



### **Plumb PERFECT**<sup>TM</sup> PLUMBING & DRAIN CLEANING

## Are Your Bathrooms Suitable for Seniors?

A recent survey caught my eye detailing what Americans most want in their homes. It was conducted by the Demand Institute, a non-profit organization run by the Conference Board, a business group, and Nielsen, the organization responsible for TV ratings. They surveyed a whopping 10,000 households and found one of the top things people desired was age-in-place features.

Between now and 2020, the number of households headed by a person 65 and older is expected to grow 10 times faster than other households, according to the report. No surprise then that 76% of participants said that it's important to live in a home that they can stay in as they get older. But only 53% of those people are satisfied that their current home meets this criterion.

Bathrooms are among the most common areas cited for age-in-place improvements. Research has shown that the danger of scalding increases with old age, because many seniors lose sensitivity to temperature extremes and can be slow to react to turn down or shut off the hot water.

If your bath or shower water usually gets uncomfortably hot, call us to install a temperature and pressure relief valve at the showerhead, or a thermostatic mixing valve atop the water heater.

Many of us live in homes with combination tub-showers. Climbing over the tub wall is no big deal for young people, but once you get up in years it takes more effort to lift yourself up and over. Bathroom slips and falls are among the most common cause of serious injuries to seniors .

Strategically placed grab bars are among the least costly and simplest ways to make bathrooms safer. For some of us though, complete bathroom renovations may be in order. One senior-friendly feature is a curbless shower stall that one can enter without stepping over a threshold. This is especially important for people with infirmities who may be wheelchair-bound or use walkers. These shower stalls have wider than normal doors and many come with seats and flexible showerheads for safety and convenience.

*Continued on Page 2*

### In This Issue:

Are Your Bathrooms  
Suitable for Seniors?

**Page 1-2**

Springtime Activities

**Page 2**

Common Home  
Inspection Problems

**Page 3**

Spring into Savings

**Page 3**

Spring Pasta Recipe

**Page 4**

**Plumb Perfect Ltd.**

**1-888-458-1979**

[www.plumbperfect.ca](http://www.plumbperfect.ca)



## Are Your Bathrooms Suitable for Seniors?

*Continued from Page 1*

Another bathroom improvement to consider for aging is replacing vanity cabinet lavatories with wall-mounted lavatories able to accommodate wheelchairs. If you want cabinets, have them mounted at least 9-12 inches off the floor, which will allow room for a wheelchair footrest.

Extra-tall toilets also are available to make life easier for elderly or disabled persons. These come with a height of between 16 - 18 inches, compared with the standard 14 - 15 inches. (If both seniors and small children reside in your home, you may have to choose which ones to accommodate.)

Also consider replacing round, twist handles with levered faucet handles and door handles. This makes life easier for people with arthritis or other conditions that limit the dexterity or strength in their hands.

Some of the aging-in-place features described here require a partial or complete bathroom renovation. Although it can be expensive, compare the cost with what you would pay for assisted living or nursing home care and it becomes an option worth considering.

## Springtime Activities

Spring is the season when everything is blossoming back to life! What are your fondest memories of spring or summertime as a child? Did you go camping? Hiking? Swimming in the lake? If you have any children in your life, help create the same great memories! Check out these 3 ideas for awesome springtime activities.



**1. Go on a nature walk:** Children are natural explorers. Encourage their curiosity with a nature walk. Take along a notebook and colored pencils and have kids catalogue the flowers they find. You can do the same with rocks and minerals. Another fun activity is creating your own map! Add landmarks, interesting trees or boulders, animal nests, and more.

**2. Create a terrarium:** You can use any plants, rocks, or other interesting finds from your nature walk to create a terrarium. The goal can be to recreate the environment from your nature walk but on a small scale. You can find terrariums at craft stores, garden stores, or online.

**3. Create wall art:** Spring weather can be unpredictable. On rainy days, hang large white banners or paper table cloths on the wall, grab a bucket of markers and crayons, and have a blast! Make an outline of your bodies while standing against the wall, then color them in to create life-size art of yourselves.

**Professional, *reliable* service**  
*guaranteed to make you smile!*

**Call 1-888-458-1979**



### Common Home Inspection Problems

Most home buyers hire professional home inspectors before completing the purchase. Here are some of the most common problems encountered by home inspectors:

- **Faulty wiring.** This includes things like open junction boxes, no wire nuts on wires, no 3-prong outlets and various other safety hazards. Often these result from do-it-yourself electrical projects by home owners who know just enough to be dangerous.
- **Ancient HVAC systems.** Old furnaces may still function okay but home inspectors will pay close attention to potential carbon monoxide hazards, such as a cracked heat exchanger. Some inspectors will warn the buyer of leaky ductwork and other inefficiencies as well.

- **Leaky plumbing.** An astute inspector will keep an eagle eye out for water stains, powdery residue, mold or mildew caused by subtle leaks. Damp basements often are not caused by leaks, but by clogged or bent gutters that fail to channel water away from the house. Tiny toilet leaks can damage the underlying subfloor or ceiling below and a toilet that runs on may waste hundreds of dollars per month.
- **Poor water pressure.** This is easy to detect and a buyer may insist on re-piping or have a plumber investigate before concluding the sale.
- **Foundation flaws.** These are often indicated by sloping floors, sticky doors and windows and cracks. These can be a deal breaker when it comes to selling your home unless the seller decides to spend or deduct thousands of dollars.

#### ***Important Tip***

*If you're considering buying a home in a rural area, be sure to get the septic and well inspected along with a water test as these are not included with a typical home inspection.*

### Spring Into Savings

**\$30 off**

**Sewer Drain Cleaning or  
Septic/Well Inspection**

One time use. Expires **05/31/15**. Cannot be combined with other offers or discounts. Coupon must be presented before invoicing.

**\$15 off**

**RootX or Bio-Clean**

One time use. Expires **05/31/15**. Cannot be combined with any other offers or discounts. Max. 3 containers. Coupon must be presented before invoicing.

**FREE**

**Home Plumbing Inspection**

One time use. Expires **05/31/15**. With a minimum \$99 service call not including service fee and HST. Coupon must be presented before invoicing.



## In This Issue:

Are Your Bathrooms  
Suitable for Seniors

Page 1-2

Springtime Activities

Page 2

Common Home  
Inspection Problems

Page 3

Spring into Savings

Page 3

Spring Pasta Recipe

Page 4

Plumb Perfect Ltd.

14882 Dixie Road

Caledon ON L7C 2M2



Customer Name

00000 Address

City, Prov., PC

## Spring Pasta

Spring is the start of the growing season for fresh, healthy vegetables. Here's a recipe for a simple spring pasta with bowtie pasta, beans, bacon, basil, and Romano cheese.

### Ingredients

- 1 1/2 cups shelled fava beans
- 6 ounces uncooked farfalle (bowtie pasta)
- 2 tbsp. extra-virgin olive oil
- 6 center-cut bacon slices, cut into 1/2" pieces
- 5 garlic cloves, sliced
- 3 ounces thinly sliced mushrooms
- 1 cup fresh green peas
- 2 tsp lemon juice
- Salt, to taste
- 5 tbsp Pecorino romano cheese, grated
- 1/4 cup torn basil leaves

### Directions

1. Place fava beans in a large pot of boiling water; cook 1 minute. Drain rinse with cold water. Drain well. Remove tough outer skins from beans.
2. Cook pasta according to package directions.
3. Heat a large nonstick skillet over medium-high heat. Add 1 tbsp. oil to pan; swirl to coat. Add bacon; sauté 3 minutes or until bacon begins to brown. Add garlic. Saute 3 minutes or until tender.
4. Add mushrooms; sauté 3 minutes. Add fava beans and peas and sauté an additional 2 minutes. Add pasta to the sautéed mixture. Stir in remaining oil, add 2 tsp lemon juice.
5. Cook 2 minutes or until thoroughly heated. Remove pan from heat, then stir in 3 tbsp. cheese. Divide among 4 bowls, and top with remaining 2 tbsp. cheese and basil. Serve immediately.

Source: [www.myrecipes.com](http://www.myrecipes.com)