



TraVek Presents:

JULY 2017

TIPS & CLIPS

TraVek Remodeling
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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!

Monthly Humor

Write It Down



There was a couple who, in their old age, noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget.

They went home and the old lady asked her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top."

So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

To Our Valued Customers and Employees,

Part of the benefit and joy of having a larger office space has been that we have been able to fulfill a desire of ours to host more community and industry events. We want our place to be a place where people can feel at home and be comfortable coming together to learn or to just spend time with like-minded people getting to know each other better. We feel fortunate to be able to play a small part in growing our community ties in ways like this.



This past month it was our pleasure to host the **Greater Phoenix NARI** (National Association of Remodelers) monthly meeting. It was really fun to witness the willingness to participate and the enthusiasm of the audience as they took part in a great presentation by Travis Gepson, a Sandler Sales Trainer. Perhaps the point he made most clear is that when

we are talking with our customers, we would always make sure that upon departure we have a clear future, whether that means doing nothing more and no expectations are set, or setting a time to follow up with whatever has been discussed. Communication is key, and something that everyone everywhere can continuously work to improve.



TraVek's **Employee of the Month** award went to David Allen, our Production Manager, whom many of you know. The award was based on customer feedback, employee feedback and his overall performance standards within the company expectations. We congratulate David, and are happy that he's a part of our TraVek Team. Next time you see him, tip your hat and say 'Well done!'

Thank you, our valued customers, for your continued support. Without you, we would not have the opportunities we have. I hope that you all enjoy a fantastic July!

Sincerely,

Von K. Raisanen
President

MARK THE DATE: On Aug. 21, 2017, America will fall under the path of a total solar eclipse and people across the United States will see the sun disappear behind the moon. **GOOGLE IT** for more info.

Health & Wellness

Dizziness

Dizziness ranks among the most common complaints in medicine, affecting 15-35% of the general population. Research has shown that vertigo and dizziness is commonly misdiagnosed. There are many reasons why someone may experience dizziness, but here are six common reasons.

1. Benign Paroxysmal Positional Vertigo (BPPV)

This is the most common cause of dizziness and typically results when the head is placed in a specific position. In the inner ear, there are “balance” receptors. Some of these receptors have heavy calcium carbonate crystals on them, and some do not. For many reasons such as head trauma, decreased blood flow to the inner ear, aging, and low vitamin D levels, these crystals may become dislodged and fall into places where they should not be. This may produce recurring symptoms of vertigo, lightheadedness, nausea, poor balance, trouble walking, and sense of floating and/or blurry vision for typically 30 seconds to 2 minutes after certain head positions. Situations which typically make the symptoms worse are lying down, turning over in bed, bending forward, or standing up from a laying position.

2. Orthostatic Intolerance

In contrast to BPPV where the dizziness is exacerbated by laying down, Orthostatic Intolerance causes dizziness (typically lightheadedness and unsteadiness) upon standing up, while feeling better when lying in bed. The common cause of Orthostatic Intolerance is an abnormal drop in blood pressure and/or a spike in heart rate when standing. Orthostatic Intolerance may be caused from a variety of factors such as head injury, previous infections, medications/supplements, and old age.

3. Vestibular Neuritis

Vestibular Neuritis is a condition in which inflammation of the vestibular nerve alters the transmission of information from inner ear sensory structures to the brain. This results in symptoms of vertigo, imbalance, nausea, vomiting, and altered vision that typically last for 2-3 days. After a few days, the symptoms of vestibular neuritis typically improve; however, turning the head in the direction of the damaged nerve may still cause dizziness.

4. Labyrinthine Fistula

There are times where an abnormal hole or opening may occur in structures of the inner ear “balance” system. The most common causes of how these inappropriate openings occur is from head trauma, whiplash injuries, rapid changes in pressure from scuba diving, genetic abnormalities, or extreme straining during heavy weightlifting or during childbirth. Typical symptoms include ear fullness, fluctuating hearing loss, dizziness, motion intolerance, and headaches which get worse after loud noises, changes in altitude, coughing, sneezing, and/or straining such as picking up heavy objects.

5. Meniere’s Disease

Meniere’s disease is very uncommon and often over-diagnosed. In Meniere’s disease, there is an abnormally large amount of fluid which builds up in the inner ear until eventually the structure holding the fluid ruptures and bursts like a balloon which is blown up with too much air. This leads to recurrent episodes of vertigo, fullness in the ear, hearing loss, and ringing in the ear (tinnitus) which may typically last for 30 minutes to 24 hours. Experts still aren’t positive what causes Meniere’s disease or what even causes the symptoms. Some theoretical causes of Meniere’s disease include genetics, diet, infections, and autoimmunity.

6. Stroke

It is of extreme importance to identify serious causes of vertigo as soon as possible, such as stroke, since isolated vertigo can be the only symptom present. If someone is having a stroke, it is critical that person receives the proper care immediately. Call 9-1-1.

What to Do

Depending on the circumstances surrounding your dizziness, the cure may be very simple and quick, or it may require some neurological rehabilitation. Sometimes years of dizziness have disappeared after a simple maneuver. It is important to have a comprehensive evaluation by a trained professional to assess the cause of each individual case.

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

If you are experiencing dizziness, and would like more information, call 480-951-5006 or schedule online at drburdorf.com to set up a consultation with Dr. Burdorf, a board-certified chiropractic neurologist.

Answers from Page 3.

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The Work/Life Balance

Working Together at Home

Couples who work from home together as much as anyone need to have a clear line between work and home, if not more so. One of the most important steps to ensuring that you are able to maintain a work/life balance and not have your relationship only become about work is to make sure you are aware of what one another's idea of a work/life balance is.

Your partner may not have the same expectations as you, which could result in one partner wanting to work more hours, potentially creating resentment on both sides. In order to grow together, it is vital for couples working from home to get on the same page in regard to their needs and habits.

Another good tip is to ensure that at least one area of the home is free of technology, such as the bedroom, or to make sure that no emails or phone calls will be answered at a particular time of the day, such as dinner time. You should also set a time in the evening at which all work stops for both partners, no matter what, so that you can spend some time on your relationship rather than just your job.

Family Matters

Baby Proofing Tips

The great majority of new parents know about the obvious items on the "baby proofing" checklist such as covers for electrical outlets, sharp furniture corners, baby gates, and cabinet locks. However, some hazards in the home are rather less obvious even though they are often in plain sight, and all parents should baby proof them.

Corded window coverings are one of these hazards as they can actually be a strangulation hazard for youngsters and infants if they become entangled in them. Experts agree that in homes with very young children, only cordless window coverings or at least those coverings where the cords are inaccessible should be allowed.

Small and powerful magnets can also be dangerous if swallowed as they can attract within the body and result in the intestines being blocked, twisted, or torn. Heavy furniture, cabinets and TVs can also be a hazard as children tend to climb on or pull them, causing them to fall. Brackets and anchors should be installed to all such items that pose a risk of tipping over.

Inspire Your World

Getting Motivated

Most people have periods in their life during which they find it hard to get motivated, something that can affect their emotional well-being as well as their work performance.

One good tip to get back your energy and motivation is to focus on why you are doing the things you do. Are there certain tasks you can focus on that you are good at and which give you greater satisfaction? Can you delegate or hire out tasks that are not so satisfying to you? Thinking about the aspects of your day or your job that you are passionate about or which give you a sense of purpose can help to alter your feelings and give you back your inspiration.

Another good idea is to stop doing small tasks when you start your day, which often means you are tired and disinterested by later in the day when you have to deal with larger and more important tasks. Do the big tasks first, while you are still fresh and full of energy. That accomplishment can also give you greater energy to the remainder of the day with the knowledge that it is out of the way.

"Change your thoughts and you change your world!" -Norman Vincent Peale

What Our Customers Say

We are so fortunate to have the best customers in the world! Many of them write to tell us how much they appreciated the TraVek Experience. Here are just a couple of the terrific comments that we received recently:



"TraVek employees have the highest quality of talent and workmanship. Thank you to your team, especially my friend Rod, and thank you for treating our property with respect and being a truly respectable organization."

Leo & Rachel S. Phoenix, AZ

From TraVek: Leo & Rachel, the pleasure was ours. We look forward to serving you for many years to come.



"Jim kept us informed, offered suggestions, very helpful, always on time, friendly, meticulous, proud of his work, integrity. I'd want Jim again."

Ralph and Susan S., Goodyear, AZ

From TraVek: Thank you for noticing! We love Jim, too, and are happy that you were able to benefit from his great workmanship and work ethic.



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T TIPS & CLIPS

The "Waited-For" Newsletter

TraVek, Inc.
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www.travek.com

INFORMATION AND ENTERTAINMENT FOR OUR CUSTOMERS

JULY 2017



Featured Project: Chandler Kitchen

This was a beautiful makeover for a kitchen. The layout was not changed, but by replacing the cabinets, countertops, appliances you can see what a dramatic change there was! To see more pictures either click QR code to the right, or go to TraVek's website at www.travek.com. In the center of the page you will see Kitchens. Click on that. In the middle of that page there is scroll bar with Kitchen Remodeling in Chandler, AZ. Click on the picture that matches the one below, and you'll see a collection of photos from this project.

Thom Pitschke, Designer



Before



After



Before



After

