

# Jensen's Healthy Home News

“Secrets For Living A Healthy, Wealthy & Happy Life...”

## How to make (and really keep) your 2019 New Year's Resolutions



The start of every year many people wonder how to keep the New Year's resolutions they've set. (Sometimes it seems like resolutions are just meant to be broken.) So here are nine great tips for making and keeping your 2019 New Year's Resolution better than you ever have before.

- 1. Make smaller & specific resolutions.** Don't make resolutions too big because that could set you up for failure. Set smaller specific ones you can really achieve.
- 2. Write them down.** “A goal unwritten is only a wish.” Those who write down their resolutions have a much higher chance of accomplishing them.
- 3. Tell others of your resolutions.** We're more likely to achieve our resolutions when we make them public. You can share with friends, family and/or in social media. Accountability to someone else is a good thing.
- 4. Make a plan.** Your resolution should never just be another to-do list item. Make a plan to succeed.
- 5. Tweak if necessary.** Feel free to tweak the goal if you need to. Look at your lifestyle and revise your goals to make sure they really fit in as you go.
- 6. Celebrate small successes.** If your focus is just on the full achievement, you may feel discouraged and quit. Be sure to recognize your smaller successes along the way.
- 7. It's about progress, not perfection.** If you falter, know that you're in good company. Seventy-five percent of resolution makers slip up within the first two months. A slip-up doesn't mean it's over. Get back on track. You don't have to be perfect, just progressing.
- 8. Keep doing what works.** Once your behavior starts to feel routine, it's easy to assume you have this in the bag and can let down your guard. Keep doing whatever you're doing that's working. Don't let up.
- 9. Believe you can do this.** Henry Ford said, “Whether you think you can or you think you can't, you're right.” Believe you're capable of changing, and then get busy to make it happen.

see the

**SPECIAL INSERT**

inside...

Astonishing Savings  
in January



**JENSEN'S**  
CARPET CARE & RESTORATION  
1720 Lime Kiln Road  
Green Bay, WI 54311  
info@jensenscarpetcare.com  
**920-393-4062**

Flooring  
Q & A  
with  
Joel J.



Hi Joel!

**Joel Jensen**

- Q:** I hosted a New Year's Eve party and a guest spilled a glass of champagne on our new carpet. What should I do?
- A:** *Blot champagne spills immediately with a clean, white cloth or paper towel. Next, apply plain water to the stained area using a clean sponge or cloth. This will dilute the sugars in the wine that can attract more soil. Blot the area with a dry white cloth until no more moisture is transferred from the carpet fibers. Allow the area to dry away from direct heat. Vacuum to lift carpet fibers. If the stain is already dry, mix ¼ tea spoon of liquid dish detergent with 2 cups warm water. Gently work the mixture into the stained area of the carpet with a soft white sponge or washcloth. Blot with a dry cloth to remove the moisture. (Never scrub or you may permanently damage carpet fibers.) Any soapy mixture left in the carpet fibers will actually attract more soil, so it's important to rinse the area with plain water. Allow it to air dry, then vacuum.*

### Joel says:

Remember, spots and stains can be tricky, and certain cleaners and techniques can cause permanent damage. Call Jensen's anytime for a free quote if you'd like us to take a look.

Have a flooring question for Joel?

Email it to:

info@jensenscarpetcare.com

Featured Local Event: JANUARY 2019



## Winter in the Garden

Explore the garden on a guided snowshoe hike, discover how plants survive the winter, challenge your skills with winter games and create a winter craft.

Don't let the weather keep you in. Celebrate the season at the Garden with your Family! This **FREE** family event will feature outdoor and indoor activities.

### Date/Time:

Sat. Jan. 26, 10 a.m. to 1 p.m.

### Location:

Green Bay Botanical Garden  
2600 Larsen Rd, Green Bay

Cost: **FREE**

CONTACT: 920-490-9457

Client of the month:  
January 2019

## Patty Meyer

*What a wonderful new client we recently had the pleasure of doing business with. Thank you for all your superb feedback! We really appreciate that you will refer us to others and we look forward to working with you again soon.*

## Healthy talk

### Five New Year's Resolutions for a happy and healthy 2019

Johns Hopkins experts have some advice to help you make your healthy resolutions for 2019.



**1. Pay attention when you eat.** Eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, even pausing to put down utensils between bites. "When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat," says Johns Hopkins' dietitian and research nutritionist Diane Vizthum.

**2. Be cool and rest up.** According to Johns Hopkins sleep expert Rachel Salas, M.D., when it's time to sleep, it's time to be cool – literally. Lowering the thermostat to 68 degrees or lower before you tuck into bed can help you sleep better. Darken your room by drawing the curtains or dimming the display on your alarm clock to get quality sleep.

**3. Have an attitude of gratitude.** "A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance well-being," says Johns Hopkins psychiatrist Susan Lehmann, M.D.

**4. Walk 30 minutes a day.** If you've got a busy schedule, take three 10-minute walks throughout your day. "That's 10 minutes before work, 10 minutes at lunch and then 10 minutes after work. Make it fun! Grab a partner at work to get you through your lunch routine. Then have a friend or family member meet you for an evening stroll," suggests Johns Hopkins physical therapist Stacie Page.

**5. The little things make a big difference.** Making small, daily changes such as taking the stairs instead of the elevator may seem small, but they can make a big difference for your heart in the long run. "Individuals who are physically active are much less likely to develop cardiovascular disease" says Johns Hopkins cardiologist Chiadi E. Ndumele, M.D., M.H.S.

As always, we suggest you speak with your doctor before beginning your journey to a healthier you.

## Quotes for January

*"No one's ever achieved financial fitness with a January resolution that's abandoned by February."*

*- Suze Orman*



Get exclusive specials when you "Like" us at [www.Facebook.com/JensensCarpetCare](http://www.Facebook.com/JensensCarpetCare)

## The secret to health is love



Love may very well be the most important factor in keeping us healthy and young. Thousands of hours of research show that love and intimacy (or lack of them) are at the root of what makes us sick and what makes us well, what makes us suffer and what leads to healing:

- Being alone increases our chances (by between two and five times) of getting ill and dying young, no matter how healthily we live.
- You'd think that the more people you talk to the more likely you'd catch a cold from one of them. But some research has found the exact opposite. The wider variety of people you talk to often – including partners, children, neighbors, co-workers, fellow volunteers, etc. – the lower your chances of getting the symptoms of a cold, even if you've been infected. Experts speculate that if you're meeting lots of people you'll be happier and therefore have a stronger immune system.
- Among patients who survive heart disease, the ones who did best after five years, weren't married but had someone to confide in. The next healthiest were patients who were married and had a confidant. Following were those who were married but didn't have a confidant. The group members who were unmarried and had no close friend to talk to did worst; half died within five years.
- When women marry, they cut their chances of dying young by half. Men reduce their chances of dying young by five times when they're married. Researchers found that married people are most likely to take better care of themselves, for example, by eating breakfast, wearing seatbelts, exercising regularly, etc. Their healthier habits may also explain why they spend fewer days in bed ill, half as much time in the hospital, and are less likely to be come disabled as they get older.
- Happily married men live eight to ten years longer than single or divorced men. Happily married women live three to four years longer than single or divorced women.

Now isn't that interesting?



Cool Blogs,  
Sites & Online  
Resources to  
Check Out  
This Month!

### "Unsplash"

*This is an awesome site with beautiful **FREE** photos that have been gifted by the world's most generous community of photographers.*

*Every photo published on Unsplash.com is licensed under Creative Commons Zero, which provides users with the freedom to copy, modify, distribute, and use all of the photos without permissions or attribution...for **FREE!***

*You'll love the uniqueness of the photos. With pages upon pages to view, you have thousands of images to admire and choose from.*

*In fact, the photo of a fireworks display in the story on page one is from unsplash.com*

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



### January Fun Facts!

**In an effort to shed some light on the amazing month of January, here are a few facts you might not have known:**

1. January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one.
2. The Anglo-Saxons called January "Wulfmonath" as it was the month hungry wolves came scavenging at people's doors.
3. It's National Soup Month in the U.S.
4. The two Shakespeare plays that mention January are Much Ado About Nothing and Winter's Tale.
5. More couples separate or divorce in January than in any other month (so be nice to each other!).
6. January 1st is both the furthest away and closest day to December 31st.

# Jensen's Healthy Home News

1720 Lime Kiln Road  
Green Bay, WI 54311

**Your new January  
issue has arrived...**

## Inside:

- How to make (and really keep) 2019 New Year's Resolutions
- "Love" is the Secret to...???"
- Five New Year's Resolutions for a Happy & Healthy 2019 in *Healthy talk*

**Need help now? Call us!**

**(920) 393-4062**

info@jensenscarpetcare.com

# Jensen's Healthy Home News



## Jensen's MEGA TRIVIA Question

The first six people who call our office with the correct answer will win a \$15 gift certificate for **Los Banditos Restaurante & Cantina**

2335 W. Mason St.

Take your best guess and call us  
at 920-393-4062!

*(Be courteous & allow six months between wins)*

### This month's Mega Trivia Question:

What estimate is given for a percentage of New Year's Resolutions that end by February?

- A) 100%    B) 75%  
C) 50%    D) 25%

*Hint: You'll find the answer in the newsletter.*

# Jensen's Healthy Home News



"Secrets For Living A Healthy, Wealthy & Happy Life..."

**SPECIAL INSERT**

**Astonishing Savings!**  
**It's our "slow season" so we've slashed prices just to keep busy - This is for all you "off season" bargain hunters...**



Hello friends and clients. Have you ever used discounted websites like priceline.com? If you do, then this is your month to clean your carpets!

You see, the way those websites work is they sell their hotel rooms, car rentals and flights at deep discounts because a discounted sale is better than no sale at all. And frankly, in January, for carpet cleaners like us, a filled schedule is better than no schedule at all. So when it comes to carpet cleaning at a discount...

Nothing comes close...

...to cleaning in January! So if you are longing for fluffy, clean, healthy carpet; if you want carpet that shines and has NO spots. And, if you want it all at a bargain price. Call us this month and...

## Discover these four benefits of cleaning "off season"...

- Benefit #1:** You get our premium service including our exclusive multi-step cleaning system...at a HUGE discount!
- Benefit #2:** Your home will be treated with respect and we promise to take extra measures to keep the cold out and the heat in.
- Benefit #3:** You can have your pick of our schedule as we are usually just trying to keep busy this time of year.
- Benefit #4:** Did we mention you get all this at a HUGE discount?

If you are a bargain hunter, it doesn't get any better than this. It pains us to slash prices this much but we have to do what we have to do to keep busy during January. So *instead of reminding you* that your carpets need to be cleaned every 6-12 months to maintain their health and beauty; in lieu of educating you that your carpets don't need to look dirty to need a professional cleaning; rather than letting you know that your carpet is a giant filter that holds onto dust mites, allergens, dirt, pollutants and the like, that need to get cleaned out regularly for healthy indoor air. Instead of all that we will just say....

**clean in January and save a lot of money on premium carpet cleaning!**

**SPECIAL OFFER**

**15% OFF carpet cleaning & 33% OFF carpet protection\***

Offer Expires Jan. 31, 2019

Contact us today!

Jensen's Carpet Care & Restoration

920-393-4062

or e-mail [info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)

Check us out on the web at

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

Like us on Facebook at

[www.Facebook.com/Jensens-capet-care-and-restoration](http://www.Facebook.com/Jensens-capet-care-and-restoration)

\*Not valid with other offers. Minimum charge applies. \*Must be in combination with Carpet Cleaning.

*Many thanks from*



## **Thank you for the referrals!**

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### ***Special thanks to all those who referred Jensen's...***

Macco's Floor Covering Center, Carpet City, Home Interiors & Design Center, IMS Barter, Facebook, Yelp and Angie's List, Yellow Pages, Toonen Properties – Canterbury Creek, Highland Springs, Fountain Park and Cedar Lake; Kos Management, Brook Park Apts., Alliance Management, George and Kim Buttke, Moose Lodge in Green Bay, KB Properties LLP, Janice Haen, Julie and Butch Busch, Next Door App, Melanie Comeau, David VandenLangenberg, Miranda Rosatti, Katrina Katers, Lorene Scheelk, Leah Steckart

## **Thanks for all the kind words!**

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**Patty Meyer** sent a special email and said "I just wanted to send a short message to let you know how happy we were with the results and the service. The people that came were friendly and I cannot believe the difference the cleaning made with our floors. I'm a very happy customer and I will pass the word along to anybody that asks me. Thanks again for your patience with working out a time to schedule."

**Connie Lorig** exclaimed "You can't even tell the paint spill spot is there. It's not coming back or anything. I'm really thankful for you guys getting to me so quickly."

**Stacey Seedorf** let us know that "It went great. The best we've seen so far. We have an area of older carpet that we don't want to get rid of until after our dog and you were able to make it look just wonderful. Everything looks so nice. Thank You."

**Nancy DuChateau** made a special call to say "Please let the owner (Joel Jensen) know that I am so pleased with the nice young man that cleaned my carpets this morning! He did such a good job. He was very kind - a very good, nice person. He was easy to work with and understood all my questions. He was very efficient, personable and customer oriented. He's a good one!"

**Ann Timmers** said "It went very good. It (the carpet) looks wonderful. I would definitely recommend them (the technicians at Jensen's Carpet Care & Restoration) to anyone. I will do the survey. Thanks again!"

**Robert and Margaret Mattice** let us know that "You did a fabulous job. I would recommend you to anyone. I loved that we got a call even making sure that all of the times worked for us. Your service is excellent! Thank You".

**Chip Manthey** said "Everything looked great! I got home after dark but let me tell you, it looks absolutely spotless in the light now! It looks great just in time for the holidays. I will be calling you as soon as we are ready for our next cleaning. Thank You!"

### ***Thank you for even more positive comments from...***

Robin O'Neil, Ron Gossen, Dick Nelson, Vicki Brault, Lewis Pullen, Sharon Denor, Tom Delwiche, Mike at Brookview Meadows, Troy and Sandra Rentmeester, Rick Remington, Alisa and Byron Conway, Corie Strange, Tracy and Kelly Gerondale, Mr. Hansen, Sally Crandall, Tracy Cavin, Patty Albers, Barbara Krause, Judy and John Trow, Cindy Imig, BJ Carriveau, Deenis Philibeck, Ken Krajewski, Kathy Proctor of The Village Grille, Connie Johanknecht, Michelle Snell, Karry Surk, Karen Wiesner, Lois Dennee, Lynn Johnson, Sandy Kucksdorf, Karen Konop, Terry Johnson, Jill Thorpe, Art and Mary Ann Clermont, Carol and Kevin Van De Yacht, Tracy and Pat Schrader, Kathy and Rich Strong, Robert Bodart, Cathy Schmidt, Michelle Selissen, Jim Zak, Jon Lutgen, Josalynn Kronberg