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## How to Monitor Your Home's Carbon Monoxide Levels

by [homewarranty.com](http://homewarranty.com)

According to the CDC, approximately 50,000 people in the U.S. visit the emergency room each year due to accidental CO poisoning. CO poisoning is entirely preventable. Mike Holmes of the National Association of the Remodeling Industry (NARI) offers homeowners invaluable tips on how to protect their families from this deadly gas.

Carbon monoxide cannot be seen or smelled, making it virtually invisible. The only way to catch this silent killer is with an electronic sensor.

Most homes have at least one appliance that burns fuel (wood, propane, gas, natural gas). All fuel-burning machines produce carbon monoxide. These appliances are designed to be vented to the outside, preventing carbon monoxide from mixing with the air we breathe.

Over time, venting systems may develop cracks or leaks, which can poison the air we breathe with carbon monoxide. Red blood cells take in carbon monoxide faster than oxygen. This reduces oxygen in the bloodstream, causing suffocation. The more carbon monoxide inhaled, the worse the symptoms.

Industry standards require home detectors to not alarm until after CO levels in your home reach 30 ppm for a period of no less than 30 days. The World Health Organization, however, recommends much stricter limits; no more than 6 ppm for no longer than 24 hours.

The National Carbon Monoxide

Awareness Association (NCOAA) is partnering with families to make homes safer. Follow these four simple steps today and feel confident that your family is protected from carbon monoxide:

1. Install a wall-mounted CO detector near each fuel-burning appliance to protect your family from large CO leaks. Test your wall-mounted CO detectors once a month by pushing the button. Replace all detectors when they are 10 years old or if they do not sound when tested.
2. Make sure your appliances are tested annually by a licensed technician. Insist the technician use a handheld CO detector to ensure CO levels are well below the WHO recommended 6 ppm.
3. If you suspect CO poisoning or if anyone in your family is experiencing CO poisoning symptoms, call 911 for medical attention. If you find a leak and anyone in your family has been experiencing a chronic health issue, talk to your doctor about CO poisoning and insist previous conditions and diagnoses are reevaluated.
4. Consider investing in a portable CO detector if anyone in your family travels, has a chronic health condition, or uses yard equipment or power tools.

Remember to test appliances frequently, fix all leaks, and aim for a 0 ppm target.

If you suspect CO poisoning, don't wait. Protect your family today. In most areas, your utility provider will come out at no charge to check your appliances to ensure your home is CO-safe.

For full article visit [modernwellnessguide.com](http://modernwellnessguide.com)

## September Calendar

**September 4** - Labor Day

**September 10** - Grandparent's Day

**September 11** - Patriot Day

**September 23** - Fall begins

## Homeowner Tips



### Clean Your Fridge Coils

Your refrigerator works hard for you every day without much complaint. Show it a little TLC this month by extending the life of this important appliance. It's important to keep your refrigerator coils clean. Unplug the refrigerator and pull or unscrew the vent plate that protects the coils. Clean the coils with a vacuum hose, using a brush to wipe off the dust.

# smartmoves

## September is Baby Safety Month

A baby's curiosity is ever-present as they grow. As parents or caregivers, it's important to encourage a baby's exploration while at the same time watching them like a hawk. Here are a few tips to get you started on that age-old balancing act called parenting.

**At bath time:** Before placing your baby in the bath water, make sure the temperature is not too hot. Also, gather all the soap, towels, and toys you will need for the bath ahead of time so that you never leave your baby, even for a brief moment.

**Childproofing your home:** Create a safe environment for your little explorer by using

safety gates where necessary, securing electrical outlets, and covering sharp edges of furniture. Babies almost always think putting small objects into their mouths is a great idea - so don't give them any great ideas. Keep your floors free of objects that could present a choking hazard to a baby.

**Car rides:** Anytime you're traveling in a vehicle with a baby, make certain they are properly secured in a rear-facing car seat. Use the proper car seat - it should meet all safety standards and always follow the manufacturer's installation instructions.

Consult your baby's healthcare professional for more specific and personalized safety advice.



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## Curry Roasted Sweet Potatoes

September is the national month for lots of great eats - one being the noblest of all tubers - the potato.

Roasted sweet potatoes flavored with curry spices and roasted until soft, sweet, and slightly caramelized is a delicious and easy side dish recipe.

### Ingredients

- 2 lbs sweet potatoes peeled and cubed
- 2 tbsp oil
- 1 tbsp Garam Masala
- 1 tsp cinnamon

- 1 tsp turmeric
- 1-2 tsp salt

### Instructions

Preheat the oven to 400°F.

Place the cubed sweet potatoes in a large mixing bowl.

Pour over the oil and spices. Transfer to a large sheet pan.

Place in the oven and roast for 30-45 minutes, turning halfway, until the sweet potatoes are soft and starting to caramelize. Remove from the oven and serve.



Recipe courtesy of:  
[simply-delicious-food.com](http://simply-delicious-food.com)