



TraVek Presents:

AUGUST 2018

# TIPS & CLIPS

TraVek Remodeling  
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ROC #168997 and #168998

**H**ello friends! We are pleased to send you this monthly issue of *Tips & Clips*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to your friends and neighbors. Enjoy!

## Anecdote

### A Reminder to be Kinder

Two friends were out in a rowboat when it overturned. Luckily, two young women were nearby in another boat and came to their aid. Unfortunately, the women had neither a radio nor a motor on their boat. They were a long way from shore, and the two young men needed medical attention.

The young women screamed for help at each passing motorboat on the waterway. Their pleas were ignored by many. By the time they were finally able to secure help, one of the young men had perished from his injuries.

This was the story Lorraine Jara read in her local paper one day, more than 30 years ago. Though Jara did not know any of the young people involved in this tragedy, it touched her so deeply that she had to do something. In 1988, Jara created **Be Kind to Human Kind Week**, Aug. 25–31.

The smallest act of kindness can have a significant impact on a person's life. Knowing this, what will you do to make the world a better place for humanity?

### Your Kindness Can Cure a World of Hurt

To help others find ways to engage in kind and civil behavior, Jara created the following themes for each day of this week:

- Sacrifice Our Wants for Others' Needs Sunday
- Motorist Consideration Monday
- Touch a Heart Tuesday
- Willing to Lend a Hand Wednesday
- Thoughtful Thursday
- Forgive Your Foe Friday
- Speak Kind Words Saturday

Imagine how much nicer the world would be if each one of us committed to adhering to these concepts during this week and every week thereafter.

Dear Valued Customers and Employees,



It is very exciting to announce that TraVek, Inc. has been selected by REMODELING magazine to join the REMODELING Big50. Each year since 1986, the REMODELING Big50 inducts 50 remodeling companies from across the nation that have set exceptionally high standards for professionalism and integrity through exemplary business practices, craftsmanship, and impact in their community or the industry at large. I must say that the selection process was quite rigorous. Big50 remodelers run successful, often growing, companies of various sizes that have taken the lead in raising industry standards.

“To get a sense of how unique this status is, consider there are roughly 98,000 remodeling firms in America with paid staff,” noted Craig Webb, REMODELING’s Editor-in-Chief. “Since 1986, we have selected only about 1,600 firms. That’s just 1.6% of all the remodeling businesses in the country today.”

We here at TraVek are very honored to receive this distinction. The award recognizes excellence and leadership, and we are privileged to be named to this select group of remodelers. It brings more validation to the TraVek Team for what we do on a daily basis to serve our customers and our communities, not just from the local level, but from professionals across the United States.



*Von Raisanen & Todd Raisanen*

Todd and I are excited to travel to New Orleans to be presented the award at the Big50 Awards Dinner on Wednesday, Sept. 26, during the 2018 Remodelers Summit and Awards Gala.

Please join us **Monday evening, August 20 at 6:00** for our monthly Community Outreach Seminar. Kelly Engelhardt and Todd Raisanen will be presenting on Services for Seniors and Elderly Living Options. Read our website Event page for more information. This is a **FREE event**, but if you plan to come, please R.S.V.P. on our website, or call our office at 480-367-1171.

Sincerely,

Von K. Raisanen  
President

## From the Doc

### What Is the Prevalence of Sleep Disorders in Neurologic Populations?

A retrospective study finds that insomnia may be associated with worse neurologic status in patients with movement disorders and patients with epilepsy. About one-third of neurologic patients have a high risk of obstructive sleep apnea (OSA), and approximately one-quarter has significant symptoms of insomnia, according to data presented at the 70th Annual Meeting of the American Academy of Neurology in Los Angeles.

OSA and insomnia are highly prevalent in the general population and may be more common in patients with neurologic conditions. To examine the association between sleep instrument scores and disease-specific outcomes in neurologic populations, there was a retrospective analysis of data from 19,052 adult initial visits to the psychiatry, brain tumor, movement disorders, cerebrovascular, and epilepsy centers at the Cleveland Clinic between March 2015 and October 2016.

A (STOP) questionnaire consisted of symptoms relating to snoring, tiredness, observed apnea, and high blood pressure. Patients with a STOP score of 2 or greater were older, more likely to be male, more likely to be a current or former smoker, had greater PHQ-9 scores, and had more comorbidities. Patients with STOP scores of 15 or greater were younger, more likely to be female, more likely to be a current or former smoker, and had a higher prevalence of depression.

### Neurology Reviews. 2018 July;26(7):30

Dr Burdorf's thoughts: What happens next? Prior research studies have shown many of these conditions are related to a prior history of cervical spine whiplash and concussions. These injuries, when not properly treated, manifest symptoms months or years later. Lifestyles such as smoking and personal stress levels also become factors. The good news is if you are reading this, you are a client of TraVek. You have lost interest in your current home décor and want something new. If you recognize the same for your health, then call our office 480-951-5006 to build a new you.

Sincerely,

Dr. Burdorf, D.C., D.A.C.N.B.  
8140 East Cactus Road, Suite 730  
Scottsdale, AZ 85260  
Email: mark@drburdorf.com

*Dr. Burdorf is one of only seven Board-Certified Chiropractic Neurologists in the State of Arizona.*

## Health Watch

### Watch Your Magnesium when You Take Vitamin D

If you're taking vitamin D, you might want to pay attention to how much magnesium you're getting as well. The *Health News* website reports that scientists say vitamin D can't metabolize effectively without sufficient amounts of magnesium, which transforms the vitamin into usable form inside a human body. Magnesium helps the liver and kidneys convert vitamin D into an active form and is necessary for transmitting the vitamin through the bloodstream.

Men should get 420 milligrams of magnesium per day, according to the recommended daily allowance, and women should take 310 milligrams.

Symptoms of a magnesium deficiency include:

- Lack of sleep
- Muscle spasm
- Eye twitching
- Irregular heartbeat

## Homeowner's Corner

### Preparing To Age Gracefully Seminar at TraVek

Many of us are at the stage in life where our parents or elderly relatives are starting to prepare for an age when they will need more assistance, yet are able to live somewhat independently. These are not always easy waters to cross, as some of us here at TraVek have experienced it in our own families. Through our experiences, we have found information we wished we had known earlier. That is precisely why we have arranged the upcoming seminar for others who are entering that stage in life.

Welcome to join us on Monday evening, August 20 at 6:00 p.m. Kelly Englehardt, Executive Director of Synergy Home Care, and TraVek's Todd Raisanen will be presenting on services and options for aging.

It is not too early to plan for aging, because if we live long enough, we will all age! Our preference is for people to be able to age gracefully and among the love and comfort of their own families; whether that be at home or away from home. There are great options either way.

The event is free, but we ask for registration. Please go to our website at [travek.com](http://travek.com) and click on the banner at the top of the first page. That will lead you to the registration form. You may also call 480-367-1171 to register.

## Back To School

### Advice from School-Age Kids on How to Succeed in Elementary School

Parents can share a lot of worldly advice to prepare their kiddos for their first year in elementary school, but sometimes the best advice comes from the “big kids” themselves. We asked some of our school-age students to share their best tips for making the most of elementary school – here’s what they had to say:

1. “Always sit in front of the class because it makes you pay more attention to the teacher.” Anishka, age 10
2. “Always have fun and participate in everything.” Riley, age 9
3. “Get all the supplies you need. Make new friends by being nice to them and never go to sleep in class!” Addisyn, age 8
4. “You should always follow the rules so that way you can have more fun!” Ellie, age 6
5. “Make sure you get eight to eleven hours of sleep at night. Wake up an hour before your school opens so that you have time for a big breakfast so you can have a lot of energy to get through the day.” Joshua, age 8
6. “You will have a great school year if you listen well. If you don’t get something right away, don’t give up. Keep trying!” – Isabella, age 10
7. “Give your teachers an apple. Write your teachers a good note about them and open the door for them.” Rodney, age 9
8. “Ask somebody to be your friend. Give the teacher an apple. Listen to the teacher. Don’t have a food fight at lunch. When somebody gets hurt take them to the nurse. No saying bad words in class. Don’t make fun of people.” Mariyah, age 8
9. “Play with friends and learn ABC’s.” Khloei, age 6

Taken from *lapetite.com*. by Administrator | August 15, 2017 | Child Development | Kindergarten Readiness

*Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe. —Gail Devers*

## TraVek Has Teamed Up With Ironwood Cancer & Research Centers In August 2018.

When a person has cancer the last thing they should have to worry about is money for food and basic living supplies. The reality, though, is that cancer is financially difficult for patients and their families.

Ironwood Cancer and Research Centers offers **FREE** pantries where cancer patients can visit and pick out the items they need for themselves and their families.

TraVek will be accepting donations of personal care items and non-perishable food such as: paper towels, toilet paper, facial tissue, diapers, body soap, hand sanitizer, Ensure, Gatorade, Canned Soups/Canned Meats, Beans/Rice/Pasta, Protein Bars, Healthy Snacks, Jello/Pudding, Canned Vegetables.

If you would like to donate money instead, please make checks payable to Ironwood Cancer and Research Centers.

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## The Voice of a Customer:

*TraVek recently completed a remodel of our kitchen, hall bathroom, and master bathroom with Dan Schmidt as our lead carpenter. We were thrilled with the quality of the work. Dan kept us posted on the progress and answered any questions we had as the work progressed. As with any remodel, we encountered a few unexpected situations. Dan patiently worked through those issues and solved all of them. Dan quickly earned our trust with his professionalism and quality of workmanship. We would definitely give Dan and TraVek our highest recommendation.*

Bob M.—Tempe, AZ



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*Coming Next Month: TraVek is Opening a Handyman Division!*

## ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

AUGUST 2018



*Jake Miller, Designer*

### Featured Project: Bathroom Remodel in Scottsdale 85254

This is absolutely gorgeous! The homeowner was tired of the old cabinetry and finishes in this bathroom, and wanted to update it without changing the layout. It was darker and had become dated and tired. We did not change the footprint, just made aesthetic changes. Originally there was a full wall on the shower, and we made that into a glass wall, which allowed the shower walls to become a beautiful show piece. To see all the changes we made and more pictures, go to [www.travek.com/About Us](http://www.travek.com/About Us), and then click on the picture of Jake or Jim. It will show up on the projects they have completed.



*Jim Ratlief, Lead Carpenter*

