

Jensen's Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

The 12 days of easy prep for a holiday-ready home

Are you hosting family or friends this holiday season? Whether it's just a few guests or the whole crew, getting your home ready doesn't have to be overwhelming. Instead of tackling everything at once, try this **12 days of easy prep** plan—simple daily steps that'll have your home sparkling, cozy, and guest-ready by the time the holidays arrive!

Day 1 Bathroom Cabinets & Medicine Cabinet Start small! Clear out expired products, wipe down shelves, and tidy up. You'll be glad you did when curious guests take a peek.	Day 2 Kitchen Cabinets & Pantry Wipe shelves, organize dishes, and toss outdated food. A refreshed pantry makes cooking and hosting easier.
Day 3 Refrigerator Refresh Make space for holiday leftovers by clearing out old condiments and giving the fridge and freezer a good scrub.	Day 4 Carpets, Rugs & Upholstery This is our specialty! A professional deep clean removes dust, dander, and stubborn spots so your home feels fresh and welcoming. Schedule early—holiday appointments fill fast!
Days 5-7 Closets Spread this over a few days. Straighten up one closet at a time and make space for guests' coats and bags.	Days 8-9 Home Office or "Everything Room" Tidy the desk, file stray papers, and wipe down dusty surfaces. You'll love starting the new year with an organized space.
Day 10 Shoe Storage Shuffle Gather scattered shoes and set up a simple system for guests to use when they arrive.	Days 11-12 Beds & Under-Bed Cleanup Freshen guest bedding, fluff pillows, and clear out under-bed clutter. Your guests will notice the comfort—and you'll sleep better, too!

A little effort each day makes a big difference. And remember, when it comes to carpets and upholstery, **Jensen's Carpet Care & Restoration** is here to make your home shine bright for the holidays!



JENSEN'S
CARPET CARE & RESTORATION
920-393-4062
info@jensenscarpetcare.com

Flooring
Q & A
with
Joel J.



Joel Jensen

Hi Joel,

Q: Help! Our holiday feast became a bit rowdy, and gravy was spilled on our carpeting. How can I get it out?

A: Remove as much of the gravy as possible, using a spoon or other tool. Next, sprinkle corn starch onto the spilled gravy, and let it soak up the gravy for approximately 15 minutes. Next, vacuum or sweep up the cornstarch, which should have absorbed some of the gravy and grease. Depending on the size of the spill, you may need to repeat this step once or twice. Next, using a spray bottle and a 50/50 mixture of white vinegar and water, evenly mist the spot, and use a clean cotton towel to absorb the mixture and the spot. *HINT: Stand on the towel to absorb more of the spill and cleaning solution. Repeat 2-3 times as needed.*

Joel says:

Remember, spots and stains can be tricky, and certain cleaners and techniques can cause permanent damage.

Call Jensen's anytime for a free quote if you'd like us to take a look.

Have a flooring question for Joel?

Email it to:

info@jensenscarpetcare.com



**DECEMBER
SPECIAL**
SEE PAGE 4

**Don't miss out
on a pre-holiday
cleaning!**

Featured Local Event: December 2025



Run Run Rudolph Fun Run

Date:
December 13, 2025

Location:
Christkindlmarket On
Broadway
164 N Broadway
Green Bay

Time: 11:00 am

Information:

Embrace the holiday season with a dash of festive cheer! Join us for a one-mile fun run through the streets of downtown Green Bay.

[www.runsignup.com/
Race/WI/GreenBay/
RunRunRudolphGB](http://www.runsignup.com/Race/WI/GreenBay/RunRunRudolphGB)

Client of the month:
December 2025

**Gladys
Schommer**

*Thank you for the
amazing review
last month!*

Healthy Talk

A cozy, healthy sip for the season

When the weather outside is frightful, a warm cup of something healthy can be truly delightful. Instead of reaching for sugary cocoa or coffee drinks, try this simple Golden Milk Latte — a soothing, anti-inflammatory beverage made with turmeric and milk.

Adapted from EatingWell.com, this recipe is a cozy way to unwind and support your immune system all winter long.

Golden Milk Latte

Ingredients:

- ◆ 1 cup milk
(dairy or unsweetened almond milk)
- ◆ ½ tsp ground turmeric
- ◆ ¼ tsp ground cinnamon
- ◆ 1 tsp honey or maple syrup
- ◆ Pinch of black pepper

Directions:

In a small saucepan, whisk milk, turmeric, cinnamon, and pepper over medium heat until hot but not boiling. Remove from heat and stir in honey. Pour into a mug and enjoy warm.



Why it's healthy: Its anti-inflammatory and antioxidant benefits. Cinnamon helps regulate blood sugar, and black pepper enhances curcumin absorption. Together, they create a comforting drink that supports wellness and warms you from the inside out.



Quotes for December

“May and October, the best-smelling months?
I’ll make a case for December;
evergreen, frost, wood smoke, cinnamon.”

— Lisa Kleypas

“What good is the warmth of summer, without the
cold of winter to give it sweetness?”

— John Steinbeck

How to spend your winter break if you're planning on a Staycation this year!

It's that time of year when work slows down and people are more focused on creating memories with family and friends. With the kids off school it's the perfect time to have a family vacation. But even if you decide not to travel you can have a fun staycation right at home. Here are some great ideas to make the most of your Winter Staycation this year...

♦ **Yelp! It.**

Yelp! Is a super cool free app that helps you discover the best of what an area has to offer. Perhaps you've used it while traveling but when is the last time you used it to discover hidden gems in your own hometown? Do a search for breakfast restaurants in your area and then browse through the options. You just might find a new family favorite and start a new tradition.



♦ **Go Ice Skating.**

This is a super fun family activity that is both active and relaxing, especially if you have access to a beautiful outdoor venue. Often times there is a fire roaring nearby and festive music playing. And Holidays and New Year's Day are the perfect days to go as it is usually not too busy.



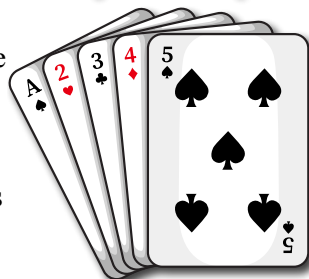
♦ **Movie Day.**

If your family loves movies it's a great way to hang out together in your PJ's. Pick a beloved series like "Lord of the Rings," "Star Wars," or even "Back to the Future," then after a pancake breakfast start watching your movies, nosh on popcorn and cookies, and in the evening go for a family walk to get some fresh air.



♦ **Card Party.**

This is a throw back to the days when people had big old card parties with multiple tables and lots of salty snacks. Invite a few friends and neighbors and assign partners and learn a fun game like double deck pinochle, or canasta, have some tasty snacks and holiday drinks ready and even get a fun door prize for the night's winner.



With these entertaining ideas you can have a super special and memorable Winter Staycation! Make it a safe and fun holiday season for you and your loved ones.



Cool blogs, sites & online resource to check out this month:

www.SouthernBite.com

This is a stunning food blog created by Stacey, a chef who opens up with "Hi Y'all! I'm Stacey...Feeding people makes me happy." So when he invites you to pull up a chair and join him how can you resist this southern charm? Plus, he shares beautifully photographed recipes for things like "pulled pork cornbread tarts" and "Mama's Sweet Potato Cake with Marshmallow Buttercream Frosting." He had us at marshmallow buttercream.

December

Fun Facts!

- * December comes from the Latin word decem, meaning "ten" — it was originally the tenth month in the Roman calendar.
- * Birthstone: Turquoise symbolizes protection, success and love.
- * Flowers: Narcissus and holly represent hope and defense.
- * Zodiac Signs: Sagittarius(Nov 22–Dec 21) and Capricorn (Dec 22–Jan 19).
- * Literature: Charles Dickens' "A Christmas Carol" was published in December 1843.
- * Meteor Showers: The Geminids peak in December, offering one of the year's most spectacular light shows.
- * Winter Traditions: In Japan, it's common to enjoy KFC for Christmas dinner!
- * Longest Nights: The winter solstice (12/21/25) can bring over 16 hours of darkness in northern U.S. states.

Urgent!

There are only a few appointments left in our schedule before the holidays. Don't miss out on a pre-holiday cleaning...Call now!

Hello friends and clients! It's Jensen's Carpet Care & Restoration, your carpet cleaner reminding you...the countdown has begun. Many of our clients have responded to our reminders about calling us early for pre-holiday carpet cleaning, but if you are one of those people who still needs to grab an appointment waiting much longer can be...

A real bummer.

It happens every year, like clockwork. At the eleventh hour we get a desperate phone call from a dear client who has let "clean the carpets before the holiday guests arrive" slip to the bottom of their "to-do list." Unfortunately, when they call we're usually already booked solid. That's when the begging and pleading begins. If only they would have called us sooner, by the time their holiday guests and parties arrived their carpet would have looked...

Brand spanking new!

Instead of healthy, clean carpets before the holidays, this client often finds themselves on our "cancellation list" with their fingers crossed.

Please don't let that be you this year. Don't worry, at this point, you can still have clean carpets before your guests and parties and festivities commence. You can still have your tired carpets transformed into fluffy, clean carpet. You can still have all your spots and spills removed. (The ones that have been bugging you since last Christmas.) Because...

It's NOT too late yet.

You still have a little bit of time to call us and grab a pre-holiday cleaning appointment, but only if you call now. So, if you want your carpets to shine for your guests, parties and celebrations please don't wait one more day. Grab your phone right now and call us at 920-393-4062 or contact us by e-mail info@jensenscarpetcare.com just say or write in the subject line "Pre-Holiday Cleaning Now!"



Before we forget... If you hear of any friends having holiday guests this month please be sure to call or email us and we will give them a **FREE** room of carpet cleaning in your name!

P.S. We will send you a \$10 Gift Certificate for your referral... So **THANKS** in advance!!

Take advantage of our biggest savings special ever!

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before December 31, 2025, and get:

- **Save \$20 OFF your carpet cleaning***
- **Save 33% OFF carpet protection!****

*Some restrictions may apply. Minimum charge always applies.
Not valid with other offers. ** Must be in combination with carpet cleaning.



Thank you for the referrals!

Special thanks to all those who referred Jensen's...

Clark Dequaine, Andy Grundstrom, Carrie Bodart, Tina Reeths, Lydia Franswa Simms Realty, Amy Fullerton, Amy McNulty, Megan West, Aaron Schultz, Facebook, Google Search and Reviews, Yelp and Angie's List, Toonen Properties, Kos Management, Brook Park Apartments, Alliance Management, Olejniczak Realty, Keller Williams Realty

Thanks for all the kind words!

Gladys Schommer "You guys performed a miracle on my carpeting! Everything was wonderful."

John Lutgen "(The tech) did a great job and I am happy with how it all went."

Nancy Nusbaum "It was wonderful, I loved (the techs), you can send them anytime."

Crystal Herald "The carpet cleaning went amazing, the team that showed up did a fantastic job."

Rick Decker "I am very happy with the service, and could not say enough about the staff."

Ryan Klippert "The technicians did a wonderful job."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311



*Your new December
issue has arrived...*

Inside:

- 12 days of easy prep for a holiday-ready home
- A cozy, healthy sip for the season in *Healthy Talk*
- How to spend your Staycation

Need help now? Call us!
(920) 393-4062

info@jensenscarpetcare.com

Jensen's Healthy Home News

Grapevine Café



Jensen's MEGA TRIVIA

The first six people who call our office with the correct answer will win a \$15 gift certificate for

Grapevine Cafe'

2058 Allouez Avenue, Green Bay
www.grapevine-cafe.com

Take your best guess and call us at
920-393-4062!

(Be courteous and allow six months between wins)

This month's Mega Trivia Question:

Which popular holiday tradition in Japan has become a modern custom for Christmas dinner?

- | | |
|-------------------|----------------------|
| A) Sushi feast | B) KFC fried chicken |
| C) Hot pot dinner | D) Ramen noodles |

Hint: You'll find the answer in the newsletter.