

HEALTHY, WEALTHY & WISE

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What's in Your DUST?

We hate to break it to you, but those pesky dust bunnies you occasionally see floating around your home or under your furniture are more than just an eyesore. These gross clumps are composed of particles found inside and outside of your home.

They are mostly composed of dead skin cells, dust mites, dead insect particles, soil, pollen, tiny plastic particles, bacteria, hair, and clothing fibers, not to mention the exterior elements that find their way indoors. These pollutants and contaminants enter through the windows and doors and settle down on the floor, and don't forget the sand, gravel, and dried-up goo on your shoe soles that are brought in from the street. Dander and

shedding from your pets and crumbs from snacks and meals contribute to dust build-up as well.

It is estimated that Americans spend over \$10 billion a year on products to remove and control household dust. Add to that the vacuum cleaners, air filtration devices and furnace filters, and it is easy to see that dust is big business.

See "...Your DUST" on next page



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But have you ever wondered is household dust just a nuisance or are there real health concerns?

Some dust particles are of concern to humans, especially allergy sufferers; pollen, air pollution, pet dander, mold spores, dead insects, dust mites and their waste.

There is also growing concern about residues from pesticides, herbicides and fertilizers used both inside and outside our homes. Even roadway dust from automobile tires, brake linings and exhaust become household dust, and may contain carcinogens.

There's also dust from construction, demolition, burning and deterioration of buildings. The list goes on and on. In fact, you might just say that almost everything you look at is turning to dust.

Let's face it, there is no way to make your home completely dust-free. But you should prevent the buildup of dust to make your home a healthier

place to live. Dust control doesn't have to be difficult. It's really just a matter of changing the way you do a few things.

You should install a high efficiency filter on your HVAC system and replace it monthly. For added protection, there are electronic air purifiers designed to be attached to your air duct system. Generally, these units require professional installation by a licensed contractor.

While it is nice to let the fresh air in, keep windows and doors closed when pollen is high or it is windy outside. Brush pets outdoors away from the house and use a damp pet wipe to remove remaining dander before allowing them back into the house.

When cleaning around the house, do your dusting with an electrostatic cloth, duster or damp wipe. Work from high to low and work your way out of the room. Wait about an hour before vacuuming to allow particles to settle.

Vacuuming is a great way to remove dust from your home. However, it is important that you use a vacuum cleaner that has an efficient filtration system. A vacuum with HEPA (High Efficiency Particulate Air) filtration improves indoor air quality while you vacuum. And don't forget to vacuum your furniture too.

Eventually, vacuuming alone is not enough. Dust and other soils are bonded to carpet and upholstery fibers by sticky or oily residues. That's why you need periodic professional cleaning by **Chet's Cleaning**. Our cleaning system not only removes the visible soil and spots that make your carpet and furniture look bad. It also removes deeply embedded pollutants and allergens along with the dust and dirt that damages your carpet. Your carpet and upholstery will look fabulous, last longer and your family will breathe healthier, cleaner air.

The Good Life



Good Clean Funnies

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

What do you call a flower that runs on electricity?
A power plant.

Why couldn't the pony sing in the choir?
Because she was a little horse!

What can you catch but not throw?
A cold.



A tropical twist on the Waldorf Salad! Turkey breast and pineapple are tossed with crisp celery, red bell pepper, and green onion, finished with a creamy curried mango dressing.

TROPICAL Turkey Salad

Directions

For the dressing, blend sour cream, chutney, lemon juice, honey, and curry powder in a small bowl. Mix well, and refrigerate until ready to use.

In a large bowl, combine turkey, red pepper, celery, pineapple, orange segments, and green onion. Add dressing, and toss well to coat. Refrigerate for 1 hour before serving.

Prep Time: 20 minutes

Additional Time: 1 hour

Total Time: 1 hr 20 minutes

Servings: 12

Recipe courtesy allrecipes.com

Ingredients

- 1/3 cup low-fat sour cream
- 2 tablespoons mango chutney
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 1/4 teaspoon curry powder
- 4 cups chopped cooked turkey
- 1 cup diced red bell pepper
- 1 cup diced celery
- 1 cup pineapple chunks
- 1 cup chopped orange segments
- 1/2 cup of chopped green onion



The Best Place for Pets is with Their PEOPLE



Interacting with animals can decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Studies show that animals can also reduce loneliness, increase feelings of social support, and boost your mood.

Pets bring us joy in so many ways. But what if something changed and you weren't able to care for your pet properly, like an illness, injury or job loss? For many people, the idea of not having their pet in their life is heartbreaking.

Toni Kimble's story started when she found out her neighbor, Nicki, was undergoing medical treatment and was struggling to care for her dog and two cats. She did not have family nearby to help her. After speaking with Nicki's niece on the phone, Kimble offered to walk her dog, feed the cats and clean the litter boxes. This new routine brought her and her neighbor closer and they quickly became friends.

"Animals need care and it would have broken Nicki's heart to remove them from the home. She still loved her animals, and they loved her. She just needed a little help so they could stay together," said Kimble.

97% of pet owners in the U.S. consider their pet a family member. When those owners struggle to care for these pets, it's an opportunity to make a difference.

There are many ways you can take action to help keep pets with their people, including:

- Temporarily fostering a pet for a friend, neighbor or family member
- Donating pet food to a pantry
- Returning a lost cat or dog to their home
- Donating to the cost of veterinary care for a pet in your community.

"Individuals can make a big difference. No action is too big nor too small," said Kimble. "Knock on your neighbor's door and see if they need assistance. Your offer can make all the difference, and you build a better community."

Support Schools and YOUR Kids during Flu Season



Cold and flu season is upon us, but parents can take steps so kids can feel their best and don't have to miss school due to illness. Here are a few top tips to keep your kids safe and schools thriving during flu season.

1. Help Teachers - It is no surprise that teachers use their own money and resources when schools cannot meet classroom needs. When school starts, classrooms may be stocked with tissues, paper towels and supplies, but they run out quickly. Be proactive and show your teacher a little love by checking in to see how you can help refresh classroom supplies throughout the year.

2. Apply for free wipes for your school - Disinfecting supplies are great to use in the classroom. Lysol partners with Frontline Impact Project, which allows teachers who apply to receive free disinfecting supplies for their classroom. Learn more at FrontlineImpact.org/Request-Wipes.

3. Encourage healthy habits every day

- Through the pandemic, your family focused on healthy habits like washing their hands, covering their coughs and sneezes, and throwing out used tissues. Continue to remind your children that they still need to follow these best practices while in school.

4. Make handwashing a set routine - If your kids take the bus to and from school, they are exposed to a host of germs on public transportation. Encourage them to wash their hands as soon as they get to school. And, make handwashing with soap after school a house rule.

5. Disinfect surfaces around the house - To help prevent the spread of illness-causing germs in school and at home, clean and disinfect kids' backpacks and lunchboxes, as well as surfaces the kids touch after they return from school. Disinfecting wipes and spray are an easy way to disinfect school items and surfaces, keeping your family safe!



Kids are enjoying their time in the classroom, learning and socializing in person again. While the focus is on making friends and growing their skills, they are also picking up a few less desirable things, like germs.



Disconnect from Work... Recharge and Avoid BURNOUT

If you feel like the stress of work is making it difficult to unwind, you are not alone. Most Americans experienced work-related stress leading to emotional and physical exhaustion.

1. Rethink the 9-to-5 grind - If you work from home, consider taking a break from your home office. Take your laptop to a park or set up on your deck or patio. If you must be in the office, take a break to disconnect and recharge.

For those who can work from anywhere, try a working vacation. Many hotels have adapted to remote working guests in appealing locations.

2. Plan regular weekend getaways - If you can't work remotely, plan weekend getaways throughout the year. Try to plan ahead of time. Just the act of planning a trip can help to alleviate stress and boost happiness.

3. Unplug - To reduce stress, anger, depression, and improve sleep, consider turning off

your phone, unplugging your TV and devices and treating yourself to a digital detox.

4. Think outside the box - Whether practicing yoga or indulging in a massage, these proven stress-reduction activities have resulted in companies adding wellness programs to ward off employee burnout.

Create a quiet space at home to practice a form of wellness, or turn to local outlets like yoga studios and spas.

5. Take the stress out of planning - Booking an all-inclusive resort is the best way to reduce the stress of planning a vacation. Most people feel mentally refreshed on vacation when they don't have to worry about leaving the resort during their stay.

No matter which of these five tips you take, invest in your well-being and don't let work become your whole life.



Taking a vacation or starting a fitness or meditation routine, can help avoid burnout. While finding the energy to carve out some "me time" is challenging, the effort can make a difference in the long run.



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