



# Senior Bulletin

May 2020

## Home Repair & Remodel Projects Can Raise Questions; The Contractors Board Has Answers!

Often times, home repair needs come unexpectedly and with an increased urgency to complete the project. Plumbing, electrical, or heating and air conditioning issues are prime examples. These services are vital to our livelihoods and help enhance our level of comfortability at home.

Renovation projects, on the other hand, are often approached with thoughtful consideration, planning, and research. Homeowners know exactly what they want improved, have defined their budgetary limits, and are more likely to get references and verify the credentials of contractors before hiring them for the job.

While different, both require similar tasks to accomplish the end result. The most important underlying factor is -- you guessed it -- hiring properly licensed contractors! But for some, even the selection of who to hire can be an overwhelming task, as they don't know where to turn to for guidance.

Although the Nevada State Contractors Board does not make recommendations or referrals to homeowners on the right contractor to hire, we do have an online search feature that can help you get started!

- Identify trade-specific contractors in your county using the [Contractor Listings by County and Classification](#) online search feature!
- [View a short video](#) by Executive Officer

Margi Grein that provides guidance on where to obtain contractor referrals.\*

Having identified a few contractors, verify the status of their license. While it is always good when a contractor provides you a license number, it doesn't always mean they are in good standing. Understanding the details of a contractor's license will help you make a more informed decision on the right contractor for your project.

- Verify a contractor's license at [www.nscb.gov](http://www.nscb.gov) --> [License Searches tab](#). Here, you can search by license number (ex. 0099999), company name, or an owner of the company (principal/qualified individual).
- The License Search page also includes a [short video](#) that explains how to verify a contractor's license and guides you on the information to look for, including license status, monetary limits, and disciplinary history.

Obtaining a minimum of three bids from licensed contractors is always recommended before selecting who to hire. Doing so allows you to see how different professionals in the trade view the work you are requesting. Have them bid on the same scope of work for consistency and consider the following before making your selection:

*See HIRING, page 2*

- Evaluate costs for labor and materials to determine which is most complete. Review the types of materials to be used and any additional costs that may be included for other related service, such as permits, etc.
- Consider your interactions with each contractor. Did they communicate well? Were they respectful and willing to answer your questions?

With the information and analysis in hand, you can hire with confidence. Remember

to review all terms and conditions closely and ensure your concerns are addressed to your satisfaction before signing the contract. Because of your diligence in properly vetting your contractor, you are able to file a complaint with the Board with any concerns that may arise during the scope of your project!

\*Video resources referenced in this article can be found on the Board's website: [www.nscb.gov](http://www.nscb.gov) under the Consumer Brochures & Guides tab.

## Dealing with stress: A guide for seniors

The COVID-19 pandemic has everyone feeling stress. And while stress can affect people of any age, it can be particularly difficult for older people to deal with. As we age, it becomes harder for our bodies to regulate stress-inducing hormones. These tips from United Medicare Advisors can help older people and their loved ones reduce and treat stress:

### Follow good general health practices

Eat a nutritious diet low in carbs, sugar, and fat. Take care of your appearance, cleanliness, and hygiene. Get plenty of sleep. These are all part of fighting the good fight against stress and depression by keeping your sense of purpose. It should go without saying that smoking, excessive drinking, and drug abuse are not part of a healthy lifestyle. Do not turn to these substances in an effort to cope



*Taking an exercise class that promotes social distancing is a great way to stay active, engage with friends, and occupy your mind while taking your mind off the public health concerns that are dominating the headlines and the evening news.*

with stress.

### Stay physically active

If you are able, low-impact participating exercise that focuses on movement, stretching, and muscle tone will boost your physical health as well as your mental well-being. Yoga, walking on level ground, tai chi, and water aerobics are

well-suited to many seniors' lifestyles. Exercise helps reduce stress by releasing muscle tension and pent-up nervous energy by blocking cortisol secretion levels even when you're feeling stressed.

### Engage your mind

What exercise does for the

*See STRESS, page 4*

**Are You Ready for a Home Repair Emergency?** To take the pressure off an already stressful situation, fill in the emergency contact list of licensed contractors below. Research who to use, verify their license at [www.nscb.nv.gov](http://www.nscb.nv.gov), and include the contact information of those that meet your expectations. When an emergency strikes, you can quickly obtain three bids from vetted contractors!

***Be sure to verify the license of the contractor you select before signing a contract to ensure their license remains in an “Active” status.***

**LICENSED CONTRACTOR EMERGENCY CONTACT LIST**

*(Only list contractors that have an ‘Active’ license status; verify license status again before hiring)*

**PLUMBING CONTRACTORS (C-1 License Classification)**

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

**ELECTRICAL CONTRACTORS (C-2 License Classification)**

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

**HEATING & AIR CONDITIONING CONTRACTORS (HVAC) (C-21 License Classification)**

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

**ROOFING CONTRACTORS (C-15 License Classification)**

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

Business Name: \_\_\_\_\_ License # \_\_\_\_\_ Phone: \_\_\_\_\_  
 Monetary Limit: \$ \_\_\_\_\_ Date Verified: \_\_\_\_\_ Notes: \_\_\_\_\_

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body, mental stimulation does for the brain and emotions. Occupying your mind with crossword puzzles, charity work, local politics, and community-service projects leaves little mental capacity for worrying about life's foibles. There is evidence that donating your time to worthy causes also reduces stress. Altruistic behavior improves your self-esteem, and when you feel good about yourself, you feel good physically, mentally, and emotionally.

### **Stay optimistic**

Similarly, meditating on your life's blessings and accomplishments engenders good feelings that can overpower doubts and apprehensions that prey on our insecurities. Self-administered behavioral therapy helps you identify the negative feelings that generate stress and shows how to replace them with happy thoughts. Studies have shown that optimists live several years longer than pessimists. A rosy outlook is thought to reduce cortisol levels, while the power of positive thinking reinforces our will to live because stress factors disappear.

### **Keep in touch**

Simply talking out problems can lift the weight from your shoulders. Seek out friends and family members for social interaction. Whether you discuss issues that are causing you stress or simply shoot the breeze about unimportant topics, socialization provides a welcome respite from

daily chores and worries. Don't be afraid to bend someone's ear and vent about daily trials. Blowing off a little steam may be just what you need to face life's challenges with a fresh perspective and less stress.

### **Seek professional help**

Everyone reacts to stress differently. While some stress is a normal part of living, prolonged stress can contribute to depression, which is NOT normal. If you try several of the above stress-reduction strategies and still find that stress is having a detrimental effect on your health and psyche, you should see your doctor or mental health professional. These healthcare experts can diagnose your condition and may be able to prescribe clinical or pharmaceutical treatments.



**Beware of Door-to-Door Solicitations**

WATCH FOR THE WARNING SIGNS:  
"Today-only" deals  
Leftover materials - cheap!  
Big discounts for cash  
Free inspections



nevada<sup>SM</sup>  
state contractors board

# **WE'RE HERE TO HELP!**

## **[www.nscb.nv.gov](http://www.nscb.nv.gov)**

### **Northern Nevada**

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Suite 102  
Reno, NV 89511  
775-688-1141

### **Southern Nevada**

2310 Corporate Circle  
Suite 200  
Henderson, NV 89074  
702-486-1100