



Happy Fall Days!

Thank you for being part of our **Sponge & Sparkle** family!

We are very grateful for you and we appreciate your support of our small, local business. Since Fall means the start of the holiday season, with more entertaining, guests, and disruptions in normal schedules, please let us know as soon as you can of any special requests or additional cleanings that you may want to add. Our holiday schedule is tight, and we want to do our best to accommodate every request from you, our current clients, before we add new customers. Also, for current clients only, if you would like to schedule a SuperSparkling of your home before **December 15th**, we will give you **\$25 off!**

Add a Final Step!

Any project at home – whether on the computer, in the craft room, or elsewhere should always end with a quick tidying. Shut down your computer, straighten up your desk, put supplies back in place. Random papers strewn everywhere can be Public Enemy No. 1 when it comes to stressful clutter. Tidy up even if you are planning to pick up the project again tomorrow. You will have a good sense of closure. When everything is in its designated place you'll be even more excited to dive back in. It's been proven that those who work in dirty or noisy places are more likely to have long-term cognitive decline than those who work in clean, quiet places.

"I finally figured out the only reason to be alive is to enjoy it" Rita Mae Brown



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Fall is a perfect time to get organized!

Some ideas!

Be your own guest!

If you try to think of yourself as a guest in your own space, you are less likely to let things pile up. You probably would not let mail or unused napkins collect if you were a guest, right? Bring things that are out of place, or feel unsightly in the dining room to another part of the house, or return them to their designated spot so you won't be scrambling to get the room in order the next time a real guest comes over.

Create designated spaces for frequently used items and supplies so that you can quickly and easily find what you are looking for when you need it. However, try to make these spaces "closed" spaces, such as drawers and cabinets. "Storing" things on open shelves or on top of your desk does not remove the visual stimuli that create stress and lessen the amount of open space that your mind "sees".

If you don't use it, you don't want it or don't need it, then GET RID OF IT. You can toss it, recycle it, or donate it....but do not keep it! If you use it, but only rarely, store it in a box in the garage (or if it is in your office, in a high or low place) to leave easy access for things that you use more often. Also, put a date on the box. With rare exceptions, if you haven't opened the box in a year, whatever is inside is probably something you don't need.

When you can admit that a clean, clear surface is more satisfying than just having that "thing", it is really not so tough to let go of it. Prioritize the greater good: a happier home!

Bathtub Bacteria

Are Your Kid's Toys Harboring Filth?

The very bathtub that parents think is safe and sanitary may actually harbor some of the most germ filled objects in the house – children's bath toys!

According to a recent **Today show** segment on hidden and surprising sources of dirt, tub toys can harbor bacteria that are potentially hazardous to children. Since bathwater itself is full of the dissolved dirt, bacteria, and other microorganisms covering our bodies, that toxic cocktail can coat the toys too if they're not cleaned regularly. During tests that were conducted, several varieties of contaminants and germs were found that apparently thrive in the warm, moist atmosphere of the bathtub, and since most toys are left there when bathtime's done, they never get a chance to dry completely, thereby allowing bacteria to multiply unchecked. So not to go into further gross details – what to do about this?

Thankfully, keeping toys clean and germ free is relatively easy. Just take the time to clean bath toys occasionally with a spray bottle filled with hydrogen peroxide or a mixture of vinegar and water. And if you keep them in a mesh bag you can always take them outside to dry in the cleansing sunshine. Another very easy tactic is to run them through the dishwasher a few times per month. If despite your best efforts, you notice black crud developing on or in the toy, just throw it away.

Ideas!

Skip dryer sheets – cut a sponge in half and soak the pieces in a container holding one cup fabric softener and two cups of water. Wring and toss one into each dryer load. Replace liquid every 3 months. You will save money and it is more environmentally sound.

Use generic pet meds – yes they exist! Heartguard Plus costs \$43 to treat a large dog for six months. Heartshade Plus, a generic version, has the same active ingredients for \$20!

Research shows that when the size of your shopping cart is doubled, you buy a whopping 40% more. Stick with the smaller one and save up to \$233 a month for two people.

(AARP magazine September 2018)

The **Coravin** is a very handy tool that lets you pierce a cork (which later reseals itself) and pour yourself a glass of wine without having to open the entire bottle. The clever gadget pushes the inert gas back into the bottle to keep the next taste as fresh as the first! (coravin.com)

Remember ...

if you refer us to a friend who uses us,
we give you \$50 off YOUR cleaning!



Thank You for Your Business – We Very Much Appreciate You!!!!!!