

Jensen's Healthy Home News

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

Germaphobes 101: smart tips for a healthier home this winter

Cold and flu season has officially arrived, and while we can't stop every germ from sneaking into our homes, a few smart habits can go a long way toward keeping your family healthier. Here are simple, expert-backed steps to reduce germs where they gather most.

Kitchen Clean-Up

The kitchen is one of the germiest rooms in the house—responsible for more than 20% of foodborne illness, according to the National Sanitation Foundation. Keep things safer by:

- ◆ Refreshing your sponge: Replace it often, wash it with soap after use, or sanitize it by running it through the dishwasher or microwaving it for 30 seconds.
- ◆ Wiping high-touch spots: Countertops, handles, knobs, switches and even the phone gather bacteria quickly. A quick pass with soapy water or disinfecting wipes helps.
- ◆ Cleaning the ice dispenser: Mold and yeast love this overlooked area. Turn off the icemaker, empty the bin and wash with mild soap and warm water.

Better Bathroom Habits

Warm, humid bathrooms are ideal breeding grounds for germs. Even faucet handles can hold thousands of bacteria per square inch. Keep the space fresher by:

- ◆ Tackling shower buildup: Use an all-natural cleanser or warm, diluted vinegar on tiles, doors and curtains. Leave the shower door open to reduce mildew.
- ◆ Disinfecting surfaces: Since bacteria can double every 20 minutes, regular wipe-downs can significantly cut down on lingering germs.

Whole-House Health Tips

A few extra tasks can help keep the rest of your home healthier:

- ◆ Clean vacuum attachments: Brush rolls and upholstery tools can spread allergens if not washed regularly.
- ◆ Wash smart: Kitchen towels and undergarments carry the most bacteria. Wash them in hot water with non-chlorine bleach and wipe the washer drum afterward.
- ◆ Dust ceiling fans: Fan blades collect dust that circulates through the air. Quick dusting every other month keeps allergens down.

And don't forget—your carpets act like a giant air filter, trapping dust, dander and germs. A professional deep cleaning from **Jensen's Carpet Care & Restoration** removes what regular vacuuming can't, helping your family breathe easier all winter long. It's one of the simplest ways to give your home a fresh, healthy start to the new year!



920-393-4062

info@jensenscarpetcare.com



Joel Jensen

Hi Joel,

Q: Santa Claus forgot to wipe his feet and now we have muddy footprints on our living room off-white carpet. What's the best way to clean it up without doing more damage?

A: Sorry to hear that jolly old Saint Nick left more than just presents under the tree! If mud is on your carpet, let it dry before treating it. When dry, vacuum up the dirt as much as you can. After you have removed as much dirt as possible, make a solution using the ratio of 1/4 teaspoon of mild clear dish washing detergent to one cup warm water. Use a clean white cloth to gently blot the solution onto the carpet. The cloth will allow you to see the stain lifting. Make sure and use only a clean area of the cloth with each blot. Do this until you no longer see the spots and then carefully dab with another clean dry cloth to help lift moisture from the areas. Let damp spots on the carpet air dry. Repeat process 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

**JANUARY
SPECIAL
SEE PAGE 4**

**Our Deepest
Discounts of
the Year!**

Featured Local Event: January 2026

GREEN BAY



Green Bay RV & Camping Expo

Dates & Time:

Jan. 29, 3-8 p.m.

Jan. 30, 12-8 p.m.

Jan. 31, 10 a.m. - 6 p.m.

Feb. 1, 10 a.m. - 4 p.m.

Location:

Resch Expo Center
840 Armed Forces Drive
Green Bay

Information:

Featuring exclusive show deals on campers and RVs from the region's finest dealers. While you plan your getaway, visit our exhibitors from our state's finest campgrounds, resorts and tourism groups, all on-hand to get you set for the camping season.

[www.reschcomplex.com/
events/detail/green-bay-rv-
camping-expo-2](http://www.reschcomplex.com/events/detail/green-bay-rv-camping-expo-2)

Client of the month:
January 2026

Amy Hart

*Thank you for the
amazing review
last month!*

Healthy Talk

Move more, feel better this winter

Winter can make it tempting to stay cozy indoors, but staying active during the colder months is one of the best ways to boost your mood, energy and overall health. Even small changes can make a big difference.

Why it matters: Physical activity helps strengthen your immune system, improve circulation and combat winter blues. Just 20–30 minutes a day of moderate movement—like brisk walking, stretching, or light strength exercises—can improve mood and help maintain healthy joints and muscles.

Simple ways to move more:

- ♥ Take short indoor walking breaks while listening to music or a podcast.
- ♥ Use household chores—vacuuming, laundry or snow shoveling—as mini workouts.
- ♥ Try balance or gentle yoga exercises to stay flexible and prevent slips and falls.

Making activity a regular part of your winter routine can leave you feeling stronger, more energized and ready to enjoy all the season has to offer.



Quotes for January



“January is the perfect time to start over... or at least hit snooze a few more times.”

— Unknown

“The magic in new beginnings is truly the most powerful of them all.”

— Josiyah Martin

“January is the start of anything you want.”

— Unknown



Stamp collecting: a timeless hobby for all interests

Stamp collecting is one of the world's most enduring hobbies, with an estimated 20 million collectors in the U.S. alone. Collectors are drawn to stamps for their historical significance, geographic connections, and the wide variety of subjects they depict—from animals and objects to famous people and historic events. Whatever your passion, there's likely a stamp to match it.

Many countries rely on collectors as a source of income, producing limited-edition stamps with elaborate designs. These stamps often exceed postal needs but offer beautiful, collectible artwork—tropical scenes, historical themes, or cultural symbols—that appeal to enthusiasts worldwide.

The hobby dates back to the first postage stamps themselves. Britain issued the first stamp, the Penny Black, in 1840, featuring a young Queen Victoria. Produced without perforations, it had to be cut from the sheet with scissors. While unused Penny Blacks are rare and highly valued, used examples are more common and can cost anywhere from \$20 to \$200 depending on condition.

Whether you're interested in history, art, or geography, stamp collecting offers a fascinating window into the world. For tips and resources for beginners, visit <https://stamps.org/learn/getting-started>.



One of the first two Mauritius Post Office stamps, this stamp was sold for approximately \$1.2 million in 1993.



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



<https://dp.la/>

The DPLA draws on materials from public libraries to feature rich virtual exhibits of a fascinating range of subjects. Everything is presented succinctly with the ability to drill down for more detail. There are almost 2.4 million artifacts available via search, timeline and map views.

January

Fun Facts!

- ★ The first postage stamp, the Penny Black (1840, Britain), featured a young Queen Victoria and had to be cut from sheets because it had no perforations.
- ★ Misprinted stamps, like upside-down designs or wrong colors, can become extremely valuable to collectors.
- ★ The British Guiana 1-cent Magenta (1856) is considered the rarest and most valuable stamp in the world, selling for over \$9 million.
- ★ Some countries produce limited-edition stamps specifically for collectors, sometimes featuring glitter, holograms, or unique shapes.
- ★ Modern stamps often use self-adhesive glue, replacing the old method of moistening stamps by licking them.

Get impressive savings in January!

It's our "slow season" so we've slashed prices to keep busy –if you are an "off season" bargain hunter...pay close attention...

Hello friends and clients! Have you ever used discounted travel websites like Hotwire.com or Expedia.com? You see, the way those websites work, is they sell their hotel rooms, car rentals and flights at deep discounts because a discounted sale is better than no sale at all. And frankly, in January, for carpet cleaners like us, a filled schedule is better than no schedule at all! So when it comes to carpet cleaning at a discount...

Nothing comes close...

...to cleaning in January! So if you are longing for fluffy, clean, healthy carpet; if you want carpet that looks great and has NO spots and if you want it all at a bargain price, call us this month and...

Discover these three benefits of cleaning "off season"

- ▶ Benefit #1: You get a HUGE discount on our exceptional, exclusive five-step cleaning system!
- ▶ Benefit #2: We promise to take extra measures to keep the cold out and the heat in.
- ▶ Benefit #3: You have a better pick of our schedule... We're just trying to keep busy this time of year!



If you are a bargain hunter...

...it doesn't get any better than this. It pains us to slash our prices this much but we have to do what we have to do to keep busy during January. So instead of reminding you that your carpets need to be cleaned every 6-12 months to maintain their health and beauty; in lieu of educating you that your carpets don't need to look dirty to need a professional cleaning; rather than letting you know that your carpet is a giant filter that holds onto dust mites, allergens, dirt, pollutants and the like that need to get cleaned out regularly for healthy indoor air; instead of all that I will just say....

Do you know anyone recovering from holiday guests? Please have them call us and we will give them a FREE room of carpet cleaning in your name (up to 200 sq. ft. of carpet, new clients only). Thanks!

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

Are you ready for some of our deepest discounts of the year?

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before January 31, 2026, and:

- Save 10% OFF partial home carpet cleaning*
- Save 15% OFF whole house carpet cleaning*

*Some restrictions may apply. Minimum charge always applies.
Not valid with other offers.



Thank you for the referrals!

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

Megan Darling, Zoe VanOss, Patti Haney, 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!

Judy Darling "As usual your tech's represented your company very well. They were courteous and did a fantastic job."

Jenny Verchart "I was really impressed with you all. I had a stain that was there for years and you guys were able to get it out!"

Silvia Jensen "(The techs) did an awesome job."

Sherry Demske "I would give (the tech) five stars."

Monica Hilbert "(The techs) were so nice to work with and did a great job."

William Sparks "You guys do a great job. You will definitely be hearing from me next time I need my carpeting cleaned!"

Sarah Lullossf "The techs were great! They were efficient and communicated very well."

Teresa Williquette "The techs were professional, friendly, and efficient."

Robin Schmitz "The Carpet looks and smells great!"

Debbie Destiche "Everything was wonderful. They did a fantastic job."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new January
issue has arrived...*



Inside:

- Germaphobes 101
- Move more, feel better this winter
in *Healthy Talk*
- Stamp collecting: a timeless hobby
for all interests

Need help now? Call us!

(920) 393-4062

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Jensen's Healthy Home News



Jensen's MEGA TRIVIA

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

Village Grille

801 Hoffman Road, Green Bay

www.villagegrillegreenbay.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 stamp is considered the rarest
and most valuable in the world?**

- A) Penny Black (Britain, 1840)
- B) British Guiana 1c Magenta (1856)
- C) Inverted Jenny (USA, 1918)
- D) Canadian Two-Cent Large Queen (1868)

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