



Happy New Year!  
2025

### Thank you for being part of our sparkle family!

It is hard to believe that we are going into our 44<sup>th</sup> year of business!

We hope that we have made your life a little easier and your home cleaner, healthier, and happier and that you will allow us to do the same in 2025!

For our charitable giving this past year, we gave games and toys to “Hands of Christ” for their Christmas toy pantry, donated money to area public schools through “Donors Choose”, the “Atlanta Humane Society”, “Doctors without Borders”, the environmental group “National Resources Defense Council”, and others.

### THE BEST WAY TO STORE CUCUMBERS



#### Step 1: Clean the Cucumbers

Gently rinse the cucumbers in cool running water to remove dirt/debris. Pat completely dry with a clean towel, as moisture can expedite their spoilage.

#### Step 2: Wrap Up the Cucumbers

Wrap each cucumber in a paper towel and place them together in a ziploc bag. Store this bag in the warmest zone of your refrigerator, like the door or upper shelves.

#### Step 3: Check Your Cucumbers Periodically

Check on your cucumbers periodically and remove any cucumbers that show signs of decay. This prevents the spoilage from spreading to the other cucumbers.

**Note:** Wrapping the cucumbers in paper towel protects them against condensation that collects in plastic; which, makes the cucumbers last up to 10 to 12 days.

### Important update Regarding Payment Methods

We want to inform you about an important change regarding credit card payments for your cleanings.

Starting in February, a 3.5% transaction fee will be applied to credit card payments. We sincerely apologize for any inconvenience this may cause, but these fees easily cost us over \$15,000 annually.

To help you avoid this fee, we encourage you to consider alternative payment methods, such as debit cards, checks, or cash, which will not incur any additional charges.

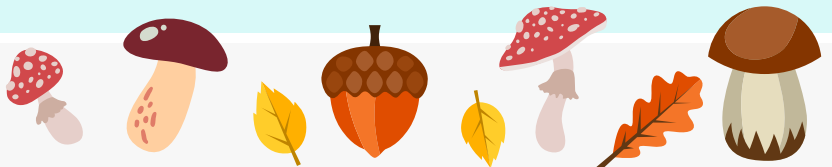
Thank you for your understanding and support!

### Prevent static cling in the dryer

Say goodbye to dryer sheets and hello to aluminum foil!

Roll a sheet of aluminum foil into a ball and toss it in the dryer with your clothes. The foil helps prevent static cling by discharging the static electricity that builds up during drying. Plus, it's reusable for multiple loads, making it an eco-friendly alternative.

Use a foil ball for up to six months before replacing it—it's a long-lasting solution to static cling!



### survey says ...

Thank you for responding to our surveys that we send after each Sparkling. We REALLY do appreciate your feedback, & especially value suggestions, observations & comments that help us better understand your needs, so we may serve you better!

## ONE THING AND THAT IS ENOUGH

If you struggle with productivity guilt, that feeling that whatever you do, it's never enough to deserve rest or ease or joy, this exercise is for you. It comes from Maureen Murdock's book *The Heroine's Journey*.

She writes: Divide a piece of paper into three columns. In the first column, write something that you have done today—for example, "I weeded the garden." In the next column write "I am satisfied" and in the third column write "And that's enough!"

It may sound simplistic, but after doing this exercise for a month or so you'll forget that you were ever "not enough."

In a growth-obsessed society that constantly urges to produce (and consume) more, more, more, sometimes we need repetition to remember what is enough.

We already know that looking on the bright side can improve one's well-being, but recent research out of Harvard is offering further evidence on the health benefits of a positive perspective.

A longitudinal study found that an optimistic outlook could slow age-related physical decline in women. The analysis involved nearly 6,000 women over age 65 who were recruited from 40 clinical centers around the country. At the beginning of the study, participants were asked to fill out a questionnaire that gave researchers insight into their levels of optimism.

During the baseline tests, higher optimism was associated with higher grip strength and a greater number of chair stands, but not with a greater walking speed. During follow-ups, however, walking

speed declined more slowly in the women who were more optimistic, as did the number of chair stands they could do.

"More optimistic individuals may be more likely to stay physically active and have other healthier behaviors — e.g. healthier diet — that may help them maintain physical functioning," author Dr. Hayami Koga told *Newsweek*. And because prior research indicates that optimism can be increased through practice, the team's findings may have exciting implications in the future of geriatric care.

*(from Nice News)*



## THE YEAR

What can be said in New Year rhymes,  
That's not been said a thousand times?

The new years come, the old years go,  
We know we dream, we dream we know.

We rise up laughing with the light,  
We lie down weeping with the night.

We hug the world until it stings,  
We curse it then and sigh for wings.

We live, we love, we woo, we wed,  
We wreath our prides, we sheet our dead.

We laugh, we weep, we hope, we fear,  
And that's the burden of a year.

*(Ella Wheeler Wilcox,  
From A Poem for Every Winter Day)*



*Thank You! for being part of our Sponge & Sparkle family. We are deeply grateful for you.*

**SPARKLE, INC.**  
*We Deliver Dazzle!*

3666 N. Peachtree Rd., Ste. 300  
Chamblee, GA 30341  
404-633-9652  
Fax: 770-451-3886  
[www.spongeandsparkle.com](http://www.spongeandsparkle.com)