

the INSIDER

Oct-Nov 2022



Tips from the Wellness Department

Recent Promotions

Certificate of Excellence

Apollo Hero, Kudos, and More!

HR Management: Barb Owens, Kristi Engel, Kristen Merck, Kayla Goddard



CERTIFICATE OF EXCELLENCE

This certificate is presented to



Carolyn Franklin
Director of Operational Finances

We would like to recognize, Carolyn Franklin. Carolyn is our Director of Operational Finances and our Account Manager for the Sirius XM account. One of the many things Carolyn does is working with the finance dept and all the project managers, to ensure we are able to properly close our financials each month. This is no easy task with 40+ project managers and 3 companies, Apollo, Eagle and Whitehawk. It's amazing how calm and patient she is with everyone, even when she is running up against a deadlines. She is truly appreciated by all of the Apollo family, but especially by us! - Mike Torres and Tammy Alemazkour



Kristin Matias
Human Resource Manager

Kristin Matias has been with Apollo for seven years serving, as a Human Resource Manager for five and a half. She oversees the Onboarding team and handles the vast majority of Employee Relation issues, amongst many other responsibilities. She has always handled her duties in a professional and courteous manner. In addition, Kristin is the type of co-worker that everyone would like to have, she is a huge asset not only to HR but to Apollo as a whole. Kristin moved to Florida from Philadelphia, she is married with a one year old son. - Barb Owens

for demonstration of superior performance, hard work and dedication.

C. Michael Sunderland
President

2022

C Michael Sunderland

CAN I GET A
WOOP!
WOOP!

APPLAUSE, PLEASE!

Felix Mondragon
Santiago Lujano
Rebeca Longoria
Josh Corea
Martin Moreno
Floyd Moore
Tom Flynn
Brianna Walker
Jennifer Cash
Juan Barrera

They are doing an outstanding job and well ahead of schedule on this project. All of our retail managers are amazed at how clean and customer ready they are able to keep the store while making amazing progress.- LOWES #2777

Judie Still

Good morning! I just like to say that I like this Judy lady, she is very responsive to our needs. She even answers the phone and calls and texts. Not used to that consistency and promptness! - Sarge Thomspon, Apollo Lead.

Aleshia Polk

Please acknowledge the field appreciation for Alisha Polk and how she handles customers.

My team has stated Alisha is outstanding on communicating with them and does a great job working with customers and scheduling to team to take care of our customers issues in a timely and professional manner.

We greatly appreciate everything Alisha and the Customer Service team do for us - Bill Blakley, Apollo DM

David Rowe

He is the best organized person I have ever seen. He was on time, had all the tools he needed, was thorough, attentive to detail and very professional. My assessment of job this job is: Apollo and Mr. Rowe did a fine job. Mr. Rowe was quite capable of finishing the job as expected. - Mike Conway, Customer

Russell Richardson

Russ Richardson ID 909241 did a great job assembling the shelving. He was fast and thorough.- Babette H., Customer

CAN I GET A WOOP! WOOP!

Enrique Matos

We are very satisfied with the work done by Apollo in the installation of my desk and chair. Order # 248614. Thank you.- Pedro R. Customer.

Jason Szatkowski

I had received a call from a customer Brenda Hathaway in Mesa AZ. She wanted to let me know what an awesome job my tech Jason Szatkowski did for on the assembly of her desk. She stated that he was very professional and personable man. She was very happy with her new desk. - Erik Scheiber, DM

Advanced Autopart Colorado Springs Team

I want to take a moment to give a huge shout out to my team in Colorado Springs, CO. They tackled Apollos first ever Advanced Auto Super Hub, and they did it with authority. This location was 10 hours a day, for 21 straight days, and they truly did it with ease. Michael Keel, PM for Advanced said "I've overseen many of these remodels, and this is the best team I've ever worked with". Kudos to all of you for an amazing job, great communication, and representing Apollo to the highest standard. As I said to each of you earlier, I'm really proud of all of you.

*Pictured below left to right...Luis Rivera, Roger Pfeil, Lead Joey Mora, MaryAnne Pfeil, Elizabeth Tipton, Co Lead Sean Bruggers, Ed Morris, Teri Wright, Jose Vargas, Tae Souvannavong and Michael Shirk. (Zyon Joseph not pictured). -
Keven Carroll*



CAN I GET A
WOOP!
WOOP!

APPLAUSE, PLEASE!

Michael Smith

The assembly man you sent, Michael Smith, was very kind and polite and did a wonderful job putting my desk together. He sure knows his desk parts. Kudos to him. - Losi R., customer

Alonzo Washington

*Omg! How Beautiful is my Desk! I want the entire organization to know that Mr Alonzo did an amazing job assembling my desk. HE was thorough clean very efficient and dedicated to his work. What I wanna state is that today this young man has made my dream come true. I have lost a lot in a recent house fire and how I heal is when I help others get the resources they need. You may be saying it's just a desk but I'll say ITS life! having the space and the ability to have hands on without further straining my body from typing on my bed if you e ever been in two car accidents, loss your home to a fire and all you want is an office space then you will know how this YOUNG man has given me back my life. I recommend him for any further assembly jobs and would even hope that I could reach out to have him recommended. I must say mix up at first with scheduling but apologies were extended. Wanna also thank Miss Alisha and Miss Caitlyn for listening to my Rant, but Mr Alonzo made things better this day. I'll never forget Him. Please send this man out spread the word as I have had plenty of deliveries and things over the years but his professionalism was outstanding
Customer for life God bless you all.-- Cheryl*

Terry Johnson

She loved the service he provided! Shared the following comments: "he is very professional, knew what he was doing, helped me to pick up the debris, very pleasant person, worked well on the cabinetry, friendly, good humor, helpful, easy to work with--all around fantastic service!!" I have inspected his handiwork--and find it be of excellent quality--and am very satisfied with the work done.

#1691 Rehoboth Beach, Ulta Team

*I wanted to take a moment to recognize the Apollo team that set Rehoboth Beach, DE. They were AMAZING. Kelly was a fantastic lead! The rest of the team, Karenda, Robert, Mark, and Keesha were also great. They were efficient, detail-oriented, great communicators, organized, and moved with a sense of urgency! I truly enjoyed the entire team and wanted to make sure I let you know how awesome they were. I would stick them in my pocket and take them on every set with me if I could.
Thanks for approving them to put together Revlon as well; collaboration at its finest! -- Jessica D., Ulta*

CAN I GET A
WOOP!
WOOP!

APPLAUSE, PLEASE!

Michael Hill

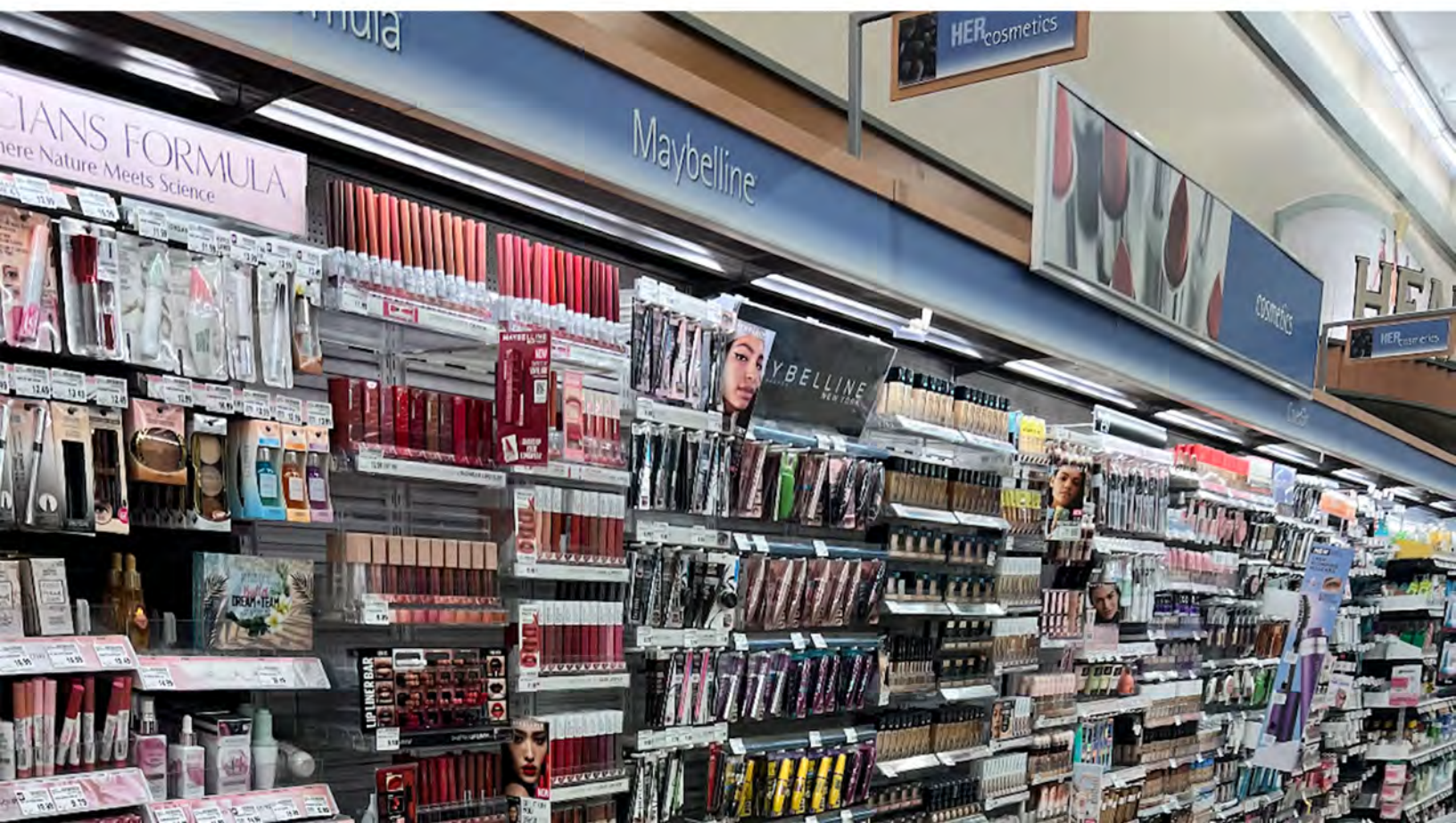
We are very pleased with your services. Michael did a fantastic job assembling the furniture. Thank you for your outstanding customer service!- Latarsha, Customer

Jason Scatkowski

The man that did the assembly of our new desk did an excellent job today, 09/28/2022.- Grace K., customer

Sean Bruggers & Team

Now that's an AWESOME cosmetics wall at store 122! Sales are showing it, too. This store specifically was +70% in cosmetics sales last week! - Kingsoopers, Kyle H.



CAN I GET A
WOOP!
WOOP!

APPLAUSE, PLEASE!

Mark Busckmaster

I just wanted to show my appreciation for your dedication and professionalism today. You drove 100 miles under non optimum conditions. I had no power and thus no AC or fan to keep the room cool but that didn't prevent you from doing a good job. In addition you helped with my communication problem by letting me use your phone and helped me to safely leave my house to my nieces. I didn't get a chance to say thank you - I appreciate it.- Joanne Rowlands

Jeff Moore

I just wanted to let you both know that my new workstation was assembled today and I am soooooooo happy about how it all came together. I cannot thank you both enough for helping me through this process. I don't know if we get to complete any type of survey regarding my setup but I'd love the chance to provide my feedback if so. The guy from Apollo was AWESOME! It's a small world, come to find out his family owns a store that my great grandfather use to take me to every weekend. We bonded and had such a great time while he put everything together. He made me feel so comfortable while he was here.- Customer

Alejandro Gutierrez

Alejandro not only assembled my office desk but answered all my questions regarding the position of the desk. His knowledge and clear and concise information and reassurance of the positioning of the desk as well as the style and functionality, was really appreciated. Alejandro was very professional, attentive, and helpful, and I am truly grateful of all his efforts! Please let Alejandro know as well as upper Management that his efforts, knowledge, and professionalism did not go unnoticed. Thank you for putting together a great team that makes customers feel respected and valued. - Yashau M.

Jerry Barveldt

I know we gave Jerry a SRTL promotion and this was one of the BEST moves we could have done. He is hands down one of the best leads we have at Apollo. Also, I would love to keep him on Floor and Décor and Advance Autos in the future when available. He is a valuable asset and Floor and Décor likes this guy a lot. - Chris Cotrell

Michael Hill

I want to thank you for sending out a superb technician to assemble my new desk. The finished product is beautiful and he put it together in record time with great adeptness. - Debra S.

Michele Fitzpatrick

Happy to report that both teams Michele has trained are stronger and our employees are now following the dress code and most importantly, Wakefern is aware that we are out there in the field working with our Field Reps.- Carolea B;pck

CAN I GET A
WOOP!
WOOP!

APPLAUSE, PLEASE!

Mason Craig, Sharon Graham, & Team

I just wanted to reach out on behalf of our entire team and extend our thanks & gratitude to the teams that worked in store 220. I know I was initially apprehensive on having a brand new SRCC in the project but with Mason's leadership, Sharon and team did a fantastic job. We truly appreciate the communication throughout the project. With this store, as in any pilot project there are many more moving parts and pieces than usual and they all handled it with ease.- Lauren, CVS health

Crystal Otero

I just wanted to send out a special thanks to the follow Vendors for doing an exceptional job in Spices today. It was a very challenging couple of days due to unforeseen issues. Crystal Otero (Acosta/Apollo), Zipporah Greene (Acosta) and Erin Connor (Acost/Survey) really stepped up big time and I want to acknowledge them for a job well done today. I also have to give special credit to Erin Connor for yesterday too (she really did an amazing job yesterday). Please reach out to their employer and personally thank them for me. Thank you. I'm requesting all three for Friday in 392 as Job has yet to be completed. I will make sure it is reflected tomorrow once Friday request are emailed. Just giving a heads up team will need them in 392 (Brookfield) Thank you.- Wakefern

Kim Mitchell

Thank you Kim for your prompt response and attention to our customer's needs.- Victor, Office Depot

Jerry Baerveldt

Jerry has really stepped into the role. He has quickly become one of our best SRTL. He is professional, communicates and will always go above and beyond. The clients love him. He consistently trains, gives feedback to management and the trainees he is working with, is praised by clients and PM. I will take him on any of my projects, anytime.

Sarge Thompson

I just want to take a minute and recognize Sarge for his great partnership with our Deco Reset. Ours was executed perfectly and it went without a hitch. Talking to Cece our Deco Captain, she said this was the best partnership she's had on the years of doing Deco Reset. I had the pleasure of meeting Sarge in my store and I can tell that he is a man of integrity! Thank you, Sarge, for all that you do!!! - Floor and Decor

Billy Grice

Thank you for suggesting to add training materials on University website! We appreciate you thinking of us and your co-workers! - Nikki Wauldron & Heather Petrone



Desiree Bofinger promoted to Talent Aquisition Manager

Emily Pulaski promoted to HR Generalist (SXM team)

Amanda Pires promoted to District Manager

Brittany Padilla promoted to District Manager

Leecia Bolton promoted to District Coordinator

Joey Mora promoted to Senior Team Lead

Jerry Baerveldt promoted to Senior Team Lead

Krystal Ortega promoted to District Coordinator

way to go!

ALISON NAULT IS BACK!

Alison Nault is back as a District Manager for Merch Install under Clayton Mitchell's direction. Alison has worn many hats at Apollo having worked as a District Coordinator to District Manager to Recruiting Manager. We're so thankful to have her back with us!



ASSEMBLY HERO

This past September, Enrique Matos became an Apollo hero as he helped a woman suffering from verbal abuse from her husband with Alzheimer's. Enrique took the time to share his story and help her connect to a support group in her community. Amazing work, Enrique! We want to congratulate you for "giving back!" You're a true hero.

Subject: assembly lives

Hi Adrienne

Please reschedule

7856805 to Sep 26

I have to tell you this

The last inhome I was received by the lady and when I came in to check the area to where the desk once finished will be place her husband came so kind of angry and yelling. I just turn around and went back to the porch. then the lady came very sad trying to apologize, I told her that do not worry because I understand. He is an alzheimer patient in an early stages where it does not look ill.

She start explain me how hard is for her after almost 50 years married suffering this situation. I hear her and call my wife so she can talk with somebody that have a similar problem with her mother wich is an alzheimer patient in a homecare at this moment.

At the end we find to her a support group near with the same situation so she can be helped.

This job definitivly is not asemmbly furniture is assembly lives.

APOLLO BUNDLE OF JOY



MIN District Coordinator, Cheyenne Hunter delivered Huett Glenn, 10-11-22. He was 7lb 8oz and 19 in long. Congratulations to Cheyenne and her momma, MIN District Manager, Becky Spencer.



Health Benefits with Beverages

The Power of Smoothies

With the right ingredients and a little creativity, you can pack lots of nutrition into a low-calorie, great-tasting treat. Grab a blender and take your summer smoothie to the next level with “superfoods” loaded with health benefits.

01. A handful of frozen blueberries

- A handful of frozen blueberries. Replace the ice in our smoothie recipe with antioxidant-packed frozen blueberries.

02. A pile of leafy greens

- Green up your smoothie by adding nutrient-rich spinach or kale. A scoop of flaxseed. Mix in ground flaxseed oil for extra omega-3 fatty acids.

03. A spoonful of chia seeds

- Enjoy the nutty flavor of chia seeds - a great source of protein and fiber.

04. A dollop of yogurt

- Plain yogurt adds extra creaminess to your smoothies, plus “live active cultures” for digestive health.





Health Benefits with Beverages

Healthy Options for Caffeine Consumption

The Truth about Energy Drinks and Caffeine

- Most people associate caffeine with coffee and espresso. But caffeine can be found in many different products – both natural and manufactured. Energy Drinks are anything but good for you. You see, energy drinks don't just contain large amounts of caffeine. They also contain huge amounts of sugar, additives, and artificial sweeteners, all of which can cause damage to your health.

Healthier ways to get your Caffeine

1. Coffee

Black coffee isn't unhealthy. But when you add unhealthy ingredients – like sugary creamers, artificial sweeteners, and sugar, it becomes a potential health risk. Instead of cream, consider switching to almond, oat, macadamia, or coconut milk in your coffee. If you absolutely need your coffee sweetened, switch to a natural artificial sweetener like stevia or monk fruit.

2. Black tea, Green tea, or White tea

Like the coffee bean, tea also contains caffeine. But most teas contain less caffeine per serving than coffee. So, switching to one of these caffeinated teas can decrease your caffeine load but still give you a bit of an energy boost. The best thing about tea is that it's full of healthy antioxidants. These powerful antioxidants are an essential part of any healthy diet.

3. Dark Chocolate

Dark chocolate is naturally high in caffeine. Try breaking off a piece of a dark chocolate bar for a mid afternoon pick me up (the darker, the healthier).

WHAT IS CAFFEINE?

"Caffeine is a natural stimulant found in the leaves and fruits of certain plants. Its power lies in its effect on the central nervous system, where it increases alertness. With increased alertness comes feelings of energy, focus, and clarity.

How Much Caffeine is Okay?

For healthy adults, the FDA has determined that 400 mg a day is usually safe (or about four standard cups of coffee).

COFFEE PLEASE



Getting Ready for the Holidays

7 Time Management Tips for the Holidays

It can be hard to keep track of everything that you need to get done. You don't want to worry about forgetting about something important, especially during the holidays.

1. Make a Checklist

Start to make your list by writing down everything that needs to get done from the beginning of the season to the end of it. Also include things that need to be done ahead of time and things that you'll need to do on the day of a holiday celebration.

2. Note the Deadlines

Now that you have a checklist, look through it and see which items have specific deadlines. When do all of your holiday cards have to be sent? If you don't like last-minute shopping, when is the last day for buying presents?

Mark these dates down on a calendar or put them into a personal planner.

3. Split Up Your List

If you're looking at your calendar and checklist and getting overwhelmed, **don't worry**. To split up your list, organize it into what can be done at any time during the **month**, then the **week**, and what needs to be done **today**. This breaks up your list into manageable pieces and helps you get things done efficiently.

4. Prepare Ahead of Time

Leaving everything until the last minute only creates stress. To take the pressure off, prepare parts of your meals before it is time to cook them. You can use this tip to prepare for your holiday feast. By chopping vegetables or preparing desserts ahead of time, you lighten your workload.

5. Stay in Your Comfort Zone

You don't have to reinvent your holiday dinner for your loved ones to enjoy it. It's likely that they would prefer old favorites to new. Cooking recipes you've cooked before means that you know how long they take, and how to prioritize each step. Save yourself the stress of trying a new recipe.

6. Ask for Help

It feels great to accomplish tasks all by yourself, but if it starts to feel overwhelming, don't be afraid to reach out for help. Sharing your workload means that you can focus on things that can only be done by you, or on tasks that you enjoy doing.

7. Make Time for Fun

Find a day of the week where your schedule is open, and make that a 'fun day.' This can be your day for baking treats, going to holiday markets, seeing family, and all the other activities that make the holidays special. By picking a day of the week, you know to organize your time during the week so you are free to enjoy yourself.

A GIFT

just for you

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Contact Us for Submissions!

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