

## Comfortable Living SPRING EDITION 2021

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## Optimizing Your HVAC For WORKING FROM HOME

Back in the old days, when we spent workdays at the office, commercial HVAC systems would be optimized for employee performance. Since working from home became the norm, we're left to our own devices to make sure we have the best conditions for performing at our best.

Besides the right workstation ergonomics, you need to ensure that the air quality is suitable for the hours you spend working. Here are some HVAC tips for optimizing your work from home performance.

### VENTILATION

A poorly ventilated space results in

a buildup of carbon dioxide, volatile organic compounds and pathogens, each of which can make you sick. Even without actually getting sick, you'll find yourself getting headaches, feeling tired and otherwise unable to perform at your best.

The human body needs fresh air for good health and that affects your ability to work from home. Rather than deal with the difficulties of low energy and struggle through each day, simple upgrades to your HVAC system to introduce more ventilation.

Ensure that, at a minimum, you have exhaust fans that work and operate regularly. Ideally, add a

whole-house ventilation system with an energy recovery ventilator so you minimize your energy consumption while boosting your work efficiency.

### TEMPERATURE

Temperatures too high can make you drowsy (it's probably not the work. Maybe partly, but that's another story). A hot workspace will cause you to lose electrolytes and reduce your brain's ability to process information. At the same time, a room that is too cold will also prevent you from concentrating enough to get your work done. Shivering is distracting at the very least and any level of ongoing discomfort while working will affect your ability to work.

(CONT. ON 2)

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ANSWER  
KEY



## Optimizing Your HVAC for WORKING FROM HOME

(Cont.)

Have your furnace tuned and make modifications as necessary to keep your space at the right temperature so you can perform at your peak.

### HUMIDITY

Humidity issues range from mold growth in your home to dry mucus membranes. Your health is affected by humidity issues and that affects your

performance. Something as simple as dry skin can be a distraction even if you're not faced with more severe humidity issues in your home. Consider adding a humidifier to your home's HVAC system with proper humidity control so that you're not faced with humidity that's too high or low, especially during cold weather.

Give us a call if you need help getting your home's HVAC system working at its best so you can work at your best!



## Change Your Mindset ABOUT CLUTTER

Reducing clutter in your house is a great way to start off the year. It might seem daunting, but the impact on your mental and physical health are well worth it. So set aside some time and start clearing out your home. Easy, right?

Not for everyone. Removing stuff from our lives isn't always as clear cut as the gurus make it out to be. Here are some tips that will make it easier to say goodbye to clutter.

### IMAGINE OPEN SPACE

Instead of focusing on the negative (getting rid of), think about the positive aspects. Your house automatically gets bigger by the square footage occupied by all that extra stuff.

(CONT. ON 3)



## WORD SEARCH

Can you find all the hidden words?

HEALTH  
AIR QUALITY  
TEMPERATURE

ENERGY  
WORKING  
VENTILATE

HOT  
HUMID  
WEATHER



## Change Your Mindset ABOUT CLUTTER

(Cont.)

Whether it's as big as a piece of furniture or as small as a stack of papers, the space will open up as soon as extra items are out the door.

### TAKE NOTE OF WHAT YOU USE

It's no use throwing out stuff you know you'll need or are currently using, unless you plan to use another tool for the same task. At the same time, it's easy to hold on to things for "possible future use" or "just in case". Before you start decluttering, make notes of what your family frequently uses.

### LET GO OF GUILT

Guilt may be one of the things holding you back from getting rid of loose items in your home. Even as you try to clear your home, you may feel guilty about holding on to items, as much as you feel guilty about getting rid of anything. If you are clear on what you need and want, release the guilt holding you back.

### SOMEONE ELSE CAN USE IT

Instead of thinking of it as getting rid of your stuff, consider the fact that someone else will actually make use of items that have been sitting in the bottom of your drawer. If it helps, think of it as a gift of your generosity. Instead of holding on to three coats, give

one to someone who would otherwise struggle during winter.

### LET GO OF THE PAST

Mementos are sometimes the hardest things to remove from our lives. Touching them seems to bring back the warm fuzzies of that time when we were young, the kids were little or life seemed easier. Instead of keeping baby toys belonging to your eighteen year old, consider taking a photo or commissioning a small painting for really special items.

Once you get into the right mindset, removing clutter from your home will become easier and you'll enjoy your home even more.

## O'COMFORT COUPON CORNER

Enjoy a  
**\$79.00**  
**AC TUNE-UP**

SINGLE USE ONLY. CANNOT BE COMBINED  
WITH ANY OTHER OFFER. EXPIRES 5/30/21.

Take  
**\$25 OFF**  
**YOUR NEXT  
REPAIR SERVICE**

SINGLE USE ONLY. CANNOT BE COMBINED  
WITH ANY OTHER OFFER. EXPIRES 5/30/21.

## JOKE SECTION

*My friend called and said  
he was sick of his fireplace  
exhaust vent...*

*Sounds like another case  
of the flue.*

*When I got home I realized  
my husband had shut off all  
the A/C vents...*

*Definitely not cool.*





## GARLIC LEMON BAKED TILAPIA

Source: <https://www.delish.com/cooking/recipe-ideas/a19665918/oven-baked-tilapia-recipe/>

### Ingredients

|                               |                                |                             |
|-------------------------------|--------------------------------|-----------------------------|
| <b>4 tilapia</b>              | <b>2 cloves garlic, minced</b> | <b>1 lemon, sliced</b>      |
| <b>Kosher salt</b>            | <b>1/4 tsp. crushed red</b>    | <b>into rounds</b>          |
| <b>Freshly ground black</b>   | <b>pepper flakes</b>           | <b>Freshly chopped</b>      |
| <b>pepper</b>                 | <b>Juice and zest from</b>     | <b>parsley, for garnish</b> |
| <b>5 tbsp. butter, melted</b> | <b>1/2 a lemon</b>             |                             |

### Instructions

Preheat oven to 400°. Season tilapia with salt and pepper and place on a small baking sheet.

Mix together butter, garlic, red pepper flakes, lemon juice, and zest then pour over tilapia. Place

lemon rounds on top and around tilapia.

Bake tilapia for 10 to 12 minutes or until fish is fork-tender. Plate with cherry tomatoes, asparagus, and lemon.

