

HEALTHY, WEALTHY & WISE

APRIL 2025

Published exclusively for clients of Chet's Cleaning

Before You Clean a SPILL on Your Sofa... LOOK Under the CUSHIONS!



What's better than a late after noon nap on your favorite sofa? What's more enjoyable than reading a great book while snuggled in an overstuffed chair? Whether you are spending some quiet time alone or watching the big game with the whole gang, soft, comfortable upholstered furniture is usually the seating of choice.

Look under the cushions of a typical piece of upholstered furniture and you will usually find one or more tags. You probably don't give them much thought, but understanding one of them may save you hundreds or even thousands of dollars.

As with everything else in your home, upholstered furniture requires proper care and cleaning. Pollution, allergens, dander, sweat and body oils stick to fabric and

spots and spills do happen. It's best to clean these fabrics before the soil builds up and spots become permanent stains.

Fortunately, most upholstered furniture will have a tag containing cleaning recommendations. As part of this tag you will find a cleaning code. Please note that these tags and codes are a guide to assist you in spot cleaning only. Overall cleaning should be left to the professionals at

See "Before You CLEAN" 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 Service@chetscleaning.com about opportunities & ask about our referral reward!

And we have a **REWARD PROGRAM!** 

We will pay you **\$1500.00*** for finding us the right person and we have a **\$1500.00*** hiring bonus for them as well.

**\$500.00 after 6 months and \$1000.00 balance after 1 year employment.*



CHECK OUT THE LINK BELOW FOR MORE INFO:

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

Chet's Cleaning. According to the Institute of Inspection Cleaning and Restoration Certification (IICRC), professional cleaning should be done every 12-24 months.

Many types of fabric are used to upholster furniture. Rarely will you find a tag that reveals the fiber content of the fabric covering the piece. This can create problems for consumers who want to know how best to care for the fabrics.

Fabrics are made from a variety of fibers including cotton, polyester, silk, rayon, nylon, polypropylene, acetate, acrylic, wool and blends thereof. Each fiber is different and has its own unique characteristics, including how they can be safely cleaned. There are unlimited combinations of dye methods, colors and patterns as well.

A cleaning agent that works great on one fabric may produce disastrous damage to another. Shrinkage, browning, dye bleed, color loss and

even fiber deterioration can occur if improper cleaning agents or methods are used. This kind of damage is usually not correctable.

The cleaning recommendations tag is designed to help choose the right cleaning and spotting methods to avoid bleeding, color-loss, shrinkage and browning. Regardless of what the cleaning label states, test all cleaners in an inconspicuous area first.

Here are the cleaning codes and their meanings:

W - Spot clean only with water-based shampoo or foam upholstery cleaner. Do not over wet. **DO NOT USE SOLVENTS.**

S - Spot clean only with a water-free dry cleaning solvent. Pretest a small, inconspicuous area before proceeding. Do not saturate. **DO NOT USE WATER.**

WS or **SW** - Spot clean with upholstery shampoo, foam from a mild

detergent, or dry cleaning solvent.

X - Clean only by vacuuming or light brushing with a non-metallic, bristle brush. **DO NOT USE ANY WATER- OR SOLVENT-BASED CLEANER.**

When cleaning a spill, blot immediately to remove spilled material. Apply spotters sparingly so as not to over wet the spot. When cleaning spots or stains, work from the outside edge of the spot toward the middle. This helps prevent spreading the spot.

When your upholstered furniture requires a full cleaning, call **Chet's Cleaning**. We will take the time to identify the safest and most effective method to clean your furnishings without risk of changing the color, texture or finish. As a final step, we also recommend that we refresh the fabric protector to help maintain the beauty of your upholstery for many years.

The Good Life



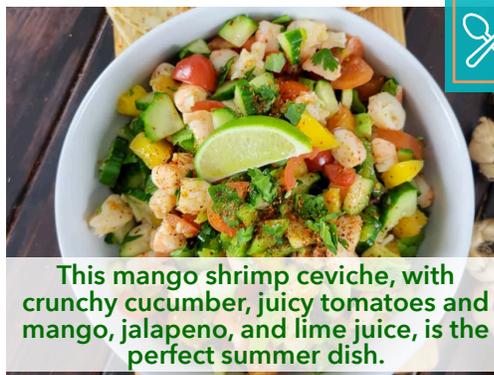
Good Clean Funnies

Why did the banana go to the doctor? It wasn't peeling well.

How can you tell that a tree is a dogwood tree? By its bark!

What goes up and down but does not move? Stairs.

Why did two 4s skip dinner? Because they already 8!



This mango shrimp ceviche, with crunchy cucumber, juicy tomatoes and mango, jalapeno, and lime juice, is the perfect summer dish.

Mango SHRIMP Ceviche

Directions

Combine shrimp, cucumber, tomatoes, jalapeno, mango, lime juice, cilantro, and Tajin seasoning in a large bowl. Taste; add more Tajin if needed.

For more flavor, cover and refrigerate for 1 hour (optional).

Prep Time: 20 mins

Total Time: 20 mins

Servings: 4

Per Serving: 274 Calories

This refreshing dish is light, full of flavor, and a great combination of sweet and heat.



Recipe courtesy allrecipes.com

Ingredients

- 1 pickle spears
- 1 pound cooked large shrimp, cut into bite-sized pieces
- 1 cucumber, cut into bite-sized pieces
- 1 pint cherry tomatoes, halved
- 1 jalapeno pepper, thinly sliced
- 1 fresh mango - peeled, pitted, and cut into bite-sized pieces
- 1 lime, juiced, or more to taste
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chili lime seasoning (such as Tajin®), or to taste

2025 Top Outdoor Trends for HEALTH and WELLNESS



Decorative screen panels, pergolas, and built-in planters can add elements of both beauty and functionality that provide a sense of solitude, even in urban environments.

Privacy and spaces of solitude - As property footprints continue to shrink year over year, homeowners are looking for aesthetically pleasing ways to incorporate more privacy from neighbors or their surroundings.

Convenience in design - As outdoor spaces are now a must-have for homeowners, they must be convenient to access and offer the same amenities as the home's indoor spaces. Homeowners are looking for their outdoor space to transition easily from the home to the outside area.

Health and wellness - Using outdoor spaces to improve your well-being is a top focus today. Americans are looking to be more balanced and in harmony with their environment, using native plants and sustainable materials like permeable pavers, promoting better water drainage and reducing environmental impact.

Gardening is also a popular hobby that helps improve people's feeling of well-being, so some are opting for raised garden beds or planters to pursue their growing goals in their outdoor spaces.

Value-added features - In every metro area, property sizes are smaller than ever. With this shift plus budget considerations, homeowners want to maximize small spaces through modular components that serve multiple purposes, like built-in seat walls, fire features, water features and planters that seamlessly blend into a living space.

These strategic investments not only increase the functionality and enjoyment of outdoor areas but also significantly boost curb appeal and the home's property value, making them a smart choice for homeowners looking to maximize their limited space.

SMART Strategies to SAVE with INTENTION

Set a goal to be more intentional with your savings by getting clear on your savings goals, ensuring your savings earn a competitive return and putting excess cash to work for your long-term financial goals. At the same time, leaving too much of your money uninvested can jeopardize long-term financial goals like retirement.

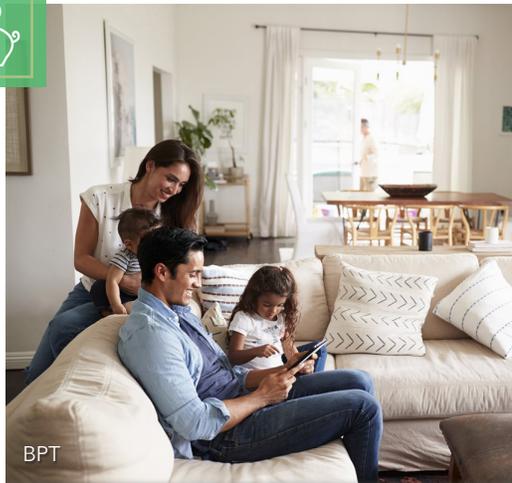
Set savings goals - To determine your personal savings goals, consider your ability to withstand savings shocks and potential income loss, as well as any short-term spending goals such as buying a car or taking a vacation.

Step 1: Start by ensuring you have a buffer for unexpected expenses. Aim to have at least \$2,000 or about half a month's household expenses, whichever is greater, set aside in a cash savings account. If you've navigated any changes in the last year that impact your income or spending, it's also worthwhile to revisit that

emergency savings goal.

Step 2: You might also have additional short-term financial goals. Perhaps you're planning a home renovation or saving up for a wedding. Money to fund these goals that are a year or two away probably shouldn't be exposed to much risk of loss and may be best kept in a cash savings account.

Step 3: Think about building a more substantial financial safety net that can cover 3-to-6 months of living expenses. This fund will help you manage financial disruptions, such as job loss or other longer-term income interruptions. This fund might also be used to help with longer-term goals like retirement savings, but, however it is invested, it should be easily accessible if needed to bridge periods of income loss. A 401(k) or traditional IRA with limited ability for early withdrawals likely are not the best options.



Savings can help meet unexpected expenses, fund short-term spending goals and protect against unanticipated life events.



When children say they're bored, parents often default to using screentime or engaging them in play.

3 Ways BOREDOM Can Help Your Child Develop

Boredom expands imagination and creativity - When children are left to explore in their downtime, their minds can get to work, allowing them to use their imagination to find creative ways to entertain themselves.

Being bored builds resilience and tolerance - Children can often have big feelings about not having something to do. This is a parent's opportunity to validate and empower their child. They can say something like, "It's okay to be bored. Sometimes I feel the same way, but now is your chance to explore and learn what you like to do!"

A little downtime can be used as an opportunity to build patience and tolerance by encouraging your child to move through their feelings while understanding that waiting isn't easy, but a necessary part of life. Remind them of things they like to do when they're being patient, like singing or playing with a small toy.

Independence and social skills excel through unstructured time - When children - even those who don't know each other - are put in close proximity without planned activities, they often engage with each other by inventing games. The skills children develop when they're free playing with others include things like cooperation, communication and kindness, all of which are essential for long-term socialization.

At the same time, children who have to play by themselves often become more independent. When it's up to them to provide their own entertainment, they engage in a unique kind of problem solving and creative expression.

Teaching children to embrace unstructured moments when they are without entertainment is crucial to their maturing psyches. When parents support their child in this process, they are sure to see them turn into more capable and self-sufficient human beings as a result.



248.584.1819
www.chetscleaning.com



HAPPY EASTER!



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



APRIL SPECIAL

20% OFF
MATTRESS CLEANING

\$75 OFF
Each BOAT Cover
Cleaned

Some limitations apply. Not valid with any other discounts.
Offer expires 4/30/25.



Get FREE CASH or FREE CLEANING with REFERRAL REWARDS!

For each new customer that you send us, we'll reward you with a 10% referral bonus! Exchange it for DISCOUNTED or FREE CLEANING.

Simply refer your friends, neighbors, or co-workers, and we will reward you automatically. Remember that we offer a 100% money back guarantee, so you can be sure that we will take the absolute best care of your valuable referrals!

