

THE INSIDER

Oct-Nov 2023

Apollo Retail's Company Newsletter



**3rd Annual
Holiday Party, Dec
13th.**

**Apollo Awards,
Kudos, Wellness
Tips, and More.**

**Familiar Faces,
Brand New
Places.**

**Baby Time - Our
Apollo Family is
Growing**



THE INSIDER

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CERTIFICATE OF EXCELLENCE

This certificate is presented to



Kelly Deperno
Team Lead

I would like to let everyone know how what a great job Kelly Deperno has been doing for the CVS Healthy SkinCare program. This is a challenging program where we needed additional detailed information once we started the program on Monday.

Kelly has been amazing providing me with step-by-step instructions on installing the HSC Locking Cases, notating challenges, tips and tricks. She is efficient, concise and able to problem solve almost anything. She was in constant communication with me all day Monday and her feedback has enabled me to help guide merchandisers through this week.

We are a lucky company to have such a great merchandiser. - Karen Obrien



Kayla Goddard
HR Manager

Kayla Goddard is an indispensable asset to our team, consistently demonstrating a commitment to excellence and innovation in her role as an HR professional. Kayla is dedicated to streamlining processes showcases her forward-thinking approach and keen problem-solving abilities. She's always looking for improvements with creative solutions to foster an environment of efficiency and productivity.

In addition, Kayla is always willing to go above and beyond to support her colleagues. Whether it's collaborating on a project or stepping in to assist with unexpected challenges, Kayla is always ready to lend a helping hand. Her teamwork and collaborative spirit create a positive and cohesive work atmosphere, inspiring others to strive for excellence. - Kristin Matias

for demonstration of superior performance, hard work and dedication.

Chris Olivier
Chief Executive Officer

2023

Chris Olivier

CAN I GET A
WOOP!
WOOP!

APPLAUSE, PLEASE!

Bryan Elde & Advance Auto Team

I would like to acknowledge everyone who has on this project. They showed up on time every day and gave an honest days work. Tae Soavannavong & Michael Shirk - this couple are self starters. Allen Berry & Dillon Berry - Allen has been doing this work for a long time and sure appreciate his experience in the field. Dillion has come a long way for a new hire. Austin Newton - was a big help in completing Store, expect to hear good things about him. Patricia Robinson - shows good potential on the Merchandise side of our Work. Jessica Richardson - Played a Big part in making Sure product was placed in the right place and tackled the harder Sets in Store. She played a big part in Completing Store. Thanks again Judie for setting up this awesome Team. We look forward to working with you again. - Advance Auto #7528

Sue Barker & Beth Didier

I just wanted to send you a note to tell you that Sue Barker and Beth Didier are phenomenal, they came in today into our ULTA mock store to do a project with L'Oreal Cosmetics and let me tell you this two ladies are ROCK STARS. They came and did a great job. They do know what they are doing with our ULTA fixtures. I truly appreciate them as they are always very helpful and are always giving us feed back so we can improve our processes. - ULTA Beauty

Parker Vedias & Tyler Leavitt

I just wanted to take the time to compliment 2 reps from Apollo- Parker Vedias and Tyler Leavitt. Parker and Tyler are new to team 8 but are both a huge asset. They both have great, positive attitudes and always understand the job and what needs to be done. I know that whatever section I give them will be done correctly and 100% completed. I have received compliments about them from department managers, CGO and members of the scanning department in every store on team 8. - Wakefern

Joey Mora & Team

Joey & Team are awesome. Their skills and attention to detail are exceptional. Much appreciation to a job well done! - Advance Auto, Utah

Gene Baldwin

Our customer, Mr. William Dacko in River Grove IL, called in this morning to compliment Gene Baldwin on his professionalism and his knowledge of the product. - Customer W. Dacko



Rick Nettleton & FFMT Team

This has been a real success for this project. I appreciate you and your team on this one! Everything thus far has arrived with no damages and no missing components. - Staples

Rebecca Burton & Team

*Apollo team OUTSTANDING JOB!!! On this PDOF. Thank you for the short notice scramble on this project and finishing a day early! I wanted to share a comment from the MSM at this store that I received this AM "Best 3PL team I've worked with!", I know you all don't make it out to the West Coast often, but I would be happy to work with you anytime.-
Lowe's, 2619 Keiser, OR*

Peggy Joslin & Team

I just wanted to share the team that did store #670 reset did an amazing job this week! They worked around us having walks in the store and the sets were coming out great. They were so helpful getting items completed which I know they are finishing up today. Just wanted to say thank you for the entire team! - Fry's Food Stores

Jorge Ramos

Great work here. Strong results. I appreciate the detailed breakdown. It was a pleasure working with Jorge! He's a quick learner and hard worker.- Danone

Sierra Moran & Team

My contact at the Division just called as the store manager reached out personally to him. They wanted to share that the team was doing an excellent job. The team is keeping the aisles clear and shoppable, they are engaging and friendly with the customers, and the new fixtures look fantastic. We appreciate their hard work!- Brittany Olson, King Soopers, 620137

Anthony Mioton & Team

We conducted our final punch walk yesterday at 121 for the Battery Platform reset. The store looks great! BTR, I couldn't be more pleased with the outcome. Your teams (both day and night) did an OUTSTANDING job in our highest visibility store. You worked clean, communicated well, managed issues and basically set the gold standard to represent Capital 3PL partnership with store, SSC and MET leadership. Thank you for your hard work! Tim H., as always, you were my ace and had my back to monitor the details throughout. Thank you, sir! Please assist Mike to monitor the final punch list to completion and sign-off. Appreciate you all!

Virtual Holiday Party



DEC 13th at 7:30P ET

3rd Annual Virtual Holiday Party!

Dec 13 7:30P ET

Get ready to spread the holiday cheer as Apollo gears up for its 3rd Annual Virtual Holiday Party on December 13, 2023, at 7:30 PM Eastern Time.

This year, we're inviting all employees to join in the festivities from the comfort of their homes. You can be part of the merriment by contributing your cherished holiday photos, participating in a lively trivia quiz, and submitting snapshots for our Ugly Sweater contest. We'll also be recognizing our dedicated ten-year employees with tokens of appreciation.

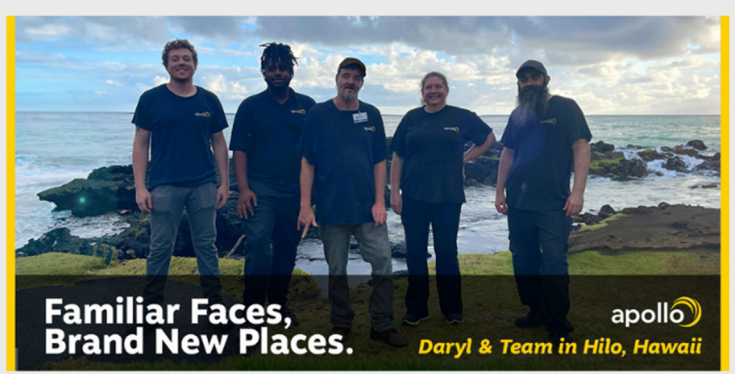
The excitement continues with a talent show where your votes determine the winners, and we'll be awarding gift cards to those with the most dazzling displays of talent.

It's a virtual extravaganza you won't want to miss, hosted by the dynamic duo of Tammy Alemazkour John Morris, and Chris Olivier.

Get ready to celebrate, have fun, and make lasting holiday memories together!

Don't forget to turn in your photos and video submissions for the contests to: marketing@apolloretail.com. Go to our web page for more info on deadlines!

apolloretail.com/holidayparty



FAMILIAR FACES, BRAND NEW PLACES

At Apollo, we believe in celebrating our incredible team of travel merchandisers who embark on merchandising adventures across the United States. Our merchandisers are not just employees; they're the lifeblood of our company, and they bring our vision to life in unique and amazing ways.

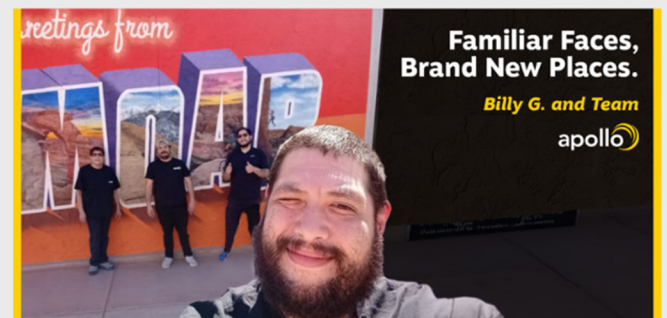
With our "Familiar Faces, Brand New Places," campaign, we put the spotlight on our talented team members who get to experience breathtaking locations while completing merchandising projects. These dedicated individuals travel from coast to coast, infusing their passion for our brand into every new place they visit.

What makes this campaign so special is that it's all about our employees! They submit their travel photos, capturing moments from their journeys, and we showcase these snapshots of their amazing experiences on our social media pages.

But that's not all! To add a dash of extra excitement, we reward our featured employees with gift cards as a token of our appreciation. It's our way of saying thank you for bringing Apollo Retail's spirit to these cool places and creating memories that will last a lifetime.

Follow along with "Familiar Faces, Brand New Places" to discover the breathtaking sights our travel merchandisers encounter. Join us in celebrating the amazing adventures our team embarks on and the sense of community that makes Apollo Retail such a special place to work.

As we continue to grow, we're thrilled to have our dedicated employees by our side, and we can't wait to see where they'll take us next. Thank you for being part of our Apollo Retail family, and here's to many more exciting journeys together! 🌟 🧳 🌍
#FamiliarFacesBrandNewPlaces
#ApolloAdventures



APOLLO *Boss Babies*

Poem for Baby Girl

I never knew I could love so much,
until the day I felt your touch.
I softly kissed your tiny cheek,
and from under your lashes I saw you peek.
Your beautiful eyes so small and blue,
my sweet little baby just brand new.
I cannot wait to watch you grow,
from your little head to your tiny toes.
My daughter, my love, my little joy,
my little angel, my baby doll toy.
I promise to love you with all my heart.
I'm here for you from the very start.
I'll comfort you when you cry,
I'll answer true when you ask me,
"Why?"
While you grow, be sweet and kind,
and show all others how much you shine. - Martha Sheridan

Babies are tiny bundles of joy that bring an abundance of happiness and love to a new family. Their arrival marks the beginning of a beautiful journey filled with laughter, wonder, and endless precious moments.

We're so excited to announce a couple of recent births within our Apollo Family! Check these two cuties out below.

Tips for New Parents

Seek Support and Guidance: Don't hesitate to ask for help or advice from experienced parents, friends, and family members. Parenting is a learning process, and there's no shame in seeking guidance when you're unsure about something.

Establish a Routine: Babies thrive on routine and consistency. Create a daily schedule for feeding, napping, and bedtime to help your baby develop a sense of security.

Self-Care Is Crucial: Remember to take care of yourselves, too. Parenting can be exhausting, so make sure to get enough sleep, eat well, and find moments for self-care. A well-rested and healthy parent is better equipped to provide love & care to that bundle of joy.



Michael Miller in HR gave birth in August!

Lainey Rae was born
8/26/2023 @ 10:29 am
6 lbs 7 oz
19.25 inches long!
Congrats to dad,
Gavin!



Chase Browder became a dad in October!

Tatum was born on 10/21 at
10:02 weighing 6lbs 9oz and
20 inches long!
Congrats to mom,
Kaylee!

M, E, N, T, A, L,

H, E, A, L, T, H,

M, A, T, T, E, R, S,



5 Mental Benefits of Exercise

From less stress to a boost in self-esteem, exercise is as great for your brain as it is for your body.



01. Help for depression and anxiety

Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness and euphoria. Even just moderate exercise throughout the week can improve depression and anxiety, so much so that some doctors recommend trying out an exercise regimen for these conditions before turning to medication.

02. Decreased stress

Another mental benefit of exercise is reduced stress levels—something that can make us all happier. Increasing your heart rate can actually reverse stress-induced brain damage by stimulating the production of neurohormones like norepinephrine, which not only improve cognition and mood but improve thinking clouded by stressful events. Exercise also forces the body's central and sympathetic nervous systems to communicate with one another, improving the body's overall ability to respond to stress.

03. Increased self-esteem and self-confidence

From improving endurance to losing weight and increasing muscle tone, there's no shortage of physical achievements that come about from regular exercise. All those achievements can all add up to a whopping boost of self-esteem—and the confidence that comes with it. It's just one of the many benefits of physical activity that boost your body, mind, and spirit.

04. Better sleep

If you have trouble getting a good night's sleep, exercise can help with that, too. Physical activity increases body temperature, which can have calming effects on the mind, leading to less sleep counting and more shut-eye. Exercise also helps regulate your circadian rhythm, our bodies' built-in alarm clock that controls when we feel tired and when we feel alert. (Although improved sleep is a psychological benefit of exercise, sleep experts recommend not exercising close to bedtime.)

05. Brain boost

From building intelligence to strengthening memory, exercise boosts brainpower in a number of ways. Studies on mice and humans indicate that cardiovascular exercise creates new brain cells—a process called neurogenesis—and improve overall brain performance. It also prevents cognitive decline and memory loss by strengthening the hippocampus, the part of the brain responsible for memory and learning. Studies also prove that physical activity boosts creativity and mental energy. So if you're in need of inspiration, your big idea could be just a walk or jog away.



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Contact Us for Submissions!

Would you like to see your team's last project highlighted in the Newsletter? Please feel free to email us with photos or submissions related to the below:

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