

HEALTHY, WEALTHY & WISE

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5 WAYS to Breathe EASIER at Home



Fall is a glorious time of year. The weather is getting a bit cooler and the days a bit shorter. If you are like most Americans, your family is spending more time indoors as the outdoor activities of summer wind down. That's why right now is a great time to think about your indoor air quality.

Air pollution is a major concern in the U.S., especially near heavily populated areas. The U.S. Environmental Protection Agency reports that indoor air is often 2 to 5 times more polluted than outdoor air.

How can this be? And can you do anything to help?

The amount of air pollution in your home is affected by several factors and there are many sources of pollution. Some of these sources come from outside your home.

Other sources come from inside. Some you can control; others you can't.

Outdoor Pollutants

Outdoor pollutants and allergens enter your home by infiltration and ventilation, directly affecting the air in your home. Pollutants like car exhaust, pollen, smoke, insecticides, fertilizers and mold spores hitch a ride into your home on air currents, your clothing, shoes, hair and pets.

See "5 WAYS to Breathe EASIER" on next page



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When these pollutants settle on surfaces outside, wind, rain and sunshine combine to neutralize, sweep and wash them away. Unfortunately, this is not the case inside your home. These same pollutants tend to accumulate inside your house on floors, furnishings, surfaces and in the air.

Indoor Contaminants

Because we live, eat, sleep, play and often work in our homes, we generate a significant amount of allergens and pollutants. Did you know that you shed around a million dead skin cells every day? These dead cells are a food source for dust mites as well as other microbial life forms. Dust mite feces and dead dust mites are potent allergens and every home has millions of them.

House pets also contribute to indoor air quality issues. Then there are the sticky residues from cooking gases that settle on surfaces. Certain types of furniture, plastics and textiles

also release gases that affect indoor air quality. If you have a furnace that burns fuel such as gas, oil, or wood, by-products of combustion add to the problem.

Fortunately, there is a lot you can do to improve indoor air quality.

- Invest in high quality air filters for your HVAC system. These filters are rated based on their efficiency at trapping tiny particles. The rating is called MERV. The higher the MERV rating, the more effective the filter.
- Professional duct cleaning helps to remove contaminants that accumulate on the inner surfaces of your HVAC system.
- Use a vacuum cleaner equipped with HEPA filtration which traps the smallest particles including dust mite feces, dead skin, pollen and mold spores. Other vacuum cleaners simply spew these tiny

particles back into the air, making matters worse.

- Use bathroom exhaust fans and range hoods to remove excessive humidity and cooking gases that can contribute to indoor air pollution. High humidity encourages bacteria and mold growth.
- Cleaning carpets, upholstery, and area rugs returns them to a healthy condition and improves indoor air quality by removing pollutants and allergens that bond to these surfaces.

Getting Your Air Clean

You and your family deserve a clean, healthy home. Clean your home regularly, keep your systems maintained, and use professional carpet and upholstery cleaning services to keep your home looking, smelling and breathing its best.

Contact **Chet's Cleaning** today for more tips, help or to schedule your next appointment.

The Good Life



Good Clean Funnies

Why did the teddy bear say no to dessert?

Because he was stuffed.

What has ears but cannot hear?

A cornfield.

What did the left eye say to the right eye?

Between us, something smells.



This is a delicious way to get rid of all that leftover Holiday turkey!

Ingredients

- 2 cups frozen peas and carrots
- 2 cups frozen green beans
- 1 cup sliced celery
- 2/3 cup butter
- 2/3 cup chopped onion
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1 3/4 cups chicken broth
- 1 1/3 cups milk
- 4 cups cubed cooked turkey meat - light and dark meat mixed
- 4 (9 inch) unbaked pie crusts

Recipe courtesy allrecipes.com



DAD'S Leftover Turkey Pot Pie

Directions

Preheat an oven to 425°F. Place peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain vegetables in a colander in the sink and set aside.

Melt butter in a saucepan over medium heat, and cook onion until translucent, about 5 minutes. Stir in flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.

Fit 2 pie crusts in the bottom of two 9" pie dishes. Spoon half the filling into each pie crust, then top each pie with crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.





Eating HEALTHY during the Holidays



Eat your breakfast every day. Studies show that people who eat breakfast are better able to resist overeating throughout the day.

When you've been invited to a party or dinner, politely inquire about what kind of food will be served. If you're going to a restaurant, look at the menu online and decide in advance what your best options are.

From broth-based soups to salads and vegetables, consume the healthiest items first to take the edge off your appetite. This will help you make wiser choices throughout the meal or event.

At parties, stand far away from serving buffets. At the table, pass the bread to someone far away to put temptation out of reach.

For casual parties and family gatherings, bring a healthy dish that you enjoy. That way, you'll have at least one thing you can eat guilt-free.

Always keep diet-worthy snacks with you, so you have a supply of appropriate foods whenever temptation strikes.

Eat a healthy snack or appetizer before you leave home or work. You'll be less likely to grab the first tempting tidbits you see at an event or party.

Fill your plate wisely. Devote the most room to healthy foods, and reserve a small section for samplings you can't resist. That way you are not completely denying yourself, while sticking to your healthy eating plan.

At meals and parties, sit next to and hang out with other healthy eaters.

Temptations are everywhere during the holidays. If you fall off the wagon, forgive yourself and start over in the morning.

Top GROCERY Saving Tips

Cut out convenience costs. When shopping for foods such as meat, fruits and vegetables, you pay a premium for pre-cut and specialty items. Purchasing the whole chicken can offer multiple meal options and reduce costs. Same goes for produce, such as chopped fruit, trimmed veggies and prepackaged foods like salads and sandwiches. You'll save a lot and get more food by doing the prep work at home.

Try a few meatless meals. Meat is often the most expensive item in your cart. By making a meatless meal a couple of times a week, parents can introduce a variety of foods and ingredients to their kids that will expand their taste preferences.

Skip the meatballs on spaghetti night or use beans instead of meat or chicken on Taco Tuesday.

Keep your head up, then down when scanning shelves. The most popular foods are stored at eye level and are typically higher priced than less-known names or store-brand alternatives. Look at the higher and lower shelves for the most cost-effective products. Looking beyond eye level will reward you with a lower grocery bill.

Use coupons. When you enter a store, pick up the weekly flyer if available and flip through the coupons and sales. This can help you save money on the items on your list. Don't forget to watch the shelves for sales or bargains.



Smart grocery shopping can help you save all year. Your family will get the food they enjoy and you will save money!



Selling Your Home During the HOLIDAYS



Conventional wisdom tells us to list our homes for sale during the spring and that nobody is buying in the dead of winter -- especially during the holidays.

Saying that you can't sell your home during the holidays is just flat-out incorrect. While it is true that there are fewer sales overall, that doesn't mean your house can't or won't sell quickly, and at a good price. According to the National Association of Realtors, existing home sales actually rise in the month of November. In fact, there are a number of solid reasons to sell during the holidays.

Less competition - With less inventory available at this time of the year, you have a better chance at being noticed by prospective buyers and holding your asking price.

Buyers are more serious - People who are buying a home during the holiday season often need to move or are simply much more serious about their search.

Closings can happen faster - A slower season can be to your advantage when it comes to paperwork. With fewer closings in the queue, yours can take place faster than it might in the hectic spring and summer seasons.

Company bonuses and relocations - Again, this is a buyer that has intent. Most corporate relocations happen in January and February. These folks are serious about moving and aren't wasting a lot of time window-shopping.

Houses look and smell great during the holidays - We tend to worry about making our properties sparkle for showings, but it's just as important to show that this is a home. And what's better than warm cookies or some well-placed decorations to invite people in?



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