



January 2018 Newsletter

2018



Meeting your Heating & Cooling needs since 1990!

9301 Reading Rd.
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Visit us on the web at: www.cincinnatiheatingandcooling.com

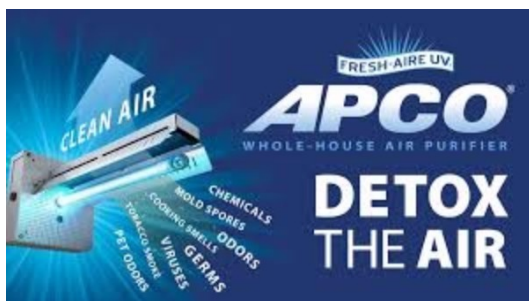


As the winter weather continues your furnace is working harder than ever to keep your home warm and comfortable, but if left un-serviced, a furnace can stop working suddenly, leaving your family in the cold. It can also be a health hazard. Technicians say a furnace cleaning and inspection can reveal carbon monoxide leaks, which are hard to detect because the gas is colorless and odorless. Our technicians are available to perform a 21 point cleaning and inspection to ensure your system is ready to last the rest of the winter so call our office today and it will be our pleasure to set a maintenance appointment that is convenient for your schedule.

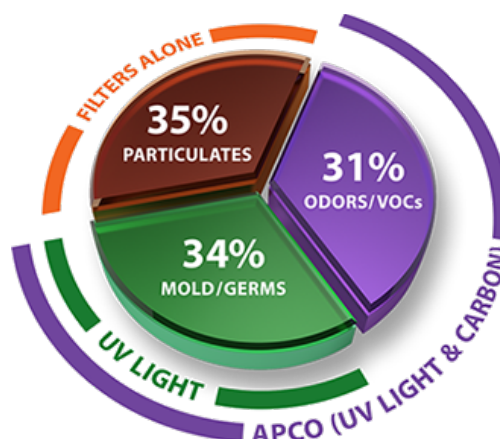


There are many alternatives to improve the air you breathe in your home. Our goal is to inform and educate you on the options you have available.

This month we are continuing to feature the APCO - whole house purifier and as shown below this is a product that can make a dramatic improvement in the air quality of your home.



The award-winning APCO system (Advanced Photocatalytic Oxidation) represents an entirely new type of air purifier. APCO is installed in the duct work of the central air system where it scrubs the air as it passes by. APCO's unique combination of UV-C light and activated carbon achieves unmatched germ and odor reduction without producing any harmful ozone. APCO is particularly effective at reducing odor-causing volatile organic compounds (VOCs) which include toxic chemical vapors like formaldehyde and toluene.



Thank you to everyone who submitted an entry to win the APCO Whole House Purifier System.

It is our pleasure to announce **Jim & Kate Vanden Eynden** as our drawing winner!

FLU SEASON

what you need to know, and how to protect yourself

ONE OUT OF FIVE

Americans suffers from the flu every year.



The combination of pneumonia and influenza is the nation's **EIGHTH** leading cause of death.

Influenza generally occurs within **1 to 4** days after exposure.

Peak levels generally occur between late December and early March.



if you do get the flu...

- Stay home from work or school. Don't return until you have been free of fever for 24 hours.
- Avoid close contact with other people.
- Cover your nose and mouth when you cough or sneeze.

More than **ONE THIRD** of workers said they felt pressured to go to work when sick.

Ill workers on the job account for as much as **60 PERCENT** of corporate health costs.

The **SINGLE** best way to prevent the flu is to get a flu vaccine **each season**.

(symptoms and signs)

SORE THROAT **COUGH** **FEVER**
FATIGUE
runny or **stuffy** **HEADACHES**
nose **CHILLS**
muscle or body aches

Cold and flu viruses can live up to **24 HOURS** on hard surfaces like desks and tables.



Adults may be able to infect others

1 DAY BEFORE symptoms develop and up to **5-7 DAYS AFTER** becoming sick.

One sneeze can spray



3000 infectious droplets into the air at more than **100 MPH**.

what is the best treatment for influenza? **REST, LIQUIDS, ANTIVIRAL MEDICATION**

Everyone 6 months and older should get a flu vaccine **each year**.



PEOPLE AT HIGH RISK: **kids 6 months - 5 years** **PREGNANT WOMEN**
anyone who lives with or cares for infants **HEALTH CARE WORKERS** adults 50 and older



On Bypass Humidifiers!

Enjoy the air you breathe! A properly humidified home can help you breathe more comfortably with less dryness, save on energy costs, reduce static electricity, and even help protect your wood furniture. The bypass humidifier uses less electricity than fan-powered humidifiers by letting your furnace blower supply the air movement to drive moisture vapor into your ducts providing you with whole home comfort.



Small Bypass Humidifier

\$ 350.00 (Regular cost \$ 395.00)

(Includes Installation)

Large Bypass Humidifier

\$ 375.00 (Regular cost \$ 425.00)

(Includes Installation)

**Call our office and schedule
your appointment today!**

MEET OUR TEAM!

This month we are featuring: **Rob Raby Jr., Owner and Founder of Air Plus**

Rob graduated from Lockland High School in 1982 and attended ITT and graduated from their HVAC program and began working in the industry with strong goals in mind, Rob set out to provide every customer with the highest quality products, installation, and service at fair and competitive prices. From the initial beginning, with only one person and one truck, the company has grown to its present size



of 11 employees and 8 trucks because of our dedication to our customers. Rob resides in Evendale and has 2 grown children and is more committed than ever to continue to meet the needs of our customers and serve our community.

5 tips

FOR WINTER WELLNESS

MegaFood[®]
Fresh From Farm To Tablet[™]

1

EXTRA SLEEP



take the time for extra sleep

With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.

get outside and exercise

Bundle up, and take a walk. Even a 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.



EXERCISE OUTSIDE

2

3

STAY SOCIAL



stay social

The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.

eat protein at each meal

Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.



EAT PROTEIN

4

5

FRUITS & VEGGIES



focus on fruits and vegetables

While the Farmer's Market may be closed and your garden is under snow, it's more important than ever during the winter to get a wide variety of fruits and vegetables every single day. Think 'eat like a rainbow' when you are grocery shopping.

Make sure to get extra Vitamin C. Enjoy a smoothie rich in C with ingredients like oranges and strawberries. Give yourself an easy nutrition "boost" with a scoop of MegaFood Daily C-Protect featuring immune supporting botanicals with a blend of fresh organic whole oranges, organic blueberries and organic cranberries.* (see recipe below)

MEGAFOOD'S VITAMIN C BLASTER SMOOTHIE

- 10 oz water
- 10 oz coconut milk
- 1 large, or 2 small oranges, with pith
- ½ pint of organic strawberries
- 2 scoops of MegaFood Daily C-Protect Nutrient Booster Powder[™]
- Handful of ice



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Q. In terms of preventative maintenance, why can't my air conditioner and furnace be checked at the same time instead of one in the spring and one in the fall?

A. They should be checked and cleaned to ensure they are operating efficiently, properly, and safely. We recommend checking the air conditioner in the spring and the furnace in the fall so that we can fully operate the system to check its operation. When checking your refrigerant level in your air conditioner, we obtain a more accurate reading at higher outdoor temperatures.

Q. What can I do to maintain my furnace?

A. Your forced-air heating system will perform more efficiently if you...

- ~Inspect filters once a month and replace them when they are dirty.**
- ~Make sure air supply and return vents in your home are not obstructed. Make sure nothing is in front of them or on top of them such as furniture, curtains, boxes, toys, etc.**
- ~Check chimney and venting systems once a year for secure fittings, leaks, corrosion, or damage.**
- ~Keep area around furnace clean and clutter free. Keep at least 3 - 4 feet totally clear all the way around your furnace.**
- ~Do not block the source of furnace combustion air by enclosing furnace in a small closet or by making the room it is located in too air tight. The furnace needs to pull air from its immediate surroundings.**
- ~If your system operates on propane gas, regularly check your propane gas percentage to make sure you do not run out.**

Q. How long does a typical furnace and air conditioner last?

A. On average, a furnace or air conditioner will last 10 - 20 years. Sometimes it pays to replace the old system sooner because of the higher efficiency (lower gas and electric bills) provided by newer equipment. Life expectancies can vary greatly. The major factors influencing life expectancy are proper installation and regular maintenance. Maintenance is a must to maximize efficiency and protect your investment.

Thanks for submitting your questions!

Keep the questions coming for our future Newsletters by emailing them to; airpluscinti@outlook.com

(Gift cards for submitted questions will be mailed to the address we have on file)



When it comes to your comfort system our Maintenance Agreement Program delivers peace of mind. Our professionally trained technicians will perform prescribed maintenance and a series of safety tests on your system to assure optimum performance. Our Preventative Maintenance Agreement provides:

- Improved health and safety
- Reduced energy bills
- Extended equipment life
- Improved system efficiency
- Fewer Breakdowns

The agreement includes (1) spring and (1) fall precision tune up and professional cleaning, other benefits of owning a maintenance agreement include discounts on parts and priority scheduling and 24/7 emergency service calls. Call our office today and speak to one of our office professionals for pricing and to set up your Preventative Maintenance appointment today!

Eat Warm

Eating regular meals will also help keep you warm as it helps to keep your energy levels up.

Healthy hearty warm foods such as soup and stews are great for warming you up. Porridge is also a great winter-warmer.



Here are a few of our favorite recipes to get you started!

Mom's Chicken Soup

Ingredients:

4 1/2 - 5 pound chicken, cut into quarters
6 cups cold water
1 tsp salt
2 carrots
2 celery stalks
1 large onion, whole
1 sprig dill
12 oz. bag medium egg (or yolk-less noodles) cooked.
sprinkle of love



Method:

Bring water to boil; add salt.
Put carrots and celery into pot; layer chicken on top of vegetables. Sprinkle in love.
Cover and simmer gently.
Make sure water is bubbling gently at all times.
Add dill in the last 10 minutes of cooking.
Simmer until chicken is tender when pierced with a fork, about 1 1/2 hours.
Discard celery, onion and dill.
After soup has a cooled a bit, pour through strainer.
When chicken is cool, cut into small pieces and add to soup (use as much as desired).
Slice cooked carrots; return to soup.
add noodles.

"Souper" Bowl
Monthly Dinner

Home-style Potato Soup Serves: 7

SOUP

Ingredients:
4 cups cubed peeled baking potato
1 cup thinly sliced celery
1 1/4 teaspoons salt
14 oz. vegetable broth
3 garlic cloves, minced
1 1/2 cups 2% reduced-fat milk
7 tablespoons shredded reduced-fat sharp Cheddar cheese
1 cup chopped onion
3/4 cup thinly sliced carrot
3 tbsp butter, cut sm. pieces
1/2 tsp. ground black pepper
1/4 cup all-purpose flour

Directions:
1. Place first 9 ingredients in a slow cooker; stir well. Cover and cook on LOW 6 to 7 hours or until vegetables are tender. Increase heat to high.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a bowl; gradually add milk, stirring with a whisk until well blended. Stir into soup. Cook, uncovered, 25 minutes or until thick, stirring frequently.
3. Ladle soup into individual bowls, and sprinkle with cheese and additional pepper, if desired.



Taco Soup

Serves 6-8

2 pounds ground beef
3 (15-ounce) cans stewed tomatoes
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) can navy beans, drained and rinsed
1 (15-ounce) can kidney beans, drained and rinsed
1 (15-ounce) can pinto beans, drained and rinsed
1 (16-ounce) bag frozen corn
4 celery stalks, chopped
2 large onions, finely chopped
2 packets taco seasoning
2 teaspoons garlic powder
2 teaspoons chili powder
2 (15-ounce) cans beef broth
Salt and freshly ground black pepper

Garnishes

Grated cheddar cheese • Sour cream • Tortilla chips, lightly crushed • Sliced scallions • Sliced black olives

1. Brown the ground beef in a large soup pot over medium-high heat until thoroughly cooked; drain away any fat.
2. Add the tomatoes, all the beans, the corn, celery, onions, taco seasoning, garlic powder, chili powder, and broth, and simmer for 30 minutes. Season with salt and pepper to taste.
3. Set out the garnishes in bowls, and serve the soup hot.



SLOW COOKER BEEF STEW



This easy stew goes together in minutes, then slow cooks all day. Welcome home to dinner!

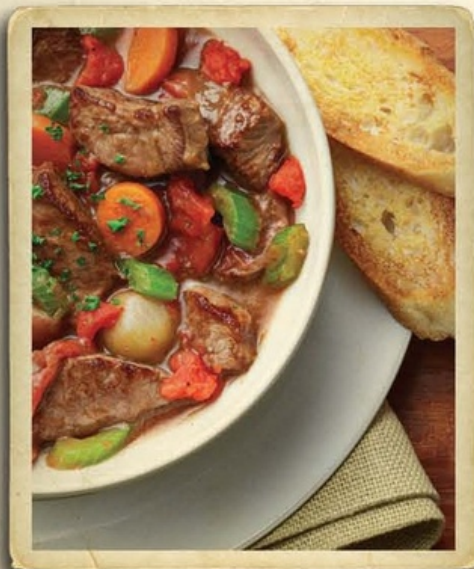
Ingredients

- 2 tablespoons flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 Spice Islands Bay Leaf
- 1/4 cup red wine OR water
- 1 teaspoon Spice Islands Garlic Powder
- 1/2 teaspoon Spice Islands Rosemary
- 1/4 teaspoon Spice Islands Black Pepper, Fine Grind
- 1 bag (16 ounces) frozen stew vegetables
- 1 pound beef stew meat, cut in 1-inch cubes
- 1 can (14 ounces) diced tomatoes, undrained

Prep time 5 minutes

Cook time 4 - 6 hours on HIGH
or 8 - 10 hours on LOW

Servings 4 servings



Directions

Mix flour, sugar, garlic powder, salt, rosemary and pepper in a small bowl.

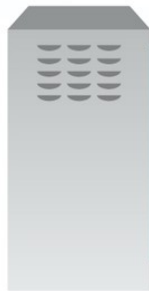
Place frozen vegetables in bottom of slow cooker. Sprinkle with flour/spice mixture. Add stew meat, wine, bay leaf and tomatoes. Cook on HIGH for 4 to 6 hours or on LOW for 8 to 10 hours.

Remove bay leaf before serving.

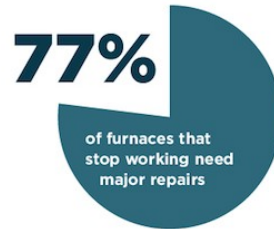
WILL YOUR FURNACE SURVIVE THE WINTER?

As temperatures drop, it's important to make sure your furnace is working as it should to keep you and your family warm. Scheduling furnace maintenance and having your furnace repaired or replaced when necessary will keep you comfortable and give you peace of mind all winter.

FURNACE FAILURE RATES



If your furnace breaks down, getting it fixed can be time consuming and expensive — especially if a breakdown happens during the night or on a weekend.



Don't wait for your system to break down, call our office today and ask about our financing options for new HVAC systems.



Tips to Avoid Colds & Flu

Clean & wipe down shared surfaces such as countertops, keyboards & phones

Avoid touching your mouth, nose & eyes, & wash hands thoroughly and often

Get a flu shot if possible – it's most important for children & elderly

Eat healthy foods to strengthen your immune system

Exercise moderately to maintain a healthy immune system

Ask your doctor about vitamin supplements to help support your immune system

Drink plenty of water to stay hydrated

Get plenty of rest

Try to avoid people who are sick & know when to stay home if you become sick



Happy New Year

This New Year we wish you abundance and joyous moments for it has been a pleasure for us to have had you as our valued customer and we look forward to continuing to meet your heating and cooling needs for many years to come!



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Our mailing address is:

9301 Reading Rd.
Cincinnati, Ohio 45215

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