



TraVek Presents:

MAY 2018

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!

Anecdote

Mother's Day: A Change of Plans

Paul was driving home from work on Friday when he realized that Sunday was Mother's Day. His mother was a couple of hours drive away downstate, and he hadn't put a card in the mail or made any plans whatsoever.

He drove to a nearby flower shop to order something that could be sent to her. Outside the store, a young girl sat on the sidewalk sobbing.

"Are you okay?" he asked the child. "Are you lost?"

She took a few moments to regain her composure. Wiping the tears from her eyes, she told him that she wanted to buy a rose for her mother but didn't have enough money. The tears began welling up in her eyes again.

"Don't cry," Paul said. "I'm going to buy my mom some flowers, so why don't I buy one for your mom, too?"

When they walked out of the shop, the girl thanked Paul and then ran across the street toward a nearby church. Paul watched as the girl ran past the church and into the small cemetery next to it. She laid the flower on a headstone and then sat down at the gravesite.

Now it was Paul who stood outside of the flower shop with tears moistening his eyes. He turned and went back inside to cancel his order. Minutes later, he walked out of the flower shop with a beautiful arrangement that he placed on the passenger seat of his car. He then drove the 150 miles to deliver the flowers to his mother.

Dear Valued Customers and Employees,

First of all, to all the Mothers out there, Happy Mother's Day on May 13. How does one even begin to describe the depth of love and gratitude toward our mothers? You have an honorable job to do. Working with the hearts and minds of our children (even when they grow big) is a big job. We hope you have a special day celebrating you. You deserve it!

And then, our silent thanks go to those veterans who are not here to listen to and hear our appreciation for them as we honor them on Memorial Day on May 28. For those of you who have never attended before, there is a spectacular Memorial Day program at the National Memorial Cemetery of Arizona, 23029 N Cave Creek Road, Phoenix, AZ 85024. It begins at 8:00 a.m. on Monday, May 28.

Thinking of renovating your kitchen? Tidiness is the biggest trend this year, according to the 2018 Houzz Kitchen Trends Study. It looks like people are tired of clutter: the study found that 75 percent of homeowners named decluttering their counters as their No. 1 priority, followed by 66 percent who want to put things away, and 49 percent who are focused on recycling.

The biggest issue? Storage, cited by 93 percent of survey respondents. That was followed by space planning (38 percent), entertainment (32 percent), and cleanliness (32 percent).

The survey notes that homeowners are also interested in pullout garbage bins, and organizers for dishes and utensils.

Last month at our Community Outreach event, we had an interesting speaker, Dr. Mark Burdorf, a chiropractic neurologist, talk with us about Parkinson's Disease and Other Brain Disorders. He gave some helpful advice on what to watch for and ways we can treat our bodies in an effort to prevent those horrible diseases from coming in the first place. Now this month, we are happy to invite you to join us on **Tuesday evening, May 22 at 6:00 p.m.** Cheryl Scheidell, a Reverse Mortgage Loan Originator, will be here to talk about the pros and cons of Reverse Mortgages and Purchases. Stephanie Bivens, a Certified Elder Law Attorney, will be talking about Estate Planning. This is a **FREE event**, but if you plan to come, please R.S.V.P. by calling our office at 480-367-1171.

Sincerely,

Von K. Raisanen
President

Happy Mother's Day!

From the Doc

Caffeine

Caffeine has been found to have Neuroprotective Effects in Patients with Parkinson's Disease.

Study findings published in Neurology suggest that absolute lower levels of caffeine and caffeine metabolite profiles are promising diagnostic biomarkers for early Parkinson's Disease. This is consistent with the neuroprotective effect of caffeine previously revealed by epidemiologic and experimental studies.

A study of serum levels of caffeine in patients with Parkinson's Disease, published online in Neurology, found that serum levels of caffeine and nine related metabolites were uniformly and significantly decreased in patients with Parkinson's Disease, despite an equivalent caffeine intake to controls. More importantly, serum levels of caffeine in patients with Parkinson's Disease related to caffeine intake significantly, but those in controls did more significantly, indicative of less caffeine absorption in patients with Parkinson's Disease.

There have been several reports suggesting an inverse association between daily caffeine consumption and a reduced risk of developing Parkinson's Disease in men, and in women not taking hormone replacement therapy, according to information cited in Neurology.

Fujimaki M, Saiki S, Li Y, et al. Serum caffeine and metabolites are reliable biomarkers of early Parkinson disease. Neurology. 2018 Jan 3.

Take a look at this website. You might be surprised with some of the name brands that don't have very good reviews.

<https://www.caffeineinformer.com/coffee-brands-to-avoid>

Call my office and schedule a consultation if you are interested in a nutrition and supplement analysis that is science-based. 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.

Family Matters

Protecting Your Family from Fire

Keeping your family and home safe from the threat of fire is a vital concern, and the good news is there are some easy tips to follow to reduce the chances of danger considerably.

One good tip is to make sure there are at least two ways to exit every room in your home. You need to make sure that particular windows and doors can be opened properly and that the occupant of every room will not be prevented from getting out by clutter.

Homeowner's Corner

Estate Planning is for Everyone Who Has Anyone They Care About, Including Themselves.

If you are like most people, you may associate estate planning with complicated paperwork, lawyers, family disputes, or high costs. You may also believe you do not have enough, are too busy, or too young or healthy to need an estate plan. However, these are untrue myths. The truth is that estate planning is really about planning for your best future, as well as your loved ones to avoid more complicated paperwork, more lawyer involvement, family disputes, and much higher costs, both emotional and financial that occur without advance planning. Proper estate planning is a gift to yourself and those you care about. You do not want to be the in the majority of Americans that have no plan in place. Benjamin Franklin's quote, "a failure to plan is a plan to fail", is apropos to estate planning.

There are certain personal circumstances where the need for estate planning is heightened. For example, if you have minor children, it is imperative you have an estate plan in place to designate a legal guardian for children under age 18, and establish a trust for the benefit of children until an age where they are responsible and old enough to manage the funds for themselves. What if you have a loved one with special needs? What about if you are in a second marriage and have children from a previous marriage? Proper estate planning can help you avoid costly mistakes and unintended consequences.

If you have anyone you care about, including yourself, it is time to get your estate plan in place or updated, as needed. Working with your estate planning attorney should give you peace of mind.

Please join us at TraVek's offices on Tuesday, May 22 at 6:00 p.m. as we discuss more about Estate Planning. Cheryl Scheidell, a Reverse Loan Mortgage Originator, will also be presenting as described in last month's newsletter.



Stephanie A. Bivens, Esq., CELA
Certified Elder Law Attorney by the National
Elder Law Foundation, accredited by the State

Odds & Ends

Beyond IQ: Key Traits for Success

Being smart is important to your success, but it's far from the only factor. To advance in your life, whether personal or professional, cultivate these key traits:

- **Conscientiousness.** Do your job to the best of your ability. Keep your commitments.
- **Openness.** Express yourself honestly and forthrightly—but politely—so people know what you really think.
- **Agreeableness.** Do your best to help out others when they ask for assistance.
- **Stability.** Keep your emotions under control no matter how stressful the day gets.
- **Extraversion.** Be as outgoing as you can. Meet new people and get to know them. Build a wide network of friends and colleagues you can call on for information and support (and support them as well).

Feeling Good!

Tips for Getting Fit

It's time to shape up and feel good! Here are some ideas to keep in mind if you're creating fitness goals for yourself or restructuring a plan that hasn't been working too well:

1. It takes 30 days to create a habit. Commit that you will stick to a new plan for at least 30 or 60 days.
2. Consult with your physician before starting any fitness program, especially if you have a chronic condition or disorder that could be adversely affected by certain activities.
3. Set goals that are challenging enough to make you work for them, but practical enough to build into your routine. If you can give 4 days a week to exercise, then plan for 4 days, not 7.
4. There's a big difference between muscle fatigue and the type of pain associated with a sprain, strain, or injury. If it hurts, you probably shouldn't be doing it. Be smart, and pace yourself to avoid the risk of injury. Over the course of a few weeks, you can gradually increase the amount of time you exercise and the level of difficulty associated with your chosen activity.
5. Try something new to prevent getting stuck in a rut. Take a class for something you always thought would be fun. Go paddle boarding. Try hula hooping or jumping rope. You might be surprised by how challenging activities you excelled at during childhood are harder now that you are an adult. The objective is to stay engaged by having fun with whatever you decide to do.
6. Find a workout buddy or a group that will motivate you and hold you accountable.
7. Keep a calendar in sight and check off each day that you followed your plan.
8. Stay inspired by realizing that every day you put in the work, you're one day closer to achieving your goals.

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The Voices of our Customers:

Last week I was at a Scottsdale Chamber Breakfast, and when one gentleman found out that I was part of TraVek Remodeling, he told the people at our table that he had been asked to visit a home in McCormick Ranch that was being listed. "When I walked in that door, my jaw dropped! The quality was out of this world and the design was beautiful. I just stood there and looked. I asked the realtor who did this remodel, and he did not know, but would ask the homeowner. He emailed me later and said, 'It was TraVek.'"

Those were heartwarming words. I know that our people do quality work, but it somehow it always feels so much nicer to have someone else notice and appreciate the fingerprint of fine workmanship.

- Susan R.

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ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

MAY 2018

Featured Project: Masterbath Remodel in Gilbert



This is a masterbath remodel we recently completed in Gilbert. The layout was not changed, but look what a beautiful difference was made by changing out the old and bringing in a new. The tub was removed in order to give more space for a nice open, walk-in shower. The flooring was changed to match what was put throughout the house. To see more pictures from this remodel, go to www.travek.com, About Us, Photo Gallery, Bathroom Remodeling



Thom Pitschke, Designer

Mark Poulton, Lead Carpenter

