BLUEGREEN LIVING

April 2019 Published exclusively for clients of Bluegreen

WHY Spring Cleaning?

Have you ever wondered why we are annually seized by a sudden urge to air out the house, banish dust, organize closets, clean out cabinets, scrub floors, wash windows and organize our garages, attics and basements? It turns out that there are biological, social and psychological reasons for the spring cleaning ritual… and that's a good thing.

In the winter time days are shorter and melatonin production (the hormone that produces drowsiness and enables us to fall asleep) is increased, making us want to relax and sleep more. We spend more time indoors. Our mood tends to be more subdued and energy levels are lower causing our housekeeping habits to slip. Various soils and contaminants begin to build-up in our homes as a result.

Then, the first day of spring comes in late March, and when it arrives most of us are ready. Days are getting progressively longer and nights are getting shorter. The additional daylight suppresses production of melatonin. The more daylight we are

See "WHY" on next page

Bluegreen Client Testimonials

"I called for an emergency service for my dear friend and neighbor. Sam answered my call and was unbelievably helpful and supportive to my neighbor's needs. He took the extra time to make certain to provide the service that was needed and extra conversation in supporting the situation. I cannot even begin to tell you how impressed and thankful I was to call Bluegreen. He gave me complete faith and trust in them just by the phone call. The technician who came to the site for cleaning confirmed that I had made the right choice. He called ahead, was prompt, ever so friendly and he too said how he loved working for Bluegreen and that they treat their employees well. If the employees have faith in their employer how can you not. The technician did a great job, was efficient, effective and professional. Very supportive and helpful to all. I will not hesitate to call or recommend Bluegreen when needed. Service, security and results of incredible value. "

-Stacie Dagen, Brookfield, WI

bluegreen
Live well. Live clean. Today.

262.649.2082 608.257.2990

goBluegreen.com

WHY continued from page 1

exposed to, the less melatonin we produce and the more alert, energetic and active we feel.

Once the winter doldrums pass, we become more aware of the less-than-ideal condition of our surroundings. The energy and optimism of spring prompts us to improve our environment. It's easier to be enthusiastic about cleaning and organizing in the springtime.

Cleaning and organizing are tasks that have an obvious goal or conclusion.

You feel a sense of accomplishment upon completing a task. Your self-esteem increases. Endorphins are released in your body, increasing your sense of wellbeing. In addition, you feel pride of ownership when your home is clean and organized, further improving your mood.

The history of early America also provides a basis for the spring cleaning custom. In the winter, fireplaces, oil lamps and wood stoves created a fine layer of oily soot, ashes and dust on floors, walls, ceilings, rugs and windows.

As temperatures increased and days got longer, use of these heat and light sources decreased. Spring became the perfect time to fling open windows and doors and clean everything. Rugs were beaten and aired out. Walls, ceilings and floors were swept and scrubbed.

Spring has always been a time of change. Americans tend to have two distinct wardrobes: one for warm weather and one for cool weather. Since closet space is limited, we often clean and organize closets this time of year. The type of work and play activities change, so we put away winter toys and tools and get out the ones for warmer weather. Now we need to clean out and organize our garages, basements and attics.

All of these biological, psychological and social reasons mean that we are basically hard-wired for spring cleaning. However, it is easy to become overwhelmed with all of the things you want to clean and organize. Don't try to do it all by yourself.

Call an experienced cleaning company to help you with the big jobs. A reputable company can clean your carpets, upholstery and more.

Call Bluegreen to learn more or schedule your next cleaning.

The Good Life

Good Clean Funnies

Why shouldn't you tell an Easter egg a joke?
It might crack up!

What do you call ten rabbits marching backwards?
A receding hareline.

Can February March?
No, but April May!

A special touch for Easter fun on a traditional favorite.

Easter Deviled Eggs

Ingredients

12 large eggs

¼ cup creamy salad dressing (such as Miracle Whip)

Hot sauce to taste

¼ teaspoon dry mustard

4 drops red food coloring

4 drops blue food coloring

4 drops green food coloring

3 cups water, or as desired

Recipe courtesy allrecipes.com

Directions

Place eggs into a large saucepan, cover with cold water, and bring to a boil. Let eggs boil for 3 minutes; turn off heat, cover pot, and let eggs cook in hot water for at least 20 minutes. Drain and cover eggs with cold water. Peel cooled eggs.

Cut cooked eggs in half lengthwise and remove yolks; mash yolks in a bowl with creamy salad dressing, salt, black pepper, hot sauce, and dry mustard until smooth.

Place red, blue, and green food coloring into 3 different bowls and add about 1 cup water to each bowl. Steep 8 egg white halves in each bowl, tinting the egg whites pink, light blue, and green. Drain colored egg whites on paper towels.

Pipe or spoon egg yolk filling into colored egg white halves; cover and chill before serving, at least 30 minutes.

262.649.2082 or 608.257.2990 clientcare@gobluegreen.com

At least 10 minutes of exercise can give you a mental edge.

BOOST Your Thinking

Anyone can learn and understand more after just 10 minutes of moderate to vigorous exercise. That is the finding of a University of Western Ontario study published in the January 2018 issue of Neuropsychologia.

The effects of 10 minutes of exercise appear to be immediate. In the study, a group used an exercise bike for 10 minutes and was then tested on reaction time in completing a non-standard task. The exercisers had an immediate 14 percent gain in cognitive performance.

Previous studies have shown that 20 minutes of exercise confers brain benefits, but this study shows that even people with physical and mental limitations can benefit from minor exercise.

The implications are important for everyone. If you are taking a test or about to engage in any mental task, 10 minutes of exercise beforehand can give you an extra mental edge.

SAVE Money with Apps

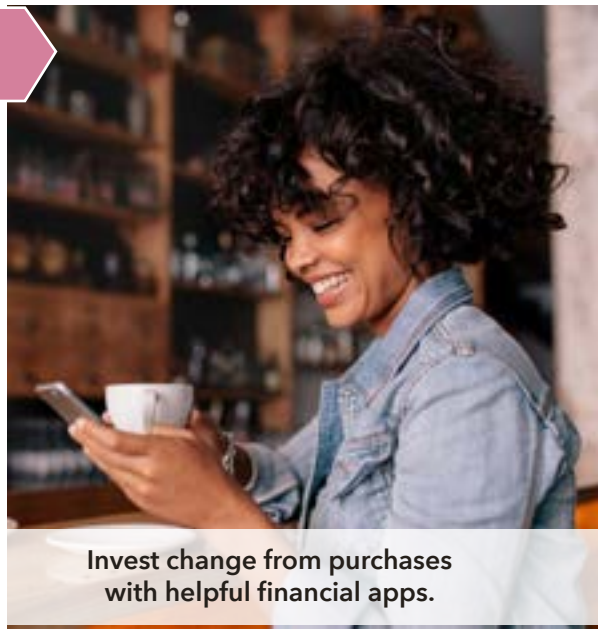
Save more money by using helpful smartphone apps. Here are a few helpful financial apps to help you save, invest and make financial decisions.

The app Acorns rounds up small purchases. If you buy a $2.50 coffee, it rounds up the price to $3 and invests the 50 cents in a portfolio of low-cost exchange-traded funds.

You can choose the level of risk, from conservative to aggressive. According to Money, one user saved an extra $250 in a few months without noticing any difference.

TaxCaster by Intuit TurboTax can estimate your income taxes. It can do a side by side comparison of your tax obligation estimate with the 2017 and 2018 tax laws, to see how tax reform might affect you.

It can also help you make other tax-related financial decisions such as realizing capital gains, all from your smartphone.



Invest change from purchases with helpful financial apps.

Use downtime at work to learn a new language or master a computer application.

Staying ENGAGED at Work

The typical employee feels disengaged or bored with their work for about 10.5 hours per week. However, it is possible to stay sharp and engaged in nearly any job. The first steps happen the night before. They should make sure they get at least seven to nine hours of sleep.

Look at the commute as an opportunity to jumpstart the day. Mentally review your work for the day, noting the task that you will start first. Then, let go of work for a while and inject creativity with a podcast or audiobook.

At the office, take a good look at the workspace and consider adding more ergonomic seating, better lighting, or even a plant to make the environment more comfortable and engaging.

Not feeling challenged can also be a significant roadblock to staying engaged at work. Talk to the manager to see if there is room for an extra creative project or maybe time for skill enhancement.

bluegreen

Live well. Live clean. Today.

Premium Carpet Cleaning / Upholstery Cleaning
Fabric & Fiber Protection / Tile & Grout Cleaning
Sealing & Color Sealing / Urine Damage Treatment
Hardwood Cleaning / Oriental & Area Rug / Drapery Cleaning

262.649.2082 608.257.2990

goBluegreen.com

WISCONSIN

Bluegreen
2110 Pewaukee Rd., Ste. 105
Waukesha WI 53188

APRIL SPECIAL 20% OFF Carpet Cleaning

Minimum of $250 to qualify for discount.
Residential clients only. Expires: 4/10/2019.

Need a little extra help?

Boxes moved to the basement? Dog walked? Trash removed?
Call us today and we will do it for FREE!

*Call for details and restrictions.