

# Jensen's Healthy Home News

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

## Mother Teresa’s poem – “The Final Analysis”



People are often unreasonable, illogical, and self-centered; forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives; be kind anyway.

If you are successful, you will win some false friends and some true enemies; succeed anyway.

If you are honest and frank, people may cheat you; be honest and frank anyway.

What you spend years building, someone could destroy overnight; build anyway.

If you find serenity and happiness, they may be jealous; be happy anyway.

The good you do today, people will often forget tomorrow; do good anyway.

Give the world the best you have, and it may never be enough; give the world the best you’ve got anyway.

You see, in the final analysis, it is between you and God; it never was between you and them anyway.

see the

**SPECIAL INSERT**

inside...

**Make your carpet stand up to pizza**



1720 Lime Kiln Road  
Green Bay, WI 54311  
info@jensenscarpetcare.com  
**920-393-4062**



**Joel Jensen**

Hi Joel,

**Q:** My husband and I recently picked up a variety of wonderful fresh local produce at the Farmers Market. Unfortunately, when we returned home I dropped and squished a ripe cherry tomato into my off-white carpet. I'm not sure what to do first. Can you help?

**A:** So sorry to hear about your situation. We may have the solution. Start by using the edge of a dull spoon to carefully lift out any tomato pieces. Then with a clean white towel, firmly but gently press onto the stain to absorb any liquid or remaining tomato residue. Mix 2 cold cups of water with 1 drop of liquid dish detergent. Soak a clean white cloth or sponge in this solution and blot the affected area. Rinse the carpet with cold water and carefully pat dry with a fresh clean white towel. Repeat as needed until the spot is no longer visible. Let the area air dry.

**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:

August 2020

Getaway Wednesdays  
at the Garden



**Wednesdays / 5 p.m. – 8 p.m.**  
**Green Bay Botanical Garden**  
2600 Larsen Rd., Green Bay

Free Admission to the Garden is back this year and runs from 5–8 p.m. on Wednesday evenings. Visitors can participate in hands-on activities at the Discovery Station sponsored by Prevea Health in the Nielsen Children's Garden from 4-6 p.m. Bring a picnic to enjoy with family and friends, or simply soak in stunning summer blooms with a safe stroll through the Garden.

**Information:**

**920-490-9457**

Client of the month:  
August 2020

**Sandy Guelzow**

*We really appreciate your five-star rating and very positive review on Google. Thank you as well for your ongoing referrals. You are a five-star client to Jensen's!*

## Healthy talk

### “How can I stay healthy during the Coronavirus pandemic?”



This is a question most people are asking, so we thought we'd address it here in the Healthy Home newsletter. Of course, we're not doctors, and don't give medical advice. But we have come across some good ideas we want to share with you.

There is a direct relationship between your diet, physical activity, and health. Your nutrition is a key player when it comes to physical, mental, and social well-being. And it's important for preventing disease.

Lifestyle factors may determine if you're going to get sick or remain healthy. One of those factors is physical activity. A sedentary lifestyle is usually associated with an increased risk for chronic disease, loss of movement, and decreased immune health. For those reasons, physical activity and movement are extremely important during the coronavirus pandemic.

#### To help take care of your body:

- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and non-prescription drugs.

**Stress and anxiety relief:** Stress and anxiety have risen lately, and it can lower your immune response. Exercising releases chemicals in your brain, such as serotonin and endorphins which can help improve your mood, reduce the risk of depression and cognitive decline, and delay onset of dementia.

*Source: American Society for Nutrition*

## Quote for August

*“Life is not measured by the number of breaths you take but by the moments that take your breath away.”*

*-Maya Angelou*

## How to get rid of ghastly household odors



### Here are a few simple ways to get rid of those annoying household smells

- Place a pan of white vinegar on the stove and let it simmer for a while.
- Use lemon juice to remove fish, garlic and onion odors from utensils, pans, even hands.
- Odors from your garbage disposal can be eliminated by grinding up orange, grapefruit or lemon peels while running hot water.
- If the sink has an odor it is likely to be coming from the drain. Pouring apple cider vinegar down the drain will eliminate the smell.
- Put used coffee grounds in shallow bowls and place around your house. The coffee grounds will absorb and eliminate smells.
- Don't forget about the odor-absorbing magic of baking soda. For nasty spills and odors inside your fridge or freezer, wash it out using a sponge or cloth and a solution of 2 tablespoons baking soda to 1 quart warm water. And keep a box of baking soda in the fridge or freezer to soak up new odors. Baking soda also helps keep kitchen drains odor free. About once a week, toss a handful of baking soda down the drain and let the warm water run.

Of course, regularly getting your carpets cleaned will go a long way to eliminating some of the nastiest odors in your home.



Amazing Websites to Visit This Month:

### OCEARCH Shark Tracker

"The Track Sharker" tool by Marine Research Group OCEARCH lets you track tagged sharks - who all have names, by the way - as they travel all over the world. You can even zoom in on a specific location to see which sharks are hanging out there and where they've been swimming and traveling for the past year. Your kids may identify a shark as their favorite (you'll see Fitzy, Pico, Evelyn, Shaw, and many more). Check it out!

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

August

**Fun Facts!**

### The "accidental" potato chip

The potato chip is the accidental result of a restaurant complaint. In 1853 at Moon's Lake House, a high-fashion resort in Saratoga Springs, N.Y., a patron complained that chef George Crum's fried potatoes were too thick. According to the National Snack Association, Crum was miffed - and decided to fry up a batch of potatoes so thin and crisp that they couldn't be skewered by a fork. His get-even plan backfired: the unhappy patron and other restaurant guests loved his innovation, and Crum's "Saratoga Chips," as they were first called, immediately became a popular restaurant item. According to the Snack Food Association, potato chips are currently a \$6 billion retail market, making them America's number one savory snack.



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

# Jensen's Healthy Home News

1720 Lime Kiln Road  
Green Bay, WI 54311

*Your new August  
issue has arrived...*

## Inside:

- Wisdom from Mother Teresa
- Stay healthy during the Coronavirus pandemic  
*in Healthy talk*
- Get rid of household odors

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 **Hilly Haven Golf Course & Restaurant**

5911 Country Road PP, De Pere

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

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

***This month's Mega Trivia Question:  
The Potato Chip was Invented...***

- A) out of desperation B) by Idaho farmers  
C) as a plan to get even D) by Inigo Montoya

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



Discover the secret weapon that will make your carpet stand up to even the greasiest pizza

*Hello friends and clients. Most people we encounter want their carpets to last and look beautiful as long as possible. Does that sound like you? Then when drinks, food, dirt and oil spill or get tracked on your carpet...*

### Stop them cold!

*Our "Secret Weapon" will thoroughly coat each fiber of your carpet with a barrier you cannot see, feel or smell. This invisible coating will act as a protective shield against everyday spots and spills. But that's not all, because today's carpet protectors...*

### Perform extra duties

*This protective barrier will help prevent spills and spots from turning into permanent stains, but it will also act as a soil and dirt repellent. As a result, your vacuuming will be more effective and dirt and soils will not easily break down your carpet fibers. This means your carpet will withstand normal wear and tear much better, traffic lanes will NOT appear and your carpet will look bright and beautiful for years longer.*

*Bottom-line: A protected carpet cleans up easier, and repels everyday dirt, soil, spots and spills.*

### Try it out!

*This month we will let you try out one room of this amazing carpet protector absolutely free! (See below for details.) When you regularly and properly clean and protect your carpets they will last and last. We've literally seen 20-year-old carpets that still look new because the homeowners used proper care and maintenance, including protection. (On the flip side, we've seen 3-year-old carpets that already need to be replaced because the homeowner did not properly care and maintain the home's carpets.) And you can breathe easy because today's carpet protection is non-toxic and safe for you and your family.*

*Your carpet came from the manufacturer with a protective coating on it. Most carpet manufacturers will void your carpet warranty if they are not professionally steam cleaned and properly protected. Each time your carpet is cleaned the carpet protector's effectiveness is reduced by 35 percent. So it is necessary to reapply this protection at least every other cleaning. We can discuss your individual carpet needs with you. **920-393-4062***



Do you know someone who has kids starting back to school soon? If they have never used us, we will give them a FREE room of carpet cleaning in your name! (up to 200 sq. ft. of carpet, new clients only) P.S. We will send you a \$10 Gift Certificate for your referral...So THANKS in advance!!

### Beat the Heat Special!

Call Jensen's Carpet Care & Restoration  
**920-393-4062**

or email: [info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)  
 before August 31, 2020, and get:

**Free room carpet protection  
 with cleaning  
 up to 200 sq. ft. (\$42 value)**

\*Some restrictions may apply. Minimum charge always applies. Not valid with other offers.



Thank you for the referrals!

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

Laura and Tom Delwiche, Steve with Carpet City, Nicole Sullivan Kelly and Rex Mehlberg, SERVPRO Green Bay, Bill Cuene, Connie Brusky, Jake Jirschele, Green Bay Country Club, Cindy and Jerry Cousineau, Michael and Karen Gierczak, Puroclean Green Bay, Nancy and Mike McTavish, Bridget with Coldwell Banker Realty, Chris and Mike Nemacheck, Alicia Bushey, Nancy Kuehn, Jake and Sheryl Jacobson, Jill Schmit with Keller Williams Realty, Suster's Bar and Banquet Hall, Mark Oleck, Macco's Floor Covering Center, Carpet City, Home Interiors and Design Center, IMS Barter, Facebook, Google Search and Reviews, 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

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

**Sandy Guelzow** gave Jensen's a five-star Google rating and review, writing "They do an incredible job. I have always used Jensen carpet cleaners and never been disappointed. Thank you"

**Cathy Kirschling** said "everything went great! I always highly recommend you! I just love it! You are the best! My dad just loved his cleaning too. They were very pleased. It looks great!"

**Pam Mazur** said "It went great! Everything went smoothly. We are very, very pleased! Thank you."

**Sherry Wold** recommended Jensen's on Facebook and made a special comment on our page writing "I've had your representative come to my home on several occasions. I ask for him specifically. Why? Because he's outstanding in regards to not only the quality of work he provides but also his overall customer service. Always polite with a bit of off-cuff comedy. I feel 100 percent comfortable with him in my home. He's just overall, in my opinion, a true asset to your company. Thank you - Kudos!"

**Mary Jo Janssen** said "He (the Technician) did a great job. That is why we always request him. We always refer you. We are always happy with the work. I also was glad to see he wore a mask. Thank you!"

**Michelle Glodoski** said "Gosh - It (the carpet cleaning) went and looks great. I just checked it out and it is a night and day difference!"

**Beth Ziman** said "It went fine as always. Everything is fresh and clean now (carpet and upholstery). Thank you - I appreciate it."

**Kim Klein** said "Oh my gosh, it looks amazing. My older carpet looks so good now. They did great work. I am so appreciative!"

**Sarah Wetter with The Preserve on 10th Apts** emailed to let us know "I never caught his (the technician's) name. But the gentleman that you sent over for the majority of our project is AMAZING! (The first Apt.) was a disaster and he brought it back to life. He was flexible and more helpful than I can express. Good work and THANK YOU!"

**Mr. Lessor's** said "It went awesome! They did a great job. We're very happy, very pleased. They both did good work. I know others looking for carpet cleaning and I will get the word out."

**Sharon Evensen** made a special call back and said "I am very happy. It looks beautiful - (The technician) did a great job." She said she was very happy she had the spot dyed in.

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

Tammie Vanlerberghe, Sandy Kucksdorf, Alycia Johnson, Dave Pajkos, Jake Jehrman, Dennis Day, Kristi Sarosiek, Michelle Marchand, Ann Steinfeldt, Karen Thomas, Vern Gussert, Randy Wamburg, Angela Landt, Connie Brusky, Linda and Tom Steber, Andrea Miller, Mary Jackson, Susan Vanderkinter, Sally Jacobson, Shana Zeitler, Cristy Broekman, Mike Grahek, Don Rathbun, Richard French with M&R Acquisitions, Melissa Seidel, Beth Kanning, Emily (Rishi Subbarayan), Gail Kozlovski, Jeff LeMay with Verlo Mattress, Judy Baranczyk, Linda Gillson, Kristen Brodhagen, Ann Brey with Resource 1 Realty, Becky Kollman