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"That's the only thing you can do with a mess. Start cleaning it up. A little at a time"

Lisa Wingate, The Sea Glass Sisters



Customer Appreciation!

We are so very grateful to all of you who have stuck with us and supported us and been so patient during this hard time. We are not "back to normal" yet with our staff, so it has been difficult to get some of you who want to resume service back on the schedule. I feel sure this a temporary

situation and in a short time, we will be back on strong footing.

We just appreciate all of you so much and fervently send blessings for all.



8 Tips for Feeling Happier During an Unhappy Time

1. Remind yourself of reasons to be grateful
2. Remember your body and treat it well
3. Do something fun
4. Take action
5. Look for meaning
6. Connect with friends and family
7. Make something better
8. Act toward other people the way you wish they'd act toward you

Do You Need a Great Window Cleaner?

Then Call A-TEAM Window Cleaning! The owner is Delano Rodgers and they also do gutter cleaning and pressure washing. They are very reasonable and do a great job! Their number is 404-671-2703

Quarantine Lessons from Outer Space

NASA astronaut Sunita Williams's wisdom gained from her 322 (!) days orbiting the earth! A veteran of 4 NASA space expeditions, and the first person to run a marathon in space – on a treadmill. Some of her unique insight on quarantine coping:

- "Be Considerate. When we were in space with the same few people you had to learn about them and work to help them cope. Then if you opened a food container and there was one serving of lasagna you'd think "Oh my crewmate likes lasagna, so I am not going to eat it." Being caring was critical to our mission. At home apply that same caring and respect.
- Reach out to family and friends. In space we always made time after dinner to call home and check on our Earth people. A lot of people are doing this now with Zoom and Facetime. Whatever the technology, just do it. It is as important for you as the people you reach out to.
- Exercise!
- Say "I love You". Find different ways of saying I Love You every day. (And my favorite).....
- Keep it Clean - In space we did everything we could to avoid being sick. It helped to always keep the place extra clean. That's extremely important now, at home too. Clean daily, and deep clean weekly. Be extra diligent with bathrooms because that's where we wash hands, etc."

(AARP Bulletin May 2020)

A Podcast I just discovered is "Desert Island Discs". It used to be a famous British radio show and now it is a podcast where the host asks notable people from all walks of life to share the eight songs they would take with them to a desert island and why. The most recent one was ordinary people sharing what music helped them during this pandemic and was very moving.



Clutter

A strange, almost paradoxical thing happens when we clear clutter: when we get rid of things we don't need, don't use and don't love, we often feel like we end up with more! It is very common for people to remove bags of clothing from their closet, and then exclaim, "Now I feel like I have so much more to wear!"

The process of creating outer order makes us more engaged with the things we keep, and so our lives feel more abundant, even though we have removed a layer of stuff. This is another reason that spring cleaning makes our surroundings feel more energized and vibrant!

10 Tips to Beat Clutter in under 5 Minutes

1. Make your bed
2. Get rid of junk mail immediately
3. Follow the "one-minute rule" – push yourself to do any chore that takes less than one minute
4. Identify a place/person you can give things you no longer need
5. Be very cautious about letting yourself "store" something
6. Never accept anything free, unless you are thrilled with it
7. Get rid of things if they break
8. Don't keep any piece of paper unless you know that you actually need it
9. Hang up your coat
10. Before you go to bed, take five minutes to do an "evening tidy-up"

(Gretchen Rubin on Instagram)

Healthy Date Shakes

(Serves 2)

1 cup unsweetened almond milk
or other nondairy milk

5 medjool dates pitted
and halved

1 cup ice

1/3 cup hemp seeds

1 pinch ground cinnamon

Process everything
in a blender
until smooth,
about 1 minute.



"Injustice anywhere is a threat to justice everywhere"

Dr. Martin Luther King

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