

— Номе Неаlth —

Give Your Home a Springtime Checkup

Spring cleaning isn't just for closets, cabinets and home offices. It's also for the systems that run your home. To maintain an efficiently run home in the months to come, the first place to give attention is your...

dirt around the unit's base. Most importantly, be sure to schedule a professional tune-up to check your system's performance and get it in tiptop shape for the cooling season. Just give us a call.

Air conditioning and heating –

The easiest, most effective step you can take is to check and replace your filters; most types need to be replaced monthly – or at a minimum every three months.



includes clearing dirt and debris from the insides of the unit, as well as checking condensation lines and the condensation drain, which helps prevent clogs and backups of sludge forming in the line, harming efficiency.

Professional service

Here's your simple guide: if the filter looks dirty, change it. Dirty filters slow down air flow, which causes your system to work harder, wasting energy. Also, a clean filter reduces the amount of dust and dirt that builds up in your system, which could lead to inconvenient repairs or failures.

Next, clear debris from around your outside unit, and sweep away

For another step to improve your home's efficiency, take a look at your ...

Doors and windows – Inspect and caulk where needed to keep in cool air in summer, warm air in winter, and save money on energy bills yearround. As part of your inspection, open and close all windows. Test how tightly they close. If there's a problem, check the weather stripping.

My Word

BY MARC HANNAH



Dear Friends,

Here we are again.

We all enjoy a new season. Winter gray fades into a cool breeze across a budding landscape. But not for long... because then it's back to work!

In any season change, we want to get our top customers ready for the days ahead, and milder months are good for tending to matters that most people put on the back burner.

While your furnace rests, and your air conditioner

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Your Quick Call Comfort Hotline:

613-829-9700





Healthy Habits for Warmer Weather

DOLLARS MAKE SENSE —

Ottawa HVAC Equipment Rental Program

RENTAL PROGRAM THAT MEETS YOUR NEEDS, NO MATTER WHERE YOU ARE IN LIFE

If you're a new homeowner worried about the upfront cost of purchasing HVAC equipment, an established homeowner looking to upgrade your furnace or air conditioner without affecting your existing credit, or a senior on a fixed income who simply needs peace of mind, our HVAC Equipment Rental Program can provide you with a home comfort solution that meets your needs.

Our rental program lets you rent just about any of our heating and cooling products: not only can you rent tankless water heaters and hot water tanks but we also have central air conditioners, ductless air conditioners and gas furnaces for rent from top brands like Carrier, Trane and Amana.

So what makes our HVAC Equipment Rental Program different from those offered by other Ottawa heating and cooling companies?

Flexible, transparent rental agreements you can pay off at any time

Rent a water heater, furnace or air conditioner for as long as you need.

Affordable monthly payments and no upfront costs

With no money down and no credit check, our HVAC rental program makes it quick and easy to get the heating or cooling system you need.

Convenient billing and worryfree maintenance

All rental fees appear directly on your Enbridge Gas Distribution* statement.

Call Ottawa Home Services at 613-829-9700 for more information.

Warm spring breezes and inviting sunshine are among the best parts of springtime; seasonal allergies are among the worst. The reawakened growth in our landscapes



also brings pollen, which causes problems for those with seasonal allergies.

When pollen counts are high, allergy sufferers should stay indoors, keep the windows closed and run the air conditioning. Environment Canada does not directly provide information on pollen. When



CARRIER COOL CASH REBATE - UP TO \$1,450 REBATE

Rebates paid on qualifying products and systems rebates ranging from \$0-\$1,100. System rebate increases to advertised \$1,450 rebate with addition of Infinity ® Touch ™ Wi-Fi bundle or control.

— THE PRODUCT NITPICK —

How to Sleep Better Every Night

Turns out there's a science to buying sheets that makes sure you get all the good night's sleep you can.

These tips from Canadian Living help us out:

- 100% Egyptian cotton is top-of-the-line.
- 100% Pima cotton, or Supima, comes in second place.
- A rougher, less expensive variety is typically labeled, "100% cotton." This means that it's American upland cotton.

it is in season, you can find pollen information for a number of Canadian cities from the Weather Network's website at www.theweathernetwork. com.

Also, when you've spent time outdoors, bathe before you go to bed to reduce the amount of allergens clinging to your skin. Speaking of...

Remember to take care of your skin. Choose a high SPF. Protect your health by using a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15. The sunscreen should also say "broad-spectrum" on the label, to screen out most of the UVA and UVB rays. Look for "water resistant" and apply it often, at least every 2 hours.

Also, don't forget your hat. You should wear a hat with a brim of at least three inches. What you want is to provide shade for the face, head and neck. An added extra: a hat that comes with a neck drape provides extra coverage to the neck.

 While it is a factor, the type of cotton is more significant.

Thread count often measures a sheet's smoothness and durability. However, this number isn't always accurate.

- STYLE POINTS -

Room Decoration Isn't Magic



Interior decorators aren't magicians and it doesn't take fairy dust to get

fantastic results in a room. So, put down the wand and check out these hot tips:

Unify Your Style

- By committing to a single style, you simplify and narrow the variety of options.
- Decorators try to commit to a

style that unifies the 'Big Five': rug, sofa, window treatments, side chairs, and coffee table.

 You can avoid complete uniformity with wall art and room accessories. The choices are endless.

Three is the Magic Number



• While paint is the palette's basis, upholstery and rugs can bring the palette to life.



MITSUBISHI ELECTRIC REBATE - UP TO \$200 REBATE

Rebates paid on qualifying products and systems rebates including Mitsubishi Ductless Air Conditioners until May 31, 2014. Check out the <u>promotion details</u> and the <u>terms</u>.

- SECRETS -

How to Land a Promotion Now

Are you having dreams about receiving that much-deserved



promotion for the same job you've been working in for years? It's time to make a play for the position you want and deserve. Here's how:

Step One: Create Work Objectives

Ask your boss for concrete goals that you should accomplish. Create an outlined plan of expected tasks,

along with a timeline to keep progress in check. Establishing mutually understood objectives with your boss puts you on the frontline for promotions.

Step Two: Participate in Noticeable Assignments

Volunteer to work on difficult assignments and join company community-service projects. You will be perceived as a team leader, a necessary trait in almost any business environment.

Step Three: Fess Up

Everyone makes mistakes, but not everyone takes responsibility for them. Be honest about mistakes, and help find the best solution for correcting them.

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isn't in use yet, we'll give your system a pre-season check.

If you're overdue for a new system, this could be a good time for a great deal. Call us and our trained experts will evaluate your home's needs and recommend the best option.

Looking forward to visiting you soon.

Sincerely,

Marc Hannah

Marc Hannah

P.S. Check out the coupons in this issue. We hope you'll be able to use them, but if you aren't, pass them on to your friends. We'd love to help them out too!





Scan this QR code with your smartphone to view Ottawa Home Services' special online offer. Don't have a smartphone?

Visit ottawahomeservices.comfort-tips.com for more information.





9 Antares Drive Ottawa, ON K2E 7V5 613-829-9700





It's Hard To Stop A Trane.*

TRANE SAME AS CASH — UP TO \$1,250 REBATE

Rebates paid on qualifying Trane high efficiency furnace products and central air conditioning systems until June 15, 2014. Check out the promotion details.

Connect

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Want to see more home and savings tips? Visit our HomeSense website portal at ottawahomeservices.comfort-tips.com. You'll find energy saving tips for the coming

season, plus articles covering the hottest topics in home, health and savings news. You may even find a recipe or two! So visit ottawahomeservices.comfort-tips.com.