

the INSIDER

Dec-Jan 2023

Apollo Employees Get Hitched in Vegas
Tips from the Wellness Department
Recent Promotions
Certificate of Excellence
Kudos, and More!

Our New VP of HR, Kristi Engel



CERTIFICATE OF EXCELLENCE

This certificate is presented to



Juan & Priscilla Rivera
Service & Assembly

Priscilla and Juan have been our leaders for IKEA opportunities for the last several years. Projects last from 2 to 4 months and involve building & installing furniture for new stores as well as for those going through a remodel.

They have a stellar reputation amongst the IKEA Project Managers who have had the opportunity to work with them. The PM's know that Priscilla and Juan will manage our teams to a successful and on time completion. We like to think of them as our secret weapons...

This year we have been awarded a new store in San Francisco and a remodel that will occur in Canton, MI. The IKEA Project Managers involved with these stores have both worked with Priscilla and Juan and were ecstatic that they would be available this year.

The bid for the MI store specifically requested that they lead the project for Apollo.

Not only is their performance appreciated within IKEA but it has had a positive effect on our ability to garner new business with this important customer.

Thanks to you both for the consistent exceptional performance. We are lucky to have you. - Shelly Daniels

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Wilson Cianciolo
Walmart Lowes

Wilson Cianciolo is a very professional, hard working young man, who wants to succeed! He truly cares about his work so he does everything he can to benefit Apollo as well as the stores he's working in!!! Wilson is always going above and beyond to help whenever he can, even if that means working with other divisions of Apollo. This young man has a plan in life, and I am very excited he is on Team Apollo!! Jeramie Puff District Manager

for demonstration of superior performance, hard work and dedication.

C. Michael Sunderland
President

2023

C Michael Sunderland

CAN I GET A
WOOP!
WOOP!

APPLAUSE, PLEASE!

Billy Grice

We love Billy Grice. He's so enthusiastic about work and always looking to help. He recently suggested we add a lozier training he found to our University platform. You're the best, Billy! - Heather Petrone & Nikki Wauldron

Jerry Baerveldt
Ryan Mcduffee
Aimee Vielguth
Jose Martinez
Alana Lane
Amanda Hill

Thanks again for letting me be a part of the reset action ! It was so fun !

I did want to make sure and give props to our Apollo team! They were record breaking hard workers and I hope they can get acknowledged from Floor and Decor officially!!- Floor & Decor

Annette Sebro

They're all a breath of fresh air- Annette is awesome too! -Wakefern

Mark Buckmaster

Second time I have used Apollo and got the pleasure of working with the same assembler that did my wooden file cabinets ...he is very efficient, and a great representative of your company. He is a "keeper" and my new desk looks great- Dave K. Customer

Darin Rose

Darin Rose-Apollo is one of the best vendors on the team and is a major reason why are able to achieve spices in the stores so quickly. He shows true dedication and determination and goes well above and beyond what is asked of him. He shows amazing professionalism dealing with all the challenges that come our way with items that are unallocated and items that are not shipping. He is a team player and is willing to help anyone without hesitation or complaining. I wanted to show my appreciation and gratitude for all the hard work and time he put in to help our team achieve the goals for this cycle.- Wakefern

Sierra Moran

She was awesome! Very professional and knowledgeable- King Soopers

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Juan & Pricilla Rivera

I wanted to share with you the AWESOME job that Mr. Juan & Ms. Physilla did on assembling the bikes in our building. Everyday they were always pleasant, polite, and full of energy. We had over 20+ damage bikes and they repair all but 3 of them. We would love to have them back in the future if possible. I wanted someone to know on the great job that they did.-TJX

Keith Mallder

I want recognize one of your reps., Keith. I've worked with Keith for a number of years, and he always goes above and beyond. Keith always is polite and very friendly. He helps to keep my furniture dept. looking great. He is an asset to your team. I always try to give recognition when I can. I thank Keith for what he does.- Office Depot

Chris Hereford

Christopher did an in-home assembly. I greatly appreciated his knowledge, skills and ability to get the job done efficiently and completely. He is a very professional worker, and my chair has functioned great. I have bought several more chairs and have request that he be assigned to perform that work order as well. As it is somewhat unusual to encounter proficient and concerned workers, I am always impressed when that is the case.- Darlene C., Customer

Nickita, Cliffia, Liadys, Daniel and Jamari

The team that was here were such rockstars! I am amazed about how much they got done in 3 days. The walls look fabulous, they were so organized and clean. I am so grateful for their help!

Tony Bennia

Our technician was great, arrived early worked efficiently, did a great job and cleaned up after himself. He can assemble furniture anytime for us.- Customer Larry R. J

**Stephanie Godin, Andrew Laird, Kayla Turner, Tara Morrison,
Christopher Pacheco**

We had a great Bin Labeling Crew here this week - hats off to the crew leaders Stephanie and Andy. - ACE

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Ramona George

I wanted to comment on the call back team you have executing the Albertson's Conversion cleanup work. As you know this is a very difficult project. There are many moving parts (different in-store environments, different set sizes, different POG's, equipment in back rooms, unforeseen obstacles, different levels of completion, etc..) and lots of variables encountered in the field. This project requires merchandising experience, mechanical experience, common sense, problem solving ability, teamwork, customer service, a positive attitude, calm and succinct communication, collaboration and the pride to get the job done right. With over 6,000 fixtures in the field, I have seen and worked with on a lot of maintenance/call back work from many different vendors. I want to say that Ramona Gore is among the very best I have ever seen. She embodies everyone of those above attributes. She remains calm, positive and confident while working with me as the customer and also with the store managers and personnel. I have received very positive feedback from Albertsons on her instore work and communication. The buyer asked "why wasn't she on the initial install team, we wouldn't have had any call backs". I appreciate her clear communication and problem solving initiative. Together we have been able to solve several issues that would otherwise have continued to plague us and frustrate the customer. I am very grateful for Ramona's work on this difficult project and so is Albertson's. Her work ethic is the gold standard. -Nestle

Nkechi Egbuji

The young lady did an amazing job!. Could you please forward me my invoice for the service.- Customer Nubi O.

Aleshia Polk

And yes Aleshia was beyond great. I was pretty short on my original email. But I'll say she made my day! Her customer service was amazing! She had such a natural way of connecting with customer and understanding my needs and seeming very helpful and empathetic. Rarely do I have such pleasant encounters in these types of circumstances, and so when you do it's to be commended and acknowledged.- Lizzy P, Customer

Mark Spaulding

We appreciate the integrity of Mr. Spaulding who went above the call of duty by agreeing to return the damaged desktop to Office Depot. We look forward to receiving the proposed remedy from Office Depot to fix this discrepancy.- Brian E.

Robert Lotter

The assemblyman was right on time. Professional, courteous and the assembly well done in a short period of time. Very satisfied.- Toni S.

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APPLAUSE, PLEASE!

Ivan Mercinent

Everything went great yesterday, and we loved Ivan. I would like to keep him as our main person on the assembly as this is going to be ongoing. - Office Depot

Michael Hill

Excellent service!!! A great job was done.- Millicent O. Customer

Ulta Store 372 Team

hey did say that the 2 people did a phenomenal job with LP/MNY!- Amy H Ulta

Ulta Store 160 Team

Amy from ULTA was very impressed with this team in Miami (as was I). They work cleanly and efficiently. The team lead Jorge has a wonderful rapport with store management.- Randall Smith T



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Kenneth Praschan and Elijah Ball

This is a follow-up from a customer that was extremely unhappy with the scheduling process but was very happy with the technicians. They saved the day with their friendly and professional service. This unhappy customer is very happy.- Lynn Wade

Nate Bass

Just wanted to say. Nate was great, thank you very much! - Customer Lise

Clark Kopetsky

Clark Kopetsky was extremely professional and helpful. Mike was so grateful his store "received the A team" (great job Clark!! The Apollo Bin tag team was also very friendly and did a great job. He was impressed with the work and amount of time it took. He said he has found very few tag issues so he is extremely pleased.- Ace

Robert Hatley

Robert Hatley went above and beyond, professional, neat, kind, was in and out he assembled 2 desks and Brian is very happy with everything he did.- Aleshia Polk

Dorothy Collins & Team

What a phenomenal job Dorothy and her crew did stocking my store. I was there on Saturday but took Sunday off and when I went to lock up, I was beside myself and actually teared up because they did such an awesome job at getting through most of the product. Dorothy is amazing and is a great crew leader.- CosmoProf Port St Lucie



Kristi Engel promoted to VP of HR

Kristin Matias promoted to Director of HR



Moving Up

We're happy to share that **Kristi Engel** is "moving up" with Apollo!

Kristi recently moved from Director to VP of Human Resources.

Congratulations, Kristi!





Moving Up

We're happy to share that **Kristin Matias** is "moving up" with Apollo!

Kristin started in HR as a generalist and is now our HR Director!

Congratulations, Kristin!



way to go!

APOLLO'S GOT TALENT WINNERS



Special congratulations are in order for our big winners from the Apollo's Got Talent show during our holiday party. Congrats to Rojae Murray (1st place for his amazing art), Denise Walker (2nd place for singing "My Girl", and Donte Platt (3rd place for cuttin' up on the dance floor!)

MISSED THE SHOW?

go to www.apolloretail.com/holidayparty

and click on the "WATCH NOW" button.

WATCH NOW

APOLLO WEDDING BELLS



Congrats to Wendy Finchum's marriage to Randall Butts. The two Apollo employees got hitched in Vegas with a Star Wars themed wedding. Wendy won our "Win a Trip for 2 contest" and decided to use her trip as part of her honeymoon. The pair was sent to Orlando for a Disney vacation paid for by Apollo! Congrats to these two lovebirds!

APOLLO ANNIVERSARY



Kelly Lamorree, our Merch Install Regional Director, celebrated her 25th wedding anniversary on 11/29. For someone who doesn't like her picture taken she sure is photogenic, right?!

We hope you had a great anniversary, Kelly!



7 Basic Nutrition Tips

Decide to take pride in yourself and your nutrition, and enjoy eating right.

01. Avoid Overeating

- Focus on finding a balance of hunger and fullness as you eat. Stop eating when you are no longer hungry, not just when you are full. Remember all the times you ate until you were uncomfortable. How did that make you feel? You probably felt guilty, and certainly had some degree of abdominal discomfort. Be mindful that every time you eat those extra bites, they are not going to make you feel better. They will probably make you feel worse

02. Think Like a Caveman

- Food is energy for your body. Nothing more, nothing less. Think about your food before you eat: "Why am I eating this?" "Do I really need this?" This will help you focus on eating enough to keep you moving, and choosing foods that will give you prolonged energy. Remember, sugar is one of the worst things for your body.

03. Eat Naturally

- Focus on things that come from the earth, not a factory. The best advice is, when shopping at the grocery store, stay along the outside walls where you find fruits, vegetables, beans and lean sources of meat. All of these occur naturally. This helps keep those processed foods and sugar-packed snacks, all of which will kill your metabolism, out of the cart.

04. Join the Organic Movement

- Buy organic whenever possible. If you can't afford or find organic foods, no problem. Just wash your fruits and vegetables very well.
- If you can't get fresh produce, frozen is the next best thing. Avoid canned and packaged fruits and vegetables as the preservatives are usually going to work against you.

05. No Chemical Toxins

- Avoid artificial sweeteners (especially Splenda). These are most often consumed in Crystal Light, diet sodas and "sugar-free" products. Think of them as toxins (because they are) that slow down your body's metabolism. Drink plenty of water.

06. Control Your Portion Size

- Use small coffee mugs to eat your cereal in the morning. Get rid of all the large plates and cups in your house and only eat with the smaller or children's sizes.
- Eat slowly, being certain to chew your food thoroughly before swallowing. Try to eat slower than the slowest eater at the table. If you go to a restaurant, split a meal with your partner, or once your portion is delivered, cut it in half and have the waiter box up half of the dish for another meal.

07. Take Your Time

- Good nutrition is a marathon, not a sprint. Don't make the mistake of trying to change everything overnight. It took your entire life to adopt your current nutrition habits, expect it to take some time to change them.



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