

# TAB TELL ALL



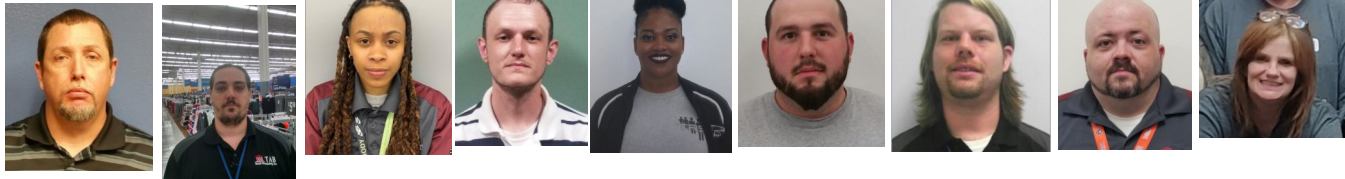
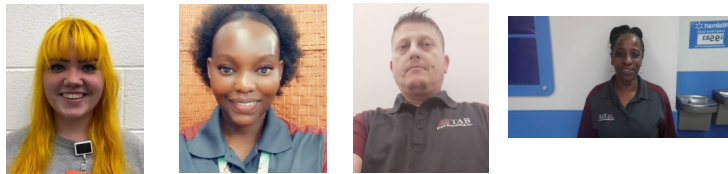
## TAB RETAIL REMODELING INC.

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### Remodel Spotlight: Site Managers

In this month's installment of Remodel Spotlight, we wanted to do something different and highlight a group of people who have an enormous role in the field and tons of responsibilities. They motivate, lead, teach, plan, execute and navigate the waters between TAB and our clients. Often times the face of TAB at their respective sites, they are the standard setter of our projects and our formula does not work without them. So today's edition of Remodel Spotlight will be used to acknowledge, appreciate and shout out our site managers. The next time you are around these amazing individuals give them their flowers, they are an integral piece of TAB's success.



#### Special points of interest:

- Remodel Spotlight
- Workplace Morale
- Juicing
- Car Camping

### 5 Ways to Improve Workplace Morale



#### 1. Create a safe, supportive work culture

Psychological safety at work is one of the most important factors — in fact, 89% of employees say it's essential to creating positive workplaces. Encouraging honest feedback, having employees say what is on their mind and making sure not to take a defensive stance can all contribute to a safe and supportive environment, which in turn can improve morale.

#### 2. Empower top performers to make decisions

Empower standout employees to own certain tasks or projects, displaying their leadership skills and creative

problem-solving. Provide feedback and direction when necessary, but otherwise, leave it up to them to complete the work and report back with results.

#### 3. Recognize good achievements

To counteract low morale, increase employee recognition. Celebrate your employees' achievements and ensure these are communicated throughout the organization; for example, by featuring them on the company intranet or through a well-crafted note to the team. Let the employees you're recognizing know you appreciate their efforts and their impact on the team.

#### 4. Build more flexibility into the work environment

Flexibility can make or break employee morale. Employers should understand that people work very differently depending on their individual work styles, the environment and even the type of job they have

#### 5. Plan engaging, optional activities

Work is about more than just getting the job done. Some people enjoy the social and team-building aspects of work, and get recharged by the opportunity to get to know their colleagues better.

### FUN FACTS!

-You typically only breathe out of one nostril at a time.

-Giraffes hum to each other at night to make sure their herd stays together.

-We are born with only two innate fears. Scientists have found that humans have just two innate fears: the fear of falling and the fear of loud sounds. The rest of your phobias are learned over time.

-Squirrels cause most power outages in the U.S.

-Children of identical twins are genetically siblings, not cousins.

-Cruise ships have their own morgues.

## TAB Retail Remodeling INC

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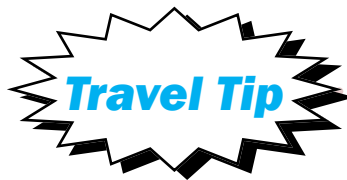
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**1 Team 1 Goal 1 Family**



### 1. Enhances your immune system

Your immune system is your body's natural defense against infection and disease. The stronger it system is, the better equipped it is to fight off unwanted invaders.

### 2. Delivers minerals and vitamins to the bloodstream

Juicing delivers minerals and vitamins directly to the bloodstream, which helps to keep the blood flowing properly. Minerals such as iron and copper are essential for producing red blood cells, while vitamins like vitamin C help to keep the blood vessels healthy.

### 3. Neutralizes bodies pH

A daily juicing habit can profoundly impact your health by helping to neutralize your body's pH.

### 4. Help reduce high levels of bad cholesterol and high blood pressure

Juicing can help reduce high levels of bad cholesterol and high blood pressure, two factors leading to serious health problems.

### 5. Combat eating disorders

### 6. Improves energy levels

Not only does juicing give you the nutrients your body needs to function properly, but it can also help improve your energy levels

### 7. Easy way to add fruits and vegetables to your diet

### 8. Hydrates your body

### 9. Slows and, in some cases, even reverse the signs of aging

The body absorbs the nutrients in fresh juice, so it can go to work immediately, repairing damage and boosting cell turnover. This helps to keep skin looking young and radiant.

### 10. Detoxifies the body

## How to plan a car camping trip

### Car camping essentials

#### Cooler

Coolers are not only crucial for preserving food but they also can be used as a table, camp chair, or beer fridge. Features to look for in a cooler are ice life, insulation, durability, and size. Look to Yeti, Pelican, and Canyon Coolers, which offer viable options depending on your needs and budget.

#### Lighting

You'll quickly find that navigating around the campground by phone flashlight or firelight won't cut it. It's worth investing in lighting for utility and ambiance purposes. Head-lamps, lanterns, or even solar string lights will do the trick.

#### Organizers

Organization is key for keeping everything orderly while car camping in a small space. Invest in inexpensive bins to separate your kitchen supplies, toiletries, clothing, outdoor gear, and other belongings. You can even designate areas of your car for specific items so you can quickly find, pack, and unpack everything you need.

#### Sleeping pad

Aside from the vehicle, your sleep system is crucial. There are several ways to approach how you want to set up your car for sleeping. Do you want a system that easily folds up for day use? Are you traveling solo or with a partner? You can even build a sleeping platform to create more space and organization.

To keep things simple, start by investing in a quality sleeping pad. A sleeping pad can be anything from a self-inflating pad to a luxurious mattress topper.

Other items to consider for your sleep system are pillows, sleeping bags, blankets, and quilts. You may also want to bring a tent for nights when you want to switch things up.

#### Stove

A variety of stoves work for car camping. A popular and affordable option is the classic two-burner Coleman stove. If you're traveling solo, a backpacking stove like the MSR PocketRocket is sufficient enough and saves space. Other items to add to your camp kitchen are a cast iron skillet, sharp knife, camp sink, utensils, and a folding table.

#### Water storage

You'll need water for drinking, cleaning, and washing. Always have plenty of water in a storage container. If you know you will be camping near water sources, consider investing in a water filter.

