



REMINDERS INTERNAL OPS SOCIAL EVENTS MENTAL HEALTH

August 8th , 2023

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Happy Birthday Katie!!!



Happy Birthday, LD!



Happy Birthday, Meghan!

REMINDERS

Reminders

- How is the morning tool count going?
- Double check for duplicates before grabbing new supplies.
- Save packaging from fertilizer, it may be wiser to refill from a mostly-full package rather than open brand new as the season goes on.
- Mind your manners when on site.

How many
sunscreens are
here?



Reminders

- Glove care
 - Turn gloves right side out
 - Remove stick seed from gloves
 - If it has a hole, throw it away
- Twine, Ties, & Tape bag versus Winter Protection Supplies Bag
- Whisk App



Be Prepared



Bring your lunch, snacks, full water bottle



A break at a gas station is not a guarantee, bathrooms may be on site in certain scenarios

Company Wide Expectations



EFFICIENCY



CRITICAL
THINKING



PROFESSIONALISM



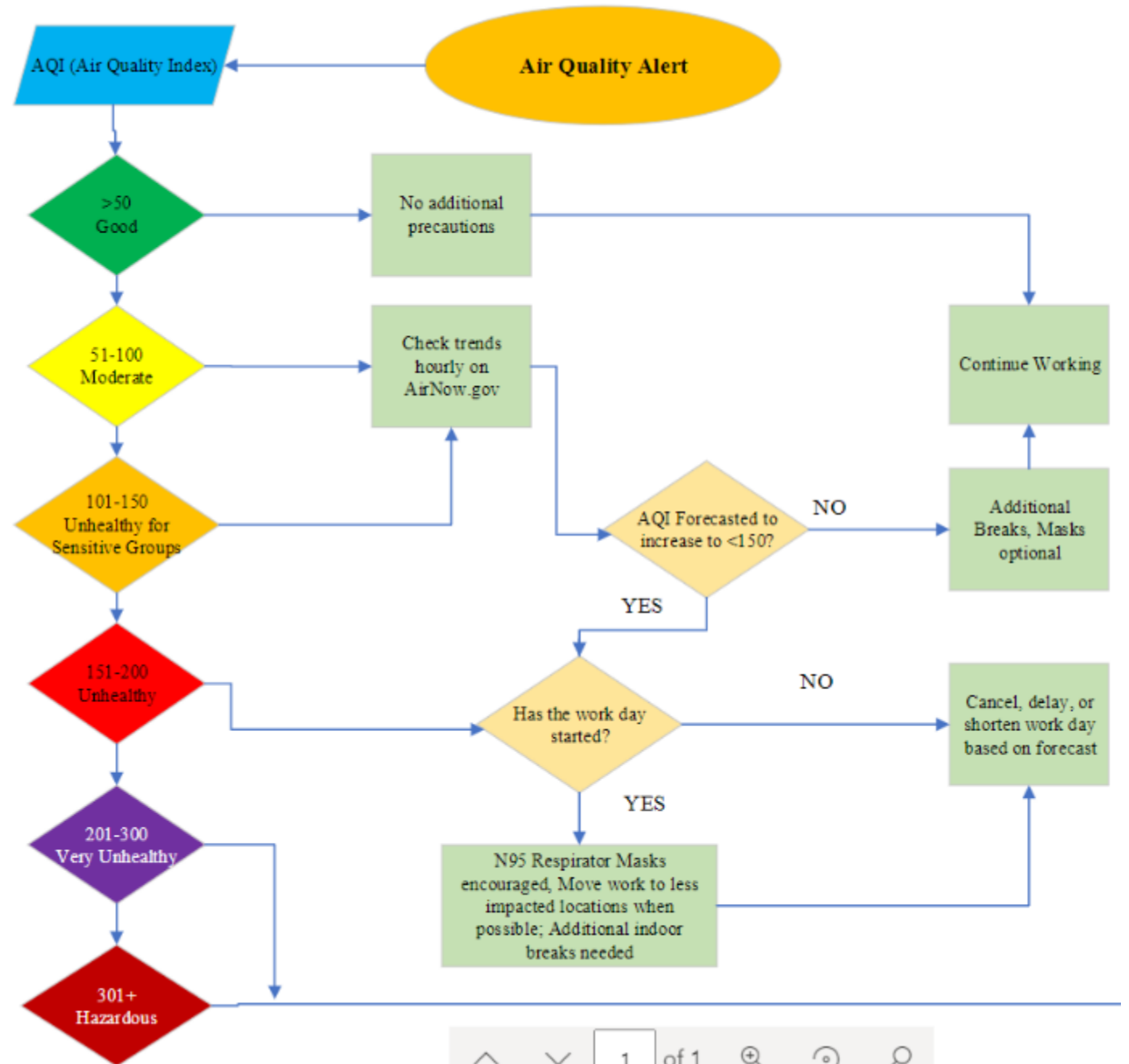
SAFETY



INTERNAL OPERATIONS

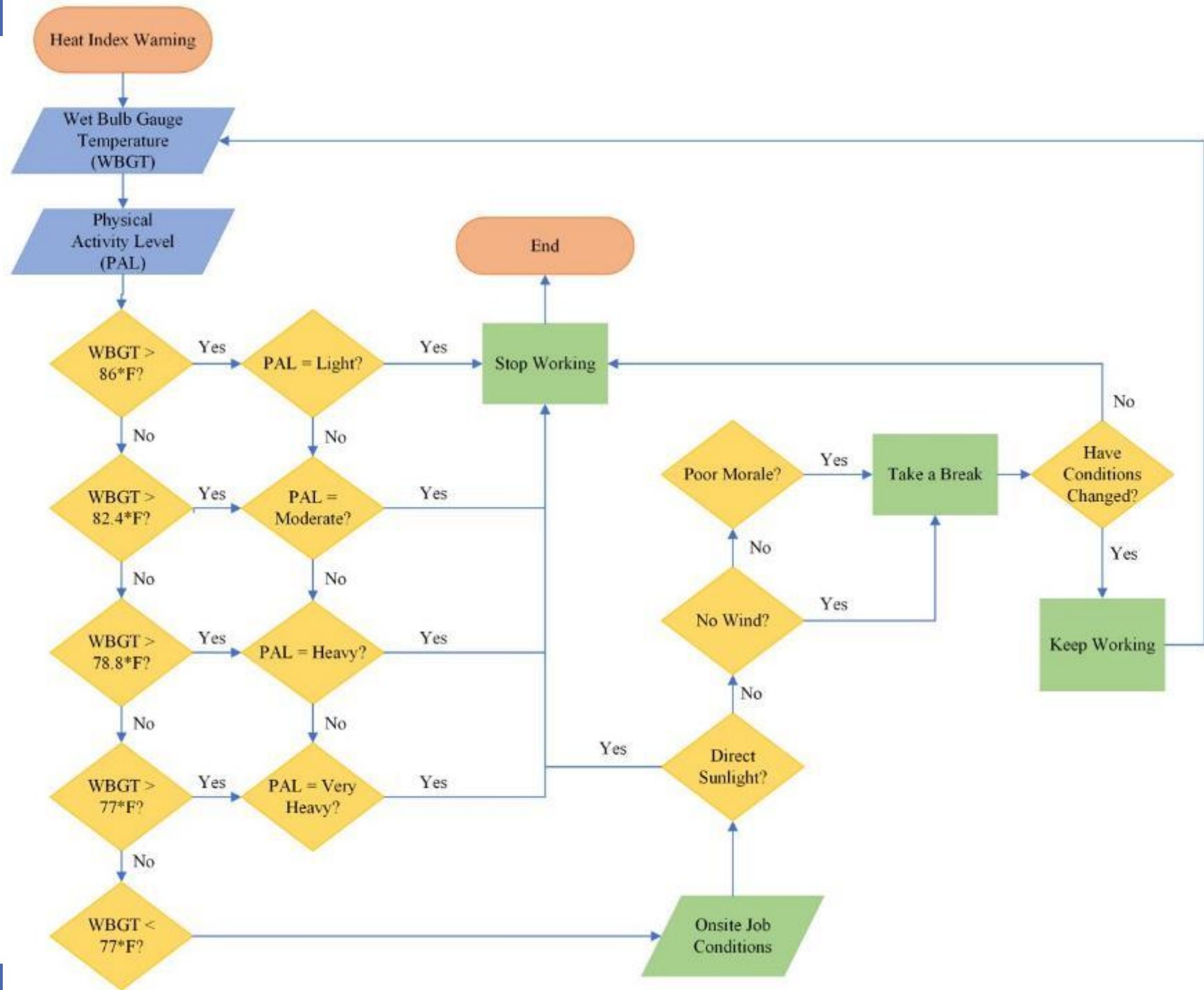
Air Quality Alert Procedure

- Currently in Draft form
- Working with guidelines from CA law, guidance from OSHA, and EPA Air Quality alerts



Heat Hazard Assessment

- Checked every 1/2 hour when Heat Advisories are declared



Upcoming Time Off



- Labor Day
 - Unpaid on Saturday, 9/2
 - Holiday pay on Monday, 9/4
 - Office is closed on both days

September

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9

November

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

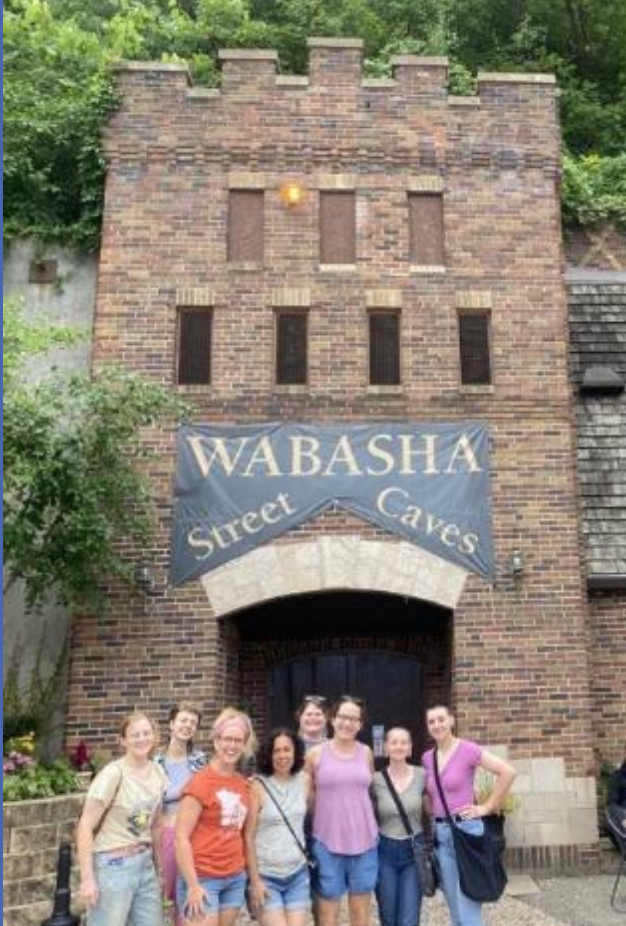


- Thanksgiving Day
 - Holiday pay on Thursday, 11/23
 - Unpaid on Friday & Saturday, 11/24 & 25
 - Office is closed all three days



SOCIAL COMMITTEE

Cruise Director Angie



Social Events

Happy Hour

- Thursday, August 10th after field work wraps up
- Eagan Food Truck Fest
 - Friday, August 11th 4-9pm
- MNLA at the Saint's game!
 - Wednesday, August 16th 5:30 - 9:30
- IDEAS?! Email them to Angie!
abanks@homesowngardens.com

Gina's Pizza & Garden Tour

- Gina's Pizza & Garden Tour
 - Lake Minnetonka, Sunday, August 27th

- Potentially after
 - Kelley & Kelley Nursery trip?!



State Fair Trip!

- August 24th – September 4th
- Respond to the poll to choose a date



Kickball Tournament for Urban Roots

October 8th, Mendakota Park

- Support Urban Roots - cultivate and empower youth through nature, healthy food, and community.
- Volunteers needed before and day-of
- With a bunch of green companies like us!
- Please participate!
- POTLUUUUUUCCK
- Rain or shine (Cornhole if no kicking)



Pablo's EP
Release Show!

GRAMMA

LINUS
(EP RELEASE SHOW)

12th HOUSE

SUN

PILLAR
FORUM
(2300 NE
CENTRAL AVE)
AUG 18th



ALL AGES
10\$
DOORS 6:00
MUSIC 6:30

T-Shirt Contest

WHICH DESIGN???!?

Please vote!



T-Shirt Contest Design #1



Front



Back

T-Shirt Contest Design #2



Front

T-Shirt Contest Design #3



Front



Back

T-Shirt Contest Design #4



Front



Back

T-Shirt Contest Design #5



Front

T-Shirt Contest Design #6

SPADES UP



REGIONAL TOUR SUMMER 2023



FEATURING

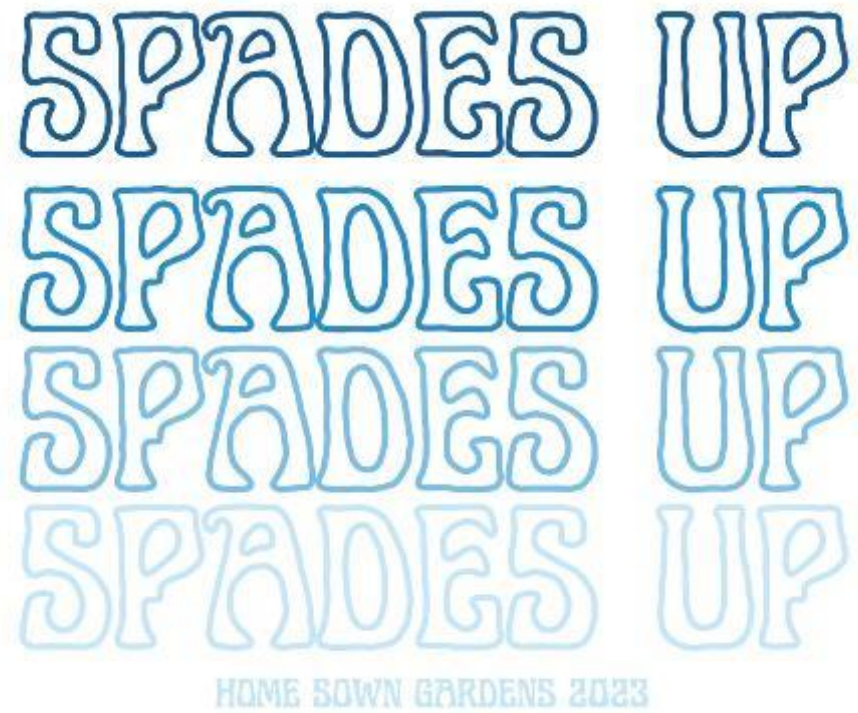
THE SHOVELLING STONES
THE LADYBEATLES
FLEETWOOD MULCH
EARTH, WIND & FERTILIZER

THE MULCHIE BOYS
COMPOST, SOILS & ASH
THE LOVIN' SHOVELFULLS
SAVAGE GARDENING

HEADLINING
HOME SOWN GARDENS

Back

T-Shirt Contest Design #7



Front

T-Shirt Contest Design #8



Front



T-Shirt Contest

WHICH DESIGN???!?

Please vote for your top 1, 2, and 3
It's ranked choice voting!

Write in #9 Beartha Flowerhands

SERVICE PROJECTS 2023



Which Fertilizer Should I Use?

- All Purpose
 - Soluble
 - Granular
- Acidic
 - Soluble
 - Granular
- Rose Food
- Bulb Food





SLEEPY TIME

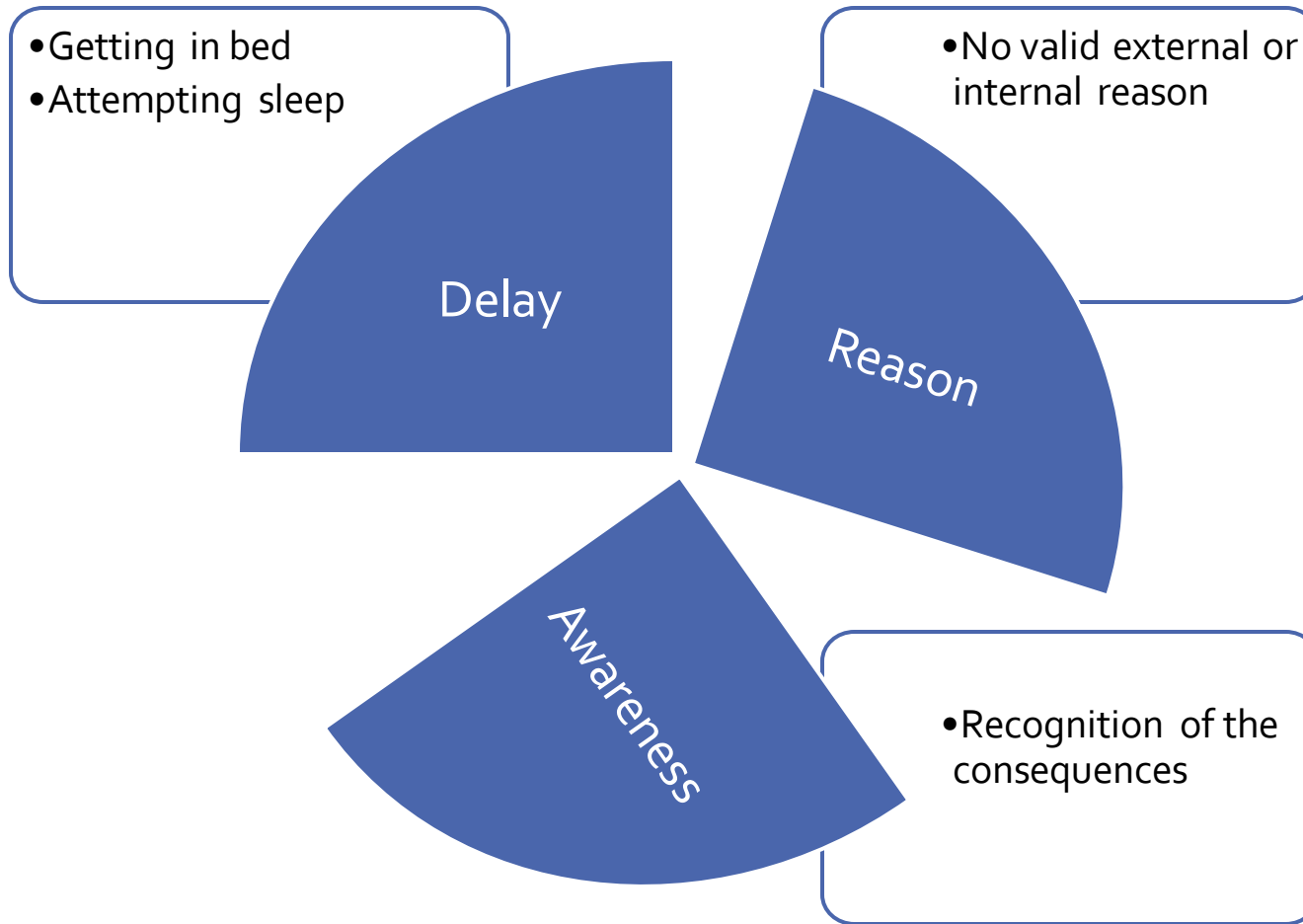
Mental Health

Risks from Lack of or Poor Sleep

- Greater rates of depression and anxiety
- Increased risk of heart diseases
- Impaired memory
- Reduced immune system functioning
- Increased likelihood of accidents



Revenge Bedtime Procrastination



Revenge Bedtime Procrastination

- Delaying that reduces one's total sleep time
 - Getting in bed
 - Trying to fall asleep once in bed
- Absence of a valid reason for staying up
- Awareness that delaying one's bedtime could lead to negative consequences

Deciding to delay sleep in response to stress or a lack of free time earlier in the day.

Emerged from a translation of a Chinese phrase that reflects frustration tied to long, stressful work hours that left little time for personal enjoyment.

*What does
revenge have to
do with it?*

Psychology behind RBP

Self-regulation

- Capacity for self-regulation is lowest at the end of the day
- Procrastination in one area is likely indicative of procrastination in many areas of life
 - You literally need the time to accomplish tasks that are put off during the day

Chronotype

- “Night Owl”
- A natural time to reset and destress

Self Assess



- Am I often tired?
- Am I using caffeine to get through the day?
- Do I sleep well?
- Do I wake up feeling refreshed?
- Do I get drowsy while driving, watching tv, or reading?
- What am I doing right before I go to bed, go to sleep?

Create Good Nights

- Increase sleep quantity and quality
 - Set a regular bedtime
 - De-caffeinate yourself
 - De-stress yourself
 - Exercise
 - Make your bed a sleep haven



Warm or cool shower or bath
Cooler sleeping space
Weighted blanket
White noise

Sources

- <https://www.mhanational.org/get-enough-sleep>
- <https://www.sleepfoundation.org/sleep-hygiene/revenge-bedtime-procrastination>

