

OCTOBER | 2023

# THE BUZZ



THE OFFICIAL NEWSLETTER OF SKG



## CONGRATULATIONS TO OUR CEO FOR BEING A WINNER OF ABJ'S "BEST CEO" AWARD

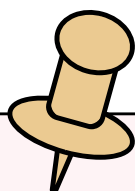


*"People think focus means saying yes to the thing you've got to focus on. It means saying no to the hundred other good ideas that there are. You have to pick carefully."*

**-Steve Jobs**

*SKG Value of the Month!*

# INTENTIONAL



## Yes To What Matters

### Intentional

- Purposeful, deliberate, conscious
- Small things + big picture
- Doing the right thing at the right time
- Yes, to the right things/to what matters
- Being selective (time + energy)
- Meaningful connection

# All Company Updates

## Culture Club News & Updates

### UPCOMING EVENTS

- Annual Flu Shot Clinic:  
10/25, 7-8:30am
- Halloween Party + Costume  
Contest + October Bday  
Celebration:  
10/31, 3:30-5pm
- Annual Blood Drive:  
11/30, 9am-1pm
- Holiday Party:  
12/15, 12-5pm

Send your feedback to  
skgfeedback@skgtexas.com

## GIVE BACK KICK BACK

For every hour volunteered, you'll get one raffle ticket for a chance to win \$1,000 worth of furniture.

Upload a picture volunteering in SKG gear and you'll get one additional ticket thrown in the raffle.

We'll draw a lucky winner every quarter.

## UNLEASH THE KNOWLEDGE!

THESE TIPS WILL SAVE ON  
CLARIFICATIONS, EMAILS, TIME  
AND \$\$

- Please be sure and use the Freight OPC on your freight lines (and also parent them)
- Remember... SHMU cost line and SHE000 sell line for Muuto freight
- Provide TVR codes for SitOnIt discounting over the standard 60%
- GPO# is a must for HMI higher ed, healthcare and government contracts

Questions? Tip suggestions? Send them to the Purchasing Team!



## DON'T FORGET

if you want to sign up with team skg for the komen austin 'more than pink' walk on october 29th, please notify  
aladadio@skgtexas.com or  
nhewlett@skgtexas.com as soon as possible.



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B**HALLOWEEN PARTY / COSTUME CONTEST / OCTOBER BIRTHDAYS & ANNIVERSARIES CELEBRATION**

- OCTOBER 31, 2:30 - 4PM
- CASH PRIZES - (\$200, \$100 AND \$50)
- INDIVIDUAL AND GROUP COSTUMES WELCOME

**SUSAN G KOMEN WALK - ON 10/29, 7AM**

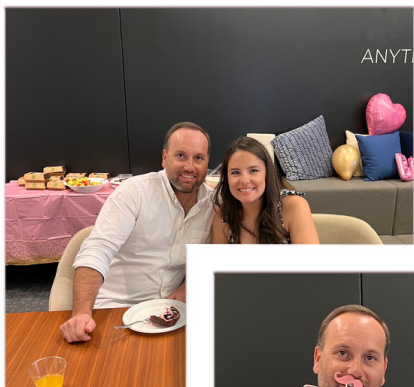
- PLEASE NOTIFY ABBEY OR NATALIE ASAP IF YOU WANT TO SIGN UP WITH TEAM SKG
- MORE DETAILS TO COME

**ANNUAL BLOOD DRIVE - 11/30, 9 - 1PM****VOLUNTEERING WITH LIRIOS PEDIATRIC****THANKSGIVING POTLUCK / NOVEMBER BIRTHDAYS & ANNIVERSARIES CELEBRATION**

- NOVEMBER 8, LUNCH
- TURKEY / HAM WILL BE PROVIDED
- DESSERT CONTEST WITH A \$100 GIFT CARD
- SIGN UP SHEET COMING SOON



We take pride in being part of both  
the culture in our community and our  
culture within SKG!



FROM THIS MONTH  
TO THE NEXT, WE  
WELCOME OUR  
NEWEST (AND  
TINIEST) SKGERS!!







## FLU SEASON: HOW LIRIOS IS PREPARING KIDS & OUR COMMUNITY

LIRIOS IS PROTECTING OUR PATIENTS AND COMMUNITY FROM THE FLU THIS SEASON. WE HAVE ADMINISTERED 80 FLU VACCINES SO FAR AND ARE ON TRACK TO GIVE MORE THAN 300! GETTING A FLU VACCINE KEEPS KIDS HEALTHY, OUT OF THE EMERGENCY ROOM AND HOSPITAL, AND IN SCHOOL. IT PREVENTS THE SPREAD OF THIS CONTAGIOUS DISEASE TO FAMILY AND CONTACTS, THEREBY HELPING TO PROTECT US ALL. AND SO FAR, WE HAVE 100% IMMUNIZATION RATE.

IT COSTS \$25 TO ADMINISTER A FLU VACCINE. YOUR DONATION OF \$25 OR \$50 / MONTH CAN HELP US VACCINATE MORE CHILDREN AGAINST FLU THIS SEASON AND HELP US MAKE THIS FLU SEASON GO FROM WILD TO MILD.

## CLINIC HIGHLIGHTS

### DECEMBER 2022 - SEPTEMBER 2023:

- COMPLETED OVER 1,108 APPOINTMENTS COMPLETED FOR OVER 963 PATIENTS
- ADMINISTERED 1,751 VACCINATIONS

### BACK TO SCHOOL:

- SINCE THE BEGINNING OF JULY WE HAVE COMPLETED 249 WELL-CHILD CHECKS WITH VACCINATIONS FOR BACK TO SCHOOL. PLUS 62 CLINIC VISITS FOR ADDITIONAL VACCINES (TO COMPLETE SERIES) SO KIDS COULD GO TO SCHOOL.



## MILLERKNOLL UNIVERSITY CONTENT:



### MillerKnoll University Review:

- Healthcare seating product guide coming soon!
- Cove Collection by Knoll presell tools available (Omni page and more!)



## MillerKnoll *Reminders*

- NEXT MKU October 25
- Portals merging to Omni by the end of 2023
- Cove Collection by Knoll launch Dec 18

**MillerKnoll**  
**Platinum**  
**Level**  
**Dealer**

## SKGer of the Month



*Dawn Holmes*

Welcome new SKGers!



*RJ Nelson*

Support Services Specialist



*Alyssa Fox*

Account Executive

## *HR Updates*

### RECRUITING:

- ▶ Account Executive - Enterprise (Austin)
- ▶ Designer (Austin or San Antonio)
- ▶ Architectural Products Seller (Austin or San Antonio)
- ▶ Support Services Specialist (San Antonio)

PLEASE SEND  
REFERRALS TO  
LUCIA WOOD.



## FALL HEALTH TIPS TO START USING ASAP

1. Do smart swaps on comfort foods — consider opting for a veggie soup filled with fiber-rich vegetables over a cream-based soup. Love sweet potatoes? Slather it with coconut oil and cinnamon instead of butter.
2. Consume immunity-boosting foods — Eating healthy foods with vitamin C (like limes, oranges, and clementines) are key to fighting off infections. Garlic, ginger, spinach, and almonds are also big winners when it comes to boosting your health and immunity.
3. Get your flu shot — The CDC recommends getting the vaccine before October's end.
4. Munch on in-season foods — Some nutrient dense options to add to your plate: Brussels sprouts, butternut squash, beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, cranberries, roots, & sauteed Dark Leafy Greens are all great choices. Get adventurous and try a new produce item!
5. Rise and shine at the same time — As the sun goes down earlier, it can throw off your natural circadian rhythm. Try to maintain a sleep schedule of at least 7 hours and keep your normal bedtime and waking hours the same.
6. Drink your H2O — As it gets colder, your body can lose as much fluid as it might in hot climates. An appropriate water intake will also keep your skin supple as the weather gets drier.
7. Switch up your fitness routines — Try a new class like kickboxing or salsa to get your cardio fix.
8. Get enough vitamin D — This essential vitamin helps the body absorb calcium. It's important to either take a supplement or eat a varied diet in order to maintain appropriate vitamin D levels through fall and winter. Cod liver oil, salmon, tuna, and milk are a few ways to get your vitamin D.
9. Soak in an Epsom bath — Epsom salts contain sulfate and magnesium which can help with the removal of toxins. Magnesium is also known to ease arthritis pain that can flare up in cold weather.
10. Keep hand sanitizer nearby — The very best way to avoid the spread of germs is to scrub your hands with warm soapy water. But if you can't do that, hand sanitizer is the second best option. Just make sure it contains alcohol as those are 60–95% more effective at killing germs than non-alcohol sanitizers.
11. Get in on the pumpkin trend — This favorite fall symbol is packed with nutrients and minerals. It's one of the best sources for beta-carotene, which is converted into vitamin A in the body. Avoid canned pumpkin, which is often full of sugar and syrups, and instead reach for the real deal.
12. Spend some time outdoors — as the weather cools down, there's no better time to enjoy the outdoors. In fact, a walk in nature can boost your mood and creativity while also relaxing you.
13. Take some time to yourself.
14. Make some plans for the colder months.
15. Moisturize your skin. Also, you still should be wearing sunscreen.
16. Do some "spring cleaning" in the fall. Clean out your closet, organize that back room, and rid yourself of things you don't need.
17. Keep a schedule. Stay on track by scheduling time in your day to do things you like to do.
18. Be kind to yourself. The shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs.

# BUTTERNUT SQUASH SOUP

THIS CREAMY, NOURISHING BUTTERNUT SQUASH SOUP IS THE ULTIMATE FALL COMFORT FOOD! IT'S A DELICIOUS, ALL-VEGGIE, HEALTHY BUTTERNUT SQUASH SOUP WITH GINGER, SAGE, & ROSEMARY. STORE IT IN THE FRIDGE FOR UP TO 4 DAYS, OR FREEZE IT FOR UP TO A FEW MONTHS. WITH ONLY 10 INGREDIENTS, IT'S EASY TO MAKE, SO COOK A BIG BATCH, & ENJOY THE SOUP ALL WEEK LONG! HAPPY FALL. 😊

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PREP TIME: 10 MINS | COOK TIME: 35 MINS | TOTAL TIME: 45 MINS

SERVES 6

## EQUIPMENT

- 5.5-QUART DUTCH OVEN (STAUB COCOTTE IS A GOOD ONE)
- BLENDER (VITAMIX OR WHATEVER YOU HAVE)

## INGREDIENTS

- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 1 LARGE YELLOW ONION, CHOPPED
- ½ TEASPOON SEA SALT
- 1 (3-POUND) BUTTERNUT SQUASH, PEELED, SEEDED, AND CUBED
- 3 GARLIC CLOVES, CHOPPED
- 1 TABLESPOON CHOPPED FRESH SAGE
- ½ TABLESPOON MINCED FRESH ROSEMARY
- 1 TEASPOON GRATED FRESH GINGER
- 3 TO 4 CUPS VEGETABLE BROTH
- FRESHLY GROUND BLACK PEPPER

## FOR SERVING

- CHOPPED PARSLEY
- TOASTED PEPITAS
- CRUSTY BREAD OR FOCACCIA OR CORN MUFFINS



FIRST, CHOP THE VEGGIES! SAUTÉ THE ONION UNTIL IT BECOMES TRANSLUCENT, ADD THE SQUASH, & COOK UNTIL IT BEGINS TO SOFTEN. THEN, STIR IN THE HERBS, GARLIC, & GINGER. POUR IN THE BROTH & SIMMER UNTIL THE SQUASH BECOMES TENDER, ABOUT 20 MINUTES. WHEN THE SQUASH IS SOFT, TRANSFER THE SOUP TO A BLENDER. BLEND UNTIL THE SOUP IS VIBRANT ORANGE & CREAMY. FINALLY, POUR IT INTO BOWLS, GARNISH WITH CHOPPED PARSLEY & PEPITAS, AND ENJOY!

- HEAT THE OIL IN A LARGE POT OVER MEDIUM HEAT. ADD THE ONION, SALT, & SEVERAL GRINDS OF FRESH PEPPER AND SAUTÉ UNTIL SOFT, 5 TO 8 MINUTES. ADD THE SQUASH & COOK UNTIL IT BEGINS TO SOFTEN, STIRRING OCCASIONALLY, FOR 8 TO 10 MINUTES.
- ADD THE GARLIC, SAGE, ROSEMARY, & GINGER. STIR AND COOK 30 SECONDS TO 1 MINUTE, UNTIL FRAGRANT, THEN ADD 3 CUPS OF THE BROTH. BRING TO A BOIL, COVER, & REDUCE HEAT TO A SIMMER. COOK UNTIL THE SQUASH IS TENDER, 20 TO 30 MINUTES.
- LET COOL SLIGHTLY & POUR THE SOUP INTO A BLENDER, WORKING IN BATCHES IF NECESSARY, & BLEND UNTIL SMOOTH. IF YOUR SOUP IS TOO THICK, ADD UP TO 1 CUP MORE BROTH & BLEND. SEASON TO TASTE & SERVE WITH PARSLEY, PEPITAS, & BREAD.