

# Fresh from the Garden



## AUGUST EVENTS

**Employee Discount Day**  
**50% Off**  
 August 12, 13, 26 & 27



## EMPLOYEE ANNIVERSARIES

Years of Service	Employee Name	Location
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**MANAGERS:**

14	Jodi Ghedotte	WB
13	Paul Soulsby	RO

**ASSOCIATES:**

29	Wendy Stolzenfeld	RO
9	Carol Grillo	CT
3	Jaxon Malcolm	EP
3	Lori Tempest	CT
3	Amy Crank	MO
2	Patricia Endres	PNLC
1	Justin Carpenter	LC
1	Kevin Reich	PNLC
1	Gary Johnson	WB
1	Katrina O'Higgins	CT



## OBSERVATIONS

### The Customer Experience

*by John Darin, President*

Last year at this time, we were still adjusting to the world in a global pandemic. COVID-19 had an immense impact on the way we do business, no doubt about that. Our teams have been stretched and challenged, and every person has looked at how we do business with an open mind and a new perspective. The English Gardens team worked together to get through it, with many successes to celebrate.

Now that many restrictions have been lifted, the mask mandate has been removed, and the vaccine is more readily available, we still

have a duty to maintain a safe and healthy workplace. Our goal has never faltered: To provide the best value and finest quality products and services, in a family atmosphere that is a fun and rewarding place to shop, work and do business.

### Share a Smile with your Customer

Take the time to make eye contact and share a smile with your customers. Some haven't visited us in recently, while others come into our stores to find relief from the stress that the pandemic placed on their lives. Either way our experts can help our customers find a complete solution to their project and ensure they leave with a smile.

### Thank Customers

Thank our customers for shopping with us and invite them back to our stores. Capture information if they didn't find the product they were looking for. What other products can we recommend to save the sale before they head elsewhere?

### Communication and Teamwork is Required

Communication breathes the first spark of life into teamwork and communication keeps teamwork alive. It plays a precious role in building and preserving trust among teammates. There is no hope of orchestrating a coordinated team effort unless good communication precedes action.

Know your job and get really good at it. Learn the extra details or master a new skill. Teamwork, by definition, implies interdependence. What you do affects others. Your team depends on you for their success, so make sure you are physically and mentally available to them.

Let's continue to create a positive, enjoyable shopping trip for all customers, and keep them coming back to English Gardens for many more years to come!

*John Darin*

# HEALTH CORNER

for Employees

Plant a garden and get ready to reap the healthy rewards. Research shows gardening can reduce stress, fight heart disease and even boost your memory. That's no small potatoes!

## 9 Health Benefits of Gardening

### 1. Lowers Stress

Gardening reduces tension as well as anger, fatigue and anxiety. One reason? Gardening gets you outside, a natural mood booster. In just 30 minutes, gardeners report better moods, cortisol tests showed stress levels dropped, and sunny moods lasted longer.

### 2. Protects Against Dementia

Grow a garden, grow your brain. Scientists found that doing more physical activities like gardening, dancing and riding an exercise bike actually upped brain volume in several areas including the hippo-campus, the part that controls memory. The people whose brain size increased from exercise cut their Alzheimer's risk in half.

### 3. Builds Muscle Strength

Gardening works all the major muscle groups: Legs, arms, back, core. But it also increases hand strength. Doing simple tasks like filling pots and mixing soil improves grip and self-esteem.

### 4. Helps You Eat More Vegetables

Not a beets fan? Try planting them. Once you've nurtured something from a seed, you're more likely to pile it on your plate. Kids who learn to garden eat more fruits and vegetables. Another planting perk: Gardening lets you explore new flavors and varieties. Many varieties of veggies and herbs aren't available in the grocery store because they don't ship well.

### 5. Nourishes the Senses

A flourishing garden feeds your body and your senses. To help astronauts fight sensory deprivation and ease the boredom and isolation of long missions, NASA researchers began gardening experiments. Using LED lights for 10 hours a day, space station crews grew zucchini, zinnias, sunflowers, soybeans and more. The space farmers said they looked forward to checking their plants each day, and they were surprised at how seeing their bright colors helped during weeks of dark orbit.

### 6. Eases Depression

Helping things grow can boost a blah mood and help people with clinical depression improve their symptoms. Gardeners are able to focus more and brood less.

### 7. Fights Heart Disease

Physical activities like gardening help cut the risk of heart attack or stroke by up to 30 percent.

### 8. Keeps You Trim

For a 150-pound person, one hour of hoeing, weeding and digging zaps 324 calories. Some gardeners tend to have lower body mass indexes (BMIs). A higher BMI increases your risk of high blood pressure, diabetes, heart disease and other serious health problems.

### 9. Improves Quality of Life

Gardeners report more optimism and energy, better health and greater life satisfaction than non-gardeners.

## Savor the Moment

August is one of my most favorite months for so many reasons. During the cold winter months, I reminisce about enjoying the great outdoors with friends and family every August.

I especially love walking in my neighborhood this time of year and noticing that everything around me is bursting with bright green foliage, colorful flowers, and even the sky is a perfect shade of blue! Everything feels fresh and alive that I can't help feeling energized.

Along my walking route, I passed several home gardens that were filled with vibrant fruits and vegetables, it was hard to resist not grabbing one! Whether you like to grow your own vegetables and fruits, shop outdoor summer markets or go to the grocery store, August is the perfect time to take advantage of so many seasonal choices and at a great price.

So, stock up with these delicious in season choices:

- Blackberries, blueberries, strawberries, raspberries
- Cantaloupe, plums, watermelon, mangoes, kiwi, peaches, apricots,
- Corn, cucumbers, green beans, lettuce, okra, peppers, summer squash, tomatoes, zucchini

*Love, Love, Love, Florine*

*In April 2021, Florine Mark sold her Weight Watchers franchise in Michigan and Ontario. She continues to write her monthly column for our newsletter as a Wellness influencer, Author, Motivational Speaker, and Podcast Host. Connect with her at: [FlorineMark.com](http://FlorineMark.com)*

## Tell Us About It

*Dearborn Heights* - Carol is so polite and always has a smile.

*West Bloomfield* - Sally was a delight to work with! She is a true professional and did everything to make sure we were well taken care of.

*Clinton Township* - Wanted to say thanks to Pat for the amazing flowers for our daughter's wedding!!! They were spectacular and just what we were hoping they would look like!! She and her crew went above and beyond to make our day perfect!

*Eastpointe* - Marianne Slaughter was so helpful! She stayed with me all the time, walked me to each item on my list and explained the pros and cons of each. Kudos to her!

*Royal Oak* - Absolutely love going to English Gardens! It is such a stress relief for me. All of the staff are kind and helpful.

*Plymouth* - Wanted to mention how great Kristin in your Plymouth location was to work with! We purchased a patio furniture set on 7/3/21 and she was beyond helpful and very pleasant to work with!! Thank you, Kristin for your smile and dedication to helping us out!

*Landscape* - Jarod Fritchman, our contact person, was extremely knowledgeable and helpful throughout the entire process. Excellent communication skills. Beautiful design.

*To all team members — Good Job!*