

THE BEE LINE

MAY 2023

Published exclusively for clients of Clean Bee and The Cleaning Studio



Allergy Season is
HERE

Spring and summer mean flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms.

Seasonal allergies – also called hay fever and allergic rhinitis – can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers -

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove the clothes you've worn outside and be sure to shower to rinse pollen from your skin and hair.

See "ALLERGY SEASON is Here" on next page



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Take extra steps when pollen counts are high - Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local news, or the internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Keep indoor air clean - There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use air conditioning in your house and car.

- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

Regular dusting and vacuuming are critical to reducing allergens - When cleaning around the house, do your dusting with an electrostatic cloth, duster or damp wipe. Work from high to low and work your way out of the room. Wait about an hour before vacuuming to allow particles to settle.

Vacuuming is a great way to remove dust and allergens from your home. However, it is important that you use a vacuum cleaner that has

an efficient filtration system. A vacuum with HEPA filtration improves indoor air quality while you vacuum. And don't forget to vacuum your furniture too.

Regardless of how neat and tidy you are, eventually vacuuming alone is not enough. Dust and other soils are bonded to carpet and upholstery fibers by sticky or oily residues. That's why you need periodic professional cleaning by **Clean Bee**. Our cleaning system not only removes the visible soil and spots that make your carpet and furniture look bad, but it also removes deeply embedded pollutants and allergens along with the dust and dirt that damages your carpet and could make your family sick! Your carpet and upholstery will look fabulous, last longer and your family will breathe healthier, cleaner air.

The Good Life



Good Clean Funnies

Why couldn't the pirate learn the alphabet?

Because he was always lost at C.

What do you call a dog that can't bark?

A hushpuppy.

Why did the banana go to the doctor?

It wasn't peeling well.



The BEST Veggie Sandwich

Directions

Preheat oven to broil.

Place each muffin open-faced on a cookie sheet. Spread each half with mashed avocado; place halves close together. Distributing ingredients evenly, cover each half with sprouts, tomatoes, onion, dressing, sesame seeds and cheese.

Place under broiler for about 5 minutes, or until cheese is melted and bubbly.

Prep Time: 20 mins

Cook Time: 5 mins

Total Time: 45 mins

Servings: 4

Ingredients

- 4 English muffins, split and toasted
- 4 avocado, mashed
- 1 cup alfalfa sprouts
- 1 small tomato, chopped
- 1 small sweet onion, chopped
- 4 tablespoons Ranch-style salad dressing
- 4 tablespoons toasted sesame seeds
- 1 cup shredded smoked Cheddar cheese

Recipe courtesy allrecipes.com



5 Ways to Get the MOST Out of Your Massage



Massage therapy is known for its relaxing and restorative value, but did you also know that it is a powerful health-care tool for your body and mind?

To get the most out of your next massage experience, follow these key tips:

1. Set goals - What do you want to get out of your massage? Do you have any injuries to target? Are you holding tension in certain areas because of work or stress to address? Before you head to your appointment, think about the reason for your massage.

2. Prepare your body - On the day of your appointment, make sure you've had a light snack beforehand... nothing too heavy that might create discomfort while you're on the table. Stay hydrated before and after your session, and avoid intoxicants or alcohol.

3. Start the session relaxed - Before your massage starts, try and relax so you can be physically and mentally ready to receive the therapeutic benefits of a massage. Try listening to relaxing music while breathing to promote relaxation.

4. During the session: Communicate - By having clear and open communication with your therapist, you can create a successful experience together. Talk about your level of comfort with the table or face cradle, or the level of pressure the therapist is using ... even the room temperature. Just like going to your doctor, a massage is a form of health care and should be treated similarly.

5. Post-session: Wind down - After a session, it's important to let your body wind down and feel the massage's effects. Remember to continue to replenish your body with healthy foods and plenty of water so you can feel your best. Relax and breathe to allow the effects of the massage to settle in.

When administered by licensed professionals, massage therapy is a powerful form of health care that provides wellness, self-care, therapy, relief and comfort.

The LOVE of Reading Can Pay Dividends for Your Kids



Reading scores for students across the country are down following years of disrupted learning during the pandemic. Research indicates early literacy skills in the critical years from birth to age five are predictive of their skills through fifth grade and beyond.

Focusing on literacy during early childhood can help provide children with the skills needed to be a successful reader throughout their life. In addition, focusing on early literacy skills during the preschool years can help parents and teachers identify potential learning challenges so early intervention can be provided. Reading may increase a child's ability to understand the emotions of others - a critical life skill that leads to empathy and compassion.

1. Introduce language as early as possible - even before birth. The more words parents introduce their child to, the better,

even during pregnancy.

2. Make reading a regular part of bedtime routine. With daily "tuck-in" stories and snuggling together at bedtime, infants and young children begin to associate reading with comfort, warmth and security.

3. Offer a wide variety of stories. Include nursery rhymes, poetry, nonfiction and fiction from many genres, as well as books that celebrate a wide range of cultures and diverse characters.

4. Help children discover the magic of books. Books can help young children understand their own feelings when characters face similar life events, so parents should pick topics their kids may be curious about.

5. Make reading a fun experience. Many children memorize their favorite texts and pretend to read, which is a wonderful sign they are identifying their favorite books and building confidence.



When parents instill a love of reading in their kids from an early age, it increases their oral language skills and vocabulary knowledge, which pays dividends for valuable life skills later.



How to Get Your LAWN Ready for SPRING

With spring around the corner, now is the best time for homeowners to prepare their lawns for the season ahead. Although some lawn care is best left to a professional, here are a few tasks you can do as a homeowner to improve and groom your outdoor space.

Here are the top items to tackle as the homeowner:

✓ Prep your lawn mower for the first cut. Clean or replace the air filter, change the oil, sharpen the blades and check the spark plug. Once your mower is ready, the first cut is critical to remove dead blades of grass to wake up the lawn. Don't cut over a third of its height during any single mowing. Most grass types should be kept at least three inches tall, as longer, thicker turf helps combat weeds and conserve water in the soil.

✓ Clear debris to allow your lawn to breathe. If you don't remove this debris, your

lawn could get smothered and develop unsightly patches, since your lawn and its roots would be prevented from accessing sunlight, air, water and nutrients needed to thrive.

✓ Quench your lawn's thirst. Every lawn requires a healthy amount of high-quality H₂O. During drier months use your garden hose or sprinkler system. Aim for about one inch of water per week. An easy way to measure is by spreading a few empty tuna cans across your lawn as you water. When they're full, that's an inch.

When to call in the pros:

The spring season brings new beginnings and memories with loved ones outdoors. Partner with a pro when possible, so you can do what you love without compromising your outdoor space.

If you enjoy time at home these days, you're not alone. According to recent survey almost 70% of Americans spend more time at home than two years ago.





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