

HEALTHY, WEALTHY & WISE

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Cleaning TIPS for Everyday Items



One of the outcomes to Covid-19 is the opportunity to develop healthier habits. Washing our hands more often and for 20 seconds, making sure to stay home when sick and regularly sanitizing surfaces are all healthy habits that should become part of our "new normal." Although these are beneficial habits, there are many more "best practices" that we can incorporate into our daily lives. Below is our list of tips and ideas on how to clean and sanitize some of the items used in our everyday lives, whether we're social distancing at home or returning to work.

Although still common in many parts of the country, mud rooms, or designated drop zones, are starting to become increasingly popular once again. These areas are a great way to stop the spread of viruses literally at the door. Whatever space you can allot for this, it is important to provide storage for such items as outside shoes, purses and bags, clothing items and cloth face masks. If possible, create your space with or near a

sink for hand washing. If a sink isn't accessible, provide hand sanitizer. Disinfecting wipes and sprays should also be kept in this area to quickly use on the items stored there.

Shoes that are worn outside of the house should never be worn inside the house. Shoes can not only potentially bring in dirt, but also bacteria, germs and viruses. Providing shoe

See "TIPS" on next page

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storage allows for you and your family to quickly store dirty shoes and replace them with your house shoes.

If you wear a cloth face mask in public, it is important to properly wash and sanitize it after each use. Drying it in a laundry dryer with heat provides sanitizing effects. Do not use a face mask more than once in public without washing. Do not spray your face masks with disinfectant or other harsh sprays. You do not want to directly inhale those chemicals. Instead, wash your cloth mask on gentle cycle in your washing machine. Put the cloth mask in a pillowcase or garment bag and tie a knot at the top. The pillowcase will protect the mask from damage.

Cell phones should be cleaned often. Check the manufacturer's website for your particular phone. Apple specifically has updated guidelines on the proper way to clean and sanitize their products. For general guidelines, unplug and turn off your phone. Remove the case and wipe down both the case and the phone

with EPA approved disinfectant wipes. If you work outside the home, and in an environment at a higher risk of germs, wipe down your phone daily.

With computers becoming even more important in our everyday lives, crumbs, dirt and dust have probably started to take up residence. Shake any dust and crumbs out carefully. You can also use compressed air or a small, soft bristle brush to clean out debris. Wipe down the keyboard and surface with a disinfectant wipe. To clean the screen, carefully wipe down with a lint-free microfiber cleaning cloth. If your computer commutes to and from your office, clean and sanitize daily or each time it enters a new room.

Wallets, purses, totes, book bags and re-useable shopping bags should all be given careful consideration. With all of the recommended cleaning, this might not be the best time to use real leather. Instead, choose easily cleaned materials. Check all labels on your bags. Many items can be washed in the laundry on a gentle cycle and air dried. You can also

put any bags inside a knotted pillowcase or garment bag while washing. If you cannot launder, use disinfecting wipes.

Keep disinfecting wipes in your car to quickly wipe down the surfaces of your bags before placing in your car. Do not put the bags on your counters. Instead, unpack bags and either clean with disinfecting wipes and leave in your drop zone or place into the laundry.

If hand-washing is necessary for your bags, fill your sink or tub with lukewarm water and add drops of a mild soap or detergent. Submerge bag and agitate slightly. You can use a toothbrush to gently scrub any zippers, mesh areas or embroidery thread. Rinse the bag with clean water and allow to air dry.

As always, when cleaning anything, remove all visible soil before sanitizing and disinfecting.

Call **ServiceMaster by A-Town Hi-Tech** today to learn how we can help you further achieve and maintain a clean and healthy home.

The Good Life



Good Clean Funnies

I didn't like my beard at first. Then it grew on me.

Have you heard about the new restaurant on the moon? The food was great, but there was no atmosphere.



Chipotle Turkey Burgers

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grill grate.

Place the ground turkey, onion, cilantro, chipotle chile pepper, garlic powder, onion powder, seasoned salt, and black pepper in a mixing bowl; mix well.

Form into 4 patties.

Cook the hamburgers on preheated grill until the turkey is no longer pink in the center, about 4 minutes per side.

Place the mozzarella slices on the patties 2 minutes before they are ready. Serve on the toasted buns.

Recipe courtesy allrecipes.com

Ingredients

- 1 pound ground turkey
- 1/2 cup finely chopped onion
- 2 tablespoons chopped fresh cilantro
- 1 chipotle chile in adobo sauce, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon seasoned salt
- 1/4 teaspoon black pepper
- 4 slices mozzarella cheese
- 4 hamburger buns, split and toasted



Eating to HELP Arthritis



The most common types of arthritis are osteoarthritis, rheumatoid arthritis, psoriatic arthritis, fibromyalgia, and gout.

Arthritis, a catch-all term for numerous conditions and related diseases, affects joints and connective tissues, usually involving joint pain and stiffness. More than 50 million adults and 300,000 children are affected. While you should always consult your doctor, consider these foods, which help fight arthritis:

Tart cherries: With anti-inflammatory and antioxidant benefits, tart cherries can help provide joint relief and lower the risk of flares in those with gout.

Colorful vegetables: Sweet potatoes, carrots, red or green peppers, and

squash. Peppers contain an abundant amount of vitamin C, which preserves bone and may protect cartilage.

Seafood: Salmon, tuna, sardines, and mackerel can help decrease inflammation and protect the heart.

Walnuts: High in ALA, a type of anti-inflammatory omega-3 fatty acid, walnuts can also lower cholesterol, relax blood vessels, and help reduce high blood pressure.

Garlic: Use fresh garlic if you can to help fight pain, inflammation, and cartilage damage.

RELIEF for 401(k) Withdrawals



The new coronavirus relief bill relaxes rules on 401(k) withdrawals for those affected by the virus.

Savers would be able to take a hardship distribution of up to \$100,000 from their 401(k) accounts without a 10 percent early withdrawal penalty. That works for those who are laid off and want the money for mortgage payments, for example. Warning: withdrawals are not tax free.

Retirees who don't need distributions from their accounts can suspend the required minimum for all of 2020.

Many retirees have found that the value of their accounts has dropped dramatically. Leaving money in place allows their investments to recover as the economy recovers.

The withdrawals are not tax-free, however, the bill gives you three years to pay the taxes on the withdrawals, according to CNBC.

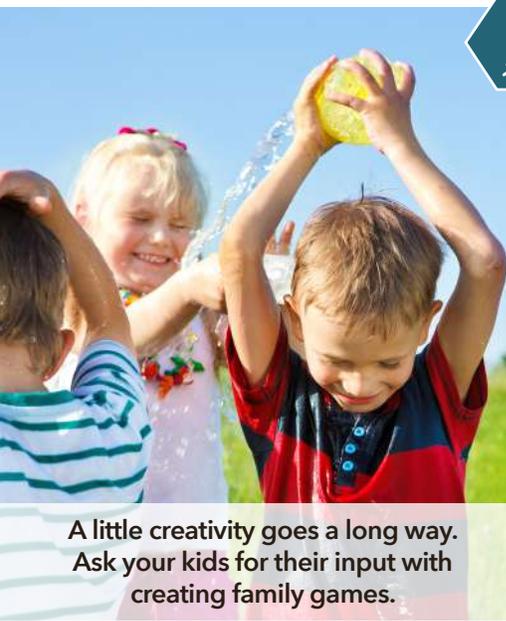
People who have contracted COVID-19, spouses of the infected, or anyone who has experienced adverse financial consequences can take these distributions.



Proceed with caution when withdrawing from retirement accounts.



Activities for ACTIVE Kids



A little creativity goes a long way. Ask your kids for their input with creating family games.

Keep kids active this summer by playing fun backyard games like balloon games, a create-your-own obstacle course and water fun.

To set up the balloon volleyball, hang a jump rope across an area and use inflated balloons to make it easy for all age groups to join in. You could also place two jump ropes across each other to create a modified four square court to also use with balloons.

When creating an obstacle course, get creative with cardboard boxes, ropes, hula hoops, and lawn furniture.

Give everyone an opportunity to add something to the mix. Affordable pool noodles also make great obstacle course equipment.

Give it a refreshing spin by adding in sprinklers and inflatable pools. Always keep safety in mind, however.

Water balloon and water gun fights are always a classic form of summer entertainment. Save yourself some time by filling up buckets with water and placing them around the yard as quick fill up stations for squirt guns. Follow up with some homemade popsicles.



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