

HEALTHY, WEALTHY & WISE

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7 Indoor Air Quality MYTHS DEBUNKED

Air quality has become a hot topic. COVID-19 heightened our awareness of all of our surroundings - especially the air we breathe. Because people spend 90% of their time indoors, especially during colder winter months, sorting fact from fiction about indoor air quality is crucial.

Below are some common myths about indoor air quality and tips to improve the air you breathe:

Myth 1: Outside air is always better.

Debunked: Not always. It's healthy to get a dose of fresh air, but sometimes when you bring in outdoor air you can invite allergens, smog and humidity

into your home. It can be better to filter your air to freshen and reduce particulates. According to Jason Bingham, president of Trane Technologies' Residential HVAC business, "An important aspect of helping people feel confident indoors is mitigating airborne health risks, especially those related to viruses, bacteria, pet dander and other particles."

See "Indoor Air Quality MYTHS" on next page



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Myth 2: Using technology to monitor indoor air quality will increase energy consumption.

Debunked: Not necessarily. Efficient and connected building technologies make it easier for experts to help builders install eco-friendly, economical heating and cooling solutions. Meanwhile, homeowners and building owners can use air quality monitors, which can detect certain potentially harmful gases and particulates, to make cost-effective, efficient decisions about improving air quality.

Myth 3: Once the pandemic is over, indoor air quality won't be a concern.

Debunked: Indoor air quality will always be important. Without adequate ventilation, harmful gases or particles can infiltrate the air. By reducing these irritants and pollutants, you can also reduce exposure to pathogens and conditions that can cause illnesses, respiratory problems and other health risks. Plus, less illness means less absenteeism from work or school. Improved air quality in homes and buildings can pay dividends for years.

The Good Life



Good Clean Funnies

Why did the golfer wear two pairs of pants?

In case he got a hole in one.

Why is dark spelled with a K and not a C?

Because you can't see in the dark.

What do you call a bear with no teeth?

A Gummy Bear.

Myth 4: Vaccinated people don't need to worry about the air quality.

Debunked: Vaccination is a protection against specific viruses, but not all. Without proper ventilation, filtration and humidity control, there is a higher risk of contaminants circulating indoors and conditions that can encourage exposure to airborne viruses. Gases, particulate matter and other pollutants can also affect your health, especially if you have asthma or allergies.

Myth 5: You can't see air quality so you can't feel confident about the air you breathe.

Debunked: Sophisticated sensors and technologies are available that help you know and control air quality. According to the experts, the only way to improve your air quality is to understand its importance and the various factors that impact it, such as ventilation and humidity.

Myth 6: If room temperature is right, I should be OK and feel comfortable.

Debunked: Humidity plays a big part in air quality and comfort: too high or too low can cause health

problems, discomfort, mildew and unhygienic air. Indoor spaces that are the right temperature but don't have adequate ventilation can contain high concentrations of carbon dioxide, which can lead to drowsiness and headaches.

Myth 7: Thermal comfort (how we feel) has nothing to do with air quality.

Debunked: Thermal comfort is based on temperature and humidity, and humidity plays a significant role in air quality. For example, airborne transmission of the SARS-CoV-2 virus is found to be more transmissible in dry air. As a result, researchers recommend relative humidity of 30% to 50%.

Busting these myths is just the tip of the air quality iceberg. Proper maintenance is important. Ensure your vacuum cleaner, AC unit, range hood and other ventilation equipment are working properly. Clean or replace furnace filters at recommended intervals.

Chet's Cleaning can also help improve your indoor air quality with regularly scheduled professional carpet and upholstery cleaning. Call us today to set up your clean and healthy maintenance program.



This cheesy stuffed bread is crispy on top, chewy inside and very cheesy, but beware... it's addictive!

Ingredients

- 1 (11 ounce) package refrigerated French bread dough (such as Pillsbury®)
- 1/4 cup melted butter, divided
- 1 tablespoon cornmeal
- 1 cup shredded Mozzarella cheese
- 1 cup shredded Mexican cheese blend
- 1 cup shredded Cheddar cheese
- 1 tablespoon freshly grated Parmesan cheese
- 1 tablespoon shredded Cheddar cheese
- 1 pinch dried parsley
- 1 pinch garlic powder
- 1 pinch onion powder



Easy, Cheesy Stuffed BREAD

Directions

Preheat oven to 350°F. Grease a large baking sheet.

Roll dough out into a large rectangle on a flat work surface. Brush with 3 tablespoons melted butter and sprinkle with cornmeal. Flip dough over and scatter Mozzarella cheese, Mexican cheese blend, and 1 cup Cheddar cheese on top. Fold the dough in half and press edges together with your fingers to seal.

Brush remaining 1 tablespoon butter over dough and lightly sprinkle with Parmesan cheese, 1 tablespoon Cheddar cheese, dried parsley, garlic powder, and onion powder. Make shallow cuts 1 inch apart across the top with a knife, so that you can easily pull the bread apart after baking.

Bake in the preheated oven until bread is golden brown and cheese is bubbly about 25 minutes. Cool 5 minutes before pulling strips apart.

Recipe courtesy [allrecipes.com](https://www.allrecipes.com)



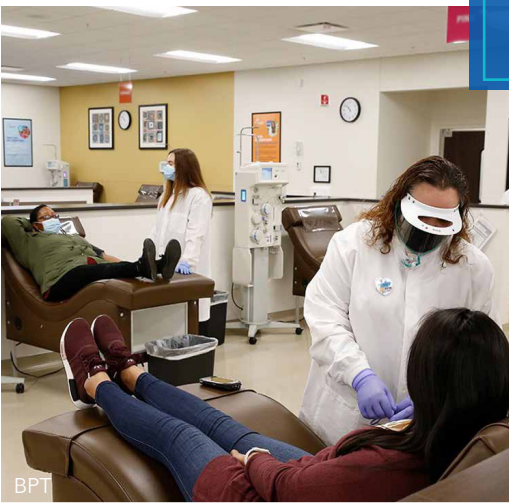
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Why to Consider Donating PLASMA Today



Plasma donations are critical in helping save lives because they are used to make life-sustaining medicine.

Throughout the past year, you may have heard about plasma and its potential use in treating COVID-19. However, for more than 80 years, plasma has been a lifeline for people who live with rare and chronic conditions.

Here are some key reasons to donate plasma today.

Plasma is used to make life-saving medicine – Plasma carries out a variety of functions in the body, including fighting disease. Plasma donations are processed into life-saving medicine for people with chronic illnesses like immunodeficiency disorders.

Plasma cannot be manufactured in a lab or other artificial environments – Even with the scientific advances in health care, these medicines can only be made from plasma donated from healthy adults.

The donation process is safe and fast –

Donating plasma is a low-risk procedure with minimal or no side effects. Healthy individuals may donate as often as twice a week, with one day between donations.

Many individuals are eligible to donate plasma – An individual must be 18 years of age or older, weigh at least 110 pounds and pass all required donor eligibility criteria to protect the donor's health and safety of the plasma.

There is an urgent need for plasma – With plasma donations lower than usual due to the pandemic, not only has global demand increased over the past 20 years but continues to grow due to more rare diseases being identified and more patients being diagnosed.

4 TIPS for Buying New Products Online SAFELY

There are many safeguards in place at many online marketplaces to protect the consumer. Being aware of potential red flags can help you avoid fraud. You can protect yourself and buy more safely online by following these tips.

1. Purchase from the retailer directly, even for gift cards. If you need to check the balance, always go to the website of the brand that is issuing the card. Never enter the full gift card number and PIN onto any other website. You may be giving the value of the card to a fraudster.

2. Check out the seller. Ratings, reviews and comments from other buyers can help tell you if they are legit. Contact the seller directly to ask questions about the item, return and refund policies. Make sure you are

satisfied with their responses before buying.

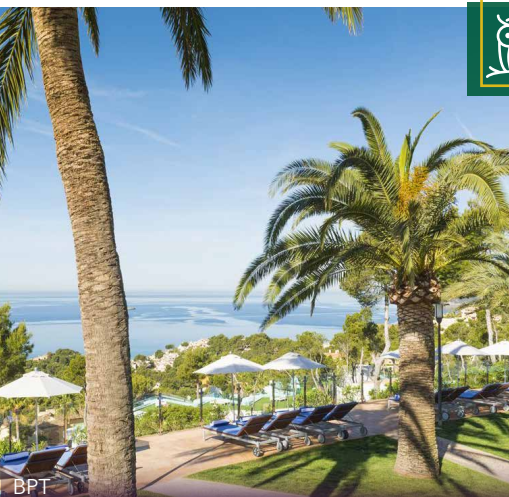
3. Research the item. Does their pricing seem too good to be true? Do a search for typical pricing. Check the photo carefully to see if it appears to be real or stock photo. Photos should show more than one angle, or both outside and inside the package. Ask the seller for additional photos if you're not satisfied.

4. If you have a problem, contact the seller, the marketplace and your credit card company. Make sure to keep digital copies of all emails and text messages between you and the seller regarding the purchase. Your credit card company may be able to withhold payment if there is a problem.

Armed with these tips and a little caution, you can enjoy your online shopping safely.



Shopping online provides endless opportunities to find great products. Savvy buyers should know that if something appears to be too good to be true, it's because it probably is!



Warm sand between your toes, a cool drink in your hand, the sun setting over the beautiful ocean ... these are the dreams of an ideal spring break.



Planning a Spring Break VACATION?

Choose an all-inclusive getaway. With an all-inclusive resort planning is minimal so you can focus on enjoying what matters most - your vacation. Before you book your all-inclusive spring break, make sure your resort has the following items:

1. Look for a variety of cuisine, and then some. A vacation means a break from cooking and meal planning, so make sure your resort offers multiple onsite restaurants to remove the hassle of deciding where to eat with your group, while offering various cuisines.

2. Find all the fun in the sun. Second to plentiful food and drink at hand, the best thing about an all-inclusive resort is all the activities included in your stay. Be sure to find a resort that offers everything you want.

3. Privacy by the sea. If your spring break vacation is a romantic getaway, you'll want

seclusion and serenity. Or, choose an all-inclusive resort with a kids' club, which offers supervised and fun programs for children while giving mom and dad some space to hit the couples spa or enjoy a quiet meal.

4. Education destination via culture. The best all-inclusive resorts integrate local culture into food, beverages, activities and hotel design. Great all-inclusive resorts integrate the local culture with engaging programs, classes and experiences that will enhance your vacation.

5. Above and beyond hospitality. A final box every traveler should check is a place that spoils you yet feels like home. Seek world-class spas, personalized concierge, friendly team members, and high-end offerings.

Once you have selected your resort, book, pay and go. All you need to do is have fun.





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