

# HEALTHY, WEALTHY & WISE

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**RAGWEED, MOLD, DUST MITES –  
FALL Allergies Are Here**

**F**all can be a challenging season for those with allergies, as the cooler weather often brings an uptick in symptoms. The main culprits during this time, ragweed, mold, and dust mites, can trigger reactions similar to cold or flu-like symptoms, making it difficult to distinguish between the two. But there are things you can do to help keep you and your family healthier this fall.

Seasonal allergies – also called hay fever and allergic rhinitis – can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

**Reduce your exposure to allergy triggers -**

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove the clothes you've worn outside and be sure to shower to rinse pollen from your skin and hair.

*See "FALL Allergies" on next page*



**248.584.1819**

[www.chetscleaning.com](http://www.chetscleaning.com)

## **WE ARE HIRING!**

### **Service technicians & office staff.**

Who better to find us a new employee than our clientele that hires us! Please email [Service@chetscleaning.com](mailto:Service@chetscleaning.com) about opportunities & ask about our referral reward!

And we have a **REWARD PROGRAM!** 

We will pay you **\$500.00\*** for finding us the right person and we have a **\$500.00\*** hiring bonus for them as well.

*\*\$250.00 after 6 months and \$250.00 balance after 1 year employment.*



CHECK OUT THE LINK BELOW FOR MORE INFO:

<https://chetscleaning.com/about-us/join-our-team/>

### Take extra steps when pollen counts are high

- Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local news, or the internet for pollen forecasts and current pollen levels.
- If poor air quality is forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

**Keep indoor air clean** - There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use air conditioning in your house and car.

- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

### Regular dusting and vacuuming are critical to reducing allergens

- When cleaning around the house, do your dusting with an electrostatic cloth, duster or damp wipe. Work from high to low and work your way out of the room. Wait about an hour before vacuuming to allow particles to settle.

Vacuuming is a great way to remove dust and allergens from your home. However, it is important that you use a vacuum cleaner that has

an efficient filtration system. A vacuum with HEPA filtration improves indoor air quality while you vacuum. And don't forget to vacuum your furniture too.

Regardless of how neat and tidy you are, eventually vacuuming alone is not enough. Dust and other soils are bonded to carpet and upholstery fibers by sticky or oily residues. That's why you need periodic professional cleaning by **Chet's Cleaning**. Our cleaning system not only removes the visible soil and spots that make your carpet and furniture look bad, but it also removes deeply embedded pollutants and allergens along with the dust and dirt that damages your carpet and could make your family sick! Your carpet and upholstery will look fabulous, last longer and your family will breathe healthier, cleaner air.

### The Good Life



### Good Clean Funnies

**Why couldn't the sesame seed climb up the hill?** Because it was on a roll!

**Why is grass so dangerous?** Because it's full of blades!

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

**Why do some fish live in salt water?** Because pepper makes them sneeze.



### STUFFED Pepper Soup

#### Directions

Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease.

Add green pepper and onion; cook and stir until onion has softened and turned translucent, about 5 minutes.

Add tomatoes, tomato sauce, broth, thyme, and sage; season with salt and pepper. Cover and simmer until peppers are tender, about 30 to 45 minutes.

Meanwhile, bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.

Stir cooked rice into soup; heat through and serve.

<b>Prep Time:</b>	15 mins
<b>Cook Time:</b>	45 mins
<b>Total Time:</b>	1 hr
<b>Servings:</b>	6

#### Ingredients

- 1 pound ground sirloin
- 1 green bell pepper, chopped
- 1 cup finely diced onion
- 1 (29 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (14 ounce) can chicken broth
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried sage
- salt and pepper to taste
- 2 cups water
- 1 cup white rice

Recipe courtesy allrecipes.com





## How to Choose the RIGHT Dental Care Products for your PET



BPT

Most pets aren't crazy about having their teeth brushed, so there are many oral health products that also help improve dental health in cats and dogs that you can use along with brushing.

Bad breath, yellow or brown tartar, red gums, difficulty chewing, excessive drooling or pawing at the mouth are signs of dental problems in your dog or cat, which can lead to serious health issues that can even affect their heart, liver and kidneys. If you notice any of these signs, consult your veterinarian right away.

Remember pets are individuals too, with their own preferences, allergies, food sensitivities and picky eating habits that can make administering products difficult. There are a variety of oral health products specially designed for different pets and their individual needs, including powders, soft chews and more. Here are some options to choose consider.

**Use a plaque-reducing Powder:** Using a powder to help reduce plaque, prevent tartar and treat bad breath is ideal for a seamless addition to your cat or dog's diet, as you simply

sprinkle once, daily. It's also the most economical choice, particularly for long-term use.

**Treat them with Soft Chews:** These soft chews are another option to try that has shown significant reduction in plaque and tartar, while also improving bad breath.

**Dogs love their bones:** For dogs who love to chew, Dental Care Bones provide dual functionality - they're designed to satisfy a dog's natural chewing instincts while also aiding in dental care. Dental Care Bones will bolster your dog's oral health routine with every chew.

**Pet oral health made simple:** It's never too early - or too late - to start with good dental habits. Finding the best option for your pet and taking proactive steps now to help keep your furry friend's teeth in good shape, you'll feel good knowing you're helping to support their overall health and well-being for years to come.

## 9 Best WEBSITES to Sell Stuff and Make MONEY!

**1. Facebook Marketplace** is free. With local pickup and shipping options, people can find and buy your listings from just about anywhere—and you can vet them before meeting.

**2. Craigslist**, like the classified section of the newspaper, is a free website that shows a sales forum in your city. Craigslist works best for furniture, cars, collectibles and home goods. But beware: There has been tons of scammers who pose as fake buyers.

**3. eBay** is for selling collectible items, electronics and vintage or antique pieces. With auction and Buy Now options, you choose how buyers purchase your goods. Heads up: There are some fees, so read the fine print.

**4. Etsy's Marketplace** allows reselling in their vintage and craft supplies categories. The more unique, the better!

**5. Nextdoor** is great to keep sales local.

User accounts are based on your neighborhood, so you can connect with buyers nearby.

**6. OfferUp** is a free app with options to sell locally or ship items. Make a free profile with your email, list your items, and work out the price and pickup details with your buyer.

**7. ThredUP** is a consignment style site where you mail them your items, then they do all the work, give you a cut of the sale, and it conveniently gets picked up from your front door!

**8. Decluttr** is a great option to keep sales local. User accounts are based on your neighborhood, so it's a great platform to connect quickly with buyers nearby.

**9. Shopify** is used for creating your own store. For only \$29 a month, you can set up your own website with a shopping cart and link out to other online sites, like Amazon or eBay.



The Internet is great for a few things: Doug the Pug's Instagram, two-hour delivery, spaghetti sauce recipes and the life story of the heirloom tomato. Plus, another thing: making money!



## TIPS for the Back-To-School Season



**1. Visit the school or classroom before the first day.** Before the new school year begins, familiarize your child with the general layout of the school to help them feel more comfortable on their first day, even if your child is returning to the same school.

**2. Read books about starting school.** Stories with characters your child can relate to — especially those with characters attending their first day of kindergarten — are useful for relieving first-day jitters and providing a boost of confidence where needed.

**3. Talk to your child about their feelings about school, friends, teachers, and new activities.** When discussing back to school, you might gauge your child's thoughts about the classroom. Ask them what they are looking forward to and what they are interested in learning, along with any concerns they might have.

**4. Set intentions with your child for the school year ahead.** Just like adults make intentions for the new year, students can do the same for the new school year. Some teachers recommend choosing a "focus word" with your child every month that represents their intention. (September words might include friendship, perseverance, or kindness.)

**5. Leave time to read for fun.** Set up a book nook at home to develop a reading routine. This way, you and your child (or just your child, if they're already reading independently) will have a place to read when they get home from school.

**6. Gather the supplies they need for a successful school year.** Designating items as "back to school," even something small like a fresh box of crayons, makes preparing for the school year a ritual and can stoke excitement.

Whether your child is beginning kindergarten or a returning student, there's lots to be done to prepare for the year ahead, including talking about their fears, anxieties, and concerns.



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## SEPTEMBER SPECIALS



**50% OFF** Allergy Relief Treatment  
after Carpet Cleaning

**10% OFF** Platinum, Gold and  
Silver Protection after Cleaning

**20% OFF** Diamond Protection  
on New or Cleaned Items

*Residential cleaning only. Expires 9/30/25.*

Chet's Cleaning Inc.  
1751 E Lincoln Ave.  
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WELCOME  
Back to School!

## SEPTEMBER SPECIALS

**50% OFF  
ALL**

**Window Treatment Labor**

Some limitations apply. Not valid with any other discounts.  
Offer expires 9/30/25.



## Get FREE CASH or FREE CLEANING with REFERRAL REWARDS!

For each new customer that you send us, we'll reward you with a 10% referral bonus! Exchange it for DISCOUNTED or FREE CLEANING.

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