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Silver Linings to the Pandemic

Of course, the pandemic has not been easy for anyone – it has been devastating for many in a variety of ways. While these uncertain times have been difficult, they have also proven to be a catalyst for positive change.

Recent polls show that 52% have volunteered for the first time during the pandemic; 6 in 10 have a new appreciation of nature; two-thirds believe they've become a better person; and 64% have become more environmentally-conscious during the COVID crisis.

With time to pursue new hobbies, 6 in 10 people have "leveled up" and 40% say they'll make money from it, while nearly 70% of people surveyed are more appreciative of love ones than ever before.

A study of 2,000 adults found 58 percent of people also said that being at home during the lockdowns has motivated them to focus on self-improvement.

60% of respondents have dedicated their time in quarantine to boosting their appearance, and 52% say they worked on their health, according to the survey commissioned by Vagara and conducted by OnePoll.

Others were motivated to build their self-confidence (48%), and feel happier with themselves (46%).

Data also showed that many sought self-improvement more recently because they had let themselves go during lockdown (46%). Some of the ways people let themselves go were by gaining weight (60%) or losing touch with family and friends (49%).

Despite these setbacks, 62% of people said they feel optimistic that the pandemic will end before 2022.

"With 2020 allowing time for introspection, many will face the post-pandemic world with a new mindset and will want to improve themselves physically, mentally and emotionally," said Fred Helou, CEO of Vagaro.



Here are two amazing websites to enjoy:

1. CoolHunting.com

Cool Hunting is a really cool publication platform that uncovers the latest in design, technology, style, travel, art and culture. If you are into art, architecture, and culture, then this website is perfect for you. You'll find lots of interesting articles here, and the best part is that there are new articles almost every day.

2. Addicted2Success.com

Need a little pick me up? Addicted 2 Success is the place to go. It features articles that are designed to inspire and empower people who are looking to turn their life around.

There's entrepreneurship, self-development, and an all-round focus on success and on getting things done!

We are doing everything we can to help you be safe and be well!

We can provide most estimates remotely.

Curbside pick up and delivery of area rugs.

Clean for health, not just appearance.

Call today and see how we can help you 905 646-6655



Health Corner



Drink Cocoa!

Increased consumption of flavanols—a group of molecules occurring naturally in many fruit and vegetables—could protect people from mental stress-induced cardiovascular events such as stroke, heart disease, and thrombosis, according to new research.

Lead author, Dr. Catarina Rendeiro, of the University of Birmingham's School of Sport, Exercise and Rehabilitation Sciences, explains: "We found that drinking flavanol-rich cocoa can be an effective dietary strategy to reduce temporary impairments in endothelial function following mental stress and also improve blood flow during stressful episodes. Flavanols are extremely common in a wide range of fruit and vegetables. By utilizing the known cardiovascular benefits of these compounds during periods of acute vascular vulnerability (such as stress) we can offer improved guidance to people about how to make the most of their dietary choices during stressful periods."

Stress is highly prevalent in today's society and has been linked with both psychological and physical health. Mental stress induces immediate increases in heart rate and blood pressure in healthy adults and also results in temporary impairments in the function of arteries even after the episode of stress has ceased.

"Our findings are significant for everyday diet, given that the daily dosage administered could be achieved by consuming a variety of foods rich in flavanols—particularly apples, black grapes, blackberries, cherries, raspberries, pears, pulses, green tea, and unprocessed cocoa. This has important implications for measures to protect the blood vessels of those individuals who are more vulnerable to the effects of mental stress," commented Dr. Rendeiro.

It sounds like now is as good time as any to relax and bring a little more berries, tea, and good-quality cocoa powder into our lives.

Source: University of Birmingham. GNN

Special Offer

Do you want your carpet to look and perform like it did when it was brand new?



20% OFF

Cleaning your carpet is the first step to making it beautiful and giving it an extra long life...but there is something more you can do!

Carpet Protection. Now, I know from experience that a lot of people are reluctant to get Carpet Protection applied to their carpet when they have it cleaned. Usually because they've gotten it in the past and could not see the difference in their carpet's performance. But think about this...

Your carpet is made up of hundreds of thousands of fibers. These fibers are porous. When you purchased your carpet, it came from the factory with a protective coating on each fiber. But, time, normal wear and tear, and cleaning diminishes the protection. And, when those fibers are not protected, soils adhere very easily to the fiber, breaking it down. Suddenly your carpet fibers appear frayed. Traffic lanes will appear dull and worn. Spills will not clean up as easily and may even stain.

So, if you want your carpet to look and perform like it did when it was new then it is absolutely necessary to reapply this carpet protection on a regular basis.

20% Off your carpet cleaning when you protect **ALL** areas being cleaned

AND

20% Off upholstery and tile & grout when you protect what we clean

OR

Get 150sq' cleaned for FREE

Offers Expires June 30th, 2021

Pick Up the Phone and Call

905 646-6655

***Not Valid With Other Offers. Regional Minimums apply**

Chunky Wool Rugs



Chunky, felted wool rugs are often referred to as “noodle” rugs because the wool pieces look like big pasta noodles. They are a dense, bouncy floorcovering. They are often wool chunks strung into a cotton, heavy backing material.

- Shedding and pilling is common with all felted wool in traffic areas. Trim pulls with scissors. Rotate the rug to even up the abrasion and wear.
- Pet hair and felted wool are like velcro, they grab and hold on dear life. Choose chunky wool rugs that match your pets.
- Wool has excellent natural repellency. The loose style of these tufts means all liquids will roll right down into the absorbent backing material. Any blotting or rinsing will need to address the backing material.
- Inspect areas underneath furniture to watch for moths.

Wool rugs can last for decades if properly cared for. Wool must be properly washed regularly to extend its life, however, some chunky wool rugs may not be able to be fully washed due to their construction style.



**20%
OFF**

*When you add protection
to your Area Rugs*

SPILL TIPS:

Felted wool is extremely repellent to liquid, so all spills will roll immediately down into the absorbent base of the rug. Small spills, spot rinse to blot up as much as you can, and dry thoroughly to avoid mildew. If needed, use corn starch or other absorbent powder (NEVER baking soda on wool) to cover the spill to help absorb it up, then vacuum away the powder when fully dry. Serious spills or pet accidents will require professional cleaning.

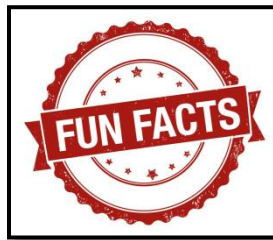
AT-HOME MAINTENANCE:

Regular vacuuming protects the longevity of all rugs, however, with chunky, felted wool rugs this can be a challenge. Most vacuums will tear these fibers. Strong suction vacuums, as well as rotating brush vacuums, must be avoided. Vacuuming must be done with a hand held vacuum hose with attachment, a wide attachment for general dusting of the top, and a crevice tool to vacuum in between the rows of fibers in the rug base. To help remove pet hair and lint from these fibers, if you are not having success with your vacuum tools, use a horse hair upholstery brush to pick up hair, lint, and dust with minimal friction to the fibers. If you see wool in the brush, this is expected because felted wool is many short strands spun together so small strand shedding is normal. If there are large pulls, rather than pulling these free, simply use sharp small scissors to trim it. If the rug is small shake it outside to “dust” it, or use a leaf blower to “air dust” it (this is great to use to reach the base of the fibers).



30 Favorite Simple Pleasures in Life

1. Listening to your favourite songs
2. A nice dinner
3. Watching your favourite movie
4. Finishing a really good book
5. Doing exercise
6. Spotting a species of bird you've never seen before
7. Seeing flowers and trees blossom
8. Wearing an outfit that makes you feel good
9. Home cooking
10. A match on a dating site with someone you're attracted to
11. Stunning views
12. Going to the beach
13. Not having to set the alarm at the weekend or on a day off
14. Getting a delivery in the mail
15. Dining out
16. Finding money you had forgotten about
17. Laughing out loud at a film
18. Having dinner made for you
19. Staying in bed on a Sunday morning
20. Making someone smile or laugh
21. Sound of rain on the window
22. Having a picnic
23. Hearing the wind blow through the trees
24. Being somewhere new
25. Sleeping in a freshly made bed
26. Receiving a compliment from a stranger
27. Swimming outside
28. Discovering new food
29. Feeling the sun on your face
30. Playing sport with friends or family



June was referenced by William Shakespeare in two of his famous plays – Cleopatra, and Henry IV.

The famous tennis tournament Wimbledon is played during the month of **June**.

June 5 is World Environment Day.

June 20 is the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so get out and enjoy. In the Southern Hemisphere, winter begins at this time.

June 20 is Father's Day!

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 recently...

Joyce James and Jane Robinson

Thanks for All the Kind Words!

Our Carpet Looks Brand New!

We brought our area carpet to Annette, Len & Their Team at PCS Niagara, it had multiple coffee stains, I wasn't sure it could be salvaged. PCS did an amazing job and our carpet looks brand new! Thank You so much!

- Kathleen O.

\$50 Gift Card



Who Wants to win a PCS
Gift Card?

Take my Trivia Challenge & you could win!

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 to:

triviachallenge@pcsniagara.com

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

Trivia Question:

Shakespeare mentioned the month of June in two plays, including one of these:

- A) *Hamlet*
- B) *McBeth*
- C) *King Lear*
- D) *Cleopatra*

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

May Answer:

B) Vitamin C

Winners: Rick Fraipont & Susan Salvas

