

HEALTHY, WEALTHY & WISE

DECEMBER 2015

Published exclusively for clients of The Clean Force Company

"The successful man will profit from his mistakes and try again in a different way." – Dale Carnegie

In This Issue

*Carpet Cleaning in Winter?
Really?*

*Seniors Face Financial
Vulnerability*

Can We Go Home Now?

*Recipe: Favorite Old Fashioned
Gingerbread*

*Client Testimonial and
Quick Tips*



864.271.3168

www.cleanforcecompany.com

**Residential Carpet Cleaning
Commercial Carpet Cleaning
Upholstery Steam Cleaning
Apartment Complex Service
Odor Control
Carpet Protection Application**

*Prefer to receive your
newsletter via email?*

*Visit our website,
www.cleanforcecompany.com
to sign up.*



Carpet Cleaning in Winter? Really?

This is the time of the year when you may wonder if it makes sense to get your carpets cleaned. Great question! But first, let's think about this logically... Does it make sense to clean your wood or tile floors in the winter? Does it make sense to clean your bed linens in winter? Of course. But for some reason, many people treat their carpet differently. It's as if the carpet was somehow magically immune to soiling because the weather is cool. Of course, this is not true.

It's what you can't see that is the problem

It's true that modern carpets do a great job of hiding soil. This may lead you to think you only need to clean your carpets once a year or when they "look" dirty. But according to the EPA, most households should clean carpets at least twice a year, maybe more depending on lifestyle and other factors.

This may surprise you until you think about all of the soils, allergens, oils, pollutants and contaminants that carpet traps.

In most homes, carpet is the largest filter, trapping soils, pollutants and pet and human dander (dead skin cells, which we shed by the millions every day and dust mites live for). So the fact is that, yes, winter is a great time of year to get your carpets cleaned for several reasons.

You're worth it

One of the best reasons for cleaning in the winter is that you want your home to look great for visiting friends and relatives during the Holidays. Nothing makes your home feel clean and inviting quite like freshly cleaned carpets. And even if you don't expect guests, you will be spending more time

Continued on next page ►



Favorite Old Fashioned Gingerbread

Ingredients:

- ½ cup white sugar
- ½ cup butter
- 1 egg
- 1 cup molasses
- 2 ½ cups all-purpose flour
- 1 ½ teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon salt
- 1 cup hot water

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch square pan.
2. In a large bowl, cream together the sugar and butter. Beat in the egg, and mix in the molasses.
3. In a bowl, sift together the flour, baking soda, salt, cinnamon, ginger, and cloves. Blend into the creamed mixture. Stir in the hot water. Pour into the prepared pan.
4. Bake 1 hour in the preheated oven, until a knife inserted in the center comes out clean. Allow to cool in pan before serving.

recipe courtesy allrecipes.com

DECEMBER 2015

► Continued from cover

at home in the winter, so you want it to look nice for you, too.

Of course, there are far more important reasons to clean your carpet than appearance. In fact, if you wait until your carpets look dirty before you clean them, you have waited too long. Soil damages carpet, dramatically reducing its usable life. Can you imagine waiting until your clothes look dirty before laundering them? Of course not. That would be unhealthy and they would probably begin to smell before they looked dirty. Carpet is no different.

During the summer, pollen and other pollutants enter your home and become trapped in the carpets. In the fall, mold spores are more prevalent, again, becoming trapped in your carpet fibers. All of this just in time for you to close things up for the winter and spend more time inside... Not a pretty picture is it?

Seniors Face Financial Vulnerability

Geriatrics experts report in the *Annals of Internal Medicine* that treating older patients means doing more than just treating their physical conditions. Doctors can be a first-line defense to help senior citizens from losing their control over their finances.

Age-Associated Financial Vulnerability (AAFV) can result from health-related issues, including dementia, hearing or vision loss, or mental states like fear or loneliness. There could also be some cognitive changes, impacting everyday math skills or reasoning to help prevent senior from becoming victims of financial scams or theft.

Of course, money matters should not be medicalized. But experts recommend discussing these issues if they notice that their patients might need some help. It can be helpful to bring up the issues of assigning a power of attorney for anyone who is

With clean carpet now, you and your family can breathe cleaner, healthier air all winter long. It's bad enough that winter is the time when people suffer from cold and flu without adding poor indoor air quality to aggravate conditions such as asthma and allergies.

And some good news: Carpets tend to dry faster in the winter because the humidity is lower and most of us are using our furnaces. Warm, dry air is great for drying carpets!

Clean the winter blues away

Remember that in winter, days are shorter. Darkness comes earlier and lasts longer. A clean, fresh, healthy carpet is a great way to help fight off the winter doldrums. A clean, neat home just makes you feel better. The Clean Force Company is usually busiest during the Holidays; everyone wants a clean house for family and guests. Call now to book your cleaning before the big rush!



worried about money matters. And evidence of money management problems might be an early sign of some cognitive decline. Doctors are encouraged to include assessment of financial vulnerability along with regular comprehensive assessment of falls, mobility, daily living skills, isolation, and other cognitive changes.

Can We Go Home Now?

Shopping Strategies with Small Children

Holiday shopping can be chaotic, tiring, and frustrating. It becomes even more so when you have a small child with you, both for you and your child. These tips will help you cope with the job of holiday shopping with a little one.

Respect Limits

Children have only a short amount of time before they become bored, hungry, tired, or overstimulated. Limit your excursion to one or two hours. Be sure to bring some snacks and remove your child's coat once you are indoors to prevent overheating. If you expect to have to wait in line, bring a book or small toy to keep him or her occupied.

Remember That Children Are Curious

Children are naturally curious. Explain to your child before enter the store that they are only to touch items with your assistance. Engage your child in conversation and questions as you shop to make it more fun for both of you. This natural curiosity can lead a child to wander, so keeping within eyesight all the time is your best strategy.

Have an Escape Plan

If you've reached the limit of your patience, take a break. Plan on leaving the store if you or your child gets too impatient, cranky, hungry, or tired. Trying to complete your purchases with this stress is counterproductive and will probably result in your disappointment in the outcome. If your child begins have a meltdown, go outside for a few



minutes, visit the food court, or just leave the store with a plan to return at another time. Remember that shopping can wait. An exhausted, hungry, or overexcited child cannot.

Avoid the Crowds

Avoid shopping just before dinner, when the stores are crowded or the days right before Christmas. If possible, visit stores in the morning or early afternoons on weekdays or later in the evening between 6:00 and 7:00 pm.

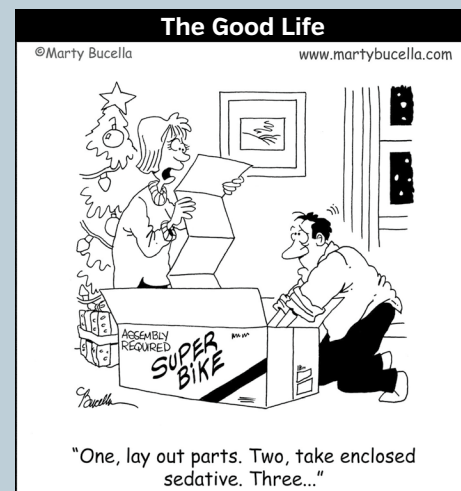
Bring Some Help

Shop with another adult to help share the child care load. You can take turns browsing and spending time with the children. You will also probably enjoy the experience with a friend or family member shopping with you.

Clean Force Client Testimonial

"Complete professionals! Great work & would recommend them hands down over anyone else in town."

– William C. Greenville, SC



Quick Tips

Car Tip

Grime from road salt and sand during the icy winter months can cause your car to look a mess. It might be tempting to forgo washing your vehicle, since you figure it will be dirty soon again anyway. But the sand, ice, and road salt can cause corrosion, especially when the temperature is repeatedly rising and falling below freezing. If your car has this grime on it, it is better to remove it as frequently as possible.

Healthy Living Tip

Everyone knows that daily flossing improves your mouth health, freshens your breath, and prevents gum disease. But did you know that it can help your heart? Bacteria from your mouth can travel in your bloodstream and can increase your risk of heart disease. Daily flossing is a good way to protect both your mouth health and your heart health.

Organizing Tip

Organize your favorite necklaces and bracelets by placing a wall-mounted peg coat rack within easy reach. Hang the jewelry to keep it tangle-free. This will also add some decorating interest to your room as you can display your most attractive jewelry.



Internet Tidbit: Mailinator

There are many times when you need to use your email address to browse a website or check out a service. If you use your regular email address, you will be opening yourself up to spam. Instead, you can use an email address from Mailinator. Mailinator is a receive-only service. You can use any email address name you can think of, and then use it when signing up at a website. The email address is in the form name@mailinator.com. The email address stays live for a few hours, then all email at that address is deleted. This service is free and there is no need to register for an account. The email is obviously not secure, but it helps solve the problem of needing an anonymous or temporary email address to help reduce inbox spam.



864.271.3168

www.cleanforcecompany.com

**Residential Carpet Cleaning
Commercial Carpet Cleaning
Upholstery Steam Cleaning
Apartment Complex Service
Odor Control
Carpet Protection Application**



The Jordans

Treating your family like our own since 2001

DECEMBER SPECIAL

4 Areas and Hallway \$125

*May not be combined with other offers, coupons or discounts.
Offer expires 12/31/15.*



*"A good name is rather to be chosen
than great riches." - Proverbs 22:1a*

The Clean Force Company
P.O. Box 31006
Greenville SC 29608

Win a \$10 Cracker Barrel Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

Cleaning carpets in winter:

- a. is a waste of time and money
- b. is a good idea for several reasons
- c. takes longer to dry
- d. causes uncontrollable giddiness in lab rats

Email your answer to cleanforcecompany@gmail.com or call our office at 864-271-3168. We will draw from the correct answers and someone will win a \$10 Cracker Barrel Gift Card!

Contest Expires 12/31/2015.

*October Trivia Winner
Maria G.
Easley, S.C.*

INTRODUCING OUR NEW CUSTOMER REFERRAL REWARD PROGRAM

Refer any new customer to The Clean Force Company and receive a \$10 Referral Reward Certificate. These certificates can be applied towards your next carpet cleaning or redeemed for cash. There is no limit to the number of referral certificates you can earn!