

VIP
HOMEKEEPING
WE PUT THE
'WELL'
BACK IN
WELCOME
HOME

Welcome Home

SEPTEMBER 2013

Life Doesn't Have to Be So Hard

Autumn certainly arrived suddenly, didn't it? The air is crisp and the sky so blue—just beautiful.

For the past several months I have been running back and forth to Onslow County trying to keep up with old commitments there while at the same time adding new clients to VIP HomeKeeping.

I find myself lamenting not being wherever it is I am not! Walt Whitman's poem about "promises to keep and miles to go before I sleep" rings loudly in my old deaf ears and I realized how

easy it is to get caught up in thinking you have to do it all—be all things to all people. But the truth is you don't.



You can chose which tasks, projects and activities to participate in and either put the rest on hold, delegate them or eliminate them all together. I received an email the other day that said September was the new, New Year. You can determine to give yourself a clean slate, clear the calendar and the 'to-do' list and begin again I am certainly going to try.

Hope you will too!



Steve



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VIP Homekeeping—We put the “Well” back in Welcome Home!

336-998-7894



We are very pleased to share that we have been invited to participate in the

Health and Wellness Expo

being held in conjunction with the 4th Annual Athena 5 K Run at Tanglewood Park, Saturday Morning, October 5th. No we are not running. We will be manning a booth with information about VIP Homekeeping and the natural products we use to keep your home healthy and clean. There will be thirty vendors all sharing what they do to contribute to a healthy lifestyle.

Athena's Run for Gynecologic Cancers was founded in 2010 in an effort to promote public awareness. Over the past three years, Athena's Run has raised over \$200,000 for the Gynecologic Cancer Fund at the Forsyth Medical Center Foundation.

There is still time to register to enter the race.

Check out their FaceBook page <https://www.facebook.com/athenasrun> or website: <http://www.athenasrun-ws.org/> for more details.

Not a 5Ker? Come on by anyway and support the cause
PLUS there will be all kinds of goodies and prices 😊

Roxie & Friends

I have a new friend.

I don't know if you have noticed but often my new friends and I share a skill or attribute.

When I was younger I could have won awards for shredding. I shredded all kinds of things, papers, shoes, blankets, pillows—I was really a champion shredder.



It is hard work though and I have pretty much given it up except for the occasional stuffed animal that annoys me.

My new friend Vaughn is amazing; he shreds, and shreds and keeps on going, kinda like the Energizer Bunny.

His company is called **Shred-Safe** and it is a mobile document destruction service. They can help you set up a document retention plan so you know what to have shredded when. They even can take care of your old hard drive destruction.

Give him a call at **1.888.703.5546** and see how he can help protect your identity, dispose of obsolete paperwork and at the same time respect the environment.....

What a guy 😊



And don't forget to mention my name, after all you wouldn't want me to miss out on any cookies 😊