

Jensen's Healthy Home News

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



Born in Wisconsin, raised by "Ma"

Before her stories became beloved classics, Laura Ingalls Wilder was a Wisconsin girl, born in 1867 in a small log cabin near Pepin. From that humble beginning grew a series of books that would preserve not only her childhood, but the strength and spirit of her mother, Caroline Ingalls.

In the "Little House" books, it's easy to be swept up in pioneer adventures—log cabins, prairie skies, and long wagon journeys. But at the heart of those stories is "Ma," a steady, guiding presence who helped her family navigate the challenges of frontier life. Through Laura's writing, Caroline Ingalls is remembered as patient, resourceful, and quietly resilient—qualities that defined so many mothers of that era.

Life on the frontier was not easy. There were harsh winters, scarce supplies, and constant uncertainty. Yet "Ma" managed to create a sense of home wherever the family settled. She sewed clothes by hand, prepared meals from whatever was available, and ensured her daughters were raised with values, education, and a sense of grace—even in the most difficult conditions.

Laura's books, including "Little House on the Prairie," are more than historical fiction—they are a tribute. They capture the everyday heroism of a mother whose work often went unnoticed, but whose influence shaped generations.

This Mother's Day, it's worth remembering that while times have changed, the heart of motherhood has not. Like Caroline Ingalls, today's mothers continue to create comfort, stability, and love in ways both big and small—often without fanfare, but always with lasting impact.

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



Joel Jensen

Hi Joel,

Q: During a family cookout, grease from the grill got on the patio and was promptly tracked onto our light colored carpet. What now?

A: I salute all grillmasters! Try this: Acting quickly, gently blot up as much of the surface grease as possible with papertowels, careful not to press too hard. Sprinkle a liberal amount of absorbent baking soda or corn starch on the affected area. After 20 minutes carefully vacuum up all the powder. If the spot is still visible, continue with this method: Mix one cup of warm water with a few drops of mild liquid dish soap. Dip a clean white cloth in this solution and then put light pressure on the grease stain. Leave the solution on for five minutes. Using another clean white cloth, gently blot the stain. Repeat until the spot is no longer visible, then place paper towels over it. Hold them down with a heavy object and leave overnight to absorb any remaining liquid.

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

**A REAL
VALUE IN
CARPET
CLEANING**

**Special
Offer!
SEE PAGE 4**

Featured Local Event: May 2026



Titletown Train Show

Date & Time:

Sat. May 9, 9a.m. - 4p.m.

Sun. May 10, 10a.m. - 3p.m.

Location:

KI Convention Center
333 Main St, Green Bay

Information:

Over 35,000 square feet of model and toy trains! Including: Operating display layouts, in multiple scales Hundreds of seller tables, featuring everything trains: hobbyist supplies, electronics, models, kits, toys, track and rolling stock, scenery, artwork, videos, clothing, books, antiques, collectibles, ect.



[www.greenbay.com/event/
titletown-train-show-2026/7934/](http://www.greenbay.com/event/titletown-train-show-2026/7934/)

Client of the month:
May 2026

**Heather
Willems**

*Thank you for the
referral last month!*

Healthy Talk

Arthritis and diet: what we know today



Rheumatoid arthritis (RA) is an autoimmune condition that causes joint pain, swelling and stiffness. While no single food prevents RA, research continues to show that overall diet plays a role in inflammation.

Vitamin C remains important. People with diets low in vitamin C and other antioxidants may be more vulnerable to inflammation, which can worsen joint symptoms. Antioxidants help protect cells from damage caused by free radicals—unstable molecules that contribute to inflammation.

Self-Defense: Aim to get enough vitamin C daily (about 75–90 mg for most adults) through whole foods. Great sources include red peppers, strawberries, oranges, broccoli, and kiwi. A balanced diet rich in fruits, vegetables, whole grains, and healthy fats (like olive oil and fish) may also help support joint health.

Stroke awareness: act FAST

A stroke occurs when blood flow to the brain is blocked or when a blood vessel bursts. It is a medical emergency, and fast action can save a life and reduce long-term disability.

Health experts now promote the easy-to-remember **FAST** test:

- ▶ **F – Face:** Ask the person to smile. Does one side droop?
- ▶ **A – Arms:** Ask them to raise both arms. Does one drift downward?
- ▶ **S – Speech:** Ask them to repeat a simple sentence. Is speech slurred or strange?
- ▶ **T – Time:** If you notice any of these signs, call 911 immediately.

Don't wait or try to "see if it passes." Emergency responders can begin treatment right away and take the patient to the most appropriate hospital.

Bottom line: When it comes to stroke, every minute truly matters.

Quotes for May

"Biology is the least of what makes someone a mother."

— *Grey's Anatomy*

**"If evolution really works, how come mothers
only have two hands?"**

— *Milton Berle*

**"My mother had a great deal of trouble with me,
but I think she enjoyed it."**

— *Mark Twain*



Remembering the meaning of Memorial Day

As May draws to a close and summer begins to peek around the corner, many of us look forward to a long weekend filled with family gatherings, backyard barbecues and the unofficial start of the season. But at its heart, Memorial Day is something much deeper—a time to pause and remember.

Memorial Day honors the men and women of the United States Armed Forces who gave their lives in service to our country. Its origins date back to the years following the Civil War, when communities began decorating the graves of fallen soldiers with flowers—hence its original name, Decoration Day. Over time, it became a national day of remembrance, observed on the last Monday in May.

While traditions vary, many people mark the day by visiting cemeteries, attending parades or taking part in moments of silence. At 3:00 p.m. local time, a National Moment of Remembrance invites Americans to stop, reflect, and honor those who made the ultimate sacrifice. Even small gestures—displaying a flag, sharing a story or simply taking a quiet moment—can help keep the true meaning of the day alive.

Memorial Day also reminds us of the value of home and community. The freedoms we enjoy—time with loved ones, the comfort of a safe home, and the ability to gather and celebrate—are part of the legacy left to us by those who served. It's a fitting time to appreciate not just where we live, but the people who make it meaningful.

As you enjoy the holiday weekend, take a moment to remember why it exists. Behind every flag and every celebration is a story of sacrifice, courage, and service. Honoring those stories ensures they are never forgotten.



Amazing websites to visit this month:

Movies and GIFs

AGoodMovieToWatch.com

One of life's biggest challenges seems to be trying to think of a good movie to watch. This website takes care of it with quality suggestions that aren't exactly well-known. You'll see that a few clicks of a random suggestion will get you to something that will catch your interest. Enjoy!

Giffy.com

This website houses the most popular GIFs that are circulated over a million times on the internet. You can use these to express yourself in a funny and inoffensive manner. You can use them on social media and elsewhere. Have fun!

Mother's Day

Fun Facts!

- ★ Mother's Day became an official U.S. holiday in 1914.
- ★ The founder of Mother's Day, Anna Jarvis, later fought against its commercialization.
- ★ Mother's Day is the busiest day of the year for restaurants in the United States.
- ★ More phone calls are made on Mother's Day than on any other day of the year.
- ★ Mother's Day is one of the biggest days of the year for family photography and portraits.
- ★ "Mother" is one of the most popular words used in song titles across many music genres.

Save money while you let us do your "spring cleaning" for you!

Hello friends and clients! It's that time of year again. Time when the "winter blahs" turn to thoughts of sunshine and the outdoors. Who wants to be stuck inside cleaning?

Give us a call and let us do your "spring cleaning" for you! Getting your carpets cleaned will make your whole house feel fresher and cleaner. Plus, it will clean your indoor air!

An offer to make your whole house look and feel clean while saving you money...for this month only!

Just give us a call and we'll show up at a time convenient for you and take care of everything from pre-vacuuming to the moving of the furniture. And, if you call (920) 393-4062 and request this special by May 31, 2026, you will receive \$20 off your carpet cleaning and 33 percent off carpet protection (see special below). But hurry, everyone is so anxious for us to do their Spring Cleaning our schedule is filling up fast!

Best,

Jensen's Carpet Care & Restoration

P.S. As a little bonus we provided you with a handy "Spring Cleaning To Do List" for you to cut out and paste on your refrigerator this month! With us cleaning your carpets it leaves plenty of time for you to do the more important stuff!



Spring cleaning to do list

- ✓ Call Jensen's Carpet Care & Restoration
- ✓ Work on a suntan
- ✓ Drink lemonade
- ✓ Listen to music
- ✓ Take a nap

A real value in carpet cleaning

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before May 31, 2026, and you get:

- **\$20 OFF Carpet Cleaning***
- **33% OFF Carpet Protection***

*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...

Frank and Karen Cape, Heather Willems, Sue Tews, Natalie Jarosh, Lauren Shepet, Joe and Liz Koss, Kevin Vess, 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!

Kate Janssen "We should have had this done years ago! It looks great."

Bonnie Bohn "It looks unbelievable! I can really see the difference."

Erin Willems "Everything was fantastic! They were very efficient and the carpeting dried fast too. I will definitely be calling you guys back!"



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new May
issue has arrived...*

Inside:

- Born in Wisconsin, raised by "Ma"
- Avoiding arthritis and recognizing a stroke in *Healthy Talk*
- The meaning of Memorial Day

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 Ashwaubenon Bowling Alley

2929 Allied Street Green Bay, WI 54304
920-336-0400

www.ashbowl.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:

Rheumatoid Arthritis is linked to diets low in...

- | | |
|-----------------|--------------|
| A) Bran | B) Vitamin C |
| C) French fries | D) Zinc |

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