

Jensen's Healthy Home News

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

Winter's leftovers: Why spring is the best time for a deep clean



Winter has a way of settling into every corner of your home. Months of closed windows, wet boots, extra foot traffic, and more time spent indoors leave behind dust, allergens, salt, and moisture—much of it hidden deep in carpets and furniture.

By the time spring arrives, your home may be holding onto winter's leftovers, even if everything looks clean on the surface.

During winter, carpets and upholstery trap dirt, pet dander, and allergens while sidewalk salt and sand get ground deep into fibers. Moisture from snow and slush can linger, contributing to dull-looking carpets or musty odors that don't disappear on their own.

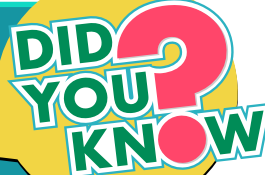
That's why spring is the ideal time for a true deep clean.

A professional deep cleaning removes embedded dirt that regular vacuuming can't reach, helping reduce allergens, improve indoor air quality, and restore the look and feel of your home. It also helps protect carpet fibers from premature wear, extending the life of your flooring and furnishings.

As you open the windows and welcome fresh air, starting with a clean foundation makes all the difference. A thorough spring cleaning helps create a healthier, more comfortable home—just in time for the season of renewal.

If your home is still holding onto winter, Jensen's Carpet Care & Restoration is ready to help you start spring fresh. A deep clean now lets you enjoy the season ahead with confidence—and breathe a little easier.

Early spring sunlight can boost mood and energy—another good reason to let the season shine indoors.



**ONE SIMPLE
EARTH DAY HABIT**
SEE PAGE 2

**Allergy Relief
Special**
SEE PAGE 4

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

Flooring
Q & A
with
Joel J.



Joel Jensen

Hi Joel,

Q: Why do my carpets look darker under furniture when I move it in the spring?

A: Because your couch has been hogging the spotlight all winter 😊. When furniture sits in the same spot for months, it compresses carpet fibers and blocks light and air, making those areas look darker. Rotating or slightly shifting furniture each season helps carpets wear more evenly and allows fibers to bounce back—especially after a professional cleaning. Your carpet (and your couch) will thank you.

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

Featured Local Event:
April 2026

WOW!

Collectorabilia

Date & Time:

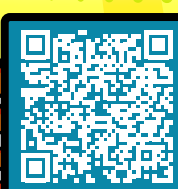
Sat. April 4, Doors: 8a.m.

Location:

Resch Complex
840 Armed Forces Dr
Ashwaubenon

Information:

You may find retro games, consoles, toys, action figures, comics, graphic novels, art, craft, Lego, bartop arcades, modern collectables, funkopops, t-shirts, wrestling merchandise, Pokemon, Transformers, Japanese imports, sports memorabilia, TV/Movie Memorabilia, antiques and much much more!



<https://www.reschcomplex.com/events/detail/collectorabilia-con-4>

Client of the month:
April 2026

Judy Trow

Thank you for the referral last month!

Healthy Talk

One simple Earth Day habit—change your air filter



One of the easiest ways to improve indoor air quality is also one of the most overlooked: changing your furnace or HVAC air filter. A clean filter helps trap dust, pollen and pet dander before they circulate through your home.

Spring is a great time to replace filters after a winter of heavy use. Most homes benefit from changing filters every one to three months, depending on pets, allergies and how often the system runs. Reusable filters can be washed, dried, and reused—reducing waste and saving money.

For Earth Day, make filter replacement part of your seasonal routine. Cleaner air is healthier for your family and easier on your HVAC system, which can mean improved efficiency and less energy use.

Quotes for April

“We never know the worth of water till the well is dry.”

— Thomas Fuller

“What is the use of a house if you don't have a decent planet to put it on?”

— Henry David Thoreau

“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”

— John Muir

April Birthday Hall of Famer, Charlie Chaplin

English comic, director and icon of the silent film-era Charlie Chaplin was born April 16, 1889 in Walworth, London, England, and died at the age of 88, on Christmas day 1977. Most remembered for his portrayal of a character known simply as "The Tramp", his unique look is instantly recognizable, even today. The American Film Institute has ranked Chaplin as the 10th greatest male screen legend of all time.

Chaplin's Film-making

Techniques: When it came to creating his films, he was very secretive of his methods, which were not revealed until after his death. He likened the film-making craft to being a magician -- and a magician never reveals his methods!

The Method: His films were shot without a script. He would normally start with a vague concept (for example, "Charlie works at a pawn shop"), and then use the people and props at hand to improvise gags and activity around them. Ideas were accepted, discarded, developed, improved, and soon enough, a narrative would begin to emerge, which frequently would require Chaplin and his cast to reshoot previous scenes to make them better mesh with the emerging storyline.

This style of meticulous film-making was very taxing on the cast. He would shoot scores of takes of the same scenes, until every motion of every actor was to his liking. This expensive, time-consuming combination of improvisation and relentless perfectionism would often take its toll on Chaplin as well, who in frustration would often lash out at the cast and crew, or even spur him to shut down production altogether.



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

1000 Awesome Things

It's a long-running blog that celebrates the simple, joyful, and sometimes quirky moments in everyday life. From the satisfying pop of bubble wrap to the smell of fresh sheets, this site focuses on the little parts of life that make people smile—perfect to pair with spring positivity and Earth Day vibes. You can explore its archive of "awesome" moments.

1000awesomethings.com



Start a mini compost at Home

Composting is one of the easiest ways to reduce waste, help the environment, and even create rich soil for your garden. You don't need a big backyard or fancy equipment—just a small bin or container can get you started.

Learn the Basics. Composting is all about balancing "greens" (fruit and vegetable scraps, coffee grounds, eggshells) and "browns" (dry leaves, shredded paper, cardboard). Avoid meat, dairy, and oily foods, which can attract pests. Sites like www.CompostFoundation.org provide step-by-step guides and tips for beginners.

Get Started. Choose a container with a lid and keep it in a convenient spot. Add your greens and browns in layers, and turn the mix every few days to help it decompose. Within a few months, you'll have nutrient-rich compost ready to use in potted plants or garden beds.

Composting is a simple Earth Day-friendly habit that can continue all year, reducing waste while enriching your home and garden naturally.

Sometimes does it feel like you're allergic to being awake?

"I used to wake up at 4 a.m. and start sneezing, sometimes for five hours. I tried to find out what sort of allergy I had but finally came to the conclusion that it must be an allergy to consciousness."

– Raymond Chandler, American Writer, 1888-1959

Hello friends and clients! The quote above from Raymond Chandler is all too familiar to many of us around this time of year. Sometimes it feels like we are allergic to consciousness when there is little relief in sight! We've been talking to our clients about the subject of allergies for years and with springtime upon us it's a good time to review the facts. Check this out...

According to The Asthma and Allergy Foundation of America website, one in four Americans suffer from allergies or asthma. That's tens of millions of Americans suffering this spring!

According to WebMD, we spend 90% of our time indoors. Our indoor air can be up to 100 times more polluted than outdoor air, depending on factors such as whether the residents smoke.

Many people think that carpets and allergies are a bad combination. Even some allergists will encourage their patients to remove carpeting in favor of hardwood or tile floors. However, carpets can actually help to reduce the allergens in your home by trapping them, as long as they are properly cleaned on a regular schedule.



Just follow this logic for a second...Our carpet traps indoor allergens like dust mites, mold, mildew, fungus, pollens, pet dander and other pollutants and allergens. When that trap gets full, a professional steam cleaning is needed to remove those allergens from your carpet and your home. Result? You can have relief from allergy symptoms related to those substances.

We've heard it time and again from clients – carpet cleaning does relieve some allergy symptoms. So, until there is a "cure" there is only prevention. Prevent yourself from having polluted indoor air – clean your carpets today.

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

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

Allergy relief special

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before April 30, 2026, and you get:

- **15% OFF Whole House Carpet Cleaning***
- **10% OFF Main Living Space Carpet Cleaning***

*Not valid with other offers. Minimum charge always applies.



Thank you for the referrals!

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

Linda Hanson, Judy Trow, 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!

Jenny Riopelle "Everything went great. The techs were so nice and they were able to get every spot out."

Heather Zeise "The cleaning went great as usual."

Gerri Tauscheck "Cleaning went wonderful, my husband was just saying how nice it looked."

Ken Anderson "Cleaning was excellent, I let it dry and got my furniture all back in place, thank you."

Kim Rozum "I was very impressed with the techs, and everything turned out great!"



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new April
issue has arrived...*

Inside:

- Winter leftovers — spring cleaning
- One simple Earth Day Habit
in *Healthy Talk*
- Happy Birthday Charlie Chaplin!

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

info@jensenscarpetcare.com

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

The 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:

According to the American Film Institute,
who was ranked as the 10th greatest
male screen legend of all time?

- | | |
|--------------------|---------------|
| A) Humphrey Bogart | B) Tom Cruise |
| C) Charlie Chaplin | D) John Wayne |

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