

HEALTHY, WEALTHY & WISE

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CARING for Your HARDWOOD

Knowing how to properly clean and care for your hardwood floors will extend their lifetime and keep them looking gorgeous for decades to come. Consistent care is the best way to be proactive and prevent complicated problems. Maintain the beauty of your floors for years to come by following a few simple tips from the experts.

Daily: Sweeping and Dusting – Sweep daily, if possible. Follow up with a dry mop, or dust mop, to pick up remaining dirt. A microfiber mop will also help maintain the luster. If you can't sweep the entire house every day, hit high-traffic areas, like entryways or hallways, and do a quick dusting (such as at doorways or in corners) with disposable or reusable microfiber dusting cloths as often as possible. This simple cleaning routine will

help prevent scuffs and scratching. You should start in the furthest corner of the room and work your way out of the room toward the entrance, which is usually the highest-traffic, dirtiest area.

Weekly: Vacuuming or Mopping – About once a week, vacuum your hardwood floor with a floor-brush attachment or with an electric broom. Do not to use a vacuum with a beater bar attachment, as this can

See "Caring for HARDWOOD" on next page



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scratch your floor. Use the hose attachment on your vacuum along the perimeter of your room to catch any dirt or debris that is trapped near the baseboards. Wet mops are also a great tool for getting dirt out of tricky corners. If you are using a mop, remember it is best not to use water. A light misting with a hardwood floor cleaner will provide just the right amount of moisture to pick up dirt and prevent soaking the floors that cause the wood to swell.

Yearly: Deep Cleaning – Because hardwood floors endure so much wear and tear, yearly deep cleanings and/or refinishing your floor every 2-5 years will help repair damage that has been done and replaces the old protective finish. Deep cleaning and hardwood floor restoration are techniques best left to professionals who have access to high-powered tools and solutions.

Preventative Measures – There are several things you can do to care for your floors and minimize the amount of cleaning and repair work you will have to do.

1. **Stop Dirt at the Door:** Regularly sweep and clean the outdoor entrances to your home, such as the front porch, garage, and back deck.
2. **Use Area Rugs and Mats:** Combine floor care with style by using doormats at your entrances and area rugs or runners in high-traffic areas.
3. **Take off Your Shoes:** High heels and shoes with hard heels can damage floors, and all shoes are notorious for tracking dirt into your home.
4. **Use Fabric Pads and Glides:** When furniture is moved or dragged, it can scratch your hardwood floors. Protect your floors by placing pads or glides under the feet of your furniture. Avoid plastic wheeled furniture since they can easily scratch floors.
5. **Trim Your Pet's Claws:** Prevent claw scratches and dents in your hardwood floors by regularly clipping your pet's nails.

Fixing Scratches – Light floor scratches can be repaired by polishing or by using a floor “refresher” product. Before applying the product, be sure to thoroughly clean the floor. Always follow product manufacturer guidelines. Deeper scratches should be fixed by hiring a professional that is certified in hardwood floor refinishing.

Fixing Fading – Wood is photosensitive, some species more than others. Over time, sunlight can change the color of your hardwood floors. Some species darken while others may lighten. Often times this is prevalent under area rugs and furniture where exposure is limited. One easy way to remedy this is to rearrange area rugs and furniture to allow areas to even out. Once fading has become extreme, you will need to sand and refinish it to bring it back to its original glory, again best left to the pros.

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

The Good Life



Good Clean Funnies

What does garlic do when it gets hot? It takes its cloves off!

What kind of socks do grizzlies wear? None, they have bear feet!

What musical instrument can you find in the bathroom? A tuba toothpaste!

How did the pirate get his flag so cheaply? He bought it on sail.



Spring VEGETABLE Soup

Directions

Heat oil in a large pot over medium heat. Add onion and garlic; cook until tender. Stir in potato, broccoli, corn, spinach, mushrooms, carrots, and cabbage. Pour in chicken broth and bring to a boil. Reduce heat to low and simmer 20 minutes, or until potato is tender.

Heat oil in a large pot over medium heat. Add onion and garlic; cook until tender. Stir in potato, broccoli, corn, spinach, mushrooms, carrots, and cabbage. Pour in chicken broth and bring to a boil. Reduce heat to low and simmer 20 minutes, or until potato is tender.

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 1 hr

Servings: 6

Recipe courtesy allrecipes.com

Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 medium potato, peeled and chopped
- 1/2 cup chopped broccoli
- 1/2 cup of frozen corn
- 1/2 cup of torn spinach
- 1/2 cup chopped fresh mushrooms
- 1/2 cup chopped carrots
- 1/4 cup chopped cabbage
- 2 (32 fluid ounce) containers chicken broth
- 6 ounces egg noodles
- 1 cup canned white beans



5 Sick Day SLIP-UPS



Many U.S. workers may be unknowingly engaging in activities that are hindering their recovery process when sick.

Here are 5 ways you might be self-sabotaging your recovery when sick –

1. You take a hygiene hiatus. Most people tend to put their regular hygiene habits on hold, including showering, and even brushing their teeth. Maintaining personal hygiene is crucial when you're sick to prevent the spread of illness to others and help prevent additional health problems for you.

2. You bail on a balanced diet. Ignoring nutritional needs can delay your body's ability to heal promptly. A diet filled with nutrient-rich foods is the fuel your body needs to fight off illness. Hydration is equally important; drinking plenty of fluids helps flush out toxins, aiding in the recovery process.

3. You worry over work. The stress of working while sick can delay recovery more than most realize. Surprisingly, the mental stress

from work can directly impact your physical health by increasing cortisol levels, which in turn can suppress immune function, making you susceptible to longer recovery times or, worse, secondary infections.

4. You're all rest, no rally. While rest is essential, incorporating light to moderate activities can be beneficial for both physical and mental health. Studies have found that exercise, when experiencing an infection or sickness, may not only be safe but could also reduce the severity of symptoms and the number of sick days needed as a result.

5. You dodge a doctor's diagnosis. Consulting a doctor when sick is crucial for faster, proper recovery. Virtual appointments can serve as a convenient option for getting the care you need, with doctors recommending in-person follow-ups when necessary.

5 AFFORDABLE Ways to Make the MOST of Summer



Family vacations can get pretty pricey. Make the most of the sunny season while sticking to your budget using these five tips.

1. Book early – Don't wait! One of the best ways to make the most of your summer and save is to plan ahead and book early. If you want affordable, flexible flights, aim to book your trip 2.5 to 7.5 months in advance. Remember accommodations, concerts and activities can sell out months in advance. To make sure your family doesn't miss out on the fun, book ahead.

2. Look for deals – Watch for promotions and special offers on activities, attractions and events. Check an organization or company's websites and social media accounts to make your summer outings more budget-friendly. And, make sure to take advantage of your credit and debit card perks whenever possible.

3. Explore the great outdoors – Nature of-

fers endless entertainment and it is often FREE.

For day trips, head to a nearby park for a hike and picnic. Longer excursions... plan a camping trip. If you don't have the right gear, try to borrow what you need. Pack your snacks, sunscreen and sense of adventure, and make memories in nature without breaking the bank.

4. Hit the road – Pack the car and get ready for a good old-fashioned road trip where the journey there can be just as fun as the destination. Don't forget to load up all your device charging cords and stop along the way so you don't miss the hidden gems you discover on the way.

5. Plan a staycation – Sometimes, the best summer memories are made right at home. A trip where you stick close to home with loved ones can't be beat for affordability and convenience.



With a little creativity, planning and a willingness to think outside the box, you can make the most of summer without putting a strain on your finances.



Create an INSTA-Worthy Outdoor LIVING Space



Social media has changed the way people engage with content and seek inspiration. Thanks to ever-evolving technology, you have the ability to find new ideas instantly.

Need a new recipe? Find and follow a chef or home cook on TikTok or Instagram. In a reading rut? Explore reviewers who can share book recommendations for your next read. You can even discover new ways to transform your yard this spring on your social media feeds.

Are you ready to create an Insta-worthy outdoor space? Check out these three tips to inspire your yard renovation.

1. Return to timeless appeal – Almost 90% of Americans agree that a healthy lawn is the foundation to an attractive outdoor space. Flowers, healthy plants, and shrubs are also key elements to outdoor charm.

2. Talk to the pros when challenges arise – While more Americans want beautiful, healthy outdoor spaces, many are most stumped by how to get rid of weeds, what plants to put where, and the proper lawn care schedule.

If you find yourself overwhelmed, consult a trusted pro to take the guess work out of it.

3. Spend more time outdoors – Longing for beautiful, maintained outdoor spaces, over half of Americans are willing to invest more time outdoors.

- **Take stock of your yard.** For two-story homes, trees and tall bushes are a good choice, while one-story homes keep plants trimmed and compact for a positive visual appeal.
- **Imagine where you'd like to add outdoor furniture.** Outdoor bed swings or teak wood outdoor sectionals can create a refreshing and relaxing feel.
- **Assess your lawn.** Neglecting lawn maintenance can lead to unsightly issues, including brown patches, rampant weeds and insect damage.





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