

THE BEE LINE

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SPRING CLEANING TIPS for the **WHOLE HOME**

Spring has officially begun and you may have already started your indoor spring-cleaning checklist! But the interior of your home isn't the only thing that needs cleaning. Our outdoor spring-cleaning tips will help your home's exterior match the sparkling interior.

Not sure where to begin? We're here to help. Here are a few tips to get you started!

Take care of your roof and gutters - First, whether you're trying to sell your house or just make sure it's in great condition, you need to check the roof and gutters regularly. Clogged gutters can lead to all sorts of problems, like water damage, negative drainage, and more.

Then, take a look at your roof. Additionally, check for loose or broken shingles and make sure your roof is completely clean and free of vegetation. If you don't feel safe getting up on a ladder, it is always best to hire a professional to do a thorough inspection and address any maintenance, damage or other issues that needs to be taken care of.

See "SPRING CLEANING" on next page



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Give Your House a Facelift ... Clean the Siding - Constant exposure to the ever-changing weather in Illinois will cause your siding to get dirty, stained, and/or mildewed over time.

Grab the hose and a scrub brush! Rinse the siding with your hose and then scrub with soapy water and a long-handled brush before rinsing with the hose again.

For tougher stains, mold, mildew, algae, etc., consider power washing services or using a stronger hose like a garden sprayer. You can also add small amounts of oxygen bleach to your water solution. Don't use chlorine bleach! It can damage your home's siding.

Be careful if you decide to DIY powerwash. Inexperienced users can easily damage their homes, so you should leave that to professionals.

Shine Those Windows - Don't forget about your windows on your checklist. Having a beautifully cleaned house will lose its appeal if your windows are left smudged, and dirty.

The Good Life



Good Clean Funnies

What is a cat's favorite song?

Three Blind Mice.

Why are fish so smart?

They live in schools.

What do you call a cold dog?

A chili dog!

How much money does a skunk have?

One scent.

If you have a taller home with multiple stories, you may feel uncomfortable getting up on a ladder to clean your windows. If that is the case or if you just don't have the time, think about hiring a professional service to get the job done for you. Most people don't realize how dirty their windows are until they finally get them cleaned.

Groom Your Yard - It's important to follow a regular maintenance schedule for your yard and gardens.

Cut your grass and prune trees, bushes, shrubs, etc. Pull out any weeds or unwanted wild plants.

Remember, creating flower beds or even planting a few flowers in your yard can brighten up the entire exterior and make you feel in the spirit of spring.

Don't Forget The Driveway - Stained and weed-filled driveways tend to look messy, uninviting, and uncared for. Take the time this spring to spruce that up too.

Power washing is recommended for optimum results. As with siding, it is usually best to hire a professional to do this in order to avoid any potential damage, but you can do a preliminary rinse and wash with soap and water yourself to see what stains you're dealing with.

Both asphalt and concrete driveways can be sealed by a professional in order to discourage staining and damage to the area. This works great for your garage floors as well.

Outdoor spring cleaning can be a challenging task. It requires a lot of time and energy to be accomplished.

If you would like help with professional pressure washing and window cleaning services for your roof, gutters, home, windows and screens, or yard, call **Clean Bee** for a free estimate.



Great served over noodles, spaetzle, mashed potatoes, or rice!
Versatile recipe to suit your taste!

EASY Skillet Chicken Primavera

Directions

Whisk together flour, parsley, and basil in a medium bowl. Add chicken strips and toss until well coated.

Heat olive oil in a large skillet over medium heat. Add chicken and cook, turning occasionally, until lightly browned on the outside and no longer pink, about 10 minutes. Add garlic and cook for 1 minute.

Add chicken stock, mixed vegetables, grape tomatoes, green onions, zucchini, and pesto. Cook, stirring occasionally, until heated through, about 10 minutes.

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe courtesy allrecipes.com

Ingredients

- 1/2 cup all-purpose flour
- 1 tablespoon dried parsley
- 1 teaspoon dried basil
- 1 1/2 pounds skinless, boneless chicken breasts, cut into strips
- 1/4 cup extra-virgin olive oil
- 1 tablespoon minced garlic
- 2 1/4 cups low-sodium chicken stock
- 1 cup frozen mixed vegetables
- 1 pint grape tomatoes, halved
- 1 bunch green onions, diagonally sliced
- 1 medium zucchini, quartered and sliced
- 2 tablespoons sun-dried tomato pesto
- Salt and ground pepper to taste

On-the-GO Nutrition for You and Your KIDS



BPT
Life is busy and it can be challenging to make sure you - and your family - are getting the nutrition you need to stay energized and nourished all day long.

Here are some tips to help prioritize nutrition, no matter how busy life gets.

1. Best on-the-road snacks - Prepare a "car grab bag" that's always ready to grab and go. Stock your car grab bag with kid-friendly and appealing snacks like whole grain pretzels, cheese sticks and apple slices.

2. Travel snacks for any trip - Whether you're flying or just running around town to meetings, it's easy to feel drained of energy. Grabbing a snack that's delicious, easy to carry around and energy-boosting - without jeopardizing your wellness goals - is a must.

Quest Chocolate Chip Cookie Dough Protein Bars are a good choice and a great source of protein, with 4 net carbs and only

1 gram of sugar, providing a steady source of energy throughout the day.

3. Post-workout recharge - After a workout, it's essential to refuel your body with the right foods. Try low-fat Greek yogurt with blueberries to help build muscle and replenish energy levels. Adding Whey protein helps with muscle mass.

4. Quick snacks any time you need them - It is also best to keep nutritious snacks in your everyday bag to help keep you energized throughout your busy day. A bag of homemade trail mix is a great go-to, with mixed nuts and goji berries. Keeping a baggie of carrot sticks handy works too, as both are great options to grab right out of your purse!

NEW Prescription Saving Tools Help ALL of Us SAVE

An estimated 18 million people have reported they could not pay for at least one doctor-prescribed medication for their household during the prior three months, according to a recent survey. But neglecting to fill a medication as prescribed can be dangerous to one's health and wellness.

A next-generation prescription savings app and website, Cuverd™ (pronounced "covered") empowers people to search for all their Rx savings options. Through the app, insured patients can now understand their medication coverage, estimated copay, and additional eligible savings to reduce their copays.

Cuverd also compares the user's copay to the lowest cash discount price for their medication to automate the lowest out-of-pocket costs. Uninsured, high-deductible insured, or Medicare-insured patients can

also find the lowest cash discount price for their medications.

The experts at Cuverd have these tips to help you save money on your prescriptions:

1. Use digital tools in the exam room

- Cuverd is the first prescription savings platform that lets you look up insurance coverage and estimated copays right when a new medication is prescribed. The app is free to download and use.

2. Talk to your healthcare providers -

Cuverd also provides information on less expensive medication alternatives for patients to discuss with their health care providers if the prescribed medication is not covered.

3. Adhere to prescriptions -

Remember taking the medications your doctor says will help you feel your best today will also help you live a healthier life in the future.



BPT
With rising out-of-pocket medication costs and difficulty navigating prescription pricing options, many Americans are cutting corners on their health and prescription adherence.



MILLENNIAL

PARENTS Struggle to Enjoy FUN with their KIDS



Just how worried are millennial parents enjoying fun moments with their kids? Almost all of the parents surveyed cited a specific obstacle that gets in the way of being spontaneous with their kids.

The two of the biggest hurdles preventing parents from creating and enjoying fun with their kids, whether through planned family activities or unplanned adventures.

*** Finances:** A family's finances are often an issue, with two-thirds of parents saying money limitations prevent spontaneity and nearly half reporting that planned activities with their children are among the first to be cut when budgets are strained.

*** Busy schedules:** Today's over-booked families often lose out on opportunities to simply enjoy being together. Nearly three in five parents say they're so focused on

planning structured activities for their children that they don't allow enough time for spontaneous fun.

Keeping up with the (social media)

Joneses - One obstacle today's parents face that their parents and grandparents did not have to deal with is the pressure they feel to post their family fun online for all to see. Nearly three out of five parents report feeling pressured to create "shareworthy" family moments to post on social media.

The value of fun experiences - On the plus side, parents clearly recognize the value of spontaneous fun. They believe their kids value experiences over material goods, with nearly two-thirds agreeing that their children would be more excited about a trip to somewhere they've always wanted to go than a gift of a toy on their wish list.



All parents struggle with raising their kids to the best of their ability, and each generation has its unique challenges. Studies show that millennial parents are having a hard time relaxing and having fun with their kids.



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The Clean Bee Team



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Clean Bee
108 S. Sheridan Rd.
Lakemoor, IL 60051



APRIL SPECIAL

11% OFF

Your next in Home Cleaning Service.

Details and Restrictions: Residential orders only. Minimum of \$199.00 must be met in order to qualify. Not valid with any other offer or discount except referral reward certificates (they are just like cash). Commercial accounts ask about commercial rates. Offer expires and must be used by 4-30-23.

- SAVE 15% OFF Your Rug Cleaning Services -

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