

HEALTHY, WEALTHY & WISE

June 2019

Published exclusively for clients of Chet's Cleaning



Time to Clean the Upholstery?

What's better than a late afternoon 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

See "UPHOLSTERY" on next page



248.584.1819

www.chetscleaning.com

OUR MISSION

To provide our clients with the most extraordinary experience, while making their homes & businesses a healthy & clean environment. We will effectively communicate so we can dramatically exceed our customer's expectations consistently.

note that these tags and codes are a guide to assist you in spot cleaning only. Overall cleaning should be left to the professionals. 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. 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, which include how they can be safely cleaned.

A cleaning agent that works great on one fabric may produce disastrous damage to another. Damage of this kind is usually not able to be corrected.

The cleaning recommendations tag is designed to help choose the right cleaning and spotting methods to avoid damage. 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 to the middle. This helps prevent spreading the spot.

Professional cleaners 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, they may also recommend refreshing the fabric protector to help maintain the beauty of your upholstery for many years.

When your upholstery requires a full cleaning, call Chet's Cleaning.

The Good Life



Good Clean Funnies

There's a big difference between bad jokes and dad jokes. And that difference is the first letter.

I wouldn't buy anything with velcro, it's a total rip-off.

Our wedding was so beautiful, even the cake was in tiers.



Ingredients

- 2 cups cooked corn kernels
- 1/2 cup diced red onion
- 1/2 cup diced red bell pepper
- 1 cup fresh cilantro leaves, chopped
- 1 lime, juiced and zested
- 2 tablespoons cayenne pepper
- 1 tablespoon ground black pepper
- 2 tablespoons salt, or to taste
- 6 (4 ounce) tilapia fillets
- 2 tablespoons olive oil
- 12 corn tortillas, warmed
- 2 tablespoons sour cream, or to taste



Fiery Fish Tacos

Directions

Preheat grill for high heat.

In a medium bowl, mix together corn, red onion, red bell pepper, and cilantro. Stir in lime juice and zest.

In a small bowl, combine cayenne pepper, ground black pepper, and salt.

Brush each fillet with olive oil, and sprinkle with spices to taste.

Arrange fillets on grill grate, and cook for 3 minutes per side.

For each fiery fish taco, top two corn tortillas with fish, sour cream, and corn salsa.

Recipe courtesy allrecipes.com





Pets ENHANCE Life



Exercising your pet helps recognize your own need to exercise.

Your pet loves you and you love your pet back. That single emotional exchange is one of the reasons that pets can encourage a healthy emotional mindset, says psychologist Therese J. Borchard.

Borchard says the presence of a pet gives structure and responsibility to a human life. Pets must be fed and tended to, preferably on a schedule,

If we wish to collapse disgruntled in a chair at the end of the day, there is that friendly wet dog

nose, urging us for a pet and to go for a walk.

Just petting your animal reduces stress-related responses in the brain, according to a study by the University of Virginia. This distraction can be an effective therapy that stops a person from obsessively ruminating on problems or issues.

And finally, just the feeling of love given and returned with our pet, is enough to make life a little more meaningful.

Publish YOUR Life Story

Write your life story, then publish it in a beautiful hardcover book to give as gifts. Today, the process is inexpensive and fun with many online websites designed to help you.

Photo books are great family mementos and, when you add names and stories, they can tell a lot about your family's history.

If you don't want to scan photos yourself, try one of the many scanning services such as Memories Renewed, Scan Digi-

tal, or Dig My Pics. They will turn snapshots and slides into high quality scans.

Once you have your photos ready, the next step is to get your story ready and match photos to text. Then, select a book-making company. There are many online: ubuildabook.com, My Canvas, Blurb, Mixbook and Shutterfly.

Once finished, the company will mail a beautiful full-color book on high quality paper.



The publishing company will typically keep your book project on hand so you can order more.



ROAD TRIP Checklist



Use a penny to check tire treads. Stick a penny in the tread so that Lincoln's head is upside down and facing you. If you can see his whole head, it's time to replace the tire.

If vacation-time means a road trip, a few simple preparations can keep you safe and out of trouble.

Check all fluids, including oil, coolant, brake fluid and windshield washer fluid. Check the air filter and battery.

Make sure tires are properly inflated. That goes for the spare, too. Inspect the tires to make sure there is enough tread.

Besides the obvious safety issues, proper lights and signals are just one more reason why you

won't get a ticket.

At an absolute minimum, make sure you have the tools to change a tire. But also consider carrying a battery-powered cell phone charger, drinking water, a gas can, and a working flashlight.

Do you have a spare key accessible from outside the car? What about jumper cables? A bowl so that Fido can have a drink? How about a rain poncho?

Take your license, proof of insurance and registration.





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JUNE SPECIAL

FREE quart bottle of specialized spot cleaner with any cleaning appointment (\$20 value).

Work must be completed June 1-30. Expires 06/30/19.

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



Win a \$50 VISA Gift Card!

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

It is a good idea to pack _____ before a road trip.

- a. A good wardrobe
- b. Sunglasses
- c. Tools to change a flat tire
- d. Yummy snacks

When you think you've found the correct answer, email it to chet@chetscleaning.com or call our office at (248) 584-1819. One winner will be chosen from a random draw of correctly answered entries.

Contest Expires 06/30/2019



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