



Your Online Resource

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"Home is a Symbol of the Self. Caring for a Home is Caring for one's Self"

Gloria Steinem



To Prevent the Flu, Just Smile!

A research study has found that if you get a vaccination when you are feeling happy, the shot will have maximum positive effect.

The research team found that while a positive mood, healthy diet, exercise and lower stress all lead to improved immune response, the biggest factor in how the vaccine worked was the patient's mood on the day of the vaccination! Those who reported having a positive outlook on the day of their vaccination had more antibodies – and hence greater immunity – than their nonpositive counterparts. Being in a good mood turbocharges your immune response in two ways. First, it reduces your levels of the stress hormone, cortisol, which is a hormone that suppresses the immune system. Second, it affects other aspects of one's lifestyle that have also been linked to better immunity, such as sleep, diet, and exercise.

Something to think about!

 (AARP May 2022)

Are you Traveling this Winter?

Here are some apps that you may find useful in your travels:

ROADTRIPPERS (free)

This app maps out the ideal driving route with suggestions for hotels, activities, landmarks, and roadside attractions along the way.

TRIPIT (free)

This one is one where you can forward confirmation emails (flights, car rental, hotels, dinner reservations) and a comprehensive itinerary lands in your inbox. You can upgrade to the premium version and get real-time updates that alert you to flight delays or cancellations.

GASBUDDY (free)

This pinpoints where to stop for the cheapest gas on an upcoming journey, with the option to filter by brand or gasoline grade.

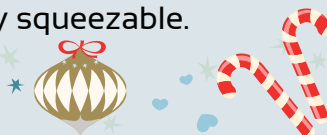
 (Real Simple Sept 2022)

Random Tips

★ When making mashed potatoes, don't peel them before you boil them! The skin will keep them from absorbing too much water.

★ Get maximum juice from lemons and limes by popping them into the microwave first. This makes the cells expand, and hence, very squeezable.

★ If you lose a small piece of jewelry or other small item, just put a stocking, panty hose, or sock over the nozzle of a vacuum. The lost item will stick to the material without getting sucked into the vacuum!



Clean up your Smartphone

A study found that some phones had 17,000 germs on the surface! Once a week, it is a good idea to clean your phone with a disinfecting wipe.

It is time to refresh your smartphone if your battery is losing its charge, the memory is low or apps are slow. Here are some ways to do that:

1. **Back it up** - Run a backup to the cloud on your phone or connect it to your computer and follow the backup prompts.
2. **Delete** apps that you haven't been using.
3. **Transfer photos** - You can use an online storage service such as Google Photo or Amazon Photo to save your images automatically. Then you can delete them from your phone.
4. **Kill old texts** by changing the settings to auto delete any messages older than a year.
5. **Clear** your history and web cookies in the web browser settings.
6. **Turn off** location services and app updates by disabling automatic functions in the settings. Update apps only when you choose and enable locations only when an app, such as navigation, requires it.



(AARP The Magazine)



Winter Trees

All the complicated details
of the attiring and
the disattiring are completed!

A liquid moon
moves gently among
the long branches.

Thus having prepared their buds
against a sure winter
the wise trees
stand sleeping in the cold

By William Carlos Williams



We hope you are staying cozy and warm this winter. Thank you for choosing us for your cleaning service, and I hope we are helping you enjoy your lovely home.

As always, I ask that you respond to our surveys to let us know how we are doing. All of us look forward to seeing your comments.

We are So Grateful for your Business!!!

