

IN THIS ISSUE:

Word Search!

Can you find the words?
Give it a try!

Page 2

Packed Lunch Ideas

Are your kids getting bored
with their packed lunches
every day? See page three to
get some new ideas for it!

Page 3

Study Tips

With Fall comes a new
school year...and new
classes! Look inside for
helpful strategies for
both students and

Page 3

Did you know?

There are simple and easy
ways to reduce your utility
bills! Here are some great tips
and facts you will find useful
and interesting.

Page 4

Accessibility for the Elderly

With the aging of the 77-million baby boomer population, there are growing concerns about at-home care-taking options that can be solved with minor remodeling. For the elderly and disabled, simple daily tasks are a challenge. No one wants to send grandma away to a nursing home, and anyway, 80% of Americans over the age of 45 say they prefer to spend their later years in their own home. But how can you prep your house to accommodate the special needs of someone who has low mobility and dexterity and still wants to live independently?

There are several remodeling ideas to improve the accessibility of bathrooms and kitchens. It may seem daunting and pricey, but considering that assisted living can cost upwards of \$60,000 per year, it's a great investment for your family. If you have a special needs concern, chances are there is a simple home improvement solution—an easy fixture replacement can make a world of difference. Get creative and look at alternatives for standard installations! Here's some food for thought:

Cont. Page 2



ABOUT THOMAS' PLUMBING

At Thomas' Plumbing Services we strive to provide the best products and services to our customers at affordable prices.

We are happy to help with installation, maintenance, and repairs. Contact us today to find out how you can have a more comfortable home tomorrow!

services:

- Disposals
- Water Heaters
- SumpPumps
- Fixturerepair & installs
- Tub & Showers
- Emergency Sump Pumps
- Toilet Repairs& Installs
- Back Flow Testing
- & Much Much More

www.thomasplumbing.biz
248-668-1818
888-U-NO-LEAK

We also offer the following

Accessibility

Cont. from p.1

Bathroom

This is the area of most concern. Bathrooms are slippery and dangerous, especially when bathtubs and toilets do not provide for easy access. One great option is to attach grab bars to the walls around the toilet or bathtub to prevent falling, or to consider a toilet safety frame, which is basically like handicap arms around the toilet seat. Non-slip flooring can replace tiles to prevent slips in the shower or the entire bathroom area. Toilet seat height and location can be adjusted for wheelchair access, and the same for the sink area—you can lower the height of the sink and remove below-sink cabinets.

If mobility is an issue, install a wheelchair-friendly shower without barriers so no one needs to step over any ledge. Install a seat (with padding!) for added comfort. If your loved ones prefer soaking, install a walk-in bathtub to minimize safety hazards. Bending or reaching during bathing can be cause for an injury, but adjusting the location of the faucet or showerhead, or considering a hand-held showerhead, is a simple solution.

Kitchen

The lowered countertops and below-sink storage cabinets in your kitchen can be adjusted just like the ones in the bathroom. For anyone with arthritis, installing a lever-handle or touch-sensitive faucet can make everyday tasks like washing hands, cleaning, and cooking a lot simpler. If you are concerned about the water temperature, anti-scald valves keep it under control. Rearrange the design of the counter space and cabinets so that it allows for wider clearance for wheelchairs and walkers.

These remodeling ideas are not just for seniors

Many people have begun to incorporate these fixtures into their home now to prepare for a future grandparent move-in or for their own old age. These options are great for any disabled person, and children, too. In previous years, accessibility remodeling was very institutional-looking and had a hospital feel to it. But options have broadened to include different color schemes and finishes, and modern fixtures that actually make your home seem more like a spa, but with a more universal design. Call us at **248-668-1818** to talk about your accessibility concerns, and chances are there are unique solutions for you!

SAVE \$25
ON NEW FAUCET INSTALLATION

Purchase a lever or touch-sensitive faucet and receive \$25 off the cost of installation. This coupon may also be redeemed towards any hand-held shower head installation.
Expires 12/31/2015

\$20 OFF

You can use this for any leak , drip , repair
Or even back flow testing & much more...
Expires 12/31/2015



"James was very patient and explained all of our options. I will be calling Thomas' Plumbing Services again for regular maintenance!"
- Rich L

Word Search

- | | |
|--------------------|-------------------|
| DRAIN | REPAIR |
| LEAK | SHOWERHEAD |
| TOILET | FREEZING |
| WATERHEATER | CIRCULATE |
| SHOWER | CLOGGED |
| FAUCET | FLOOD |
| PIPES | WASHER |
| PLUMBER | HOSE |
| INSTALL | |
| INSPECT | |



STUDY TIPS

As summer break comes to an end and school starts up again, it may be difficult for your kids to adjust back to a routine of good study habits. Follow these tips to ensure that they get the homework time they need.

Determine a designated study space.

Avoid distractions and draw a clear line between play time and study time by setting up a study area in a quiet, well-lit place. It should be well-stocked with school supplies, have access to a computer with internet, and plenty of work space.

Make a plan.

How much homework does your child have? Does your child need to study on their own in addition to assigned homework? Which subject does your child struggle the most with? Help your child to prioritize, set goals, and practice time management by keeping track of assignments. Make use of a planner or wall calendar with important deadlines.

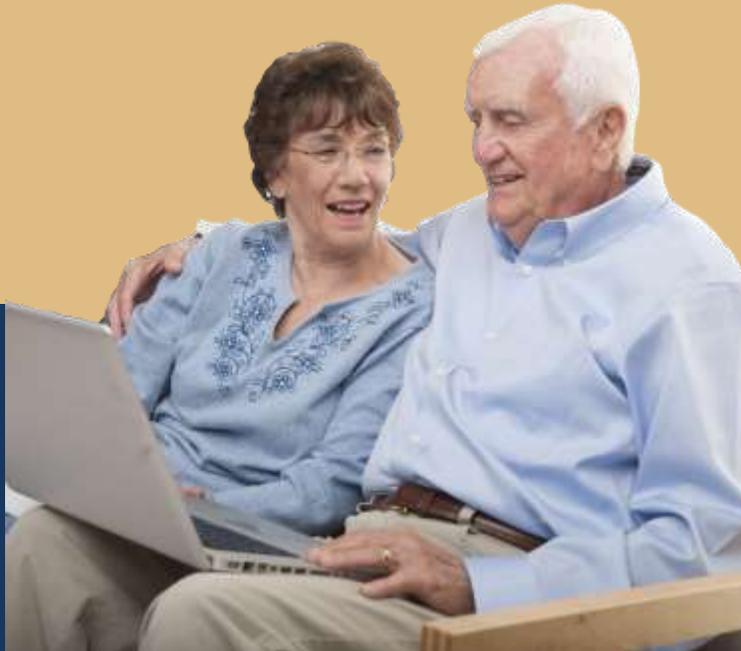
Form a study group.

Your child will likely show more interest in completing homework assignments and projects if they can bounce ideas off a friend. Choose a day of the week to invite some of your child's classmates over so they can help each other out and make studying fun.

Cont. page 4

Did You Know??

- Heating water can account for 15% of the energy use in your home!
- A low-flush toilet can save you 18,000 gallons of water per year!
- A drip from a faucet can waste 500 gallons of water per year!
- The average family uses about 150,000 gallons of water per year!
- Toilets and laundry together account for about half your home's water usage!



"Tech was courteous and left the place spotless. I will definitely recommend Thomas' Plumbing to all my friends!"

- Susan K

FUN LUNCHES

If you want to make your sack lunches more creative, look no further! Here are some fun and healthy recipes to send your kids to school with.



Photo provided by picdrome.com

Chicken & Cheese Pesto Pasta

- 1 c. Cooked cheese tortellini pasta
- 1 oz. Premade pesto pasta sauce
- ¼ c. Grilled chicken pieces, cut into cubes
- ½ tbsp. Parmesan cheese

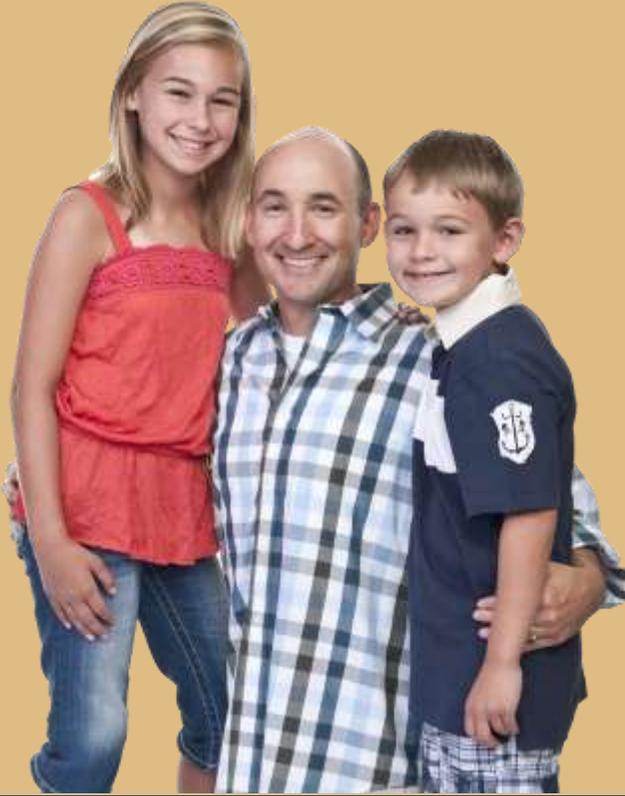
After cooking the pasta and grilling the chicken, mix together with the pesto sauce into a reusable plastic container. Sprinkle parmesan cheese on top. Add canned tomato chunks or cherry tomato halves if you are looking to sneak in a vegetable. The tortellini pasta can be substituted with other fun pasta, like spirals or bowtie. Can be served cold. Also pack a piece of fresh fruit and a small snack.

Pizza Pita

- 1 Pita bread pocket, small
- 2 oz. Tomato sauce
- ¼ c. Shredded mozzarella cheese
- ½ tbsp. Oregano

Cut the pita bread in half to make two semi-circular pockets. Spread the tomato sauce inside the two pockets, and add the cheese and toppings, evenly distributed. Sprinkle on the oregano inside the pita. Heat the pizza pita in a toaster oven or traditional oven (set at 350°F) just until the cheese is melted and the pita bread slightly golden. Let cool. Pack the pita pizza (can be served cold) along with a piece of fresh fruit and a small snack.

Study Tips (Cont.)



Develop a parent-teacher conversation

Your child shouldn't be playing middleman between you and the teacher. Schedule a periodic meeting with the teacher after hours so you can stay up-to-date on your child's progress and behavior, and understand more clearly what the main course objectives are. Figure out what topics are most important, what your child should focus on during at-home study time, and what resources are available for extra help.

Encourage learning

Education begins at home. If your child shows interest in a particular topic, fuel it. Have plenty of books, word games, videos, and other resources available if your child shows a special talent or aptitude. Don't force anything, but let your child know it's ok to like school—learning can be interesting!

Give guidance, not answers

When your kids ask for homework help, give them the tools they need to find the answer, which will be much more helpful for them in the long-run. Direct your child to online homework help sites like the following:

- <http://www.timeforkids.com/homework-helper/writing-tips>
- <http://www.onlineconversion.com/>
- <http://mathforum.org/dr.math/>
- <http://www.loc.gov/today/placesinthenews/>
- <http://www.newton.dep.anl.gov/aasinfo.htm>

LOOK INSIDE!

SPECIAL FALL OFFERS FOR YOU:

- Save on no-slip flooring
- Schedule a faucet or showerhead installation

3050 Union Lake Rd. #8F
Commerce, MI. 48382

“THE PLUMBERS U CAN TRUST!”™

Place
Postage
Here