

# Whalen

Fire, Smoke, Soot, Water & Mold Remediation Services  
Board-up \* Cleaning \* Deodorizing \* Reconstruction

## Spring Newsletter 2018



### *Welcome!*

We're ready for spring and welcoming the longer days!

From starting out as a "Frozen America" to seeing crocuses starting to pop, then to this week's heavy snowfall this winter has sure brought us a variety of weather! Even here on Cape Cod we saw multiple counts of severe flooding due to storm surge, and several areas are currently still experiencing flooding from high water tables. We're ready to welcome spring, longer days and warmer (hopefully drier) weather.

There's a lot of clean-up underway, but our monthly maintenance checklists are less than 10 items each to easily keep you on track with a safer, healthier home. We also have some great dates to mark on your calendar, an indulgent new seasonal recipe, ideas for going green with your spring cleaning and some enlightening information about your footwear. If you make the delicious cheesecake bites or tackle any of your monthly to-do projects snap a picture and share it with us on Facebook or by email! We'd love to see them!

Sincerely,  
The Whalen Restoration Services Team

*Spring Cleaning*  
Going Green!

Signs of spring burst all around the Cape back in February! Although it may not be time to start packing away your winter clothes just yet it is a great time to start on your annual cleaning & organizing. This year why not go a little greener with it?

### **Your Air**

Nix the air fresheners and open up those windows! Toss the scented aerosols and freshen things up with fresh cut flowers instead. Forget chemicals and use mixes of baking soda and essential oils for deodorizing. Use low-VOC paints.



### **Your Papers**

Register an address and you start getting paper solicitations and direct marketing cards. Open a line of credit and you get loads of other offers. The amount of paper waste we make every year adds up to over 2000 pounds! What can you do to go green here? Of course you can recycle the paper but try to start lessening the amount delivered in the first place. Call the sources of all of the unwanted mail and opt out. You can also sign up for paperless billing invoices and save your receipts digitally. Not only will you be saving the environment you'll be saving yourself the time you would spend filing it all away!

### **Your Water**

Use less and keep it clean! If you've been putting off fixing that running toilet do it now! Check all your faucets for drips and adjust them accordingly. A faucet that drips 1 drip per minute actually wastes up to 34 gallons a year and you're paying for it. Consider swapping out your shower heads for low-flow models. Be conscious of how much water you're using when you're brushing your teeth and doing dishes (turn it off while you scrub!).

### **Your Stuff**

Recycle and donate. Old tattered clothes can be used as rags or kept for messy projects like painting the ceiling. Donate clothes in good condition to your local Goodwill, Salvation Army, church group or homeless shelter. Donate old pillows and towels to your local animal shelter. Buy a trash can that helps you sort out your plastics and bottles from your trash, and sort and recycle all of your boxes.

### **Your Energy**

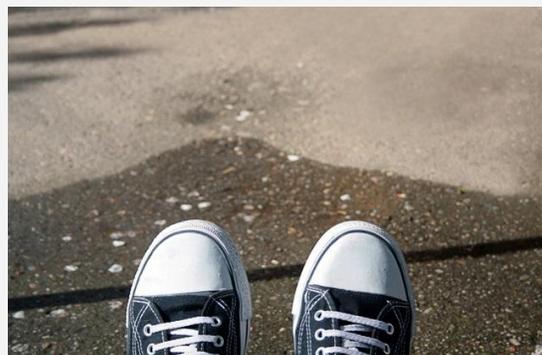
Vampires are everywhere! Think of how many things are still plugged in at your home right now. The coffee pot? TV? Phone chargers? Computer? All of these things are still slowly using electricity. Put a stake in it and unplug any electrical devices when you're not using them. For areas with multiple devices use a power strip so you only have to pull one plug from the outlet. Have you had a home energy assessment done yet? [Mass Save](#) offers them for Massachusetts residence. They gave homeowners all new energy efficient light bulbs and power strips for their entertainment centers (for FREE!).

[How are you going green in your home?](#)

## *Are your shoes making you sick?*

*Why you may want to leave them at the door...*

There's a really good reason why most gyms don't want you walking in off the street already wearing your workout sneakers. They're harboring hundreds of thousands of bacterium! Take a quick read through our latest blog article on why you should reconsider keeping the "[no shoes in the house](#)" policy. Reward yourself with some new slippers you can swap into instead!



# Mark Your Calendar

Great dates to remember

<h2>MARCH</h2> <p>Is the month of:</p> <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Women's History</li> </ul>	<h2>APRIL</h2> <p>Is the month of:</p> <ul style="list-style-type: none"> <li>• National Poetry</li> <li>• Stress Awareness</li> <li>• National Autism Awareness</li> </ul>	<h2>MAY</h2> <p>Is the month of:</p> <ul style="list-style-type: none"> <li>• Physical Fitness &amp; Sports</li> <li>• Mental Health Awareness</li> <li>• Lupus Awareness</li> </ul>
3/2 Friday Employee Appreciation Day	4/1 Sunday Easter	5/1 Tuesday May Day
3/8 Thursday Int'l Women's Day	4/2 Monday Autism Awareness	5/5 Saturday Cinco De Mayo
3/11 Sunday Daylight Savings Begins	4/7 Saturday World Health Day	5/13 Sunday Mother's Day
3/14 Wednesday Pi Day	4/10 Tuesday National Siblings Day	5/19 Saturday Armed Forces Day
3/17 Saturday St. Patrick's Day	4/17 Tuesday Tax Day	5/28 Monday Memorial Day
3/20 Tuesday Spring Begins!	4/22 Sunday Earth Day	
3/22 Thursday World Water Day	4/25 Wednesday Admin. Professionals Day	
3/30 Friday Good Friday	4/27 Friday Arbor Day	

## Seasonal To-Do List

For a Happy, Healthy Home

*Years ago we created a yearly home maintenance calendar to keep you on track with properly caring for your home and to help you avoid costly damage repairs. There are only 6-9 items per month so make sure to check them all off and keep your home in the best, safest shape possible!*

### March

- Daylight savings begins this month. Replace the batteries in your smoke and carbon monoxide detectors when you change your clocks.
- Clean out your medicine cabinet. Safely dispose of dated prescriptions and over the counter medicines (please not in the toilet!). You might find a local collection drive by calling your police department.
- Examine your washer machine hose washers. Shut off their water source, remove the supply hose and replace any worn or damaged washers. Replace the hoses every 5 years.
- Clean out the garage. Gather all hazardous materials to be tossed (paint thinners, cleaners, pesticides, etc.) and contact your city's Department of Public Works to find out when the next collection date is. If you're a local on Cape Cod, you can [find those dates here](#).
- Clean your refrigerator inside and out removing all food, shelves, trays and old ice from the ice maker. Replace the baking soda.
- If you have one test your sump pump by pouring water into it and making sure it pumps out.
- Garbage disposal cleaner recipe: Grind two trays of ice cubes made of 1 cup of vinegar and 1 gallon of water.
- Planning on planting a garden this year? Start drafting up a diagram of the space you you'd like to use. Research how much space each plant is going to need, and the best season to start them. You may even be able to start some of your seedlings indoors.

[March Printable To-Do List](#)

## April

- Test all of your smoke detectors and carbon monoxide detectors.
- Clean your window screens with a bristle brush, a mild detergent and a garden hose.
- Check for sales on winter maintenance equipment like snow shovels, generators, snow blowers, etc.
- Prepare your winter equipment for storage and your gas powered lawn equipment for use.
- Inspect your home's exterior for signs of rot. Use a small awl to probe for any soft spots on railings, window sills and posts.
- Prepare to Grill! Grills can be cleaned with soapy water and a brass bristle brush. You may need to also clean the gas hose, and don't forget about the drip tray. See your manufacturer's instructions.
- Re-caulk open joints around windows and doors, and replace weather stripping where worn.
- Clean your range hood and either clean or replace the filter.

[April Printable To-Do List](#)

## May

- Test all of your smoke detectors and carbon monoxide detectors.
- Clean and inspect your gutters. Make sure the clips and straps are all tightly fastened. Run a garden hose in them and make sure the water is directed at least 3 feet away from your foundation.
- Don't let the beauty of spring and sunshine be clouded - make those windows sparkle! Streak free tip: don't work directly in the sun.
- Air-conditioning season approaches. Have your unit checked, clean the condenser or heat pump of debris and replace the forced-air filter.
- Reset your thermostats and automatic sprinklers as the weather changes.
- Paint your patio and deck furniture to enjoy it all season long. If there's no need to paint coat metal pieces with auto polish before placing them outside for the season.
- Put away your winter clothes. Have articles you didn't wear even once this year? Donate them and don't forget to keep track of your donations for taxes next year.

[May Printable To-Do List](#)

Have any questions or comments about these tips? [Send us an e-mail.](#)

## Spring Recipe

A great dessert for Easter brunch!

### Cookies and Cream Cheesecakes

from The Girl Who Ate Everything

Makes 30

#### Ingredients

42 Oreos (30 left whole and 12 coarsely chopped)  
2 pounds (32 ounces) cream cheese, softened  
1 cup granulated sugar  
1 teaspoon vanilla extract  
4 large eggs (lightly beaten)  
1 cup sour cream  
pinch of salt

#### Instructions

1. Preheat oven to 275°. Line standard muffin pans with liners. Place 1 whole cookie in the bottom of each liner.

2. Beat cream cheese at medium speed using an electric mixer. Gradually add the sugar, beating until combined. Beat in vanilla.
3. Drizzle in eggs, a bit at a time. Beat in sour cream and salt. Stir in chopped cookies by hand.
4. Divide batter evenly among cookie-lined cups, filling each almost to the top. Bake, rotating pan halfway through, until filling is set, about 22 minutes. Transfer to wire racks to cool completely. Refrigerate at least 4 hours (or up to overnight). Remove from tins just before serving. Best served really cold! You can garnish with fresh whipped cream and crumbled Oreos if desired.



### Notes

Source: original recipe by Martha Stewart; via Cookin' and Kickin'

Snap a picture and tag us on [Facebook!](#)

## Don't Take Our Word For It

### Testimonials of the Quarter

Anjali Joshi of Brewster, MA e-mailed us on 12/22/17. "Mary Thank you so much for your thorough review. We really appreciate all you do. Whalen has been a great partner in this and we are so grateful for your help. Enjoy the holidays. Anjali." See the original e-mail!

Beth Conerly of Eastham, MA wrote on 12/15/17 "Hi Mary, All workers were professional, courteous, cleanly + had kind friendly demeanors. I am very pleased with Whalen! My best, Beth Conerly" See the original letter!

Sherry of Provincetown, MA wrote on 1/11/18 "Thank you so much Mary. Your staff from the first call to the response were amazing. Everyone was so pleasant and accommodating especially since you were all being pulled in numerous directions. Again thank you! S"

[See more testimonials here!](#)



## Contact

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[WEBSITE](#)

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**Connect with us!**

"It is spring again. The earth is like a child that knows poems by heart."  
~ Rainer Maria Rilke

"If people did not love one another, I really don't see what use there would be in having any spring."  
~ Victor Hugo, Les Misérables



"The sun just touched the morning;  
The morning, happy thing,  
Supposed that he had come to dwell,  
And life would be all spring."  
~ Emily Dickinson

"And the Spring arose on the garden fair,  
Like the Spirit of Love felt everywhere;  
And each flower and herb on Earth's dark breast  
Rose from the dreams of its wintry rest."  
~ Percy Bysshe Shelley, The Complete Poems

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on Carpet Cleaning, Upholstery Cleaning  
or Area Rug Cleaning

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