

HEALTHY, WEALTHY & WISE

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How to **SAVE** **YOUR Rug** from Your Pet's **ACCIDENTS**



Rug owners tell us all the time, "It doesn't seem to matter what I do, if my dog is going to pee on the floor then he is going to choose my favorite area rug. Why?" There are many possible reasons for this behavior. For example, wool rugs are made from sheep hair, so the dog walks by the rug and says "Hey, what's that sheep doing in my house?" and then proceeds to mark his territory!

There are other motivations too. Maybe the pet is getting old and can't hold or control it as much. Maybe the pet is overactive or gets too excited when you finally get home and you get a "happy tinkle." Maybe he's being territorial with other animals or in the home. Or maybe he or she is just mad at you because you have brought someone or something else into "their" home without consulting them first!

Regardless of why it happens, you need to know what to do to prevent permanent damage to your precious area rugs. This article will help you with procedures you can use to keep your rugs clean, soft and odor-free.

The most important step is to act fast and treat the spot as soon as possible. When a pet "accident" occurs, you'll want to safely and immediately clean

See "Pet ACCIDENTS" on next page



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it up before it penetrates into the fibers and becomes a permanent stain.

IMPORTANT! Before treating the spot, lift the rug and lay a plastic trash bag or sheet of plastic under the affected area to avoid saturating the rug pad or floor below. This is especially critical if the rug is on top of a wood floor. Test the following process on a small inconspicuous area of the rug first.

STEP 1 If the spot is still wet, soak up excess liquid by blotting with a clean white terry cloth towel. If you use a colorful towel, you could transfer dye onto your rug. Never brush, rub or scrub the rug; this will cause permanent damage. Simply blot as much liquid as possible and proceed to step 2.

STEP 2 (see rug-safe recipe). Soak a cloth with the rug-safe detergent/vinegar solution and use

the cloth to saturate the spot with a blotting action. Again, do not rub or scrub the rug. Allow a minute or two for the detergent to dilute and neutralize the spot. Blot as much liquid as possible with a dry towel.

STEP 3 Soak a cloth with the rug safe water/vinegar rinse solution and apply to the rug with a blotting action. Blot up with a dry towel. Repeat the rinse step a second time. Blot dry until most of the moisture has been absorbed.

STEP 4 Use a fan or hair dryer on its coolest setting to hasten the drying process. The quicker the rug dries, the better. For stains that do not come out using these methods, contact us as more advanced techniques may be required.

This advice will help you in your time of need but is not a guaranteed solution for every rug. Your

rug is unique, so always proceed with caution. If in doubt or if you have any questions, please do not hesitate to call **Chet's Cleaning** for advice or to schedule a service visit.

SIDEBAR: Rug-Safe Recipe

Detergent solution:

16 ounces of warm water

½ teaspoon of clear dishwashing detergent

1 teaspoon of distilled white vinegar

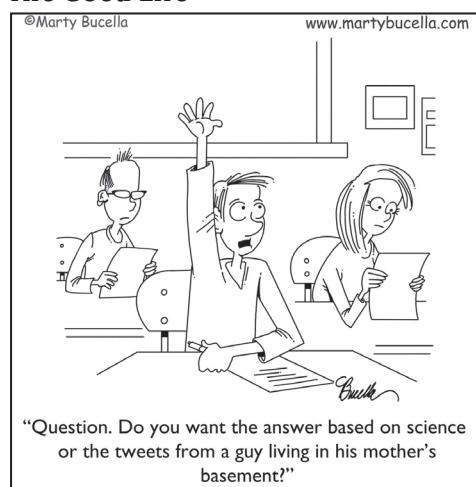
Rinse solution

32 ounces of warm water

1 teaspoon of distilled white vinegar

Important: Do not add more detergent because it will be difficult to rinse, and cause rapid re-soiling. Distilled white vinegar will help prevent dye-run.

The Good Life



Good Clean Funnies

Why can't your nose be 12 inches long?

Because then it would be a foot.

Why was the broom late?

It overswept.

What do you call a bear with no teeth?

A gummy bear.



Rice combined with cheese and veggies create this colorful and tasty side dish.

Cheesy CONFETTI Rice

Directions

In a 2 quart saucepan over medium heat melt butter and stir in rice and onion. Cook over medium heat, stirring constantly, until rice turns golden brown, about 8 to 10 minutes.

Slowly add water, green chiles and chicken bouillon. Bring mixture to a boil, reduce heat and cover. Simmer until rice is tender, about 25 to 30 minutes. Stir in cheese, olives, pimientos and parsley.

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Ingredients

- 1/4 cup butter
- 1 cup uncooked long-grain rice
- 1/4 cup chopped onion
- 2 1/2 cups water
- 1 (4 ounce) cup diced green chiles, drained
- 1 tablespoon chicken bouillon
- 1 cup shredded Monterey Jack cheese
- 1/4 cup sliced ripe olives
- 1/2 (4 ounce) jar diced pimiento peppers, drained
- 2 tablespoons chopped fresh parsley

Recipe courtesy allrecipes.com

3 Habits to Improve Your "HEALTHSPAN"



Living longer doesn't happen by accident or by genetics alone. Lifestyle decisions about what we eat, whether we exercise and how we manage stress have a big impact on how well we age.

Extending your lifespan shouldn't be the only goal. Focus on maximizing the number of healthy years of your life. By increasing your "healthspan" - how many years you live without serious disease - you can enjoy your life well into your 80s and beyond.

Here are three essential habits to incorporate into your life to help improve your healthspan.

1. Invest in your health like you do your finances - You need to learn more about your family's medical history and how lifestyle changes can improve your healthspan.

Talk with your doctor about your current health status and work with them on setting realistic goals you can work on over time. By creating a plan and making small incremental changes to your lifestyle, you can reap dividends in healthier years now and in the future.

2. Prioritize socializing and happiness

- Having healthy, stable, strong relationships positively impacts your healthspan.

According to studies, there is a direct correlation between social connections and longevity. People who have strong social ties with their friends, family and community are happier, healthier and live longer than those who are less well-connected.

Optimism is also associated with healthy aging and longevity. Make it a point to schedule regular calls, meet-ups and activities with people you care about.

3. Find a primary care physician

Establishing a relationship with a primary care physician (PCP) and getting annual check-ups is vital to improving your healthspan. A PCP will get to know you and monitor any changes to your health that could otherwise be missed if you don't have a regular doctor.

Cracking the Gender Barrier for WOMEN in Tech

Women in tech: The current landscape

- There is a sizable gap with women and minorities in tech careers. While women make up approximately half of the U.S. workforce, they are critically underrepresented in the technology sector, making up only 28% of the industry. These numbers are even lower for African American, Asian and Hispanic women.

Closing the gap - While hiring initiatives and higher education outreach are fundamental efforts to promote change, some experts believe closing the gap depends on reaching girls while they are still young, ensuring they stay informed, engaged and inspired.

Group efforts inspire change - More organizations are recognizing the importance of exposing girls to science, technology, engineering, and math - commonly called STEM -

and adopting social responsibility programs to make a difference.

Many of these programs across the country are introducing middle school girls to STEM by building their digital fluency and technology confidence while also encouraging curiosity in tech careers.

Empowering girls throughout the entire year - Even while school is out, it's important to keep girls engaged in STEM. The summer months can be the ideal time to explore new hobbies and activities that promote curiosity and competency in technology.

Experts agree that preparing today's youth for the careers of tomorrow has never been more crucial. By opening the conversation and providing opportunities to young girls, the future will be brighter for everyone.



Technology jobs continue to evolve, offering career opportunities as well as job security. Traditionally these jobs have been filled by men, but industry leaders and educational experts are calling for change.



As the school year approaches, parents and kids, especially those who are college-bound, can feel overwhelmed to get ready for this big transition.



4 Tips to HELP with Back-to-School Prep

Here are some tips and tools to help your whole family stay on track during the shift from summer to school mode.

1. Tackle time management - Keep on top of everyone's schedules. Create one big family calendar where everyone can see it (like on your fridge or other central location). Everyone should add all appointments, activities and events each week. Use color-coded markers for each family member and one color for everyone.

2. Make mealtimes easier - Plan ahead for speedy breakfasts, packable lunches, after-school snacks and easy-to-prepare meals for busy weeknights.

Involve kids in the planning by asking what they want to eat for each meal, while intro-

ducing different colors based on each of the food groups to create balanced meal.

3. Get ready for the move to campus - For college students, printing a packing list is essential. They can share the list with family and friends to get everyone's advice. Once their list is complete, they can print out their finalized list for packing and shopping, crossing off items they've already gotten.

Printing out pictures of family (and pets) from their phone will reduce homesickness, while also making a welcome addition to their dorm room decor.

4. Stay organized at every stage - Each year also brings with it a new slew of important papers to keep copies of. Scanning them digitally will help ensure you will always have them when you need to reference them.



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