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"Mark" My Words... a message from Dawn Giganti

Coronavirus... National Emergency... Schools closed down... Stores are running out of supplies... Self-quarantine... With the news changing every day due to COVID-19, writing this letter has been difficult. Life happens, plans change, and sometimes you have to roll with the punches and make the most of it. So, wherever you are in the world right now...

*Don't Panic - If we all work together to take the appropriate preventative measures, we will be just fine. Yes, there are people out there who won't cooperate for whatever reason, but the more of us who work together, the better. Hopefully, everything will blow over soon.

*Pray - Yes, pray for your family's health and safety, but don't forget to pray for our nation and our leaders too.

*Stay Home, if you can - Postpone playdates and birthday parties, and stay home as much as you can and catch up on cleaning, etc. This is the best, most effective way to stop the spread of the disease right now. And if everyone pitches in, it won't last long. Of course, not everyone CAN stay home right now. But, for those of us who are perfectly able to stay home, please do.

Again, this is as of the date of my writing this letter (3/16/20). As of now, the big issue is that infected people without symptoms might be driving the spread of the coronavirus more than we realized. You could easily transfer germs to someone else without even knowing it.

*Ask for Help - Everyone is rightfully worried about paying bills and having internet access. I've been getting tons of emails and have seen a slew of posts from I've seen a TON of posts from companies helping out:

- AT&T, Comcast, Verizon, and others are removing data overages and offering free hotspots.
- Some school districts are looking for ways to continue offering meals to families who qualify for the free and reduced lunch program.
- The government is working on passing a bill to provide aid to families affected by the coronavirus.
- Individuals and small businesses are reaching out, looking to help where they can.

No need to assume you're just out of luck. Reach out! Google for resources in your city or ask around on Facebook.

*Reach out to Friends and Family - Be sure to reach out to friends, family and neighbors who may need your help but be too reluctant to ask. Offer to babysit for the single mother down the street so she can work if you can. Drop off groceries for a neighbor who might be elderly, so they don't have to go to the store. If you know a mom with young ones at home, bring them a meal, so she doesn't have to go out. Share your toilet paper stash with friends and family who didn't have a chance to stock up before stores ran out. Call, or FaceTime friends and family who might be going a little stir crazy cooped up at home.

I am praying that all of you and your family are happy, healthy and financially taken care of during this stressful time!

Dawn J. Giganti

Dawn Giganti, Marketing & Administrative Assistant
Creative Carpet & Flooring

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	HOLIDAY				

Month at a Glance:

10th - 12th Good Friday thru Easter Sunday - Wishing you a blessed & joy-filled Easter! We will be closed for the Easter Holiday Friday 4/10 thru Sun 4/12

12th Easter Sunday - He is Risen! Death could not hold Him. Rejoice in the resurrection of Jesus Christ. Wishing you a blessed & joy filled Easter!

April Birthdays - A happy birthday to the following staff members:

2nd - Lauren Biskup, Accounting & Admin. Asst.

11th - Clay Bouquet, Distribution Center Associate

16th - Chris Boerema, Director of Operations

23rd - Mark Bouquet, Sr., Founder & President

THANK YOU FOR THE KIND WORDS!

"Cody helped with carpet color selection with only a small piece of cloth from our recliner love seat. He worked with us on several days as we tried to get the right color gray. We finally selected the color he suggested, and he was right on. The install went on time, smoothly and quickly. the installers were very good." ~**John & Charlotte Oliver of Orland Park, IL**

"Steve Williams did an excellent job getting everything setup and getting me a quote. They did an excellent job. Would highly recommend them." ~**Gregory K.**

All About April Fools' Day

April Fools' Day is about more than playing jokes, tricks and pranks. That's just the most fun part of the day! Check out why we're all so mischievous on April 1st.

The History - In the 16th century, France celebrated the New Year just like we do today, except they partied on April 1st. In 1562, Pope Gregory changed the calendar to the one we use today, and from then on, the New Year began on January 1st. Lots of peeps didn't know about the new calendar, or they ignored the new calendar and kept celebrating on April 1st. Everyone else called them April fools and played tricks on them.



Fools Around the World - In France today, April 1st is called Poisson d'Avril, which means April Fish. Children tape paper fish to their friends' backs, and when the young "fool" finds out, the prankster yells "Poisson d'Avril!" In England, tricks can only be played in the morning. If a trick is played on you, you are a "noodle." In Scotland, you are called an "April gowk," which is another name for a cuckoo bird. In Portugal, April Fools' is celebrated on the Sunday and Monday before Lent. Pranksters usually throw flour at their friends.

Practical Jokes for April Fool's Day - April Fools' practical jokes should be done in good fun and not meant to harm anyone. The best jokes are the clever ones where everyone laughs, especially the person who had the joke played on them.

- ▶ Put food coloring in milk.
- ▶ Superglue coins to a sidewalk. This works best on an old, worn sidewalk.
- ▶ Go with a couple of friends, stand near some busy street corner - stare and point up at the sky. Watch the reactions of people around you!

What is your favorite prank?

Kidzworld. (2019, March 19). *All About April Fools' Day | Pranks | 1st | Jokes | History | Trick*. Retrieved from Kidzworld: <https://www.kidzworld.com/article/593-april-fools-day>

MEET OUR NEW & RETURNING FRIENDS & CLIENTS...

Alex & Kathleen	Dennis McGann	Jon & Katie Jager	Pete & Donna
Aloia	Doug & Robbyn	Joyce Chakos	Aleck
Amanda Siegers & Justin VanderWaal	Rebeck	Judy & Mitch	Richard Olas
Amy & Tom Reser	Eric & Amanda	Palmer	Romie Rush
Amy Stevens	Vannoort	Kristen Figliuolo	Ron Rottmann
Andrea Novalez	Erin McDonald	Lajuan Ducksworth	Scott & MaryLou
Arthur Hunt	Frank & Joanne	Leah Bailey	Cioffi
Bill & Jennifer	Zanocco	Linda Gonzalez	Stan Strzemp
Huizinga	Gary Manuel	Linda Olson	Stanley Zubek
Bill Walsh	Greg Czochara	Louis Delligaudri	Steve & Carrie
Bob Ash	Greg Langosch	Margaret Skimina	Nepkin
Brian Cagala	Hilary & Jake	Maria Weisman	Sun Yang
Candy Paben	Nydam	Mary & Mark	Tara Assink
Chris Pitts	Holly Krygowski	Schultz	Teresa Cales
Christine	Holly Peters	Mike & Bonnie	Tim Speroff
Gabrielse	James & Karen	O'Grady	Tim Woods
Clyde Brown	Castelnuovo	Mike Maruszczak	Tom & Leah
Dale Brumm	Jamey & Brian	Mike Topp	Huizinga
Daniel & Sherry	Bailey	Nancy & Chuck	Tom Ladewig
Izzo	Jasmine Liubakka	Pearson	Tracy & Tim Leo
Danielle Snedden	Jason & Katie	Nick Jarman	Wayne Hamrin
David Reyna	Bailey	Noreen & Thomas	Ying Zhao & Guy
Davis Jaspers	Jason Klaich	DeBold	Loneragan
Dawn Dixon	Jennifer Leeson	Pat & Kathy Moore	
Deneen Giorgi-Leber	Jenny Wencel	Pat Larsen	
	Jerome Kusbel	Paul & Karen	
	John Stage	Pater	

NICK & ANNETTE CHIAPPETTI

of Frankfort, IL

You are this month's

MYSTERY WINNER!

We have a \$50 Creative Carpet & Flooring gift card reserved just for you!
Stop in your nearest showroom to claim your prize!

NOTE: Must be picked up before 4/30/2020

Did You Know ?

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Are you a time user or a time waster?

There's never enough time to get done everything you want to be done. Even if there were 48 hours in a day instead of 24, you would probably feel the same way. Not counting sleep time, we really only have about 16 hours a day. So, it's important how we use the time we do have.

On average, people waste about 2 hours a day. This is mainly from poor planning. If a person is unorganized, time is wasted trying to find things, appointments are frequently missed, and multitasking is not part of their vocabulary.

It isn't how much time we spend working, it's how efficiently we do the work. So, learning to manage time is essential to be successful. Careful planning and prioritizing are critical. Know when things need to be done by planning your day, week and month in advance.

In their hearts humans plan their course, but the LORD establishes their steps. Proverbs 16:9

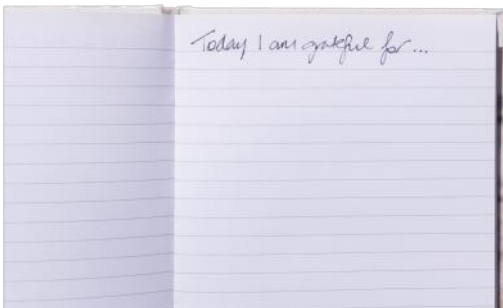
Multitasking with things that don't require a concentrated mental effort is a great way to buy time. Even though I am a baseball fan, I can't justify sitting down and spending hours watching a game. So, I will do other things while I'm watching the game. For example, I'll make a dinner menu for the week and the grocery list while I'm watching the game. If I missed a home run, I'll rewind it and watch it from the beginning. Take advantage of technology today! If you work out at home, do it while you are viewing the game. Or spend time with your spouse and take a walk. You are getting exercise and husband and wife interaction at the same time. Other things you can do is listen to audio self-improvement tapes, audiobooks or anything educational on your commute to work. Another is to do as many errands as you can on one trip.

Prioritizing enables you to get the most important things done. Don't get distracted and let low priority things bump off the higher priority tasks from your schedule. Keep your eye on the big picture. If you've only got so much time, spend it doing the things that bring you the most benefit.

Time is precious. Spend it being productive and doing things that are moving you forward. Squandering hours a day in front of the television, playing computer games or surfing Facebook is not constructive time usage. Yes, everyone needs downtime. However, it would be best if you regulated how much is genuinely necessary. If you are resourceful with your time and use it efficiently, then you will have more time to do fun things and truly relax.



Gratitude Check



Have you ever experienced losing an important file? A digital document like a report or Excel spreadsheet that you've been working on for hours, days, weeks or even months. Then suddenly, your computer crashes, or you accidentally hit a button, and it is gone. Wiped out. All that hard work, time and effort, flushed down the drain. It's the worst. That sinking feeling of knowing you are going to have to start all over. I'm pretty sure it has probably happened to all of us at some point, but that sure doesn't make it any easier.

I had one of those moments the beginning of spring of 2013. Three out of my four kids were all in high school

at the same time, Jake a senior, Nick a junior and Alexis a freshman. If any of you are gamers or know one, you might know the music from Final Fantasy VII, particularly Sephiroth's Theme. I wanted to do something super unique and neat with all three of them being in band together. So, I was writing the full score for the entire high school band to play at their final concert at the end of the year. I had been working on writing the sheet music for the conductor and each individual instrument for a few months on my computer. Hours and hours of work spent on the computer and with the kids. I was just about done. All I needed to do was a few tweaks, and it competed. Get ready for the celebration and happy dance!

But when I went to pull up the file on my computer, it was gone. Nowhere to be found. Vanished.

I tried everything I could think of—searching by document type, checking the archive files, searching by every possible name. I even downloaded a document recovery program to search for deleted files on the unlikely chance I had accidentally moved the file to the trash.

Nothing worked.

I started to freak out. This had taken me at least four months to create. It was hours and hours and hours of work, just gone. I was in tears and on the verge of screaming. Usually, I'm levelheaded in a crisis. Not this time. It just had to be there somewhere; computers never actually delete anything. After continuing to wrack my brain some more, my hope dwindled. I even contacted the software company of the music program I was using. No luck. Nothing. I became numb. There was no celebration, no happy dance—just nothing. There wasn't enough time to start over. The kids wouldn't have the music in time to practice. The one chance I had was gone forever.

Then, I stopped and prayed. Not for everything to be fixed, because there was no fixing this. I was praying for acceptance. Then, the numbness turned into gratitude. I became thankful for spending time with not just my kids, but all of the band kids. I was in my element and sharing that love for music with the younger generation. I appreciated that and decided to celebrate that instead of beating myself up because of what had just happened.

Our level of gratitude in every circumstance will also determine our level of joy. It isn't easy, but try challenging yourself in ALL moments (good and bad) by conducting a gratitude check. Do you remember to take the time to appreciate the little things, or are you so busy rushing through life that you've forgotten how much there is to be grateful for?

MEGA Trivia Contest

Who wants to WIN a \$50 Gift Card towards dinner at TGI Friday's, Olive Garden or Beggars Pizza?

Take our Trivia Challenge!

This month's Mega Trivia question:

What food group do peanuts belong to?

(A) Grains

(B) Nuts

(C) Legumes

(D) Berries

To enter, visit our website at www.creativecarpetinc.com, click on "MEGA Trivia" under *Specials* and take your best guess. Your chances of winning are better than you think! Winner will be announced in the following month's newsletter. Entry deadline, April 20th, 2020. Good luck!!!

Answer to month's quiz:

(C) Roman

Congratulations to last month's winner:

Darin Cerrito
of Mokena, IL

Stop by Creative Carpet & Flooring to claim your prize by April 30, 2020!

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Daniel &	Mike & Bonnie
Sherry Izzo	O'Grady
Holly	Nikki Durrant
Krygowski	Sally &
Karen & Jim	Andrew Formas
Bergstrom	
Kim Poulos	
Laura Rot	
Linda & Craig	
Rundle	

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A gigantic THANK YOU to all who referred us last month...

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Clinton & Jillian	Marie & Thomas
Fuller	Aleck
Ken & Barbara	Shawn & Michelle
Siegers	Quigley
	Sue Hollandsworth

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9am - 6pm Mon, Tue, Thu, Fri
10am - 6pm Wed
10am - 4pm Sat

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Laughter Can Be the Best Medicine

Research scientists have spent considerable time investigating the effects of laughter. They have found that laughter can help patients recover from illnesses because it tends to lower blood pressure, reduces stress hormone levels and recharges the body's immune system. Laughter is also known to release the body's natural painkilling substances to provide an overall feeling of well-being. This is a result of stimulating blood flow and aiding the heart.

It has been said that laughter has about the same benefits as aerobic exercise but without the pain sometimes experienced with physical activity. Laughter also helps to control insulin levels and blood sugar levels. While scientists don't recommend that patients quit their diets or exercise regimens, they do say that laughing definitely helps. Doctors have discovered that laughter also has an effect on viruses, bacteria, cancer and heart disease. They determined that their patients boosted their immune systems just by watching funny videos and movies.

Laughter is one of the first things we learn as babies. Scientists note that babies who smile the quickest were smiled at more in general. If parents are happy and smiling, it is a given that the baby is likely to smile quickly as well. Much research on children has been performed, and scientists discovered that laughter helped with children's ability to endure pain and was also effective in the healing process. This is a valuable discovery for young cancer patients. Laughing relaxed patients who had to have painful procedures or who suffered from the anxiety of pain expectation.

Researchers have found that there are many positive effects from laughter, but no known negative effects. Laughter really is the best medicine. Just thinking about something funny makes the hormones flow, and the body has a positive and healthy response.

Experiencing stress without laughter reduces the ability of the body to fight disease because it suppresses the immune system. A stressed body can't fight infections and other disorders. Your body responds to emotions and feelings, so it's good to laugh and release all the positive effects related to laughter. Basically, the immune system is closely linked to the positives resulting from laughter. Laughing helps to fight disease.

Stress levels can be reduced through daily exercise and having good eating habits. When laughter is added, things get even better. People who laugh a lot have reduced stress levels, and reducing stress is a significant step in fighting disease.

Laughter Can Be The Best Medicine. https://www.streetdirectory.com/travel_guide/33464/self_improvement_and_motivation/laughter_can_be_the_best_medicine.html



Community Events

With so many closures and cancellations due to the coronavirus, it isn't very easy to know what's going on in the Mokena, Illinois, and Highland, Indiana areas. We will continue to pray as we deal with the Coronavirus (COVID-19) in our communities. May this crisis bring out the best in us, not the worst. Help us to live by faith and not by fear. May we not forget our faith but draw strength from it. Strengthen us, by your Spirit, so that we may carry on our lives as best as we are able, looking out for others, showing love in action, being faithful in prayer, and bringing encouragement, hope and peace. These prayers we bring to You, in Jesus' name. Amen. (written Monday, Mar. 16, 2020)

If you have a community event or fundraiser that you would like us to feature in May's 2020's Creative Thinking newsletter, please email marketing@creativecarpetinc.com by April 19, 2020.



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