



Wishing you and your family  
a happy & very blessed new year!  
And thank you for making  
2018 a great year for us!



Your Online Resource\*

- [www.spongeandsparkle.com](http://www.spongeandsparkle.com)
- [spongeandsparkle.com/blog](http://spongeandsparkle.com/blog)
- [@sparklesponge](https://twitter.com/sparklesponge)
- [facebook.com/SpongeandSparkle](https://facebook.com/SpongeandSparkle)
- <https://www.pinterest.com/samdog/>

### Christmas 2018

Thanks to so many of you, we were able to provide a very substantial donation to the Norcross Cooperative Ministry for Christmas. When we contacted them to find out what was needed the most, they told us they needed toys for children between 6 to 10. We even had one dear client who gave us a check for \$150(!!!) so we matched it, and were able to get so many games, books, dolls, trucks, etc!

We also had several great customers who came by our office to drop off bags of brand-new toys. Plus, we were able to go to Publix and get some good deals on non-perishable food items that were needed; such as, peanut butter, soups, macaroni, tuna, beef stew, chili, beans.

THANK YOU to ALL of you who helped us with this! We really appreciate you and love spreading the love throughout our community.



### Exciting News

For 2019 we have some exciting (we think) plans to tell you about.

So that we can serve you better, we will be transitioning over to an email survey platform. Instead of leaving a comment card each visit – which wastes paper, costs money for postage, sometimes we forget to leave one, having to wait several days to receive the feedback, the new system has many advantages, some of which are:

1. Quicker and easier feedback from you!
2. We will be able to measure and track how we are doing – what areas or issues we are getting complaints on, what Sparklers are excelling, and what Sparklers may need more training or coaching. We will actually for the first time to be able to have real numbers and percentages on your satisfaction, and where improvements need to be made. And to truly know how we are doing we need to be able to track and measure our performance!
3. And for transparency, everyone will easily be able to go onto the survey website and see for themselves how they are doing... and how everyone else is doing too.

When I talk with new clients, or I am doing an in-home estimate the #1 thing that I hear from potential clients is “the service (or individual) I was using started out great, and then things just started going downhill over time.”

We don’t want that to happen with us!! That is why your feedback is SO VERY CRITICAL. We want you to be very happy with your choice of Sponge & Sparkle, and we want you to STAY happy!

So please when we send you the email surveys after each cleaning – it is super easy, and will only take a couple of seconds to check off. Also, do not worry that being honest will get your Sparkler in trouble. It may just be someone is having an off day, or their equipment isn’t working properly, etc. We try to always approach problems in a positive way, with the emphasis being on coaching and improvement, and not usually in a punitive way.



...and more  
Have you checked out our revamped website? We’re doing all we can to make things easier for our clients. Schedule your cleanings, ask questions, read our blog for tips.

## Green Velvet Soup

- Prep: 10 m
- Cook: 1 h 20 m
- Ready In: 1 h 30 m

Recipe By: ASTROPHE



*"A recipe given to me by a friend that is a great green color and smooth, rich texture. Comfort food! And it freezes well too."*

### Ingredients:

- 1 onion, chopped
- 2 stalks celery, sliced
- 2 potatoes, diced
- 3/4 cup dried split peas
- 2 bay leaves
- 6 cups vegetable broth
- 2 zucchini, diced
- 1 head broccoli, chopped
- 1/2 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 4 cups chopped fresh spinach
- Salt to taste

### Directions:

1. In a large pot over medium heat, combine onion, celery, potatoes, split peas, bay leaves and broth. Bring to a boil, then reduce heat, cover and simmer 1 hour.
2. Remove the bay leaves and stir in the zucchini, broccoli, basil and black pepper. Simmer 20 minutes, until broccoli is tender.
3. Stir in spinach and remove from heat. Puree in a blender or food processor using an immersion blender. Salt to taste.

*\*Optional:* serve with a little dollop of sour cream



## Good Ideas ...

A lightweight yoga mat that folds into a 10x12 inch square! Easy to stow in a gym bag or a carry-on, and the sticky texture provides stable footing.

*Buy it at Gaian Foldable Yoga Mat or \$25 from Amazon.*

### Make a Linen and Room Freshener Spray

Just mix 1/2 cup white vinegar

1/2 cup rubbing alcohol

1 teaspoon cornstarch

20 drops of your favorite pure essential oil

into a spray bottle. Shake before using and mist over clothing, sheets and upholstery.

P.S. – We only ever use pure essential oils in our vacuum bags for their therapeutics and health benefits. Never any synthetic smells!

### Did You Know ...



Apple founder Steve Jobs proclaimed that his fruit diet fueled his creativity. And according to scientists at Leiden University in the Netherlands, he might be right since they have discovered that the amino acid tyrosine – present in soy, almonds, pecans, bananas – promotes creative thinking!



Thank You Again For Choosing  
Sponge & Sparkle!!!!!!!!!!

Remember if you refer us to anyone who uses us,  
we give you \$50 off your next cleaning.



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

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