



TraVek Presents:

TIPS & CLIPS

**If you can read
this, you can take
me home!**

April/May 2020

TraVek Remodeling
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ROC #168997 and #168998

Hello 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!

Calendar of Events

Coming up...

May 19: Design & Remodeling Seminar 4:00 - 6:30 p.m. at TraVek. 15575 N 83rd Way Ste A-4, Scottsdale, AZ 85260 Registration required, seating is limited. Register at travek.com or call 480-367-1171. [In the event that Arizona is still under Stay-At-Home Order, there will be a virtual Webinar.]

May's Remodeling Seminar is sponsored by Starmark Cabinetry. See more about Starmark inside at Starmark Spotlight

Homeowner Helper

From our Yearly Homeowner's Checklist:

- Check and clean range hood fan & filters

Need help with this or other home repairs and maintenance? Call us today!



TRAVEK HANDYMAN SERVICES
CALL 480-367-1171

Dear Valued Customers and Employees,

What a time we are living through right now. Truly these are uncharted waters for all of us and a moment in history that will impact us for months to come. However, great challenge breeds great opportunity. We strive to be a company and team that can meet the challenge head on and continue to grow and get better because of it. We are glad to hear that plans for reopening our state are underway.

Despite these uncertain months, we have already seen opportunity come from challenge! Our team accomplished a 10-Day Kitchen as the month of March came to a close. There were some snags along the way that made us doubt the deadline, but the team came together and made it happen! Check out the Featured Project on the back page to see the beautiful, finished product and be sure to reach out to see if your kitchen may be a candidate for our next 10-Day Kitchen project!

We are also taking this time to empower our team with new certifications! Through April and May, we have nine team members that will be completing a Certified Kitchen and Bath Remodeler (CKBR) course! This certification will increase our team's expertise in how to best guide clients through and execute these particular home renovations. This certification is run by the National Association of the Remodeling Industry (NARI).

Our team has even continued to grow! We are excited to have a new Sales & Design member, Stein Lie, join us and look forward to all that he will bring to the table. Stein specializes in kitchen and bathroom remodels and was a General Contractor up in Washington before he and his wife moved to Arizona earlier this year.

We are grateful to have a team of accomplished handymen that are able to serve the community in this time. They have been completing projects from refinishing, patios, repairing sliding doors, and patching drywall, to name just a few. Do you know of anyone or are you a handyman looking to join an accomplished and licensed company? Call our office at 480-367-1171 if you are interested in being a part of the TraVek family!

Take this time to create new healthy habits for yourself and your family. Our "From the Doc" article inside has some great suggestions for boosting your immune system. Cultivating a happy and healthy community is an integral part of "Together, Building Dreams."

Best Regards,

Von Raisanen, CR, CKBR
President, TraVek, Inc.



From the Doc

What About Your Gut?

The COVID-19 virus itself is not the problem, but rather a lack of proper defense mechanisms against it. Essential supplements to take for lung and immune health are Vitamin D, Vitamin C, garlic and Lauricidin.

Glutathione supports natural antioxidant activity in your body. I will bet you have not been eating the most healthy since all this started. Your gym or yoga studio is closed. It has been easy to just sit back and eat the bad stuff. How do I know? I see no shortage of fruits and vegetables in the grocery stores, but the shelves where all the bad stuff with trans fats and gluten are empty!

S-Acetyl Glutathione is an acetylated form of glutathione. This form is well-absorbed and more stable throughout the digestive tract than other forms on the market. Laboratory data showed that *S-Acetyl Glutathione* increased intracellular glutathione and had a positive effect on many oxidative stress biomarkers. You can measure the effectiveness of taking this supplement, just like all supplements, with bloodwork.

Clinical Applications

- Provides Intracellular Antioxidant Support
- Supports Healthy Cell Function and Healthy Aging
- Supports Detoxification
- Supports a Healthy Immune Response
- Supports Amino Acid Transport Across Cell Membranes
- Enhances Antioxidant Activity of Vitamins C and E

Glutathione is a good start to cleaning up your diet and getting healthy to avoid succumbing to Covid -19, as well as cancer and heart disease. It can be purchased at my office or from my online stores at drburdorf.com.

Call or schedule online a complimentary 15-minute nutritional consultation at my office or on Facetime. Our office is 480-951-5006 or drburdorf.com.

Yours in health,



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Dr. Burdorf is one of only seven Board-Certified Chiropractic Neurologists in the State of Arizona. He deals with very complex neurological issues, and is a doctor patients to go after they have been dealing with their situations for many months or even years, and have been unable to find help elsewhere.

Designer's Corner

Hot 2020 Design Trends

Considering a remodel, but feeling stuck? Maybe these design trends will give some inspiration! One of my favorite design trends is the choice of blue cabinets in homes. Kitchen, baths and laundry are all possible contenders for a splash of blue. To balance out these dramatic hues, I'm seeing equally liberal use of neutral to warm whites, such as wool and bone white. These are whites that have just the slightest touch of warmth to them, which keeps them clean and crisp-looking.

Another current design trend that has been hot this year is slab backsplashes. Kitchens and baths are going big with these slab backsplashes. It is a luxurious look, but the consistency of the slab makes the space feel large and airy in comparison to the tiny tiles we have gravitated towards in the past. The minimalist sensibility of unbroken planes makes the slab backsplash a key ingredient in many contemporary or transitional kitchens, balancing a modern form with a timeless traditional material for the best of both worlds. Plus, a stone treatment on the wall is naturally more eye-catching than one on the counter, as the eye gravitates to vertical surfaces first.

Hopefully these trends will grant some inspiration in beginning your home remodel projects!



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StarMark Spotlight

Custom Cabinetry

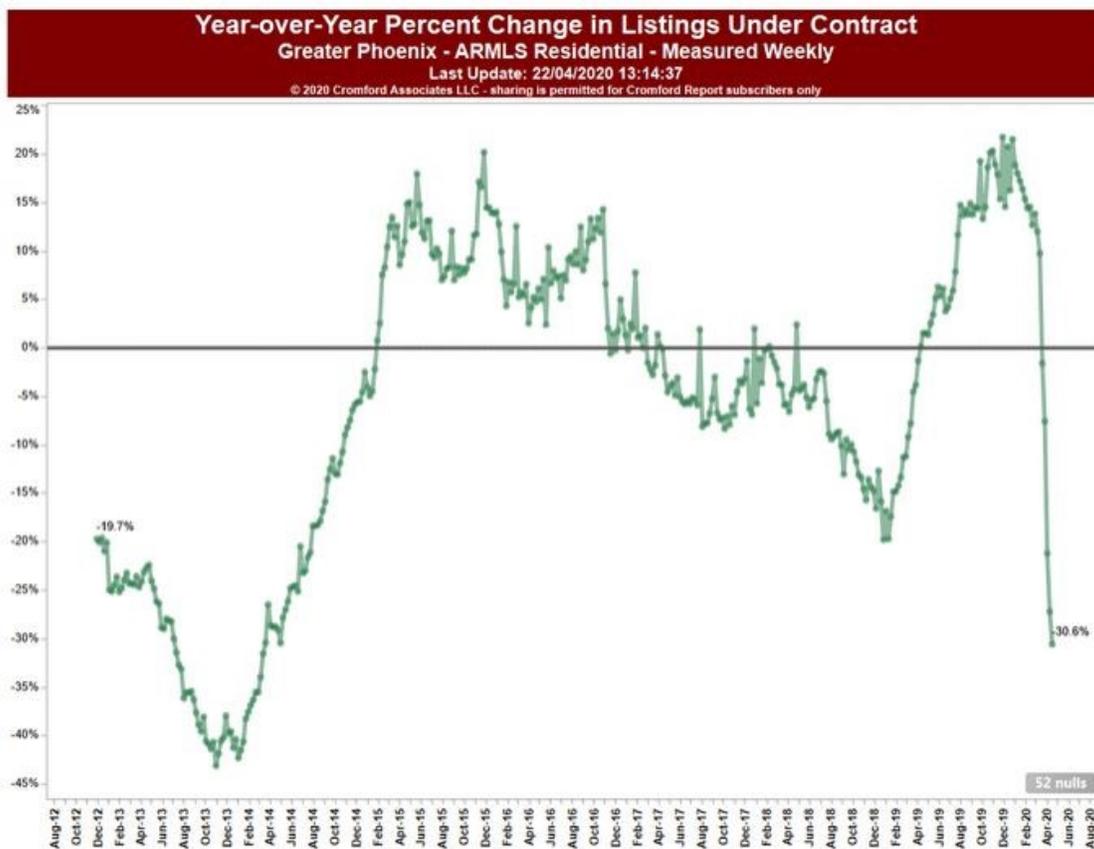
StarMark Cabinetry is built in Sioux Falls, SD, and has been a leader in the kitchen cabinet and bath industry since 1978. Our quality, all plywood cabinetry is built one kitchen at a time up to a 1/16" of an inch to meet your exact specifications backed by a limited lifetime warranty.

We have over one million combinations of doors styles, wood types, and colors so every style from Traditional to Contemporary can be created to meet your lifestyle. Check out our Tempo door style in our new Walnut species with Rattan finish featured on the revised HGTV's Extreme Makeover: Home Edition.

Visit www.starmarkcabinetry.com to learn more.

STARMARK
C A B I N E T R Y

How COVID-19 Has Affected Listings Under Contract



Colleen Olson

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Focus on Function

Supportive Tips for Adults with Neurocognitive Disorders

Individuals suffering from dementia or other neurocognitive disorders such as Parkinson's disease, brain injury, stroke, or encephalopathy, often experience difficulty managing typical roles and routines associated with Activities of Daily Living (ADL). Many symptoms include impaired memory, difficulty concentrating, poor judgment, physical weakness, and decreased balance. Increased difficulty maintaining independence can be challenging to accept for those directly experiencing this as well as for friends and family of loved ones.

What are some ways to empower people while minimizing risk?

Maintain and build strength: Falls are a major public health concern and risk increases for those suffering neurocognitive disorders, medical comorbidities, and age. Although there are many devices and tools to assist, some may hinder an individual's ability to maintain necessary muscle and joint integrity. Simple strategies to incorporate functional mobility include: 1) Setting up the environment to minimize the risk of falls, 2) Encouraging "Push to stand", walking, and self-propulsion of a wheelchair to activate core muscle groups for balance, 3) Modified activities to promote engagement in everyday tasks, such as strategic

placement of objects, to enhance mobility.

Focus on Abilities: It can be discouraging when someone constantly points out deficits or weaknesses. Focusing on the current abilities and enhancing those strengths through supportive tools can empower a person to feel more confident. Ways to promote autonomy include: 1) Utilizing a pocket-size notebook/calendar, 2) Encouraging name tags at social gatherings, 3) Incorporating labels to help sequence "how-to tasks".

Every circumstance is unique, therefore it is essential to follow the advice of your direct care team. Find ways to empower yourself and the individual you may be caring for. Purchasing devices or removing responsibilities may actually enable the progressive nature of a neurocognitive disorder. Try adapting the environment and activities with the support of your care team to create collaborative solutions, minimize risk and Focus on Function!



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remodeling
BIG50

Schedule your free, in-home consultation today!

ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

April/May 2020



Featured Project: 10-Day Kitchen in Gold Canyon

Remodeling doesn't always have to be a long-term interference with your day to day life. This kitchen was upgraded in only 10 Days! If you love the layout of your kitchen, but are looking to make changes to the cabinetry, countertops, and appliances, your kitchen may be the perfect candidate for our next 10-Day Kitchen! To see more pictures of this project, go to www.travek.com/About Us, and then click on the picture of Thom, under projects Thom has recently completed.



Thom Pitschke, Designer

Dan Schmidt, Lead Carpenter

