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Better Home Living

The Newsletter That's Both Informative and Fun!

Operation Christmas Child

Mari's Property Management & Cleaning Services LLC feels so very blessed that we have decided to reach out to others. We are partnering with Operation Christmas Child. Over the next several weeks we will be providing as well as gathering items to be placed in a shoebox to be shipped. We hope that you can join us in donating shoeboxes for Operation Christmas Child. Below is a list of instructions on how to prepare your shoebox. We would be more than happy to pick up the items to be placed in the shoebox after you get it ready. Please email Mari at Mari@CleaningSolutionsByMari.com to coordinate a pick up date and time. Thank you in advance for assisting us!

Click website below to access website for Operation Christmas Child

<http://www.samaritanspurse.org/operation-christmas-child/volunteer-with-occ/>

Instructions:

1. **Shoebox**
 - a. Use an empty shoebox (average size) or a small plastic container, or we will have shoeboxes available.
2. **Boy or Girl**
 - a. Determine whether your gift will be for a boy or a girl, and the child's age category: 2-4, 5-9, or 10-14. Use the appropriate boy/girl label from this brochure. Mark the correct age category on the label and tape the label to the top of your box. If you need additional labels, download them from the website.
3. **Fill with Gifts**
 - a. Fill the box with a variety of gifts that will bring delight to a child (see gift suggestions on website)
4. **Include \$7 Donation per Box**
 - a. Help cover shipping and other costs related to delivering your gift box to a child overseas by donating \$7 for each shoebox you prepare. If you and your family are donating more than one box, please make one combined donation.
5. **Drop Off**
 - a. Place a rubber band around each closed shoebox and coordinate pick up or drop off with Mari's Cleaning Services by emailing Mari at Mari@CleaningSolutionsByMari.com

GIFT SUGGESTIONS

1. Include items that children will immediately embrace such as dolls, toy trucks, stuffed animals, kazoos, harmonicas, yo-yos, jump ropes, balls, toys that light up and make noise (with extra batteries).
2. School Supplies: Pens, pencils, and sharpeners, crayons, markers, stamps, ink pads, writing pads, notebooks, coloring books, etc.
3. Hygiene Items: Toothbrush, mild bar soap (in a plastic bag), comb, washcloth, etc.
4. Other: T-shirts, socks, ball caps, sunglasses, hair clips, toy jewelry, watches, flashlights (with extra batteries), etc.
5. Personal Note: You may enclose a note to the child and a photo of yourself or your family (if you include your name and address, the child may write you



We hope you enjoy this month's newsletter!

Mari & Staff

Halloween Celebrations

One nice thing about the Halloween decorations at your front door: they don't have to be beautiful. They can even be funny or scary.

Whether you include skeletons, scarecrows or ghosts, they'll give your friends a shudder or laugh. Add pumpkins with frightening painted faces and cornstalks to fill in the spaces and you'll have an artful seasonal display.

Trick-or treating has changed in our time as parents want their children to stay safe. The door-to-door begging has given way to visiting relatives only, or going to organized programs at churches or clubs. Hay rides are popular.

Watch for "Trunk or Treat" events sponsored by businesses and organizations. Kids can add to their booty while sponsors and parents keep an eye on them.

When they bring their loot home, parents are likely to have a few pieces themselves. Doctors at the University of Maine recommend helping yourself to a box of raisins. Their fiber carries cholesterol out of your system.

Adults aren't left out of the fun. There will be Halloween parties where everyone dresses in costume. At www.costumeexpress.com, there are such outfits as knights, queens and pirates with many modern and traditional choices.

Some people buy a costume for their dog. It encourages body handling, which the dog likes, and dressing your pet creates bonding. The dog looks cute and gets praise, attention and rewards. Most dogs, especially small ones, enjoy the experience.



Do You Know...

... Someone that could use our services? Perhaps a friend, family member, co-worker, or someone from church? When a new client signs up for regular cleaning services at your recommendation, you will receive \$50 off your cleaning after their 3rd cleaning! If you would think of 3 or 4 people that could use our services, then don't hesitate to call them and give them our name and phone number. Be sure to have them mention your name when they call so we can send your Bonus!

Thanks a Bunch!

Recommended Highly to Make Your Life Easier!

"My extended family have all used Mari's for the past 8 years (and no, we're not related to Mari), and we have been so pleased with both Mari and the cleaning crews she has assembled for us. The work is professionally done and it's such a relief to have Mari do all the scheduling, supervising, employing and quality assurance. If there's something you want done differently, you jus email Mari and it's handled . . . I've used housekeepers all my adult life because I'm just not happy with my own cleaning and Mari's is by far the best solution, ever."

Cynthia C.
Phoenix, AZ
9/6/2014

Listening Well Has Become a Rare Skill

University professors and writers on the subject of listening have compiled this advice on how to get the most information from a conversation.

Before the conversation:

- * Clear your mind of distractions by doing a "brain dump." Make notes or list tasks you can easily pick up later.
- * Make a list of questions or topics you want to cover to prevent brain freeze
- * Plan in advance to limit the time you spend talking to 20 percent to 25 percent of conversation.
- * Drop any assumption that you already know what the other person will say.
- * Put down, ignore or turn off phones, other devices and computers.

During the conversation:

- * Take notes to stay focused while listening.
- * Paraphrase what you think the speaker said and ask if you're on target.
- * Ask clarifying questions to sharpen the focus of the conversation.
- * Notice the speaker's body language and facial expressions as potential sources of meaning.
- * Use pauses to reflect or to draw out more information.

If you're a boss, remember that they say the more powerful a person is, the more likely he or she is to prejudge or dismiss advice from others.



"What a waste for opposable thumbs!"

Watch for Those Yellow Jackets in Fall

Yellow jacket is the common name in North America for predatory wasps. They can be identified by their distinctive markings and a rapid, side to side flight pattern prior to landing. All females are capable of stinging. Despite the fear in humans, yellow jackets are important predators of pest insects.



More dangerous than a bee.

Yellow jackets, hornets and other wasps don't leave a stinger, which means they can sting multiple times. About 4 percent of the population is sensitive to insect stings, but allergic reactions aren't predictable. You may not have a reaction the first few times, then break out in hives the next time.

Insect repellent is designed to chase off biting insects like mosquitoes. They don't work on bees and wasps. When dining outdoors keep serving dishes covered and garbage bags closed.

Yellow jackets are most likely to sting in the fall when their natural food source, other insects, is less abundant, so they gravitate to picnics, barbecues and trash cans. They're also more of a problem in summer because they are nesting and reproducing.

A honey bee sting injects venom into the victim, causing immediate pain, swelling, redness and itchiness for a few hours. An allergic response can cause these symptoms to last for days. The sting leaves a stinger which the victim should scrape out with a credit card.

The most serious reaction.

Systemic reactions that spread to other parts of the body are the real worry. Such cases start with hives and swelling all over the body. They can spread to organ systems, causing respiratory problems, low blood pressure, gastrointestinal problems and cardiovascular irregularities. They can lead to unconsciousness and death, according to the American Academy of Allergy Asthma & Immunology.

Those at risk for systemic reactions should carry epinephrine and use it as soon as possible after a sting. Even then, seek medical care immediately since the drug can wear off in 30 to 45 minutes.

Trivia Teaser - Set in Stone

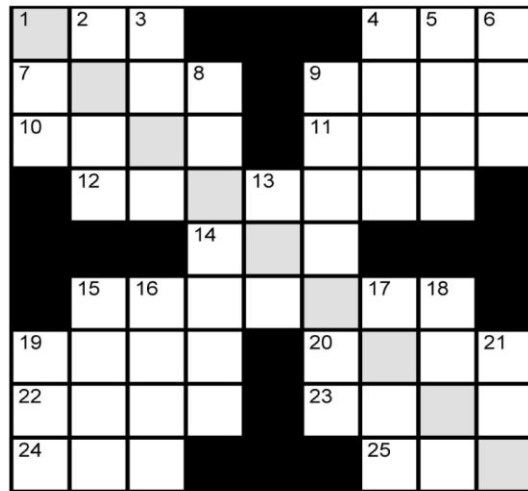
Italian favorite

Across

1. Blue
4. Robinson of song
7. Acted like
9. Six-stringed instrument
10. Biblical twin
11. A deadly sin
12. Glut
14. Electrical unit
15. Columbus, by birth
19. Catch, as fly balls
20. And others, for short
22. Half a matched set
23. Automatic
24. Moray, e.g.
25. Tire meas.

Down

1. Freelancer's enc.
2. Basilica area
3. Campus bigwig
4. Like some vases
5. Wander
6. ___ and The Family Stone



8. Manatee cousins
9. "View of Delft" painter
13. Exclamation of surprise
15. Clarified butter
16. Countess's husband
17. "Cut it out!"
18. Diner sign
19. "Ain't ___ Sweet"
21. Floral necklace



The title is a clue to the word in the shaded diagonal.

You May Regret Revealing too Much Personal Information

Life can be stressful. People have personal problems, work situations to deal with or even disagree with how the business should be run.

Telling all to a co-worker, your boss or someone else won't make you feel better, and the regret you feel later could even make you feel worse.

Don't do it. Spreading your emotional debris to others, whether it's a possible divorce or a problem with your kids will burden the other person while he or she is trying to work.

To avoid sharing too much:

- * Think about situations in which you might be eager to overshare.
- * Ask yourself if this person has time to listen or is emotionally unavailable.
- * Will sharing actually increase your anxiety?
- * Imagine the negative effects of oversharing and the regret you'll feel afterward.

If you have already overshared:

- * Don't discuss the topic again. They'll forget about it if you don't drag out the awkwardness.
- * If you must return to the subject, make it brief.
- * Your message should be an apology. Don't seek approval. State your apology in as few words as possible and move on.

Marriage and family therapist Sharon G. O'Neil says people regularly tell about a marital problem or divorce before it's happening; and mothers often share too much information about their daughters.

1. Which country would you visit for the opportunity to kiss the Blarney Stone? a-Ireland, b-Scotland, c-Wales, d-England.

2. What silent star film was known as "The Great Stone Face" because he never smiled on film? a-Harold Lloyd, b-Harry Langdon, c-Charlie Chaplin, d-Buster Keaton.

3. Edward Murdstone is the cruel stepfather of what title literary character? a-Anne of Green Gables, b-David Copperfield, c-Silas Marner, d-Jane Eyre.

4. What artist was the subject of Irving Stone's novel "The Agony and the Ecstasy"? a-Francisco Goya, b-Paul Gauguin, c-Vincent Van Gogh, d-Michelangelo.

5. Which U.S. state is nicknamed the "Keystone State"? a-Wyoming, b-Georgia, c-Pennsylvania, d-Delaware.

6. Mike Stone and Steve Keller were police detective partners on what TV series? a-"Hill Street Blues," b-"Dragnet," c-"Blue Bloods," d-"The Streets of San Francisco."

7. Now housed in the British Museum, the Rosetta Stone was originally discovered in what country? a-Israel, b-Norway, c-Chile, d-Egypt.

8. What Broadway musical co-written by "South Park" creators Matt Stone and Trey Parker won nine Tony Awards in 2011? a-"The Book of Mormon," b-"American Idiot," c-"Nunsense," d-"Chinglish."

9. Which island is famous for its giant humanoid stone statues called moai? a-Prince Edward Island, b-Attu, c-Easter Island, d-Orkney Island.

10. Which of these figures is not depicted in the Stone Mountain carving in Stone Mountain, Georgia? a-Stonewall Jackson, b-Robert E. Lee, c-Jefferson Davis, d-Ulysses S. Grant.

- Answers to "Set in Stone"
- 1-a, Ireland
 - 2-d, Buster Keaton
 - 3-b, David Copperfield
 - 4-d, Michelangelo
 - 5-c, Pennsylvania
 - 6-d, "The Streets of San Francisco"
 - 7-d, Egypt
 - 8-a, "The Book of Mormon"
 - 9-c, Easter Island
 - 10-d, Ulysses S. Grant



October is breast cancer awareness month. Mari's Cleaning Service is a proud partner of Cleaning for a Reason. Cleaning For A Reason is a non-profit organization that helps locate cleaning companies to provide women undergoing cancer treatment with free house cleaning. Mari's Cleaning Services is committed to providing four women per month each with (4) 4-hour monthly cleanings. Please visit www.CleaningForAReason.org to apply! ☺

Dental Implants ... the Pros and Cons

Tooth loss from accidents, decay and gum disease is common. So common that by age 74, 26 percent of adults have lost all their teeth. Dentures and bridgework were standard options. Now dental implants are a popular alternative. They look better, but replacing missing teeth is more than cosmetic. In favor of implants - At Johns Hopkins, they explain that an implant is a screw or framework that supports a replacement tooth. Implantation is performed in several steps, so don't be guided by TV ads that claim to implant in one day.

First the oral surgeon anchors the implant to the jawbone. Three to six months later, after the screw has fused with the bone, a reconstructive dentist attaches a replacement tooth to a small metal post protruding from the implant. Unlike bridges, implants don't rely on neighboring teeth for support. Unlike dentures, bone loss is usually avoided since the implant replaces the tooth and its roots. Success rates for implants are very high but are somewhat lower in smokers. And chronic conditions such as diabetes can delay healing. Some other considerations - Getting dental implants is considered safe, but as with any surgery, complications can occur, such as bleeding, infection, and nerve, sinus or nasal cavity injuries.

Implants aren't susceptible to decay, but infections can still happen. The gum around the implant can be infected by bacteria, causing periodontal disease. Sometimes additional dental work is required. If the jawbone is weakened by osteoporosis, a bone graft may be needed. And sometimes the sinus cavity has to be lifted if it's enlarged and pushing into the area that needs a bone graft. Dental implants are expensive and not covered by insurance. A single implant can cost several thousand dollars. Still, implants are safe and reliable even for older adults, and they improve quality of life.

Take the Trivia Challenge!

To practice good listening skills you should limit your time talking during a conversation to

- | | |
|-------------------|------------|
| A - Less than 10% | B - 10-15% |
| C - 20-25% | D - 30-35% |

HINT: The answer is hidden somewhere in this newsletter.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
Isaiah 41:10

Whiter Toilets

One of our customers is recommending this product to reduce the black mold that builds up in between cleanings.

"Evolve" Ultra concentrated bleach tables. Found in the laundry isle and is 5.64 oz.

Just drop in the tank.

