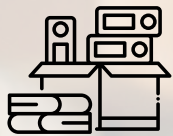


A MODERN GUIDE TO SPRING CLEANING



Declutter First (The Reset)

- Go room by room and remove unused items
- Create 4 piles: **Keep / Sell / Donate / Toss**
- Don't forget digital clutter:
 - Photos, apps, files on devices
 - Unsubscribe from unused apps & emails



Deep Clean the Basics

Kitchen

- Clean inside fridge, freezer and pantry
- Degrease stove, oven, hood
- Run dishwasher cleaning cycle

Bathrooms

- Scrub grout/tile
- Wash shower curtains and bath mats
- Clean drains

Living Areas

- Dust top to bottom (fans, shelves, baseboards)
- Vacuum upholstery and under furniture
- Wash windows, window frames, door panels/top



Bring in Smart Cleaning Devices

Robot Vacuum & Mops

- Schedule daily/weekly cleaning
- Map rooms for target cleaning zones
(Examples: Roomba, Shark, etc.)

Smart Air Purifiers

- Replace filters and set schedules
- Monitor air quality via app
 - Helpful with spring allergens

Cordless Stick Vacuums

- Lightweight for quick cleanups
- Great for stairs and cars

Smart Washing Machines/Dryers

- Alerts phone when a load is finished/unbalanced



Clean & Optimize Your Tech

- Wipe down screens, remotes, keyboards
- Rename/organize smart devices within RC Wi-Fi app, CommandIQ



Garage/ Outdoor Space / Entryway

- Sweep (or leaf blow) patios, decks, entryway
- Use the Keep / Donate / Sell / Toss method in these spaces and use totes, racks, shelving
- Clean outdoor furniture with mild soap & water

MOTIVATION



Cleaning Playlist

Music Motivation

- Use your phone and a music app, such as *iTunes*, *Spotify*, *iHeartRadio* to get you going
- Use your smart speaker to play your favorite music or say "Alexa, play some cleaning music."
- Use your smart tv to tune into YouTube and search for your favorite artist or music genre



Ask for Help: Get Family or Neighbor Involved



Cleaning Party Motivation

- Cleaning/organizing can also be overwhelming for anyone. Having another person to help can make the job easier, make time go fast and the work seem fun.
- Mobility changes as we age; there is no shame in asking for help from others in completing tasks.
- Some people love to clean, give them a chance to do something they enjoy! Youth groups are often looking for ways to volunteer or for opportunities to raise money.

