

# HEALTHY, WEALTHY & WISE

APRIL 2024

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Every March and April, people around the world push up their sleeves and give their home a major once-over—it's the annual rite of passage we like to call **spring cleaning**. Many of us use this time to catch up on the tough tasks we can't fit into our weekly cleaning routines (like cleaning those ceiling fans). Since we only do this once a year, we might not be working as efficiently or effectively as possible.

To make your annual deep clean more successful, avoid the following spring-cleaning mistakes that experts say most of us are making.

**Neglecting Dust Mites** – Dust mites cause sneezing, itching, and rashes. Unfortunately, these mites come from us; they're regularly found in dead skin cells that we shed all over our homes—particularly on upholstery. Removing them is crucial. Steam cleaning your uphol-

stered furniture and mattresses at least once a year will help keep the dust-mite population from building up and worsening spring allergies.

Having upholstery and mattresses professionally cleaned at least once a year is one of the most helpful ways to get control of dust mites and give you piece of mind that you are keeping your family safe and healthy.

See "Spring Cleaning MISTAKES" on next page



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**Using an All-Purpose Cleaner Everywhere** – Many surfaces can be cleaned with an all-purpose formula, but there are some areas (like your sofa, curtains, and carpets) that require a special product for that job. Too often, we forget this and use the wrong cleaners—which either aren't effective in taking care of the stains and messes or, unfortunately, make matters worse.

To ensure you have the right fabric and upholstery cleaners in your kit, look underneath your couch for a tag with your upholstery's cleaning code and use the corresponding clean products.

Don't want to tackle this project yourself, have your fabrics and upholstery professionally cleaned and save yourself the stress. You will love the result and add life to your home furnishings and curtains.

**Dusting the Wrong Way** – The amount of dust that collects on ceiling fans, bookshelves, door jambs, and other hidden spots over the year is truly amazing—and getting rid of it when we spring clean our homes is particularly satisfying. However, tackling these dusty spots in the incorrect order can sabotage the rest of your cleaning plan by sending dust onto spots you've already cleaned.

### The Good Life



### Good Clean Funnies

**What word starts with E and has only one letter in it?** Envelope.

**Why is dark spelled with a K and not a C?** Because you can't see in the dark.

**How do you keep a bull from charging?** Take away its credit card!

**What has hands but can't clap?** A clock!

Work from the highest area (like a ceiling fan) down to your furniture and then baseboards to avoid having to re-do your work. Use a damp microfiber cloth to wipe away the dust, helping to prevent it from spreading around in the air, where it can trigger or worsen allergies and asthma attacks.

**Keep Mopping on Your List** – Floors are one of the most exposed areas in our homes, which is why mopping them frequently is crucial in keeping your home clean. And, make sure you replace those worn-out mop heads when needed to get the job done right.

**You Can't Shampoo Every Rug** – Synthetic carpets and rugs with waterproof backings can be deep-cleaned with a rotary shampoo machine and a hot-water extraction machine. But, rugs without backings, including Oriental rugs, require professional cleaning only!

**Skipping Unseen High-Touch Area: the Walls** – Overtime our walls and ceilings build up with unwanted marks. To clean them, start by using a vacuum to remove dust. Next, tackle stubborn surface grime, especially prevalent in kitchens, with a solvent-free degreaser (test it first in an inconspicuous area to ensure it won't mar the surface).

**Neglecting Grout Lines** – The cement-based material between wall, floor, and counter top tiles is extremely porous and stains easily. No matter how spotless your bathrooms, kitchen or tile floors are, if the grout is dirty and stained, it will never look really clean. Protect it with a penetrating grout sealer—it's best to apply it with a small foam brush or hire a professional to help you scratch this tedious task off your list.

**Overlooking the Importance of Fire Safety** – Be diligent about changing the batteries in smoke detectors (this should be done once a year) and make sure units are free of dust. Teach everyone in your household how to use a fire extinguisher, and review escape plans. Your family's life may depend on it.

**Failing to Protect Yourself** – The biggest spring-cleaning mistake you can make is not taking protective measures as you work. Always wear gloves when cleaning to protect your skin and avoid any potential allergic reactions.

If you have any questions, need any additional information or want to schedule a consultation, contact [Chet's Cleaning](#) today. We are always happy to help and serve you.



A very light and delicious fruit dessert with a little twist. A perfect way to welcome Spring!

### Ingredients

- 1 (20 ounce) can pineapple chunks - drained with juice reserved
- 1 orange, peeled and segmented
- 1 kiwi -- peeled, halved and sliced
- 1 cup seedless grapes
- 1 cup quartered strawberries
- 1/4 teaspoon grated lime zest
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1 teaspoon poppy seeds

**Prep Time:** 15 mins

**Total Time:** 15 mins

**Servings:** 4

### Tangy POPPY SEED Fruit Salad

### Directions

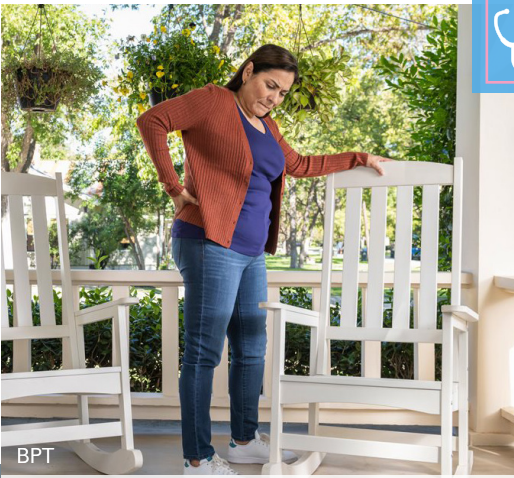
In a large bowl, toss pineapple, orange, kiwi, grapes and strawberries.

In a small cup or bowl, combine lime zest, lime juice, honey, poppy seeds and 1/4 cup reserved pineapple juice.

Stir well and toss with fruit.



Recipe courtesy [allrecipes.com](#)



BPT

The survey found people with chronic pain are more likely to seek over-the-counter or prescription pain medications, but they don't feel in control of their pain and fear side effects.

## Tired of CHRONIC Pain? Here are 3 HELPFUL Tips

If you're coping with back, neck or knee pain on a regular basis, you're not alone. According to research, one in every two Americans experience musculoskeletal (MSK) pain, which affects the bones, tendons, ligaments, muscles and nerves. Beyond physical symptoms, chronic pain is also associated with poor mental health.

In some cases, the cost of physical therapy, plus the ability to make in-person appointments, can be barriers. Digital PT is now an option and stands out as the preferred initial approach for chronic MSK pain.

Experts have 3 helpful tips below that may help.

**1. Keep moving** - When experiencing pain, it's natural to stop moving, hoping that rest will make the pain stop. Staying still can lead to increasing pain and mobility decreasing. Ask

about in-person or digital PT options for guidance on how to move safely as part of your pain management plan.

**2. Move and stretch gently** - Motion can help relieve stiffness and reduce pain over time, with physical therapists recommending an approach to movement that gradually increases your strength and range of motion.

A physical therapist can help you learn specific exercises and stretches to support areas of your body causing you chronic pain. PT can also help treat other conditions, such as strengthening the pelvic floor to address bladder issues.

**3. Boost sleep** - Pain makes it hard to get a night's sleep, and poor sleep can increase sensitivity to pain - leading to another downward spiral.

## 4 Questions to Ask BEFORE Going EV



The "**electric vehicle (EV) boom**" is upon us. Americans purchased nearly 300,000 EVs in the second quarter of 2023, almost 50% more than in 2022. And, data shows that more than 1 in 3 drivers plan to own or lease a hybrid or EV in the future.

But purchasing an EV is an entirely different ballgame compared to purchasing a traditional gas-powered vehicle.

Here are some questions to consider to make a smart purchasing decision:

**1. What is the long-term cost?** Drivers must consider the cost of maintenance, insurance and, of course, fueling up. However, the cost difference to charge an EV is an incentive for many car shoppers.

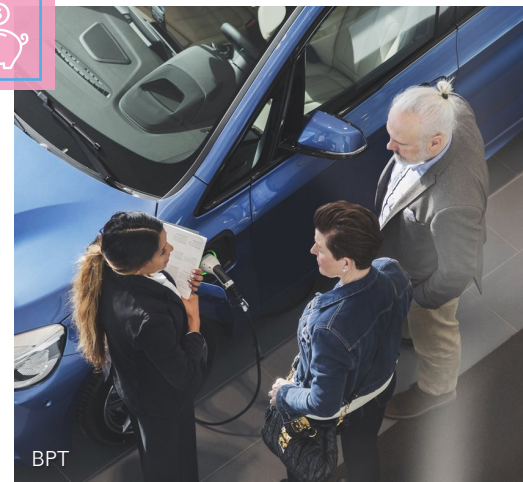
**2. What type of maintenance will my EV need?** The general consensus is that EVs require less maintenance than their counter-

parts. While there's no oil to change, brakes, fluids and various air filters will still need to be maintained over the course of your vehicle's life. It is important to be aware of the maintenance needs.

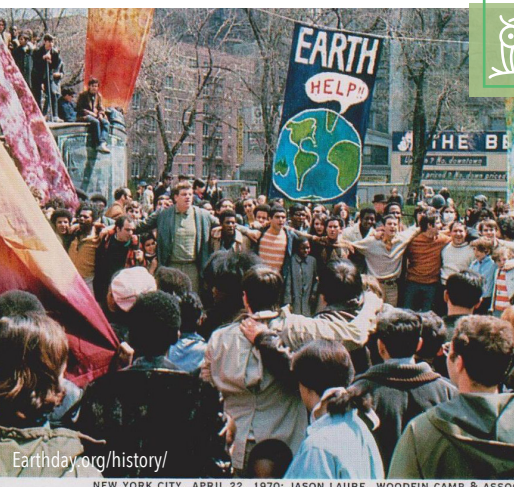
**3. What tires come on my EV?** There are tires *specifically* made for EVs. EV tires are created with the change in road noise and increased weight of the vehicle in mind.

**4. What does my local charging infrastructure look like?** Charging stations continue to pop up across the U.S., but is there a charging station convenient to your daily life? Knowing where the most convenient stations are will make the transition to charging even easier.

There are many questions that new EV buyers should ask before making the shift, but thinking strategically and asking questions will set you up well for an electrified future.



The unique characteristics of EV ownership mean that first-time buyers should ask specific questions of their car dealers and of themselves before making the switch.



## Where did the IDEA of Earth Day Come From?

Senator Gaylord Nelson, the junior senator from Wisconsin, had been concerned about the deteriorating environment in the US. In 1969, he and many others witnessed the massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, Nelson wanted to infuse this energy with an emerging public consciousness about pollution.

Senator Nelson announced the idea for a teach-in on college campuses to the national media, and persuaded Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair.

Nelson recruited Denis Hayes, a young activist, to organize the campus teach-ins and to scale the idea to a broader public, and they choose **April 22**, a weekday falling between Spring Break and Final Exams, to maximize the greatest student participation.

Hayes built a national staff which widened the range of organizations, faith groups, and others. They changed the name to Earth Day, which immediately sparked national media attention. Earth Day inspired 20 million Americans - at the time, 10% of the total population of the US - to take to the streets, parks and auditoriums to demonstrate against the impacts of 150 years of industrial development which left a legacy of serious human health impacts.

Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, urban dwellers and farmers, business and labor leaders.

By the end of 1970, the first Earth Day led to the creation of the United States Environmental Protection Agency and the passage of other first-of-their-kind environmental laws, including the National Environmental Education Act.

Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement which began over 50 years ago, in 1970.







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