

# Class Act Personal Services™

House and Office Cleaning • Organizing • House-Sitting • Companionship

Bonded, Insured, Licensed

949-350-6916

Monthly Newsletter

April 2015



*Ask  
Virginia...*

Many of you in the CAPS Community ask excellent questions. I answered a Client's question below...

## Question:

What is the best method of cleaning my bathrooms and kitchen, so I can avoid spreading germs?

## Virginia's Answer:

To avoid cross-contamination, clean the general areas of kitchens and bathrooms "first" with a white rag. Use a different colored rag for cleaning the sink. Then, in the bathroom, use another different colored rag for cleaning the toilet. This will avoid the problem of getting the rags mixed up and spreading sink and toilet germs to other areas of those rooms.

If you use the same colored rags, and the phone rings, the kids run up to you, etc., you could go back to cleaning an area and end up mixing up your rags.

Finally, place a bag or bucket in the room you are cleaning; throw the dirty rags in the bucket. Don't forget to sanitize the rags when you wash them.

## *Spring Is Here, And So Is Spring-Cleaning Season... We Can Help!*

It seems like New Year's Day was just yesterday, but spring is already here and spring-cleaning season is upon us.

The CAPS Team is best-known for its house and office cleaning services, but our team also excels at helping our Clients organize their household items.

**Call Virginia today at 949-350-6916** for an organizing services estimate, and get your home in ship-shape ahead of the summer vacation season.

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*Character is like a tree and reputation is like its shadow. The shadow is what we think of it. The tree is the real thing.*

~ Abraham Lincoln ~

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## *Refer a Neighbor or Colleague... Receive a Discount on Your Next Cleaning*

CAPS appreciates all of you for being great Clients and for spreading the news regarding our company. And we're eager to introduce your neighbors and colleagues to our dependable services and high-quality work.

If you provide CAPS with a referral that results in a new Client for our firm, we will say "Thank You" with a **10% discount on your next cleaning.**

Please contact us with the contact information of your referral, and we'll take it from there. Thank you!

*From Virginia's Kitchen...*

**Recipe: Hot Chicken Sandwich w/ Baby Spinach, Tomato and Parmesan**

Are you tired of the same old cold-cut sandwiches? Me, too. Here's a pretty easy recipe for a hot chicken sandwich that I stumbled upon with one of my entrepreneurial colleagues. I bought a few grocery items that I thought sounded good for a quick and tasty (and maybe even somewhat nutritious) meal. And my colleague whipped them up into a sandwich that's "to die for"...

Ingredients:

<i>6 ounces chicken breast, sliced</i>	<i>2 slices cheese</i>	<i>3 tablespoons paprika</i>
<i>6 ounces baby spinach</i>	<i>4 slices bread</i>	<i>3 ounces Parmesan cheese, shaved</i>
<i>1 tomato</i>	<i>4 tablespoons olive oil</i>	

Preparation:

- 1) In a large frying pan, heat some olive oil over low heat. Sprinkle some paprika and Parmesan into the heated oil. Place the bread onto the mixture and shift it slightly so that the melting Parmesan sticks to the bread. When the bread is toasted to your liking, remove it from the pan and place it on a plate, TOASTED SIDE UP.
- 2) Place a slice of cheese onto each piece of toasted bread.
- 3) Heat the chicken in the same frying pan over low heat. Add a sprinkle of paprika and Parmesan to taste. Stir/chop the chicken until the mixture is nice and goey. Place the chicken on the toasted sides of the bread.
- 4) To each sandwich add a couple of slices of tomato and baby spinach to taste. Sprinkle with Parmesan to taste, close sandwiches and place in the frying pan for final toasting with olive oil, paprika and Parmesan over low heat.
- 5) When the outside of each sandwich is toasted to your liking, remove the sandwiches to serving dishes.

Servings: 2 sandwiches.

Suggestions: You can find suggestions for enhancing this recipe at [www.ClassActPersonalServices.com](http://www.ClassActPersonalServices.com).

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*CAPS Services...*

**In addition to our House and Office Cleaning services, we offer these additional services:**

**Organizing** - We would be happy to assist you with house or office organizing, such as spring cleaning or packing your household or office items for a move.

**House-Sitting** - While you are away, we can help make your residence look as if it is occupied. We will pick-up the mail, flyers, etc. around the exterior of your house, water your plants, put the trash cans out at the curb, and make regular checks of your premises. We can also clean your home before your return, at our standard cleaning rate. Please note, our house-sitting services do not include pet care.

**Companionship** - Our caring assistants would be happy to spend time with you or someone important to you, enjoying conversation, music or other hobbies.

**Call Virginia today at 949-350-6916.**