



TraVek Presents:

# TIPS & CLIPS

MAY/JUNE 2019

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

Lots to do...

### May 12: Mother's Day

**May 19: Scottsdale Philharmonic FREE Concert 4:00—6:00 PM** at Scottsdale Bible Church 7601 E Shea Blvd, Scottsdale, AZ Come listen to pieces by Gershwin, Strauss, Waldteufel.

**May 21: TraVek Community Outreach. 6:30—8:00 PM Seniors and Resources for Their Care.** There are a lot of resources and help available for seniors and their care. Starting this phase of life can be overwhelming. You will be given a **Quick Start Guide** with a written list of resources that will save time, save money and save your sanity!

**June 11: Design & Remodeling FREE Seminar. 6:00—8:00 PM**

If you or your friends are considering remodeling, join us at TraVek for a deep dive into what is helpful to know before you start remodeling. The design team along with the President and several other team members will be here. Bring a notebook! There's a lot of information. Registration is required and is limited. Dinner served. R.S.V.P. on the website.

Watch for more information regarding the Seminar!



Dear Valued Customers and Employees,

As I write this we are just completing a four-day Intensive with Remodelers Advantage. We feel very privileged that our company was chosen as the place for the Company Case Study. There were 9 business owners from around the United States that had done a lot of research beforehand on all the ins and outs of our business, our processes and procedures, our systems and practices. While here this week they also conducted extensive interviews with our team members so they could have a better understanding of our team and culture. This has been a good experience. We know that in order to serve you better, while at the same time running a successful business, we need to be open to others' advice and guidance. The team enjoyed sharing our office with them, and it was a really positive experience.



We are very excited to announce that TraVek has received the accreditation as a NARI (National Association of the Remodeling Industry) Accredited Remodeling Company. NARI Accreditation is founded on universally accepted management principles and focuses on management, operations, performance systems, and processes proven to be characteristic of successful remodeling organizations.

It is designed to assist remodeling business owners in building better, more streamlined, more responsive, and easier to manage companies.

Only well-structured remodeling organizations become accredited by demonstrating their business framework complies with NARI's industry standard for integrity, professionalism, and solid business operations.

We are honored to have received this accreditation just this past week.

Our success is largely due to you, our customers as well as the great team we have working serve you. We are grateful and look forward to continuing our relationships. Happy Mother's Day to all you moms out there!

Sincerely,

Von K. Raisanen  
President



## From the Doc

### Understanding Your Bone Density Test Results

#### What does DEXA stand for?

Dual Energy X-ray Absorptiometry - This bone density test uses X-rays to measure how many grams of calcium and other bone minerals are packed into a segment of bone. The higher your bone mineral content, the denser (stronger) your bones.

#### What is a bone density test is used for?

- Identify decreases in bone density before you break a bone
- Determine your risk of broken bones (fractures)
- Confirm a diagnosis of osteoporosis if you've experienced broken bones
- Monitor osteoporosis treatment

Your bone density test results are reported in two numbers: T-score and Z-score.

**T-score** – The T-score is your bone density compared with that of a healthy 30-year-old adult of your sex. This is measured in the number of units [standard deviations (SD)] that your bone density is above or below the optimal bone density. The more SD's below 0 (indicated as negative numbers) the lower your bone mineral density and the higher your risk of fracture.

T-Score	What your score means
> -1	This is considered normal.
-1 to -2.5	Osteopenia – bone density is below normal and may be a sign of coming osteoporosis
< -2.5	Osteoporosis

**Z-score** - Your Z-score compares your bone density to that of someone your age, weight, sex and ethnic origin. A SD below -1.5 could indicate that outside factors (see below) are contributing to bone loss.

low calcium	low vitamin D	Diabetes
depression	caffeine	high salt intake
medications	alcohol	lack of exercise
Celiac's disease	lead exposure	smoking
aluminum	IBS	cadmium exposure
Hemochromatosis		

## What Can You Do?

### 1. Stop Smoking

**2. Exercise** – Resistance training is essential for strong bones. Make an appointment at our office to get baseline balance tests and learn about exercises you should be doing to warm up prior to your exercise routine.

**3. Calcium/Magnesium/Vitamin D/Vitamin K** – All these are essential for strong bones, however the only way to know how much you should take and what other factors may be blocking absorption is thru diagnostic testing.

**4. Make an Appointment** – A comprehensive diagnostic health analysis will help you determine any underlying causes or dysfunctions contributing to your low bone density. Years of eating sub-optimal foods, engaging in inadequate exercise, poor lifestyle habits and living in a polluted environment leads to the gradual development of disease. The only way to know how your body is functioning and what nutrients it is lacking is thru diagnostic testing. Set up your initial consultation with one of our health experts today. Call 480 951 5006 to schedule a consultation with Dr Burdorf.

Yours in Health,

Dr. Burdorf, D.C., D.A.C.N.B.

Board Certified Chiropractic Neurologist

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## Are You a Caregiver?

### There Are AZ Resources You Should Know About

The responsibility of caring for elderly parents or dependent adult family members can be somewhat overwhelming, frustrating, tiring or even lonely at times. Dr. Camille Superson, a former pharmacist and chiropractor, found herself in the role of caring for her aging parents. In her book, she termed it as being “an adventure!”

Over the course of 10 years of caring for her parents, Camille spent countless hours searching for information that would help her and her parents. Now she has taken that information and put it in a book, and also delivers it through speaking events.

Having been in that role, we here at TraVek understand the value of having this information. We feel very fortunate to be able to offer Dr. Superson to share her knowledge with us on Tuesday, May 21 at 6:30 PM. R.S.V.P. on our website or call 480-367-1171.

## Work Life Balance

### Scheduling Is the Key

When it comes to the number one tip for being able to achieve that legendary work/life balance, it would seem that scheduling is the key to all things. Work has to fit into a schedule, so the key is to ensure that you have a schedule that also includes plenty of time for your family, friends and personal interests/hobbies. Take your calendar and ensure that your family and personal time get as much attention in your schedule as your work commitments by setting specific times for all the important aspects of your life.

Setting a schedule can mean making certain that the work day ends at 5:00 p.m. sharp and does not extend beyond that deadline, or making Saturday and Sunday exclusive family time. If having a good work/life balance to you means that you have time to exercise, then a lunch time walk or morning jog should also be put into your schedule. The most important thing is to reflect on what is truly important to you, and then make the commitment to ensuring you have the time to do it.

## Family Matters

### Parenting Tips

While there is no one method to guarantee success in regard to parenting, there are a number of tips that can benefit your child's overall sense of well-being and happiness.

Everyone needs a good dose of self-esteem in order to achieve goals and be successful in life, and children need to be particularly encouraged to be positive and feel good about themselves. Self-confidence and self-acceptance are extremely positive for children in regard to facing new challenges and being willing to face up to and correct mistakes. A lasting impression can be made on young children by the body language, disposition, tenor, and tone of their parents, as it is through their eyes that children start to see the world, so avoid harsh criticism and focus on paying attention to their words and interests and on their strengths as individuals.

It is also important to not compare your child with other kids. All children are unique and special in their own way, and children can be dramatically negatively affected by being compared with other children, particularly siblings who may receive more positive attention than they do. Always be neutral and fair and try not to pick sides.

## We Remember - Memorial Day

The Phoenix Veteran's Cemetery (23029 Cave Creek Road, Phoenix, AZ 85024) has a touching Memorial Day Program. If you have never gone, go! Take your family & friends. It is a special time to remember the sacrifice of so many. See more than 200 motorcycles line the entrance to the cemetery, and the many hundreds of flags flying! The doves flying into the sky at the end of the program will surely bring a lump to your throat.

On Monday, the National Anthem will be sung at 7 a.m. at the National Cemetery, a flyover will take place at 7:45 a.m. and the official ceremony will take place at 8 a.m.

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### The Voice of a Customer:

*We would recommend them to someone doing a renovation. Just know on the front end, they are expensive but the end result is gorgeous. You get what you pay for.*

*When you come in to renovate, this is a homeowner's asset. They are a 5 and have total respect for this asset. Jeff was game on and always in touch with me. They did a great job.*

*Kathleen and Ellen*

Thanks for the Referrals in March and April!

Jerry U, Robin F, Colleen O, Robert S, Janet S, Joanne H, Lee S and several more friends who were unnamed!



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remodeling  
**BIG50**

*TraVek has a Handyman Division. Do you have a Honey-Do List?*

ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

MAY/JUNE 2019



Todd Raisanen, Designer

### Featured Projects: Cave Creek Kitchen

This beautiful kitchen was a new build for another party, and TraVek designed the kitchen cabinetry layout. It is definitely a gourmet chef's kitchen. As you can see, it has multi-colored cabinets. All of the cabinets are Starmark. The white top cabinets are Maple wood with dove-tinted varnish. The huge island is a hickory wood, the color is driftwood stain with ebony glaze. To see more pictures of this project, go to [www.travek.com/About Us](http://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.

