

TAB TELL ALL



TAB RETAIL REMODELING INC.

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Remodel Spotlight: Moses Lake, WA and Yulee, FL

Walmart #2007 Supercenter

In the first of a re-occurring series we want to recognize remodel projects that are doing well and have been praised by our clients and partners. The first is Moses Lake, WA. This remodel began on 1/30/22 and is being managed at a site level by Bob Woodruff. He is supported by shift managers; Melissa Frye, Thomas Wilson, Sara Woodruff and Kenneth Reaves. Their team is an excellent blend of travelers and locals working together.

Here is what the Walmart RPL had to say about this project: "I want to say how impressed I am with Bob and your onsite management team. The quality of work he expects from the team and the level of execution the team is producing is refreshing. I also appreciate their level of professionalism and how much care they put into their work. Every day I feel I am updated and informed. Thomas has impressed my SPC team with his ability to empower is associates to "move mountains", he has a lot of potential"



Our 2nd store of distinction this month is Yulee, FL, Walmart #5037. This remodel began on 1/16/22 and is managed at a site level by Antoinette McClin. She is supported on the shift manger level by Chanel Bracey. This project has been raved at by their Walmart RPI who marveled at the floor recovery time and the pace and proficiency at what this remodel team has operated. They have balanced staffing, headcount, retention and mod completion seamlessly. This has all been accomplished while developing a great relationship and partnership with Walmart and their store and planning management.

Special points of interest:

- Remodel Spotlight
- Steel Toe Boots
- Travel tip of the Month
- New TAB Merchandise

Steel Toes: Not your Father's boot!!



injuries from falling objects. They can also help prevent injuries due to slips and falls, cuts/lacerations and burns, and punctures.

As we all know steel toes are a necessary part of the work TAB does. Not only is it recommended at most work sites but is an instrumental part of TAB's safety plan. Ask a veteran team member what a gondola can do to an unprotected foot. Steel-toed boots help prevent a wide range of injuries, not just



But the options in today's steel toe footwear may surprise you. The options and styles available now are "not your father's boot." There are sneaker

options, light boots, unisex and much improved toe-cap / overshoe options. It has never been so fashionable to be in steel toes. Do not settle for stiff or uncomfortable or ugly. Find an option that feels good and looks good. Safety does not have to be sterile or uncomfortable. Find a pair that you love!



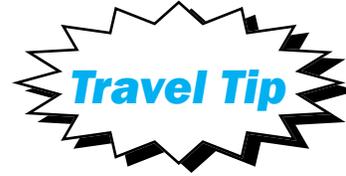
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1 Team 1 Goal 1 Family



Self Care.

There are five different types of self-care: physical, emotional, psychological, spiritual and professional care.

While **physical self-care** can be anything from a Netflix binge to a day at the spa, there are many other activities you can do to enhance your overall physical well-being to contribute to better overall mental health. Examples of this include: eating healthier, getting regular exercise, wearing clothes you like, or taking time out of your day to get your hair or makeup done.

Emotional Self Care: Digging a bit deeper now; , complimenting yourself when you look in the mirror, allowing yourself to cry when you feel sad, spending time with loved ones and re-reading/re-watching your favorite book or movie until you can recite every line word for word.

Psychological self-care: this is one of the most neglected areas of self-care that most people are lacking engagement in. Some other activities in this area include engaging your intelligence in other topics (like going to an art exhibit or history museum), be curious for a day, practice receiving

compliments well from others, make time for self-reflection and last but not least, pay attention to your inner experience (thoughts, feelings, attitudes and so on). You might be surprised at how even doing one of these activities a couple times a week can have a positive effect on your mood.

Spiritual self-care: Whether you believe in God, Allah, Buddha, are agnostic or atheist, it's important to embed spiritual self-care into your daily routine. In this case, spiritual doesn't refer to religion or believing in a sort of higher being (although, it absolutely can if that is what helps you). Instead, in this sense, spiritual self-care is the act of getting in touch with your inner human spirit and soul.

Professional self-care: taking time to chat with coworkers/peers, balancing your workload, developing an outside hobby or area of interest. Ultimately, when you are able to give your professional life balance, lessened stress may allow you to succeed in other areas of life.

NEW TAB MERCHANDISE! The new black 1/4 Zip Sweatshirt.

Fresh off the line and available to you: new TAB merchandise. The latest addition is the black 1/4 Zip Sweatshirt. We have the following sizes available: S, M, L, XL, XXL, XXXL. They are set at \$35 a piece and your site manager has the shirt order form. Once you complete the order with your manager we will ship the new gear to your store. They are lightweight but warm. But best of all they are approved uniform and can be worn in any remodel. We know some of these stores are cold, now you can stay warm and productive all while being in uniform, in the new black TAB 1/4 Zip Sweatshirt.



The illustrious Taffney Petty models the new TAB gear.

