



TraVek Presents:

NOVEMBER 2017

# TIPS & CLIPS

TraVek Remodeling  
15575 N 83rd Way, Ste A-4  
Scottsdale, AZ 85260  
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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!

## We Give Thanks For you...

*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."* John F. Kennedy

Before we know it, we'll be gathering with friends and family to celebrate Thanksgiving and reflect on the past year to consider and give thanks for all that we have received.

When we write that list you, our dear customers, employees, and friends are on it! We thank you so much for the relationship that we have been able to enjoy. Thank you for putting your trust in us to serve you.

Happy Thanksgiving to each one of you.



**D**ear Valued Customers and Employees,

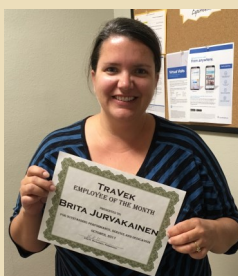
We are entering the last stretch of the year. How can that be? There's that saying, "Time flies when you're having fun." I guess we're having lots of fun around here!

This month we held a NARI event in our offices. It has been really fun for us to be able to host some community events now that we have a little bigger space than in our old offices. The speakers at the event were Duane Althoff, a Fashion Square Nordstrom Personal Stylist, and Dr. Mark Burdorf, the same Scottsdale Chiropractic Neurologist who writes a column for this newsletter. The topic was First Impressions. They were fabulous, and the crowd was very engaged. Look at our Facebook or Instagram pages for pictures.



Dr. Burdorf teaches posture & balance.

We recently kicked off a drive for Harvest Compassion Center, located in North Phoenix. It is not just a food bank, but also a mini-mart and clothing boutique where guests can shop for food, hygiene products, baby items and clothing FREE of charge. All of the items are donated. If you'd like to participate, we have a drop box here in our office. If you live further away but would like to donate, your rep can stop by to pick up something while he is in the area. TraVek will be delivering the donations to the Center on Tuesday, November 21.



Congratulations to Brita Jurvakainen, our Employee of the Month. Brita is our Assistant Controller, so all of the bookkeeping and finances are in her court. We love her, and her dedication to TraVek does not go unnoticed.

Last Saturday we had a golf tournament with the TraVek team. That's always so much fun, and provides a great way for us to do some team building. Our goal is to strengthen relationships among our team, which then transfer over to serving our customers better.

There are not that many weeks before the end of the year, and our crews are hard at it, trying to bring it in to a strong finish.

We appreciate you. Have a very Happy Thanksgiving!

Sincerely,  
Von K. Raisanen, President

## From the Doc

### The Finger Study

The Finger Study was a 2 year multi-domain intervention of diet, exercise, cognitive training, and vascular risk monitoring versus control to prevent cognitive decline in at-risk elderly people. (FINGER): a randomized controlled trial Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability. 1,260 men and women between the ages of 60 and 77 were randomly assigned to a Treatment Intervention Group and Control Group.

The Treatment Group was given the “Mediterranean Diet”, Strength, Aerobic and Balance training, Cognitive Exercises using computer programs for executive function, memory and mental speed, and regular check-ups for metabolic and cardiovascular health.

**Over the 2-year period that the study was conducted, the Treatment Group had 25% improvement in cognitive scores. The Control Group had a 30% greater chance of cognitive decline.** Executive function scores were 85% higher in the Treatment group, 150% improvement in mental speed tests, and 40% improvement in complex memory tasks like long lists.

One particular note was that the APOe4 variant the Treatment Group received had the most benefit from the program. They had a slower rate of cellular aging, which was monitored by measuring telomeres (caps at the end of chromosomes).

We start with 100 billion neurons. **Research shows on average we lose at least 9,000 neurons per day.** This decline begins around the age of 30. This loss can be dramatically higher! We form new neurons and connections between neurons every day, but this amounts to about 2,000 depending on our activation and metabolic state.

What are you doing to decrease the loss? What are you doing to increase new growth? If you need help, maybe it's time you come visit me. Chiropractic is only one part of my skill set. I will teach you an exercise program for balance, strength and flexibility that will take you less than 15 minutes a day. If you are over 40, then it's time you start doing annual blood work and take steps to reduce inflammation in your body and brain to try prevent serious disease. Call 480-951-5006 to schedule a consultation.

**Please Join Us!** On November 8 from 7:00—8:30 p.m. my office is hosting a FREE Memory Seminar. Please join us for a special event where you will learn to transform your memory from a liability...into your most powerful asset!

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

## Homeowner's Corner

### The Garbage Disposal

Thanksgiving is right around the corner. If you haven't already clogged your kitchen sink and garbage disposal with pumpkin seeds and guts, LISTEN UP. Thanksgiving can be one of the busiest days for plumbers with the majority of issues being kitchen sink stoppages and garbage disposal jams.

Here is a list of items to keep clear of that sink and disposal:

- Potato skins
- Celery and other string fibrous vegetables
- Egg shells
- Grease and greasy foods
- Rice and pastas
- Bones

If one of your FAVORITE relatives finds it important to jam these items down your sink and you find yourself in a jam, please call Bumblebee Plumbing 602-710-7981.

Mike Krpata  
[www.bumblebeeplumbingaz.com](http://www.bumblebeeplumbingaz.com).

## The Work/Life Balance

### Taking Charge

People who try to achieve the perfect balance between work and life often run the risk of stretching themselves too thin, but there are a number of methods you can use to make the difficult task of achieving the right work/life balance for you a lot less stressful.

The most important step to achieving this balance is realizing that your time belongs to you and that you are the only one who can decide how you need to spend it. There are only so many hours in the day, but you can reduce the time that you waste by simplifying a number of regular tasks, such as making your credit card payments automatic or having a key rack close to the front door in order to avoid the time and stress in not being able to find your keys.

It is also crucial to stop being afraid of saying no to people. You decide whether requests from friends or family are an unreasonable demand on your time, and it is up to you to ensure you are spending your valuable time in the way you want.

## The Scottsdale Philharmonic FREE Concert

TraVek is a sponsor of the **Scottsdale Philharmonic**, a very talented group of musicians whose purpose is to cultivate the culture of the city and foster the love of classical music among all ages right here in the Valley. Their concerts are FREE!

The next FREE concert is **Beethoven's 9th Symphony** on November 19 at Scottsdale Bible Church 7601 E Shea Blvd, Scottsdale, AZ 85260 from 4:00 - 6:00 p.m. The doors open at 3:00 p.m. VIP Seating is available for a \$15 Donation. VIP Tickets can be purchased at [scottsdalephilharmonic.com/](http://scottsdalephilharmonic.com/)

## Develop Young Readers

If you want to help your children develop a habit of reading, start by reading aloud to them while they are still developing their basic language skills. Once enrolled in school, weekend trips to the library and quality time at home focused on reading will contribute to their vocabulary and their ability to communicate. Keep in mind that confidence and effective communication skills develop in tandem for youngsters.

Here are a few classic suggestions from the BookIt! Program to consider incorporating into your family's library and reading time:

### Infant and preschool

*The Very Hungry Caterpillar* (Eric Carle)  
*Goodnight Moon* (Margaret Wise Brown)  
*The Runaway Bunny* (Margaret Wise Brown)

### Ages 4-8

*The Polar Express* (**Chris Van Allsburg**)  
*Where the Wild Things Are* (**Maurice Sendak**)  
*The Tale of Peter Rabbit* (**Beatrix Potter**)

### Ages 9-12

*Roll of Thunder, Hear My Cry* (Mildred D. Taylor)  
*The Chronicles of Narnia* (C. S. Lewis)  
*Walk Two Moons* (Sharon Creech)

## Young adult

*Where the Red Fern Grows* (**Wilson Rawls**)  
*The Hobbit* (**J.R.R. Tolkien**)  
*The Sign of the Beaver* (**Elizabeth George Speare**)

**All ages**

*The Giving Tree* (Shel Silverstein)  
*Little Women* (Louisa May Alcott)  
*Heidi* (Johanna Spyri)

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Fill in the blank squares so that each row, each column, and each 3-by-3 block contains all the digits 1 thru 9.



## The Voice of a Customer:

*"We absolutely love our new bathroom."*

*Mike L., Chandler, AZ*

*"This was a very good design. Great work, very professional. Everybody loves my house. I always tell them your company made it possible."*

*David H., Phoenix, AZ*



“Gratitude is not only the greatest of virtues, but the parent of all others.”

Marcus Tullius Cicero

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ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

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## Featured Project: Glendale Kitchen & Fireplace

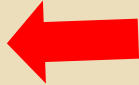
It doesn't have to be a full remodel to change the entire look of a room. In the kitchen we put in a new sink island and countertop, and new flooring that went throughout the fireplace room. Notice the increase in counter space with that single level island counter! We also redid the fireplace with an old barnyard mantle and stacked stone beneath it. To see more pictures from this remodel, go to [www.travek.com](http://www.travek.com), About Us, Meet the Team. Hans Raisanen.

Hans Raisanen, Designer

Josh Sheppard, Lead Carpenter



Before



After

