“The Final Analysis” by Mother Teresa

In these challenging times we want to bring you the following wisdom from Mother Teresa:

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 maybe 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.
“OCEARCH Shark Tracker”

Tracking sharks as they swim around the ocean may not be the most conventional way to spend time on the internet ... but it might be the coolest.

“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.org

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

The Big Move Cancer Ride is going Virtual!

Supporters, survivors, families and friends will all join in ‘virtually’ to complete a 12K (family ride), 25K, 50K, 75K (or more) ride from the comfort and safety of their own locations. Riders will track their distance, share photos through social media and take pride in knowing every kilometre they clock supports cancer care in Niagara.

Len, Annette and our Niagara Clean & Healthy Team are participating and could use your support. We have participated every year – this is the 11th – our team has raised over $100,000 for the Walker Family Cancer Centre

Get a $25 PCS Gift Card with minimum $10 contribution. Good towards your next service.
To Donate go to


We all have a role to play in preventing the spread of COVID-19.

The POST Promise is a private sector-led initiative designed to help Canadians confidently and safely take the first steps back into public spaces and the workplace. Visit postpromise.com for details and see how Canadian businesses like us are ‘making the promise’.
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

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Discover The Secret Weapon That Will Make Your Carpet Stand Up To Even The Greasiest Pizza..

Hello friends and clients. Most people I 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!

My “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!

When you regularly and properly clean and protect your carpets they will last and last. I’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 I’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.

Please Note:

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%. So it is necessary to reapply this protection at least every other cleaning. I can discuss your individual carpet needs with you.

20% OFF If You Add Protection When You Clean Your Carpets Before August 31, 2020*

- Get Stronger protection against spills and stains
- Your carpet will have better dry soil resistance
- Safe and non-toxic
- Your vacuuming will be more efficient
- Stretch your $! Your carpets will stay cleaner longer
- Your carpets/upholstery are easier to clean

905 646-6655

*Not Valid With Other Offers. Regional Minimums apply

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
• 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-liter 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.
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. By 1895, entrepreneurs began making potato chips for sale in stores, but potato chips really took off with the invention of a mechanical potato peeler in the 1920s. According to the Snack Food Association, potato chips are currently a $6 billion retail market, making them America’s number one savory snack. Annual consumption of potato chips and shoestring potatoes in the U.S. amounts to 17 pounds per person.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbours! My business runs on the positive comments and referrals from people just like you. I couldn’t do this without you! A special thanks to all these fine folks who referred me last month…

Anna Topolinsky, Brenda Kennedy, Luanne Pullia

Thanks for All the Kind Words!

Very pleased with all aspects of interaction, from obtaining quote, booking appt and actual cleaning service. Attention to detail with every step of the process.

- Pat Martin
Wool Hand Knotted (on wool foundation):

Wool hand knotted rugs can take months, sometimes years, to weave. Quality woven wool rugs are the most durable and long lasting textiles in the rug world. With proper care they can last many decades, or more than a century, and still be like new.

• Wool has a natural short term repellency to liquids. Quick clean up often takes care of most spills. If spills reach the interior cotton foundation (which is highly absorbent), additional cleaning measures will be needed.

• Wool has an excellent ability to hide soil and dust. It is the fiber that never looks very dirty, even when it is. This is why washing wool often makes rugs explode back to life with color and shine.

• Wool will not hold a flame, it is naturally flame resistant and will self-extinguish if fireplace sparks or a candle falls on it.

Wool must be properly washed regularly to extend its life and prevent wear/tear from dust and fine grit. Rugs in place for several years, areas underneath large furniture, and back edges, should be inspected quarterly for moths.

SPILL TIPS:

Most spills will blot and clean up if immediate action is taken as wool suspends most liquids for a short time naturally.

Many tribal rugs have dyes that are not colorfast, or have excess dye due to lack of thorough washing of the fibers prior to weaving in regions with limited water resources. Spill clean up may show dye movement as a result. If you over rinse an area in trying to clean up a spill, you will likely cause permanent damage. Fiber protector can help suspend spills to allow for a more thorough quick clean up of most food/drink spills.

20% OFF

When you add protection to your Area Rugs
Take my Trivia Challenge And you could win too!

This is one of my favourite parts of the newsletter! We are giving away 2 gift cards! Everyone who responds will be entered into the draw. Take your best guess, and then email us your answer, name and address (so we know who to send them to)

triviachallenge@pcsniagara.com

Remember, your chances of winning are better than you think!

This month’s Mega Trivia Question:

The Potato Chip was Invented…

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

Hint: You’ll find the answer in the newsletter.

Julys Answer: C) 1959

Winners: Nancy Paul and Gail Duquette