

Health Corner for Employees

February is National Heart Health Month

Here is a Heart Healthy Recipe to inspire your cooking this winter

Southwest Slow Cooker Chicken

Calories -113 Per Serving
Protein -17g Per Serving
Fiber -1g Per Serving
Cost Per Serving -\$1.63

Ingredients

Servings - 6

- 2 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. paprika
- 1/2 tsp. black pepper
- 1/4 tsp. oregano
- 1/4-1/2 tsp. **cayenne pepper** (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles
- 1 cup low-sodium chicken broth



Directions

1. In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).
2. Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.
3. Pour tomatoes, chilies and chicken broth over the chicken in the slow cooker.
4. Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours. Chicken make break apart easily with fork once cooked.

Quick Tips

This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat on a whole-wheat tortilla or bun.

SAFETY *It's Everyone's Business*

Flu Prevention: Prevent catching and spreading the flu with these easy tips.

- Get vaccinated. Vaccination is the first step to flu prevention. The CDC now recommends that, in addition to other high-risk groups, all healthy children and healthy people get a flu vaccination.
- Wash your hands. Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands is the best way to prevent getting sick.
- Do the elbow cough. Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It's also an easy technique to teach kids.
- Disinfect common surfaces. Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Don't forget to use disinfecting products on phone receivers, doorknobs, light switches, and remote controls.
- Drink Water. Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, rehydrates you and washes out the toxins. An adult should drink eight 8-ounce glasses of fluids each day.



EMPLOYEE ANNIVERSARIES

Years of Service	Employee Name	Location
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MANAGERS

14	Karen Carducci	PN
9	Michael Martens	DB
8	Stephanie Urcheck	DB

ASSOCIATES

20	Stephanie Vanhaverbeck	LC
7	Scott Schultz	LC
2	Ronald Brent	LC
1	Lukas Pashigian	PN

Fresh from the Garden



OBSERVATIONS

by John Darin, President

FEBRUARY EVENTS

Employee Discount Day 50% Off
February 11

Employee Discount Day 50% Off
February 12

Valentine's Day
February 14

Employee Discount Day 50% Off
February 25

Employee Discount Day 50% Off
February 26



Even though February is still very much winter, we can delight in the fact that Spring is right around the corner! What is the best thing to do during the month of February, to prepare for our busiest Selling season? You guessed it--- Training! When new products are hitting the shelves and you can feel the traffic increasing, it's time to brush up on your product knowledge.

Customers come to English Gardens for expert advice. They expect knowledgeable, friendly sales associates to help them be successful in completing their projects. This Spring you will be solving their pest problems or offering advice on proper light or watering for their plants. You will help them decorate their homes and outdoor living spaces. Now is the time to make sure you are familiar with all of the products we sell, so that you are able to offer your expertise to our customers.

During the next month, some of you will attend virtual training sessions specific to your departments. But every day you have learning at your fingertips with our Success Training cards. These are important tools to utilize in order to expand your knowledge and renew your focus for all of the Spring products and services English Gardens has to offer.

And remember, every item in our store has at least one item to accompany it. Make sure you read the monthly Sales Planner and review tie in sales for all of the products you will be selling this gardening season.

Thank you for all that you do!

John Darin

“Professionals Doing Extraordinary Work”



February for the Landscape Company is all about preparing for the upcoming spring.

We have completed most of our holiday take down work, but we are still busy working on special projects in anticipation of the spring rush. We are already getting in touch with clients, preparing spring contracts, and updating our estimating software. Our design staff shares ideas with each other to get inspired for the upcoming season.

As always, your help is crucial for our success. We urge all associates to continue discussing our landscaping services with potential customers, and send us their

information. We know the cold winter doesn't get customers in the mood for landscaping, but please continue to inform prospects that this is a great time to contact us about our services. Our design staff can spend more time with clients during this time of the year, and we can get them scheduled for the first available spots in the spring.

Finally, the Landscape Company is hiring for several positions including: Design staff, crew leaders, crew members, and interns. Please inform any job seekers about our open positions!

We appreciate all the help, and look forward to a successful 2021!



SELL FOR SUCCESS- February is all about Love and Flowers!

Eight incredible health benefits of Having Flowers in your home

Flowers have the most incredible effects on people just by looking at them. Their aura is peaceful, relaxing and Zen. You have probably been buying flowers as decor for your home. But there are many more benefits.

Boost of mind

Flowers can spark happiness in anyone. They're a popular gift choice to send to anyone. They're inexpensive, readily available and bring about the spirit of positivity. Gardening can help improve your mood.

Effective memory aid

The sense and smells from flowers have strong triggers that tap into one's memory faster than anything else.

Great stress reliever

The fragrance from flowers, particularly jasmine, is an instant stress reliever for many. Fresh scents of flowers in the bathroom could transform an ordinary bath into a soothing bath.

Increases drive in a relationship

Flowers boost people's moods, but they are also a great comforter for relationships. They trigger psychological emotions that causes one to be more compassionate, loving and subjective. They also bring about understanding and a relaxed feeling while being with your partner.

Remedy to insomnia

Sleeping problems have become a major concern for people. Flowers can aid with sleeping. Placing them by the nightstand allows for a peaceful environment. They can also release headaches or tension that causes insomnia among people. Certain flowers add a touch of tranquility which is essential for a good night's sleep.

Improves the healing process

Flowers are an emotional boost. The mind gets more relaxed and receptive to medication. It is rewired to acknowledge healing which then transcends to improving the healing process.

Plus, when you're given flowers, the thought that someone cares and is looking out for you gives you a reason to persevere though illness.

The flowers may not heal physical pain but psychology attributes physical healing to emotional stability. You're healing starts from within once you are relaxed.

Activates the brain

Flowers placed in working environments can increase brain activity by allowing people to think more creatively and openly. They also aid in productivity. One can think clearly and respond faster to stimuli and work. A more productive mind will then lead to more success at work, school or other activities.

They also reduce fatigue. Breaking the cycle of norm and boring, flowers can excite the brain to accept other ideas and thoughts.

Cleaner air

Plants take the higher percent of cleaning the air off toxic gases, humidity, and noise. The flowers too take a reasonable percentage in purifying the air. They help cleanse the air from harmful toxins and volatile organic compounds from the house interior allowing you to breathe in fresh purified air.

Boosts mental health

Mental issues have increased in the past decade as people suffer from expression and other cognitive impairment problems associated with a lack of connection to the world. Feelings of loneliness and seclusion from community activities. Flowers bring a sense of closeness to nature, inviting one to feel free and relaxed.



Imagine the Possibilities...

What goals can you reach by spring?

Has spending a lot of time indoors, seeing your favorite businesses close, and recommended time away from friends, family and large crowds due to Covid-19 increased your stress level and weight? Or did you overindulge just a little too much over the holidays?

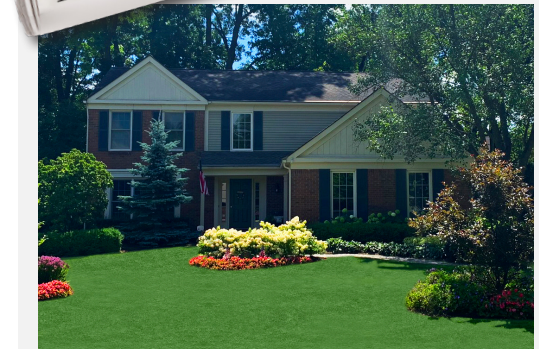
The past year presented a lot of challenges. For some of us, maintaining healthy eating habits and sticking to our weight-loss goals have been difficult. But don't panic, February is the perfect time to get on track. If you want to lose weight and improve your health, but lack motivation, check out WW's "Imagine the Possibilities Countdown to Spring" calendar at www.8883florine.com. The countdown to spring calendar provides simple tips to help you lose weight, sleep better, move more, and improve your mindset. Although it may not feel like it, spring is right around the corner. Just imagine how great you will look, and feel if you do something every day (big or small) to reach your wellness goals.

Maybe you want to lose weight, exercise, be happier, increase your self-esteem, get a new job, or just meet new people. All these goals are within reach just by forming new habits. Research has shown that it takes about 66 days (give or take) to take hold. This calendar gives you that opportunity.

Spring is right around the corner, so let the countdown begin. To download your free copy, go to www.8883florine.com.



- Love, love, love,
Florine Mark



Congratulations

to

Stephanie VanHaverbeck

for her 2020 Silver MGIA Award for Landscape Reconstruction!



Tell Us About It



Clinton Township- Cathy P. was so amazing and helpful!

Royal Oak- True holiday showcase! Neat and clean store, excellent quality displays, staff very attentive, selections expansive.

Eastpointe- Marianne was friendly, knowledgeable and very helpful!

Plymouth- Owen was great! Above and beyond.