

Brett Air Conditioning's **HOME**sense

Smart & simple ways to enrich your home living

The Smart Forecast on System Upgrades

Many homeowners have already improved the management of their home comfort systems, thanks to the installation of smart thermostats. The intelligence of this technology begins with its ability to connect through WiFi or Bluetooth, allowing you to adjust settings for your system whether you're at home, at work or anywhere.

Yet smart thermostats can also do more than read temperatures and humidity levels. They can take into account whether the room is occupied and hold back on cooling (or heating) empty rooms. If you're not spending your energy dollars keeping unoccupied rooms comfortable, you're saving loads of money.

Smart vents are another favorite upgrade for better efficiency and comfort. With sensors that allow temperature controls of individual rooms, they can also adjust the flow of air to rooms based on occupancy. As they learn your preferences, smart vents can be scheduled to open or close based on typical patterns. They can also detect outdoor temperatures and adjust accordingly to maintain your preferred indoor home comfort level.

Experts predict that smart technology will soon be able to do far more than adjust air flow remotely. It's expected that sensors will be able to tell you when problems are occurring that could lead to a breakdown. Or they'll even let you know when it's time to change your filter.

When you're making decisions on smart upgrades, it's best to stick with devices from reputable companies. When there are a lot of new products on the market, you'll want to be able to find solutions you can trust. If you'd like to discuss smart improvements for your home, give us a call.



☎ 239-566-3633

🌐 BrettAirConditioning.com



MY WORD

BY DAN BRETT



Hello friends,

I hope you're having a fun summer. It's a great season to spend time with family and friends – whether you're on vacation somewhere far away or enjoying a sunny day right at home.

Summer is certainly a busy time for all of us, and we couldn't be happier about that. Our favorite activity any season of the year is taking care of our customers. We'll be here whenever you need us.

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Is It Safe to Microwave with Plastic?

Most cooks can hardly make it through meal preparation without the use of a microwave oven to shorten time frames or assist with defrosting. Using the right container, however, is important to safety in food preparation.

Before you stick a dish in your microwave and set the timer, check your cookware. According to the USDA:

- One-time use plastic containers – margarine tubs, whipped topping containers, take-out bowls and the like – are not considered “microwave safe.” The plastic in these containers can warp or melt when heated, and harmful chemicals could be transferred to the food.
- Use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, utensils and all plastics should be labeled for microwave oven use.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper and white microwave-safe paper towels should be safe to use. However, don’t let plastic wrap touch foods during microwaving process.
- Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers or aluminum foil in the microwave oven.
- Baskets (straw and wood) can be used for quick warm-ups of rolls or bread, though it’s best to line the basket with napkins to absorb moisture from food.
- Most paper plates, towels, napkins and bags are OK – preferably white, unprinted materials.

Improving Your Indoor Air

You expect your home to be a place of comfort and safety. Yet toxins could be building up in your indoor air that worsen allergies and asthma, compromise your respiratory system or create even greater dangers for you or your family.

You can take a number of steps to make your home an overall healthier environment. For starters, don’t smoke inside the home (or anywhere, actually, since kicking the habit is universally recommended for better health).

Dust and vacuum regularly. Household dust is not just unpleasant to see, it’s unpleasant to breathe. Dust can contain unhealthy chemicals, including pesticides. As a bonus idea, leave your shoes at the door instead of tracking dirt, grime, pesticides and allergens into your home. You’ll have less to vacuum.

Also high on the list, get your HVAC system tuned regularly to make sure your system is safely and efficiently circulating the air in your home. Be sure to change your air filters regularly, too, to catch airborne particles before they can start to recirculate.

What’s more important than the air you breathe? I can’t think of much that would top the list. So, don’t leave your air to chance. Call us today to give your system a full checkup if you haven’t already.

While we’re there, we can evaluate the quality of your indoor air and make recommendations as needed. It’s always best to identify real solutions instead of looking for quick fixes. For example, using scented air fresheners may make things “smell better,” but they can also add pollutants to your indoor air.

IS YOUR HOME AT RISK?

Call us for an indoor air analysis, and we will test it for you. We’ll identify any indoor air concerns and offer recommendations for improvement. The air in your home may not be as safe as you think, so let us give it a closer look. Call **Brett Air Conditioning** today at **239-566-3633**.





Reading with Your Kids

One of the best things you can do as a family this summer may be reading out loud with your kids. According to the latest Scholastic's Kids & Family Reading Report, more than 80% of kids and adults across all income levels either love or like reading-aloud time.

For most parents (92%) and their kids (85%), reading together is considered a special bonding time. Plus, it builds sweet memories. As kids get older, they'll often recall these memories when they pick up a book that reminds them of reading with their parents.

Reading aloud can be an interactive experience – perhaps the child picks out the book and takes turns reading with the parent. Families also vary in whether it's part of the schedule or spur of the moment. Don't forget there are many other benefits, including helping kids increase vocabulary, improve skills and inspire wonder.

Higher levels of reading comprehension also lead to higher scores on achievement tests, higher grades and a better grasp of spelling and grammar concepts. Summer reading - especially when done together, and for fun - has benefits that carry over into the coming school year.

Get **\$25 OFF** the **Best Service We Can Offer**

For your next heating and cooling system repair, we'd like to make things easier on your wallet. So just clip this coupon for a \$25 savings on your repair bill. Then call us, and we'll give you our best service. Call **Brett Air Conditioning** at **239-566-3633**.

Travel Tips

Before heading out on a long car trip, be sure to give your vehicle an inspection and a tune-up if needed. Check tire pressure, wiper blades, belt and hose connections, as well as fluid levels (oil and water). Also, test headlights, horn and turn signals. Check the condition and inflation of your spare and make sure your trunk has a tire iron. Jumper cables are a plus. Also, don't forget to pack essentials, such as your mobile phone charger. And add helpful items to an emergency kit, including a flashlight, bottled water, bandages, hand wipes and alcohol swabs.



Hearty Starts

Get your morning going right with a twist on old favorites:

- **Turn waffles into breakfast pizza** – After your frozen waffles pop out of the toaster (or your homemade version is lifted from the waffle iron), skip the syrup and opt for healthier toppings. For example, spread your waffle with peanut butter or yogurt then top it with your favorite sliced fruit, such as bananas or strawberries.
- **Add avocado to toast** – Forgo the butter and jam on your next piece of toast and go for fresh avocado mashed into a spreadable form. Even better, top it with an egg cooked in your favorite style. Add salt and pepper and other seasonings to taste.
- **Serve breakfast banana splits** – You'll need bananas, fresh blueberries and strawberries, granola, maraschino cherries, plus a cup of vanilla yogurt for each split you make. Split the bananas lengthwise then add toppings.



HOMEsense



Don't Sweat... Call Brett!

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MY WORD

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Your air conditioning system is working extra hard in the heat. It's great to come home to a cool house, but extra strain can lead to breakdowns if your system isn't prepared for the season. So, I hope you've had a chance to get it tuned up and ready. If not, give us a call, and we'll make sure it's running smoothly and efficiently.

Sincerely,

Dan Brett

P.S. Please enjoy the articles we've prepared for you in this newsletter. Take note of the special savings, too, or share the discounts with a friend if you're not going to use them.



Fast Fix

For easy microwave cleaning, fill a microwave-safe bowl or measuring cup about halfway with water. Add squeezed lemon juice and lemon slices. Run the microwave on high for a couple of minutes to loosen up the grime. Let stand for five minutes. Carefully remove from microwave. Wipe surface, turntable and door clean.

A SIMPLE PLAN FOR SAVINGS AND COMFORT

If you're tired of pouring your dollars into energy bills and repairs, try this instead. You get your system tuned twice a year, plus earn discounts on any repairs, add in priority service – and enjoy energy savings with your equipment running at its best.

Sound like a plan? By becoming a member of our Comfort Club, you get all these benefits along with a well-tuned system that keeps you cool in the summer and warm in the winter. Call **Brett Air Conditioning** at **239-566-3633** today.