

HEALTHY, WEALTHY & WISE

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CARING for Your HARDWOOD

With kids and pets around, it can seem as though floors are a magnet for spilled food and drinks. Rest assured that wood floor maintenance is quick and easy. Proper maintenance is essential to keep wood floors looking beautiful and performing well for the lifetime of the floor. It will enhance the performance of the floor, will prolong the lifetime of the floor, and ultimately, will protect your investment in your home.

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.

Monthly: Polishing – Every few months, your floor's finish should be protected and rejuvenated with a good polish. For floors that have a protective sealant, polishing fills in the tiny scratches and evens out its protective surface. Polishes provide a protective layer and a fresh sheen. After your standard cleaning routine, simply squirt polish onto the floor and spread it with an applicator. It will be dry and ready to walk on in about an hour and ready for heavy traffic in about a day. For best results, completely clear the room before cleaning and polishing.

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 animal needs to wear a wig?
A bald eagle!

What is the smartest kind of bee?
A spelling bee!

What did the Dalmatian say after lunch? That hit the spot!

What do you call two bananas?
A pair of slippers!



This easy broccoli salad uses a tasty combination of fresh ingredients and bacon tossed in a tangy creamy dressing.

Ingredients

- 1/2 pound bacon
- 2 heads fresh broccoli, cut into bite-sized pieces
- 1 small red onion, sliced into bite-sized pieces
- 3/4 cup raisins
- 3/4 cup sliced almonds
- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons white wine vinegar

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Servings: 8

TANGY Broccoli Salad

Directions

Gather all ingredients.

Place bacon in a deep skillet and cook over medium-high heat until evenly brown, 7 to 10 minutes; drain, cool, and crumble.

Combine bacon, broccoli, onion, raisins, and almonds together in a bowl; mix well.

To make the dressing: Mix mayonnaise, sugar, and vinegar together until smooth.

Stir dressing into the salad until broccoli is evenly coated.

Serve immediately or chill the salad before serving, as desired. **Enjoy!**



Recipe courtesy allrecipes.com



Don't Wait for that First SNEEZE...



If you're among the 1 in 4 U.S. adults that suffers from seasonal allergies, it's time to start preparing for the pollen and other allergens.

Start preparing for spring allergy season with these expert tips -

Change your air filter - Your HVAC air filter works hard year-round by removing dust, pollen and other allergens from your home. Change the filter at the onset of spring so it is operating optimally.

Pro tip: If you have severe allergies, don't replace the filter yourself. It will be full of allergens that can trigger your symptoms. Have someone else change it and dispose of it immediately.

Manage inflammation - A proactive approach can help reduce the intensity of seasonal symptoms. Good habits like limiting excess sugar, gluten and dairy, prioritizing sleep and managing stress all support a more balanced immune response.

Reduce pollen exposure - Even though it's tempting to let the fresh spring air in, keep

doors and windows closed to prevent pollen from entering your home. Using a high-quality air purifier with a HEPA filter can also help reduce indoor pollen levels and improve air quality. Avoid doing yard work before noon, when pollen counts are highest, and try to limit outdoor activities on high pollen-count days.

Add a shower to your nighttime routine - During the day, pollen settles on and clings to your hair, face and body. Rinsing off before going to bed prevents pollen from settling on your pillow and triggering allergies while you sleep.

Don't be reactive. Be proactive - Make intentional changes in your life to reduce your exposure to allergens and manage your symptoms before they start. Use these expert tips to get a jump on allergy season so you can enjoy the warmer weather to the fullest!

AFFORDABLE Ways to Have a Happy Memorial Day

Memorial Day is a time to honor and remember those who have sacrificed their lives while serving in the military. It's also an opportunity to gather with family and friends, enjoy the start of summer, and create lasting memories.

A classic and affordable way to celebrate Memorial Day is by hosting a backyard BBQ. Fire up the grill and prepare delicious burgers, hot dogs, and grilled veggies.

Set up outdoor games like cornhole or volleyball to keep everyone entertained.

Encourage guests to bring a dish or dessert to share, making it a potluck-style gathering. Don't forget to set aside a moment to remember and honor the military personnel who have made the ultimate sacrifice.

Get creative and involve your family and friends in patriotic crafts that honor the spirit of Memorial Day.

You can even encourage the children to create handmade cards or drawings to send to veterans or active-duty military personnel. These activities provide an opportunity for artistic expression and foster a sense of gratitude and appreciation for those who serve our country. Websites like amillionthanks.org can help you with ideas of how to write and how to send your letters.

If you prefer a relaxed outdoor setting, consider organizing a last-minute picnic in a nearby park. Pack a basket with your favorite snacks, sandwiches, and refreshing beverages. Bring a blanket or portable chairs for seating.

Encourage everyone to bring outdoor games, such as frisbee or bocce ball, to enjoy some friendly competition. During the picnic, take time to share stories or memories of loved ones who have served in the military.



Do you have minimal time and a limited budget to plan for this holiday? Fear not! Here are some last-minute ideas for a meaningful Memorial Day today.



Mother's Day... Is it a "Hallmark HOLIDAY"?



The first **Mother's Day celebration** in the United States was held in 1908, when Anna Jarvis held the first service of worship at Andrews Methodist Episcopal Church in Grafton, West Virginia, in honor of her mother. Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. She and another peace activist and suffragist, Julia Ward Howe, had been urging for the creation of a "Mother's Day For Peace" where mothers would ask that their husbands and sons were no longer had to fight and die in wars. Forty years before it became an official holiday, Ward Howe had made her

Mother's Day Proclamation in 1870, which called upon mothers of all nationalities to band together to promote the "amicable settlement of international questions, the great and general interests of peace." Anna Jarvis wanted to honor this and to set aside a day to honor all mothers because she believed a mother is "the person who has done more for you than anyone in the world".

Although Jarvis was successful in founding the celebration, she became resentful of the commercialization of the holiday, that eventually became associated with the phrase "Hallmark holiday". By the early 1920s, Hallmark Cards and other companies had started selling Mother's Day cards. Jarvis believed that the companies had misinterpreted and exploited the idea of Mother's Day, and that the emphasis of the holiday was on sentiment, not profit and threatened to sue the companies involved.

Ann Reeves Jarvis organized "Mothers' Day Work Clubs" in the 1850s to improve sanitary conditions and "Mothers' Friendship Day" in 1868 to promote reconciliation between former Union and Confederate soldiers.

<https://www.britannica.com/biography/Anna-Jarvis>



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