

Whalen

Fire, Smoke, Soot, Water & Mold Remediation Services
Board-up * Cleaning * Deodorizing * Reconstruction

Spring Newsletter 2019



Welcome!

We're ready for spring and welcoming the longer days!

This winter Cape Cod may not have seen the winter storms and flooding that blew through last year, but we did still dip into some severe and dangerous cold snaps. Calls for frozen pipes started early December and continued coming in throughout the season. We'll focus on that topic a little bit, but not *too much* because it's time to think **SPRING!**

Our monthly maintenance checklists are less than 10 items each to easily keep you on track with a safer, healthier home. We're going to get a little personal about how we feel about being in *your* homes and businesses. Plan some fun activities around the good-to-know calendar dates, and tackle the new recipe with us! Don't forget to snap some pictures and share them with us on Facebook or by email! We can't wait to see what you come up with!

Sincerely,
The Whalen Restoration Services Team

Spring....Freeze?

Would love to share lawn tips, but unfortunately this is currently still more relevant!

It may be March but the snow this week was a clear sign that it's not time to open the windows and turn on the irrigation just yet.

Last year we talked about [going green](#) while you spring clean, and the scary truth about [what's really on your shoes](#), but this year we feel we still need to address the continued danger of frozen pipes.

As with so many other things, the key to dealing with frozen pipes is preventing them in the first place. Just because your pipes haven't frozen yet, doesn't mean they can't and won't.

Several of our customers have been in their homes for 20+ years, and this is the first year they've ever had a problem! Generally mild weather or not, follow these steps to help prevent frozen pipes from happening to you.



- If the property is only a seasonal property used in the warmer months then winterize it when not in use.
- If you're going away for a few days turn the water main off and open all of your faucets. Leave a sticky note somewhere obvious to remind you to close them before turning the water back on.
- Keep your thermostat no lower than 65 degrees F day and night. Make sure you have enough fuel for your heating system, and have the system checked annually by a licensed professional.
- Keep all your interior doors open so warm air can easily circulate. Open doors to cabinets that have plumbing in them.
- Make sure any exterior walls that have plumbing in them are insulated.
- Wrap pipes in un-heated areas with insulation. Self-sealing foam insulation is easy to install, comes in different sizes to suit your pipes and is very affordable! Don't forget the corners. They make special pieces for those, or you can miter the corners of straight pieces and foam tape the joint.
- Seal any holes to the outside of your home (like where you may have had to drill for cable wire access) with expanding foam or caulking.
- Before freezing temperatures hit make sure to shut off exterior water supplies like outdoor spigots and showers.
- Install frost-free spigots. After installation you should still shut off the water supply and drain them before the temperatures start to dip below freezing.
- SMART Tip: Install water detection sensors and/or smart thermostats. Something to keep an eye on things while you can't, and alert you if something does go wrong.

[Wondering what to do if it's too late and they're already frozen? See our blog for additional suggestions!](#)

It's Personal...

Why choose Whalen Restoration over the others? Because we get it!

We all hope that we'll never need the services of a professional restoration company. The reality is that you or someone you know will have a situation that requires them. Most people want to work with an established company that has a great reputation. They want the company to be licensed and properly insured, the workers to be experienced and well trained, and the best tools available to be used with up-to-date techniques. There isn't a restoration company that won't claim to have all of these positive attributes. What's our special difference? Whether the project involves a residential property or a commercial property, our President, Bill Whalen, is personally tuned in to the needs of the owner.



Bill ensures that all of us at Whalen Restoration Services realize that there is nothing more personal than someone's home. If put in the same situation we would want to be back in our own homes as soon as possible, and we work diligently to be sure that our clients are. Business owners have additional concerns, specifically the expense of being unable to operate the business while the restoration is ongoing. We helped one restaurant owner who had a fire just before a major holiday, and another restaurant owner whose building was hit by a car at the height of the summer season. Anyone who is familiar with Cape Cod knows that being closed during those times would be devastating for business! We also saved business for a hotel where, had we not responded in the fashion that we did, a wedding would have been forfeited. And you thought *rain* on a wedding day was sad! Our timely restorations not only saved the business owners and the love birds, but they saved the insurance companies significantly in all of these cases. Bill's empathy and understanding for the business owner contributes immensely to the successful completion of their restoration projects.

Many of us here at Whalen Restoration Services have homes and families of our own, so we completely understand that it is personal to have us in yours. This business is even family owned and operated. These are huge reasons why we're committed to restoring every residential and commercial property to its pre-loss condition in a timely fashion with quality and courtesy. Want to learn more about Bill and our office staff? [Read on!](#)

Mark Your Calendar

Good to Know

<h1 style="text-align: center; color: rainbow;">MARCH</h1> <p style="text-align: center;">Is the month of:</p> <ul style="list-style-type: none"> • Nutrition • Women's History 	<h1 style="text-align: center; color: rainbow;">APRIL</h1> <p style="text-align: center;">Is the month of:</p> <ul style="list-style-type: none"> • National Poetry • Stress Awareness • National Autism Awareness 	<h1 style="text-align: center; color: rainbow;">MAY</h1> <p style="text-align: center;">Is the month of:</p> <ul style="list-style-type: none"> • Physical Fitness & Sports • Mental Health Awareness • Lupus Awareness
3/1 Friday Employee Appreciation Day	4/2 Tuesday Autism Awareness	5/1 Wednesday May Day
3/8 Friday Int'l Women's Day	4/10 Wednesday National Siblings Day	5/5 Sunday Cinco De Mayo
3/10 Sunday Daylight Savings Begins	4/15 Monday Tax Day	5/12 Sunday Mother's Day
3/14 Thursday Pi Day	4/19 Friday Good Friday	5/18 Saturday Armed Forces Day
3/17 Sunday St. Patrick's Day	4/21 Sunday Easter Sunday	5/27 Monday Memorial Day
3/20 Wednesday Spring Begins!	4/22 Monday Earth Day	
3/22 Friday World Water Day	4/24 Wednesday Admin. Professionals Day	
3/30 Saturday National Doctors' Day	4/26 Friday Arbor Day	

Seasonal To-Do List

For a Happy, Healthy Home

Years ago we created a yearly home maintenance calendar to keep you on track with properly caring for your home and to help you avoid costly damage repairs. There are only 6-9 items per month so make sure to check them all off to help keep your home in the best, safest shape possible!

March

- Daylight savings begins this month. Replace the batteries in your smoke and carbon monoxide detectors when you change your clocks.
- Clean out your medicine cabinet. Safely dispose of dated prescriptions and over the counter medicines (please not in the toilet!). You might find a local collection drive by calling your police department.
- Examine your washer machine hose washers. Shut off their water source, remove the supply hose and replace any worn or damaged washers. Replace the hoses every 5 years.
- Clean out the garage. Gather all hazardous materials to be tossed (paint thinners, cleaners, pesticides, etc.) and contact your city's Department of Public Works to find out when the next collection date is. If you're a local on Cape Cod you can [find those dates here](#).
- Clean your refrigerator inside and out removing all food, shelves, trays and old ice from the ice maker. Replace the baking soda.
- If you have one, test your sump pump by pouring water into it and making sure it pumps out.
- Garbage disposal cleaner recipe: Grind two trays of ice cubes made of 1 cup of vinegar and 1 gallon of water.
- Planning on planting a garden this year? Start drafting up a diagram of the space you'd like to use. Research how much space each plant is going to need, and the best season to start them. You may even be able to start some of your seedlings indoors.

[March Printable To-Do List](#)

April

- Test all of your smoke detectors and carbon monoxide detectors.
- Clean your window screens with a bristle brush, a mild detergent and a garden hose.
- Check for sales on winter maintenance equipment like snow shovels, generators, snow blowers, etc.
- Prepare your winter equipment for storage and your gas powered lawn equipment for use.
- Inspect your home's exterior for signs of rot. Use a small awl to probe for any soft spots on railings, window sills and posts.
- Prepare to Grill! Grills can be cleaned with soapy water and a brass bristle brush. You may need to also clean the gas hose, and don't forget about the drip tray. See your manufacturer's instructions.
- Re-caulk open joints around windows and doors, and replace weather stripping where worn.
- Clean your range hood and either clean or replace the filter.

[April Printable To-Do List](#)

May

- Test all of your smoke detectors and carbon monoxide detectors.
- Clean and inspect your gutters. Make sure the clips and straps are all tightly fastened. Run a garden hose in them and make sure the water is directed at least 3 feet away from your foundation.
- Don't let the beauty of spring and sunshine be clouded - make those windows sparkle! Streak free tip: don't work directly in the sun.
- Air-conditioning season approaches. Have your unit checked, clean the condenser or heat pump of debris and replace the forced-air filter.
- Reset your thermostats and automatic sprinklers as the weather changes.
- Paint your patio and deck furniture to enjoy it all season long. If there's no need to paint them you can coat metal pieces with auto polish before placing them outside for the season.
- Put away your winter clothes. Have articles you didn't wear even once this year? Donate them and don't forget to keep track of your donations for taxes next year.

[May Printable To-Do List](#)

Have any questions or comments about these tips? [Send us an e-mail.](#)

Spring Recipe

A great dessert for Easter brunch!

Blueberry Lemon Crescent Ring

from The Girl Who Ate Everything

Makes 12 rolls

Ingredients

- 4 ounces cream cheese , softened
- 1/4 cup granulated sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated lemon zest (see Note)
- 1 can (8 oz) Pillsbury™ Crescent Recipe Creations refrigerated seamless dough sheet or 1 can (8 oz) Pillsbury™ refrigerated crescent dinner rolls
- 1/2 cup fresh or frozen blueberries

Glaze

- 1/2 cup powdered sugar
- 2 to 3 teaspoons milk

Instructions

1. Preheat oven to 350°F. Spray large cookie sheet with cooking spray or line with parchment paper. In small bowl, mix cream cheese, granulated sugar, lemon juice and lemon peel with electric mixer on medium speed until well blended.
2. Unroll dough sheet. (If using crescent rolls, unroll dough and separate into 2 large rectangles. Overlap long sides to form 13x7-inch rectangle; firmly press edges and perforations to seal.) Spread cream cheese mixture on rectangle to within 1/2 inch of edges. Sprinkle evenly with blueberries.
3. Starting with 1 long side of rectangle, roll up the dough tightly and pinch the edge to seal. Some of the filling will leak out during baking but that's okay!
4. With a serrated knife, cut into 12 slices. My cream cheese was overly soft so cutting it was tricky. Don't worry if it's messy. When it bakes it will take care of any issues.
5. Arrange slices on cookie sheet in a circle, overlapping slightly.
6. Bake 15 to 20 minutes or until golden brown.
7. In small bowl, mix the glaze ingredients until thin enough to drizzle. Drizzle over warm crescent ring. Serve warm or room temperature.



The Girl Who Ate Everything

Notes

Use a zester or fine grater to grate the skin of the lemon. Make sure you just do the yellow portion and not the white part underneath the skin which can be very bitter.

Source: Inspired from this Lemon Crescent Ring.

<http://www.pillsbury.com/recipes/lemon-cream-cheese-crescent-ring/81508345-3d1c-4eef-a616-15906ea81702>

Snap a picture and tag us on [Facebook!](#)

Don't Take Our Word For It

Testimonials of the Quarter

"Thank you for coming to the rescue again!! and making us whole" - Pat and Steve - Dennis/Yarmouth

"We are truly appreciative of the work John and your team has put in to get this project finished and look forward to completion really soon" - AJ - Brewster

BEFORE



AFTER



- Commercial mold remediation - Chatham

[See more testimonials here!](#)

Contact

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Connect with us!



"It is spring again. The earth
is like a child that knows
poems by heart."
~ Rainer Maria Rilke

"The sun just touched the
morning;
The morning, happy thing,
Supposed that he had come to
dwell,
And life would be all spring."
~ Emily Dickinson

"And the Spring arose on the
garden fair,
Like the Spirit of Love felt
everywhere;
And each flower and herb on
Earth's dark breast
Rose from the dreams of its
wintry rest."
~ Percy Bysshe Shelley, The
Complete Poems

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