



"Piedmont Triad Manufacturing Facility News You Can Use!"

Identify, Communicate Core Values – Keys to Customer and Employee Attraction

How much effort goes into crafting your business's mission statement and core values? Many planning sessions to craft values statements form the identity of your company and determines your workplace culture. What does your company value? What are your ethics? How do you work together as a team? Answering these questions may reveal any potential disconnects between what a company says and what actually goes on.

As an example, at All Washed Up Cleaning, most on our team can recite our four core values, Being Happy, Healthy, Honest, and Helping. But equally important is how we effectively communicate and demonstrate our four essential core values when working with our employees as well as our clients.

What core values do your building service contractor reflect and exemplify?

How do their core values match up with those of your organization?

How do matched core values contribute to resolving issues that come up in servicing your facility?

We find when we allow our expressed values to govern decisions and the way we treat our employees and clients, various aspects of our business are positively impacted. For instance, we attract only prospective employees and prospective clients that share and believe in these same core values. These results, in turn, build a more effective business model in which all parties gain satisfaction from working with us. Recently, one of our clients commended someone on our team for their exceptional work performed. That's because of hiring that person based on their willingness to help out in whatever was needed along with their happy disposition and positive work ethic rather than their previous work experience. Previous knowledge and experience for a particular task is very important if you are hiring a brain surgeon but not so much, as say, for a janitor. I once revealed to someone on our management team that he was a better manager than a cleaner. But, knowing how important a clean work environment is to our client and actually caring, I know he would do a pretty good job when needed mostly because he is honest and conscientious and cares about keeping a client happy and healthy (three of our shared core values).

Yes, identifying, effectively communicating, and demonstrating your core values and those of your company are essential keys for the success of any business leader.



I hope you enjoy this month's newsletter!

Christine Hall, President
All Washed Up Cleaning, LLC

Back to the land with unused commercial space

Growing plants and animals can be fun, but it does take space.

Interestingly, in communities throughout the country, new space is emerging. Small stores are disappearing, to the chagrin of many, but space is appearing. The question is how people will use this space.

One possible outcome from the internet shopping revolution: urban areas in cities large and small could be used for small farming.

Since the 1980s, cities have reserved green spaces for city gardening with varied success. One urban garden in Washington D.C. called North Columbia Heights Green started in the early 2000s after the owners of a quarter-acre lot shut down their business and left it vacant. The city agreed to sell the lot to a non-profit group for one dollar, and today about 25 residents actively farm the plot, growing fresh produce for themselves and to sell at local farmers markets.

Some experts say this experience could well be replicated in towns and cities as people take advantage of properties once used for shopping.

Another use of land may be hobby farms, a past-time once reserved for high-income people with time on their hands.

With a little space, nearly anyone can raise chickens for eggs and goats for milk. Or even keep honeybees. While the average small family farm has 231 acres, it takes little more than an acre to raise chickens and a goat.



Five things to know BEFORE inviting a contractor into your business at www.AllWashedUpCleaning.com

Do You Know...

... someone with a facility that could use our services? Perhaps a colleague, friend, family member, or networking buddy?

When a new client signs up for commercial cleaning services at your recommendation; you will receive \$100!

Give them our name and phone number. Be sure to have them mention your name when they call so we can send you your \$100 Bonus!

Did you know about our **24-Hour NO PAY Guarantee** ?

Visit www.AllWashedupCleaning.com for details

Thanks a Bunch!

"Our office was in desperate need of a deep cleaning. A team from All Washed Up came in and cleaned everything from air vents to the microwave. They were very professional and worked around our busy schedule. We were so pleased with them, we hired them to come in once a week and clean. I would recommend them to anyone."

Joylynn
Call-A-Nurse

A dollar by any other name

Clams, dough, bacon, bread, lettuce. If you're talking food, you could also be talking dollars.

On August 8, 1786, Congress adopted the monetary system of dollars, with a value based on a Spanish coin that popularly was called by the Dutch word: daler.

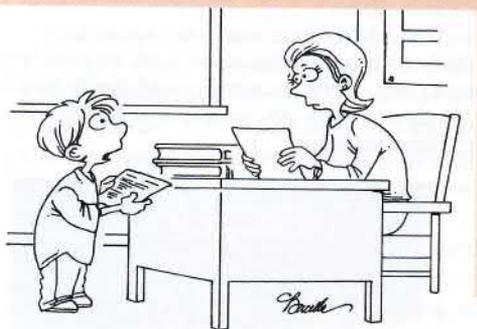
Over the next 232 years, the dollar and its larger denominations gained other names too. In fact, while low denomination bills often have food names, higher denomination bills have the names of things.

These special slang dollar words have been coined, you might say, by gangsters and gamblers. The words often end up in popular culture. For example, Tony Soprano, lead character in the hit series *The Sopranos*, often referred to a million dollars as a rock, as in: "This whole thing is going to cost me close to a rock." That's not the same as roll, which just means you have a lot of scratch.

Presumably, Tony's rock was filthy lucre, big lolly, loot or plunder. In other words, OPM, other people's money.

Now if you have a frog, you're probably a gambler who just put \$50 on a horse. That is if you have a lot of frog skins.

If you have a rack, a yard or a stack, you've got at least a thousand smackers.



"These true or false questions...do you want the real truth or the truth according to social media?"

Ancient spice combines with chocolate for a sweet treat

More than 4,000 years ago, turmeric was being used to spice up food and make medicines in India.

Today, the spice is still an important crop in India, which produces nearly all of the global supply. About 80 percent of turmeric is used in-country to flavor and color food, enhance cosmetics, and make holistic medicines. It is widely used in South Asian, Middle Eastern, and South African cuisines and is notable for its use in curries and rice.

Recent research on two chemical compounds found in the plant have shown some promise for future treatment of Alzheimer's disease, according to the Alzheimer's Society. One chemical, curcumin, has shown some effect on amyloid-beta plaques found in the brains of Alzheimer patients. The other chemical, turmerone, has been shown to stimulate stem cells into making new brain cells, potentially aiding neurogenerative diseases.

Here's a recipe from Paleohacks.com for a sweet, but nutritious dessert featuring Turmeric:

Chocolate Turmeric Truffles

Ingredients:

- 1 cup unsweetened, shredded coconut
- 1/2 cup raw honey, softened
- 1 tablespoon coconut oil, melted
- 1 teaspoon ground turmeric
- 1/4 cup dark chocolate chips
- 1/4 teaspoon sea salt

Mix all dry ingredients together and ensure the coconut is evenly spiced. Next, pour in the coconut oil and honey and stir until completely mixed. Roll the mixture into several small balls (whatever size you'd like) and then place them on a parchment paper-lined baking sheet in the freezer for 10 minutes. Melt the dark chocolate in a saucepan and then drizzle it over the balls once they are finished setting-up in the freezer. Allow to defrost before enjoying.



Trivia Teaser – In the Year 2000

1. Which comedian joined the booth crew on Monday Night Football in 2000? a-Carrottop, b-Dennis Miller, c-Mike McCoy, d-Conan O'Brien.

2. Which actor interviewed President Bill Clinton for a 2000 Earth Day TV special? a-Alec Baldwin, b-Al Pacino, c-Ed Begley Jr., d-Leonardo DiCaprio.

3. In 2000, which European country voted to shorten its presidential term from seven years to five years? a-France, b-Poland, c-Spain, d-Italy.

4. Who was Ralph Nader's running mate on the Green Party ticket in the 2000 presidential race? a-Steve Forbes, b-George Steinbrenner, c-Winona LaDuke, d-Angela Davis.

5. Which tennis player won both Olympic gold and the Wimbledon singles title in 2000? a-Martina Hingis, b-Venus Williams, c-Monica Seles, d-Serena Williams.

6. Which musical received the most Tony nominations in 2000 with 12? a-Aida, b-The Music Man, c-The Real Thing, d-Kiss Me, Kate.

7. The remains of the Adventure Galley were discovered in shallow waters off Madagascar in 2000. This ship belonged to which famous pirate? a-Captain Kidd, b-Blackbeard, c-Calico Jack, d-Henry Morgan.

8. The lyrics of which 2000 song make reference to Halle Berry, Angelina Jolie, Cindy Crawford, and Janet Jackson? a-We Didn't Start the Fire, b-Who Let the Dogs Out?, c-Miss Jackson, d-Liquid Dreams.

9. Which Russian nuclear submarine sank in the Berents Sea in August 2000, killing all 118 seamen aboard? a-Granit, b-Antey, c-Belgorod, d-Kursk.

10. Juliette Binoche, Leslie Caron, Lena Olin, and Judi Dench all appeared in which 2000 movie? a-Chocolat, b-Scary Movie, c-Requiem for a Dream, d-Traffic.

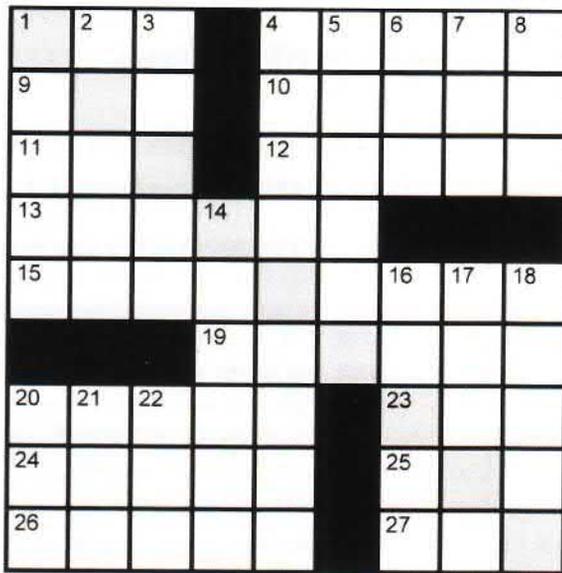
- 1-b, Dennis Miller
2-d, Leonardo DiCaprio
3-a, France
4-c, Winona LaDuke
5-b, Venus Williams
6-d, "Kiss Me, Kate"
7-a, Captain Kidd
8-d, "Liquid Dreams"
9-d, Kursk
10-a, "Chocolat"

Answers to 'In the Year 2000'

Peppy Craft

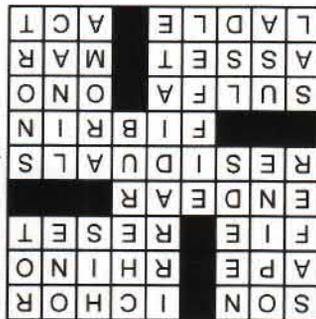
Across

1. Prince, to a king
4. Blood of the Greek gods
9. "Tarzan" extra
10. Zoo heavyweight
11. "A pox on you!"
12. Change, as a clock
13. Make beloved
15. Left overs
19. Coagulating protein
20. Bacteria-fighting drug
23. Plastic ___ Band
24. Money in the bank, say
25. Blemish
26. Soup server
27. Part of a play



Down

1. "60 Minutes" correspondent
2. Express
3. Has to have
4. Cast rays of light upon
5. Little angel
6. Part of O.H.M.S.
7. "A Chorus Line" number
8. Decay
14. Tower in Paris
16. Fragrance
17. Physics lab device, for short
18. Sound of contempt
20. Bando of baseball
21. Dos Passos trilogy
22. "Acid"



The headline is a clue to the answer in the diagonal.

Ways to stay healthy with a desk job

Physical inactivity, especially sitting for long periods, has been linked to increased mortality rates second only to smoking, according to research from the American College of Sports Medicine.

For those who reported sitting for more than 23 hours per week combined, there was a 64 percent greater chance of dying from cardiovascular disease than those who said less than 11. The American College of Chest Physicians even found a link between sitting at home during leisure time and suffering poorer sleep and decreased attentiveness during work the next day.

Although it is impossible to negate the effects of long hours of sitting entirely, there are many things that the average worker can do to help, according to Lifehack. First, plan to break up the day into 30-to-60-minute chunks, separated by a short walk, stretch, or other activity. Finding ways to walk at work could be as simple as having a walking meeting or bringing in a standing desk or even a cutting-edge treadmill desk. There are simple stretching routines that can be performed unobtrusively in an office that can reduce neck and back pain by 72 percent, according to studies at the Wheeling Jesuit University.

Good practices like parking far away from the office, taking the stairs instead of the elevator, or even walking or biking for your commute can add movement to the day. Take care to schedule lunchtime so that you won't be forced to grab unhealthy food or eat sitting at your desk instead of taking a real break. Drinking plenty of water will not only provide other health benefits, but it will also give you a reason to stand up and move around more often as you go to the restroom and refill your bottle. After work, several health-minded coworkers could even get together for athletics or group workouts as an alternative to sitting at home.



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Commercial Cleaning

Your New Issue of News Splash Has Arrived!

Core Values – Keys to Customer and Employee Attraction (page 1) plus...
Factory Floors That Shine! - Special for August (page 4)

To:

Financial wellness benefit

Although more than 80 percent of employers have plans to offer financial wellness benefits, many employees are not taking advantage of the opportunities they present, according to Forbes. These programs provide direction for workers at every stage of their life and career for retirement, savings, and healthcare.

Research on participants in these programs, carried out by Financial Finesse, showed that they were twice as likely to be on course for retirement, better insured, financially healthier overall, and only half as likely to experience unmanageable financial stress compared to those who didn't take advantage of the benefit.

Staff Members Making the News

We welcome a new member on our team of Cleaning Techs, Cynthia Baines. Despite having a few health challenges, Cynthia is a real survivor who takes real good care of her elderly mother who lives with her. Cynthia likes to read and watch westerns on T.V. Cynthia says, "You are the greatest employers I've ever had. I'm so blessed and so happy I found a great job with great people. You are an inspiration to me and thank you."

We take pride in our team members for their hard work and gracious spirit in taking good care of our clients while providing for their families with the part time work we offer them. We are equally excited to have Cynthia on our team!

Joy is what happens to us when we allow ourselves to recognize how good things really are.

~ Marianne Williamson

10% OFF Floor Scrubbing!

See the difference our professional sweeper/scrubber process makes in shining your concrete floors (for new facilities 50K+ sq. ft.)

Schedule your floor care by February 15, 2018

All Washed Up Cleaning, LLC
(336) 682-6983

www.AllWashedUpCleaning.com

Take the Trivia Challenge and Win a \$25 Gift Card to Applebee's!

The first 5 people who call our office with the correct answer will be entered into the drawing!

How many years has turmeric been spicing things up?

- a. 1000 b. 2000
c. 3000 d. 4000

HINT: The answer is hidden somewhere in this newsletter.