

WTNS Radio OSU Extension Update for October 24, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about home maintenance, and as always look at some upcoming programs from OSU Extension.

The return of warm weather, even for just a short bit, may put you in the mood for some fall clean-up or organizing. This is a good time of year to tackle a few projects around your home before winter.

In our OSU Extension new homebuyer classes, home inspectors and realtors share the importance of home maintenance for a variety of reasons. Regular maintenance reduces expenses by lengthening the life of major appliances and saving on energy costs.

The National Center for Healthy Housing says, "Good home maintenance can act to reduce allergens, prevent illness, and reduce injury from accidents." The University of Georgia also has a very helpful "Home Maintenance Checklist" with recommendations for spring and fall. You can find the complete list from these resources on our website Coshocton.osu.edu under Family and Consumer Sciences, "Cleaning and Maintenance."

Here are a few tips of things to do each fall to keep your home well maintained:

Exterior – Check for signs of rodents, bats, and insect pests. Check for and replace decaying or damaged trim around windows and doors. Inspect foundation for cracks.

Yard – Check garden hoses for leaks. Drain outdoor faucets and hoses and store hoses for winter. Look for trip and fall hazards around your property.

Windows and Walls – Check weather-stripping and caulking around windows and doors. Repair or replace broken or cracked glass.

Roof and Attic – Clean gutters and downspouts. Make sure that water is being discharged 2-3 feet away from the house.

Appliances – Clean out dryer vent hose and use a vacuum to remove all lint. Clean the refrigerator and freezer, wash the door gasket, and vacuum condenser coils.

Plumbing and Bathrooms – Check toilets and tanks for leaks. Check and repair any faucet, shower, or bathtub leaks. Inspect caulking around toilets, tubs, showers, and sinks.

Electrical Equipment – Check for frayed/damaged cords and wires. Clean all light fixtures, interior and exterior. Check smoke and carbon monoxide detector alarms and replace batteries.

Heating and Cooling – Replace air filters. Hire a professional for any tune-up to HVAC equipment or to clean the chimney.

Basement and Crawlspace – Ensure there are no wet surfaces or puddles. Check for signs of mold or water damage. Check that the sump pump and floor drain is working properly.

Garage – Check for proper operation of garage door safety shut-off. Check for signs of rodents, bats, and insect pests. Clean out your garage following all labels to dispose of chemicals.

And now let's look at some upcoming programs from OSU Extension. The Take Charge of Your Diabetes During the Holidays program will be Thursday, November 3 from 6:00-7:30 PM at Frontier Power Community Room. This evening will provide you with tips for managing your diabetes during the holidays. Cooking demonstrations and samples will be provided. The deadline is this Friday, October 28 to register online for this free program at coshocton.osu.edu or call OSU Extension at 740-622-2265.

Are you interested in improving your wellness by exploring: gratitude, traditional foods with a twist, sustainability, self-care, and more – all wrapped up with new gift ideas? Join Ohio State University Extension for the “Unwrap Your Gifts” 6-week email wellness challenge to learn more about these and other wellness topics.

The email challenge connects participants with tips, research, and resources to help blend the traditions of healthy holidays while also taking care of yourself. Participants will have access to optional resources available including the Ohio State University Extension Live Healthy Live Well Blog and a free wellness webinar series. Register by this Friday, October 28 by visiting our Facebook page “OSU Extension Coshocton County” or on our website, Coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!