greatest achievement to date is getting married and being the father of two great kids!" Family means so much to Rob that Thanksgiving is his favorite holiday because he gets to gather with family for turkey and watching football. When Rob isn't working, he loves spending time with his family and traveling. His favorite vacation spots are somewhere warm and full of Palm trees.

Giving back to his community is very important to Rob. He has been an active volunteer at his church for many years. When asked about five things he couldn't live without, Rob said, "I don't know about five things, but one thing I can't live without is Dunkin' Donuts Coffee!" In addition to coffee, Rob loves supporting his favorite sports teams, the Philadelphia Eagles and the Phillies. When asked about a fun fact people don't know, Rob said, "In the early 1990's I was a radio personality in Lancaster and Berks County." Next time Rob is at your home for your heating and air conditioning needs, maybe now you will recognize his voice as one you heard on the radio.

CRAIG'S RECIPE CORNER



A Simple Roast Beef

You'll need:

1 - large chuck roast
32 oz. - beef stock (or)
make stock from a
beef base for soup
1 - large onion
black pepper
kosher salt
nonstick pan
roasting pan

Prepare:

Start by setting the oven to 275° F.

Cut roast into 3"x 3" pieces and season generously with salt and pepper.

Dice onion and place in roasting pan.

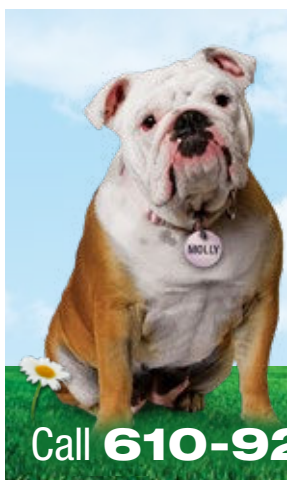
In a non-stick pan add a little olive oil, sear the pieces of beef on high heat till all sides are dark brown. It will smoke so turn the fan on or open a window. Place browned beef on top of onions in roasting pan, use some of the beef stock to remove all the brown bits from the pan and pour over the meat. Then pour the remaining beef stock over the meat. The stock must not cover the meat completely. About $\frac{3}{4}$ immersed.

Bake uncovered at 275° F for 5 hrs or until meat falls apart when pulled with a fork.

During the bake flip the pieces every 1 hr to brown on all sides. This is a very important step. You may have to add water depending on how much juice comes out of the meat.

When finished you may strain the juices and make a gravy by whisking in a butter and flour roux on medium heat or you can simply make beef sandwiches by pulling apart with a fork and then dip in au jus.

If you have any questions please email
me at cweisman@comfort-pro.com.




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IAQ? *CONTINUED...*



Ventilation Control System

Benefits of Ventilation:

- Automatic monitoring of outdoor temperature and indoor humidity making sure the air coming into your home is not too humid, hot, or cold.
- Motorized damper controls the amount of outdoor air entering your home, never allowing more than what's needed.
- 24-hour timer helps reduce energy costs.

Humidity & Moisture Control

Humidity is a troublemaker when it comes to temperature, turning your home into a damp haven for mold, odors and bacteria, which can affect the health of your family. We offer a full line of humidity control systems that keep your home comfortable—and protect your family.

Whole-Home Dehumidifiers

Whole-Home Dehumidifiers effectively remove excess moisture from the entire home, a single area or a combination of both. They help reduce dust mites and mold that thrive in humid environments as well as protect home furnishings and wood from moisture damage. One major advantage of the Whole-Home Dehumidifiers over portable units is no need to empty buckets of water!

Whole-Home Power and Bypass Humidifiers maintain optimal comfort during heating seasons by minimizing problems associated with dry air such as skin irritation, sore throats and respiratory problems. The Whole-Home Power and Bypass Humidifiers are easier to use than portable units because there is no need to constantly fill and clean units!

The AprilAire Ventilating Dehumidifier (Models E100V + 8190FF) combines dehumidifier efficiency with code-compliant fresh air ventilation:

- Designed to create healthier indoor air that reduces viruses and controls excess humidity
- Patent pending design
- Ventilation managed by patented control logic that brings in the right amount of air at the right time
- Limits mold, mildew growth, and pest infestation by controlling humidity
- Maintains desired moisture levels in the home when not ventilating



Model E100V

Model 8190FF

THANK YOU TO OUR HARD WORKING STAFF!



WELCOME TO THE TEAM
NEW HIRE

Brian Merkel



Molly's Yard

Protect Your Pets from Fleas and Ticks This Summer

ACTIVELY CHECK YOUR PET

Remember to regularly run a flea comb through your pet's fur! It's important that they're happy and healthy, so make sure to check for fleas and ticks even before they start scratching. If your furry friend decides to roll around outside or in the woods, look for ticks immediately so that you can remove them!

KEEP YOUR HOUSE PROTECTED

Fleas and ticks love being inside for the same reason you do; you're protected from the elements. In addition to checking your pet's fur, make sure to wash their bedding to keep it clean. Vacuuming the carpets and mowing the lawn on a regular basis will also help keep ticks away!

DON'T WAIT FOR SUMMER

Ticks and fleas can show up as early as February, and can hang around all the way until November, or even December. While these pesky bugs are most prevalent during the warmer months, it's equally important to check for them year-round. Tick and flea prevention shouldn't have to wait for the summertime!



<https://www.akc.org/expert-advice/health/4-tips-to-help-keep-your-dog-safe-from-fleas-and-ticks/>



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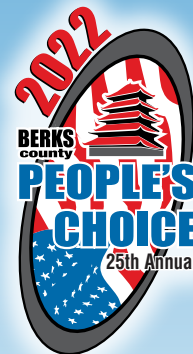
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*Not valid with any other offers or discounts. See your Comfort Advisor for details.



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