

HEALTHY, WEALTHY & WISE

APRIL 2022

Published exclusively for clients of Chet's Cleaning



TIME for a REFRESH

Are you ready for a home refresh? Spring is finally here! Now is an ideal time to set goals and optimize your home, whether you're tackling important maintenance tasks, adding comforting elements to cozy up your space, or getting organized.

In 2022, home improvements that provide long-term benefits are top of mind for homeowners. Here are 3 big-impact improvements to keep your home in tip-top shape and bring you peace of mind.

Minimize Clutter and Increase Safety

People are multitasking at home more than ever, which can often lead to increased clutter. Disorgani-

zation can be more than just unsightly mess; it can be a safety hazard. Thoughtful organization improves functionality, saves space and keeps areas clutter-free to reduce the chance of injury. Spaces where organization can have a huge impact include closets, mudrooms, the garage, the home office, pantry and laundry room.

See "Time for a Home REFRESH" on next page



248.584.1819

www.chetscleaning.com

WE ARE HIRING!

Service technicians & office staff.

Who better to find us a new employee than our clientele that hires us! Please email christine@chetscleaning.com about opportunities & ask about our referral reward!

And we have a **REWARD PROGRAM!**

We will pay you **\$2000.00*** for finding us the right person and we have a **\$2000.00*** hiring bonus for them as well.

*\$500.00 after 6 months and \$1500.00 balance after 1 year employment.



CHECK OUT THE LINK BELOW FOR MORE INFO:

<https://chetscleaning.com/about-us/join-our-team/>

By utilizing high-quality installed organization systems, you can reclaim control of your office, keep things tidy and efficient in your laundry room, and easily spot missing ingredients in your new kitchen pantry.

Decluttering and organizing your home can also help to reduce stress and allow you to streamline daily tasks. For a custom solution that meets all your storage needs and maintains your design aesthetic, consider professional organization. There are pros in your area that can help you design and build your own custom closet or storage solution with ease and convenience.

Cut Energy Costs and Your Carbon Footprint:

Crossing routine maintenance tasks off your to-do list sooner rather than later not only enhances the comfort, safety and functionality of your home, but it can also increase your home's value, reducing your energy consumption and saving you money.

Each spring and fall before you start using your air conditioner, furnace or other heating and cooling systems, you should get a tune-up to prepare your HVAC system for the seasons. While some homes might be due for a new replacement high efficiency furnace or air conditioner, others may simply need maintenance to keep everything operating as it should.

In addition, installing ceiling fans and mounting a programmable thermostat in place of an older model can all help reduce your utility bills and keep you feeling more comfortable at home.

Get Prepared to Stay Ahead of Unexpected Expenses:

Common monthly home maintenance to-do's include checking pipes for leaks, verifying air flow and temperature accuracy, changing furnace filters, checking fire alarms and carbon monoxide detectors, and cleaning gutters and walkways of debris. Annual maintenance should include HVAC maintenance, checking window and door seals, verifying fence and deck integrity, updating

lighting indoors and out, and landscape maintenance such as trimming trees.

And don't forget your home's interior! There is nothing that improves and maintains the overall appearance of your home like having clean floors, carpets and upholstery. Having your carpet, tile, wood floors, and upholstered furniture professionally cleaned will not only enhance the beauty of your home, but also lengthen the life of your flooring and furniture. This is good for your wallet and more importantly good for the health of your family!

For most people, their home is their biggest investment. A proactive approach to maintenance and repairs helps protect this investment and provides peace of mind. Consider keeping a monthly and annual checklist of maintenance to-do's and schedule any cleaning services and repairs as soon as possible.

For more information, questions or to schedule your next cleaning service, call **Chet's Cleaning**. We are always happy to help!

The Good Life



"I'm leaving now, Ms. Simpson. If anybody wants me, I'll be hopping down the Bunny Trail."

Good Clean Funnies

What are the strongest days of the week?

Saturday and Sunday. Every other day is a weekday.

What gets wetter the more it dries?

A towel!

What nails do carpenters hate hammering?

Fingernails.



The delicate crust is sweetened with lemon drops, and the light lemony filling is topped with whipping cream sprinkled with lemon drop sugar.



EASTER Lemon Drop MOUSSE

Directions

To prepare the crust, combine the crushed vanilla wafers with the melted butter and 1/4 cup of the finely crushed candy (save the remainder for use as a decoration). Mix well, then press into the bottom of a 9-inch spring form pan. Refrigerate while proceeding with the recipe.

Whisk together egg yolks, lemon juice, lemon zest, and 2 tablespoons of sugar until smooth, then set aside. In a separate bowl, beat the egg whites until foamy. Sprinkle in the cream of tartar and continue whipping until soft peaks form. Gradually add 3/4 cups of sugar while continuing to whip to stiff peaks.

Fold the egg yolk mixture into the egg whites, then gently fold in the whipped cream until no streaks remain. Spoon this mixture into the chilled crust, and place into the freezer.

Whip the remaining 1/2 cup of whipping cream until it starts to thicken, then gradually add 3 tablespoons of light corn syrup, and continue beating until stiff. Using a pastry bag, pipe the whipped cream onto the mousse in a decorative pattern. Sprinkle the top with the reserved crushed lemon drop candy. Freeze for at least 8 hours before serving.

Recipe courtesy allrecipes.com

Crust: Ingredients

- 55 vanilla wafers, crushed
- 6 tablespoons melted butter
- 20 lemon drop candies, finely crushed, divided

Filling:

- 4 egg yolks
- 1/2 cup fresh lemon juice
- 5 teaspoons minced lemon zest
- 2 tablespoons white sugar
- 4 egg whites
- 1/8 teaspoon cream of tartar
- 3/4 cup white sugar
- 1 cups whipping cream, whipped until stiff

Decoration:

- 1/2 cup whipping cream
- 3 tablespoons light corn syrup



4 Ways to KICKSTART a Wellness Routine



BPT

Maintaining a healthy lifestyle goes beyond physical health and appearance, extending into a person's emotional, mental, social and spiritual wellbeing.

To help you kickstart a successful health and wellness routine rooted in a holistic approach, consider the following tips from these leading health industry experts:

1) Practice mindfulness: Starting your day with a focus on mindfulness can contribute to easier and relaxed moments that translate into better days mentally and physically. Deep full breathing will help you anchor yourself in the present.

2) Focus on immune health: There are many ways to help support our immune function through nutrition, including incorporating nutrient-rich foods, such as oranges, carrots, red bell peppers and spinach, into your diet. These foods contain immune-supporting vitamin C - a nutrient synonymous with immune health.

3) Choose your joy: When you're having a busy day, it is important to not lose sight

of the joys in your life. Some mental health experts suggest creating a list of three to five things that bring you joy, like a quick walk, playing games with family, watching a show or gardening.

4) Get moving: Staying active not only has a positive effect on your body, but on your immune health and overall wellness. There are many benefits when it comes to sweating, including helping to improve focus, mood, productivity and confidence. Schedule exercise in your daily schedule like you would an important appointment to help you keep your commitment to movement.

Start off with these small steps and gradually increase your efforts toward building a routine that works best for you. With the above tips in mind, you will find that implementing quick and easy habits helps to make a big, lasting impact on your overall health.

How to Save Without CRIMPING Your Style

Saving money doesn't necessarily mean sacrificing your quality of life. Indeed, with the right approach, you can still live on your own terms while also saving cash.

For example, utility bills may take a huge bite out of your budget. Fortunately, smart thermostats and heating systems allow you to turn off the heat or air conditioning while you're at work. They can automatically turn back on before you get home too, so you'll rarely notice the difference.

Enjoy reading? Instead of buying books, why not use the library? Many libraries not only offer physical books, but increasingly offer ebooks that you can check out online. Reading not your thing? Many libraries also offer movies, video games, board games, and other things.

And did you know that in the US, over 100 billion pounds of food get thrown out? If you produce a lot of food waste, instead of buying food for weeks at a time, consider buying just enough to get through a few days. Also, make sure you're properly storing and sealing food. Buying higher quality ingredients, like premium meats and cheeses, could reduce the temptation to eat out. If you've got great food in the fridge, why order delivery?

Looking to buy a new laptop, car or another big-ticket item? Folks love that new car smell, but it lasts for only a few days. Consider buying a refurbished laptop or a certified pre-owned car. You can often pick up top-notch products at a steep discount.

Forego those fresh smells and keep more money in your bank account!



BPT

Take a peek inside the waste bin in the average American kitchen and there's a good chance that you'll find moldy bread and rotten fruits, among other things.



Installing a Natural Gas ALARM Can Save Your Life

Over 62 million homes in the United States use natural gas for heating, cooking, drying clothes, and more. Although natural gas usage is common, many aren't aware of the deadly explosions caused by natural gas leaks. The aging gas line infrastructure poses a danger to communities across the country.

To be safe, equipping your home with a reliable natural gas alarm can give you peace of mind and save your life.

When purchasing a natural gas alarm, here are the most important features to look out for:

- Fastest response time: Ample warning time ensures that you and your family can evacuate your home safely and quickly.
- Easy installation near the ceiling: Proper alarm placement is crucial. The National Fire Protection Association (NFPA) recommends that natural gas alarms are installed 4-12 inches from the ceiling where natural gas rises (as it is lighter than air). A battery-powered alarm will

ensure the ability to place your alarm at the proper height for the most accurate leak detection and maximum safety.

- Long battery life: Look for alarms that feature long-life batteries with a minimum lifespan of six years, providing peace of mind that you'll get the long-term protection you need.
- Energy and cost efficient: Battery-powered alarms allow for superior alarm placement and also save you money. Compared to energy-draining and environmentally unfriendly plug-in alarms, battery-powered alarms save residents an average of \$174 in electricity bills over six years.

Protecting yourself from natural gas explosions is critical. Adding a trusted natural gas alarm to your home's safety equipment is a must.



BPT

The USA's aging gas pipeline system, primarily composed of cast iron or other corrosive and leak-prone materials, can lead to dangerous gas leaks, which can cause deadly explosions.





248.584.1819
www.chetscleaning.com



APRIL SPECIAL
FREE Quart Bottle of Spotter
With Purchase Over \$500

Residential cleaning only. Expires 4/30/22

Chet's Cleaning Inc.
26051 Dequindre Rd.
Madison Heights MI 48071



APRIL SPECIALS

\$30 Off Rug Cleaning - Each Rug
20% Off New Pad

If you want your rug to have a long life,
it's best to have it cleaned every 1 to 3 years!
Some limitations apply. Not valid with any other discounts.
Offer expires 4/30/22.



248.584.1819

www.chetscleaning.com