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# NewzBreak<sup>TM</sup>

*The Newsletter That's Both Informative and Fun!*

## Keep your wits about you

Did you hear the one about a guy who is working on a loading dock? After a while, he steps back, falls off the dock and breaks his leg.

How about the person working on a ladder, leans too far in one direction and tumbles down?

Or the one who had car trouble, stepped back into the line of traffic, and was hit by a truck?

And then there was the one who didn't notice a box in the walkway and fell over it.

You could go on and on adding to this list. The strange thing about it is that these men and women were all bright, responsible people. They just became preoccupied with their work and had an accident.

Unfortunately, it's not unusual. The National Safety Council says lack of awareness of one's surroundings is a major cause of injuries.

The line between being witless and awareness is so slight that anyone can cross it by stepping, leaning or dreaming.

Being conscious of your circumstances is your main protection. Even situations that may not seem dangerous, like walking through the factory or office, can be hazardous if your mind is somewhere else.

Keep your wits about you! Survey the area you are working in or passing through, not just once but frequently. This one action will take you a long way toward making your day less hazardous.



*I hope you enjoy this month's newsletter!*

*Gene Rhodes*

*ServiceMaster Quality Services*

## The Power of a campfire

Consider the power of fire to early humans: It provided heat for food and warmth and protection against predators.

What is less obvious is that the fire provided a setting where people could talk and socialize.

A study from the Proceedings of the National Academy of Sciences suggests that it is the less-often-cited social activities that may be responsible for humanity's dramatic evolution we see today. The study, quoted in The Wall Street Journal, shows that campfires allowed humans to extend the day past sunset for the first time and gave people an opportunity to perform singing, dancing, religious ceremonies, and storytelling.

All of these activities played a significant role in how humans learned to consider broader social networks, cooperation, big picture thinking and allowed social behavior, in general, to act as a life-extending activity. Campfires brought people together and created a nexus for cultural development.

Fast-forward to the present day, and people have lost that sense of community and social behavior. According to Fortune, the amount of people describing themselves as lonely has doubled over the past several decades. Many factors such as cell phones, the internet, no longer living in the same area for extended periods of time, and more demanding work hours all contribute to more isolation between people despite living in a world that is more technologically connected than ever.

According to the Huffington Post, unplugging from gadgets and going camping can help improve sleep, mood, and inspire creativity. It can create connections. It sounds like the early human ancestors had it right all along.

## Washington D.C. welcomes guests for Cherry Blossom festival

Early spring is the perfect time to visit Washington, D.C., where one of the most popular attractions is in full bloom in late March and early April.

The Cherry Blossom Festival runs from March 20 to April 16. This event focuses on the 3,700 beautiful cherry trees that were given to the U.S. by Tokyo in 1912. The trees tend to hit their peak bloom at the end of March.

The festival features an homage to Japanese culture during the largest Japanese Street Festival in the U.S. with sushi, origami, J-Pop music, fireworks, a parade, and more.

Just because there is a festival going on doesn't mean that the normal attractions Washington D.C. has to offer won't be on display. Steeped in history, many of this city's attractions are available at no cost so that anyone can learn about America's history, culture, and arts. Traditional stops include the Museum of Natural History, the Lincoln Memorial, war memorials, National Cathedral, and more.

It would be tough to run out of things to do on a trip to the capital, but it is important to note that reserving spaces for things such as tickets can potentially save a lot of time and money. Frommer's recommends that visitors seek these out weeks or even months in advance to ensure that they do not miss out on their favorite attractions.



## Do You Know...

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

When a new client signs up for regular cleaning services at your recommendation; you will receive \$10.00!

If you would think of 3 or 4 people that could use our services, then don't hesitate to call them and give them our name and phone number. Be sure to have them mention your name when they call so we can send your \$10.00 Bonus!

Thanks in advance for your help and we look forward to sending cash your way!

## Thanks a Bunch!

*"Very well satisfied. Thank  
You!*

*-Ms. Penny Daigneault*

## Where Americans are traveling

When Americans leave home-sweet-home for other countries, they have some favorites.

Japan was big with travelers from 2015 to 2016, experiencing a 16.6 percent hike in American visitors. According to Euromonitor, this could reflect a weak yen that makes travel cheaper.

South America is a big winner for American travelers. Brazil successfully capitalized on the Olympics to increase travel by 10.5 percent. Travel across South America is brisk, except for Venezuela. Venezuela, in the grip of a failed socialist government, is suffering economic collapse, and with it, starvation, violence and kidnappings. Tourism is down by 7.2 percent there.

Russian and China also have robust American tourism, up more than 10 percent.

In the Mideast, Iran has been a tourism winner with 11.5 percent increase since sanctions have been lifted.

But, most of the Mideast, is not a vacation friendly locale. Tourism to Egypt is down 16.5 percent, which is actually better than it has been in the last few years.



"After dinner we went to his place. It was really quite nice. I was expecting a sty."

## How is Your Financial Relationship?

We think of love on Valentine's Day; should we also think of money?

Connecting with a partner on a financial level is as important as an emotional one. According to Divorce.com, financial problems are the number one reason that marriages fail. With that in mind, maybe financial goals are some of the most loving things you can discuss.

According to thebalance.com, planning ahead can build a strong financial foundation for your relationship. Here are the recommended steps to create that plan:

**\*Step 1: Define Success.**

It is impossible to be successful if you have not defined what success means. Talk to your partner to determine exactly what you both want out of your financial relationship.

Do you want to be debt free? According to a TD Ameritrade survey, 39 percent of Americans say that is success.

How about having a financial reserve for education or retirement? In the same TD Ameritrade survey, 29 percent thought that was success. Once you know the goal, it is easier to budget knowing how you want your future and current financial situation to look.

**\*Step 2: Align your Priorities.**

If one person is concerned with having fun and living in-the-now, then it might not match with a partner that wants to pay down debt and plan for the future.

But you might share some values, like saving for education or retirement. Find those values you both share and work together. No matter what your spending and saving habits are, you can agree to save during the year for something you both want: a vacation or a car, for example.

**\*Step 3: Agree on how to accomplish your goals.**

Be flexible and be committed. You might try a separate bank account to accommodate your savings or target a credit card for a Zero balance.

**\*Step 4: Make it fun.**

Plan some milestones into your financial relationship and when you reach them, have a celebration.

You could plan a night out to dinner, a picnic, or a short jaunt to a local festival.

## Trivia Teaser – Next in Line

1. Who succeeded Leonid Brezhnev as the leader of the Soviet Union in 1982?  
a-Vladimir Putin, b-Eduard Shevarnadze, c-Mikhail Gorbachev, d-Yuri Andropov.

2. Who succeeded "Bloody Mary" as the queen of England? a-Victoria, b-Mary, Queen of Scots, c-Elizabeth I, d-Lady Jane Grey.

3. Which Roman emperor was succeeded by his uncle Claudius? a-Caligula, b-Nero, c-Octavius Caesar, d-Gaius.

4. Who succeeded J. Edgar Hoover as director of the FBI in 1972, and was indicted in 1978 in connection with illegal break-ins by the Nixon administration? a-Henry Cisneros, b-Archibald Cox, c-L. Patrick Gray, d-W. Mark Felt.

5. Who succeeded Bob Barker as the host of the CBS game show "The Price is Right"? a-Drew Carey, b-David Letterman, c-Jeff Probst, d-Wayne Brady.

6. Joey Meyer succeeded his father, Ray Meyer, as the head coach of the men's basketball team at which university? a-Notre Dame, b-DePaul, c-Texas A&M, d-Louisville.

7. According to the Old Testament, who succeeded Moses as leader of the Israelites? a-Joshua, b-Saul, c-Damon, d-Aaron.

8. Which French king was succeeded by his great-grandson? a-Henry IV, b-Louis II, c-Louis XIV, d-Louis XVI.

9. Rehoboam was the son and successor of which great ruler? a-Charlemagne, b-Alexander the Great, c-Cleopatra, d-Solomon.

10. Who was the only sitting U.S. President who failed to attend the inauguration of his successor? a-Benjamin Harrison, b-Ronald Reagan, c-John Adams, d-Andrew Jackson.

1-d, Yuri Andropov  
2-c, Elizabeth I  
3-a, Caligula  
4-c, L. Patrick Gray  
5-a, Drew Carey  
6-b, DePaul  
7-a, Joshua  
8-c, Louis XIV  
9-d, Solomon  
10-c, John Adams

Answers to 'Next in Line'

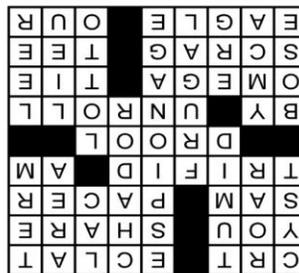
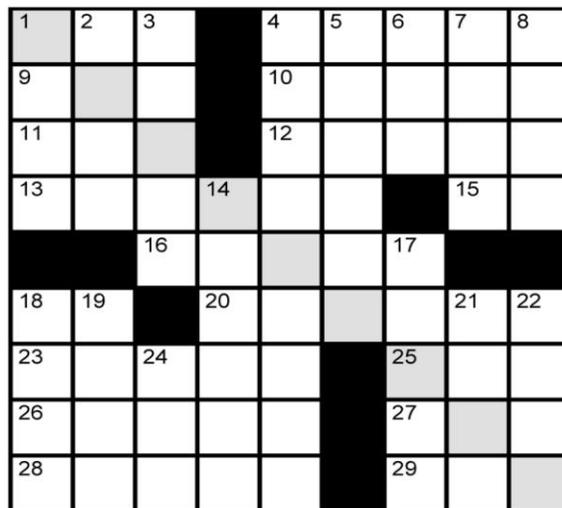
## Warm quilt

### Across

1. Computer monitor, for short
4. Flair
9. Part of WYSIWYG
10. Stock unit
11. "Casablanca" pianist
12. Harness racer
13. Divided into three
15. Exist
16. Drivel
18. Beside
20. Open, in a way
23. Alpha's opposite
25. 20-20, e.g.
26. Scrawny one
27. Casual attire
28. Colonel's insignia
29. Lord's Prayer start

### Down

1. Skin problem
2. Big laugh
3. Swollen
4. Bond's world
5. Indian shawl
6. Fond du \_\_\_\_, Wis.
7. Locale
8. Duration
14. Penny-pinching
17. Kind of ticket
18. Speaker of note
19. Youth org.
21. Stead
22. Lascivious look
24. .0000001 joule



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

## What to expect after your loved one has a heart attack

Heart attacks don't just take a physical toll, they also leave emotional wounds in both the survivor and the family.

It may require time for the whole family to recover emotionally from this life-threatening health event.

Family will notice physical changes in the survivor after release from the hospital. Your loved one may be tired and weak during the days directly following a heart attack. They will generally be restricted from strenuous exertion such as lifting heavy objects or sport.

Nonetheless, at some point, the doctor will advise the patient to return to physical activity. The patient must be encouraged in this, but families should avoid being overprotective.

Roughly one in four people experience anxiety after a heart attack, according to the Heart Foundation. This is usually short term and should go away once they have returned to their regular lifestyle. You can help your loved one deal with new emotions by encouraging them to share their feelings and speak to a medical professional if required.

Your loved one will be encouraged to make lifestyle changes to help prevent future heart disease. High blood pressure, high cholesterol, smoking and diabetes are all major risk factors for heart attack. You can help your loved one by starting a walking program together and fixing healthy meals.

Expect your loved one to be physically weaker and a bit blue following a heart attack. Do a lot of listening to help them sort out short-term emotional challenges, and encourage positive lifestyle changes.



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### About Our Company

ServiceMaster Quality Services is a full service commercial and residential cleaning company that operates in the following areas: Terrebonne and Lafourche Parishes. Services include commercial general cleaning, carpet/rug cleaning, upholstery cleaning, all types of hard floor care, window washing, interior vehicle cleaning (mats and seats only) and construction cleaning.

Owners Gene and Sally Rhodes have been in the cleaning industry for [over 25] years, and they feel it's important to provide cleaning services that place the utmost importance on the health and safety of their clients and employees. We also are professionally certified with IICRC (Institute of Inspection Cleaning and Restoration).

### New ideas on training

In the world of Facebook, Snapchat, and Twitter, employees just don't want to sit down with a 400-page book for training.

Employers are responding.

According to Fortune, Walmart is one of a growing number of corporations that are using apps and Facebook to train employees and facilitate conversation about safety.

As a test, Walmart had 5,000 employees train for jobs with three-minute videos. The number of reportable injuries dropped by nearly half.

Now all of Walmart's 80,000 warehouse and logistics workers use the mobile app for training.

PayPal, on the other hand, created a private Facebook page where employees can connect with invited expert to troubleshoot problems.

### Top Honors for ServiceMaster Quality Services

We are proud to announce that we earned the 2016 Super Service Award from Angie's List.

The Award reflects consistent high levels of customer service. Check our reviews

at [AngiesList.com](http://AngiesList.com).

*Don't stop when you're tired. STOP when you are DONE.*  
~ Unknown

## New presidency expected to bring changes for business

With the changing of the guard in the presidency and Congress, small business owners are among the segments that stand to see their financials affected the most. Some of the changes expected include taxes, regulations and trade agreements.

**Taxes.** Perhaps the biggest complaint from small business owners, or businesses in general for that matter, deals with the federal tax code. The new leadership in Washington is poised to lower business taxes to 15 percent from 35 percent. S-Corps and LLCs, would also have a top tax rate of 15 percent, according to Fortune magazine. Small business is especially hampered by taxes, cutting so far into potential profits that expansion and hiring becomes difficult or impossible.

**Affordable Care Act.** Like individuals, small business owners also face the challenges of Obamacare. Called the "employer mandate," the healthcare act requires all businesses with 50 or more full-time equivalent employees to provide health insurance to at least 95 percent of their full-time employees and dependents. If they do not, they face penalties. According to ObamacareFacts.com, employers who don't provide coverage must pay a fee of \$2,000 per employee. For some small business owners, it's not always financially feasible to comply with the requirements. To avoid the mandate, many small business owners have been reluctant to grow their employee bases beyond 50.

**Trade.** The North American Free Trade Agreement has been referred to as a positive for small businesses that trade to Canada and Mexico. Raymond Keating, the chief economist for the Small Business & Entrepreneurship Council, says free trade provides increased opportunities for entrepreneurs and small businesses. He added that free trade accords reduce expenses and expand opportunities for small businesses.

The new administration has indicated that it wants changes to NAFTA. The extent of those changes and their effects remain to be seen.

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**February 28, 2017**

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## Take the Trivia Challenge!

What percent of people define success  
as being debt free?

- a. 25    b. 29    c. 35    d. 39

HINT: The answer is hidden somewhere in this newsletter.