



TraVek Presents:

JANUARY/FEBRUARY 2019

TIPS & CLIPS

TraVek Remodeling
15575 N 83rd Way, Ste A-4
Scottsdale, AZ 85260
www.travek.com
480-367-1171
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!

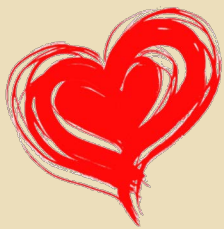
Calendar of Events

Lots to do...

January 15: TraVek Community Outreach 6:00 PM. Free Event. Laura Orsini, author and publisher. How to Get Your Book Written and Published. Register on TraVek's website.

January 18: TraVek Employee Holiday Party. Office Closed 3:30—5:00 PM

February 10: Scottsdale Philharmonic. Dvorak, Strauss, Marquez, Puccini. Scottsdale Bible Church. 4:00 PM. Free Event. See scottsdalephilharmonic.com.



February 14: Happy Valentine's Day

February 19: TraVek Community Outreach. Free Event. Beth Bliss, Classical

Pilates Instructor. Wellness: Be Your Own Advocate for Health. Register on TraVek's Website.

March 19: TraVek Community Outreach. Free Event. Dr. Mark Burdorf, Scottsdale Chiropractic Neurologist. Register on TraVek's website.

April 6: TraVek Employee & Vendor Golf Tournament.

Dear Valued Customers and Employees,

The new year is off and running, and already we're close to half way through the first month. I remember when "Old Folks" used to talk about time going faster and faster the older you get. Time seems to be going faster and faster, so what does that mean?

On our first day back after New Year's Day, we held an Employee Team Development Morning at the office. We typically do this the first Wednesday of every month, and it's a nice time for our team to get together and talk about what is coming up in the office as well as in our remodeling projects. If only I could put into words, the feeling of cohesiveness that we feel when everyone comes together. Our people are so willing to help each other in order to serve you better. It would be our hope that you, our customers, are the real beneficiaries of all that goes on here. We really have the best team, and I feel so fortunate to be able to say that.

Laura Orsini, an author and publisher and a TraVek customer, was here to present our first Community Outreach of the year. She had great information to share with those who came to listen and ask questions about getting their books written and published. For those of you who may be interested, but were unable to attend the meeting, check out our YouTube channel. The recording should be up by the time you receive this newsletter.

As you probably know, TraVek is committed to learning and constantly trying to improve our communication, systems and processes. This year we have taken an extra step to enroll approximately 10 people from our company in Sandler Leadership training. This is quite exciting for us, and it's really fun to come back to the office after class to exchange notes and ideas as to how we can implement what we have learned as a way to improve how we work among each other here internally as well as with you, our customers.

Valentine's Day is coming up. Some countries celebrate it as "Friends Day", so it would be totally appropriate to thank you for your friendship. We look forward to a great year serving you. May yours be filled with good health, joy and prosperity.

Sincerely,

Von K. Raisanen
President

From the Doc

Still Dizzy or Have Poor Balance?

Sure, what you eat and drink can give you these symptoms, but what if something else is going on in your brain or neck?

You have 31 pairs of nerves connected to your spinal cord and 12 cranial nerves connected to your brain. Cranial Nerves 3, 4 and 6 control eye movements.

Pursuits are when your eyes follow a target; these are controlled by the parietal lobe of brain. Saccades are when your eyes fixate from one target to another target; these are controlled by the frontal lobe of the brain. The ability to stabilize on a target is influenced by a part of the brain called the cerebellum.

If you injure your neck from something traumatic like a car accident, sports injury or repetitive activities like prolonged computer and smart phone use, you will likely increase your risk of arthritis if you haven't done adequate therapy to strengthen the muscles around the injured ligaments of the spine.

If you injure your brain from a concussion or traumatic brain injury and don't get appropriate treatment, guess what happens? Parietal lobe injuries are linked to chronic pain. Frontal lobe injuries are related to anxiety, depression and Alzheimer's. Cerebellar lesions are related to dizziness and balance conditions.

But there is hope for those who have suffered these events because now there's a therapy called RIGHT EYE that allows quick evaluation and interpretation of pursuits, saccades and gaze stability of the eyes. The therapy consists of doing eye exercises that will take only a few minutes a day. A reevaluation after only 5 days of therapy will show you the improvement.

Put it to the test! Schedule a RIGHT EYE evaluation at my office. The cost of RIGHT EYE is \$150, which includes initial evaluation, exercise instructions and follow up evaluation upon completion of 5 days of At-home therapy. You can learn more by visiting drburdorf.com. Save your brain before it's too late.

Call my office to schedule a consultation to discuss your treatment options. 480-951-5006

Sincerely,



Dr. Burdorf, D.C., D.A.C.N.B.
8140 East Cactus Road, Suite 730
Scottsdale, AZ 85260

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

Homeowner's Corner

Bath Tips to Fit Your Lifestyle

Below are just a few of the questions you should ask yourself when considering the design and function of your new bath.

- What features would make the bath more comfortable for you?
- How would you like to use your bath?
- Is this a family bath or master bath?
- How many people will be using it?
- Are there enough sinks and counter space for everyone?
- Are there enough baths in the house or should you consider adding another room? (This is usually a concern as children reach their teen years and also with expanding families.)
- Do you prefer to take showers or baths? If you like baths, would you prefer a tub and shower combination unit or separate facilities? Have you always wanted a claw-foot tub or would you rather install a whirlpool?
- Do you have adequate storage? To help you decide, make a list of all the items you need to store in the bath to ensure proper storage space in the plan. This list also should include cleaning agents, toiletries, linens, first aid items and medications. Indicate on this list where in the room you would like to store each of these items. For example, you may want some of the toiletries in the shower area, while others will be used by the sink or dressing area. Storage is one of the biggest concerns in any design, particularly in rooms as small as the typical bath. Carefully consider this aspect of the room during your preplanning phase.
- Have you considered the lighting in your bath?
- If the bath in question is a shared bath for the family, would a separation of the sinks from the rest of the room be helpful?
- Have you considered newer water-saving fixtures? (You can still obtain a water-rich environment with water-saving features.)

Consumer Poll: I want to remodel my bathroom because:

- 65.93%** It's severely out of date, with old fixtures and out-of-style colors.
- 12.09%** I'm looking to create a relaxing spa experience at home.
- 12.09%** It's too small.
- 9.89%** I'm looking to incorporate it more into a master suite.

Taken from NARI.org, Consumer Homeowner Resources

Did You Know?

Remodeling Trends

Some of the trends we are seeing now are cabinetry with mixed and matched colors and wood. For example, the top cabinets may be white and the bottom cabinets may be gray. Other trends are: Full-tile feature walls in the kitchen, window walls, quartz countertops, darker colors as accents in room (for example, a dark island in the kitchen. Black is especially popular.), larger-format tiles in herringbone, chevron or stacked patterns, custom drawer inserts in a color or stain different from the rest of the wood, abstract island shapes, free-standing tubs, electric fireplaces, drying stations in the bathroom, and no glass showers. These are just some of them, but ask your designer for more ideas if you are short on ideas!

Professional Remodeling Organizations

NARI



You may have heard of or seen our pictures from NARI meetings on the website or social media and wondered what it is. "NARI (The National Association of the Remodeling Industry) is an organization of high-quality remodeling professionals. Its members are committed to integrity, high standards, professional education, ethics and market recognition."

TraVek has been an active member of NARI since 2008. Once a month other General Contractors, vendors and subcontractors in the home improvement industry from around the Phoenix Valley get together to talk about what's happening in remodeling and in our businesses. We call in guest speakers, such as the Registrar of Contractors, and other professionals that have valuable information to offer.

NARI has a great consumer site at NARI.org. It offers great resources and unbiased information for those planning a remodel.



LAURA ORSINI is an author, editor, marketer, designer, and speaker. Her mission is to empower speakers, coaches, and other change agents to carry their knowledge and passion into the world through their writing. We were lucky enough to have her present at our Monthly Community Outreach in January. If you want the handouts for her presentation that we've put on YouTube, ask Susan.

Write!



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The Voice of a Customer:

We love our kitchen. One of the best parts of the process was when Todd showed us on the computer what our kitchen would look like. Thank goodness for that because the original design would have been so disappointing had I not seen it first. Now our new kitchen design is just what we wanted!

Jim was the best! Any future jobs I hope and will insist on having him lead my jobs. I will also say that my house remained clean and organized throughout the process.

- Peggy B, Phoenix



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6	3	4	2	6	1	8	5	7
7	2	8	6	5	4	9	3	1
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TraVek has a Handyman Division. Do you have a Honey-Do List?

ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

JANUARY/FEBRUARY 2019



Todd Raisanen, Designer

Featured Projects: Filling in Step-Down Showers

Recently we have had a lot of requests to fill in sunken living rooms and showers. Here we have just completed two master bath showers that were originally step-down showers. In the shower on the right you see something that is very common right now; mixed patterns. Isn't it beautiful? To see more pictures of these projects, go to www.travek.com/About Us, and then click on the picture of Todd. These pictures will show up at the bottom of his page for Projects Todd has recently completed.



Before



After



After



Before