



Tower Talk

THE NEW CONTINENTAL TOWERS • SUMMER 2016

Welcome Mat: **verizon**

In April, Verizon Wireless – one of the largest communication technology companies in the world – completed moving into Continental Towers, where it will occupy floors one through seven of Tower II.

Verizon operates America's largest 4G LTE wireless network and the nation's premiere all-fiber broadband network. Every day, Verizon connects millions of people, companies and communities with its powerful technology. Not many companies get the chance to change the industry and the world through innovation, but Verizon does.

The work groups housed in offices at Continental Towers include Customer Care, Bilingual Customer Service, Technical Support, Internet Chat, Social Media, and Business Finance Operations teams. These customer facing teams are supported by Customer Service Operations, HR, IT, and Training teams.

Verizon employees have quickly felt at home in the modern, spacious, professional work environment and have taken advantage of the amenities found in the Towers as well as the surrounding community. The company said work groups are excited to be part of Continental Towers and look forward to continuing to grow and succeed in their new home. Let's offer a warm welcome to the entire Verizon Wireless team on their move to the complex.

Drive Electric? Towers Now Offer Charging Stations



Drivers of electric and hybrid vehicles will be pleased to learn that two charging stations have been installed in the new parking facility at Continental Towers. The stations are located on the first level near the West entrance. Use of the charging stations is free, but these restrictions apply:

- Only electric and hybrid vehicles can park in these designated spaces.
- Vehicles may occupy these spaces only while actively charging.
- And, please limit charging time to four hours.

The team at Glenstar is pleased to offer tenants and guests this "energizing" service as part of the ongoing commitment to improve parking and other common areas at Continental Towers.



And, for tenants and visitors who prefer to travel by pedal power, we have installed two new bicycle racks; you'll find them in the Southeast and Southwest corners of the garage. Please remember to lock your bicycles securely before entering the complex.

Tips for Preparing Your Home for Vacation



By Bob Wilson, Director of Security

Preparing for a vacation this summer? It's also prudent to prepare your home to keep it safe while you're out of town. Here are some safety tips to secure your home during vacation season and precautions you can always follow:

- Don't post vacation pictures on social media until you return home.
- Suspend your mail and newspaper delivery, or ask a neighbor to collect it until you return home. A pile of newspapers on the front porch shows potential robbers that you're away.
- Unplug electronics. They'll be protected in case of a power surge.
- Set your thermostat before you leave.
- Set some lights on timers to make it appear that someone is home.
- If you're friendly with your neighbors, let them know your travel plans.
- Close and lock all doors. If you have a key hidden outside the home, remove it.

CAC Construction Prompts Temporary Relocations



The major renovation work underway at the Continental Athletic Club has prompted Continental Towers management to get creative. Here's what we've done to date:

- A temporary fitness room has been created in Tower III, Suite 250.
- Two of our outstanding retail tenants have been relocated to new locations within the complex. Continental Tailor & Dry Cleaners is now located in Tower I, Suite L14; and the chiropractic offices of Dr. George Thomas are now located in Tower III, Suite 250.

Sorry for any inconvenience. We hope you'll continue to patronize all our retail neighbors. Work crews will continue throughout summer to improve the health club facility, which will be managed by Midtown Health. Plans include new furnishings, updated fixtures and finishes, renovated locker rooms, new HVAC and plumbing systems and state-of-the-art fitness equipment.

A quick note about Midtown Health: They manage some 20 fitness and wellness centers in corporate properties like Continental Towers and have a national reputation for excellence.





THE NEW
CONTINENTAL TOWERS
MANAGEMENT TEAM

Building Management Office

Continental Towers
3 – 107
1701 W. Golf Road
Rolling Meadows IL 60008
847-593-4432

continental-towers.com
glenstarproperties.com

Dave Trumpy
Sr. Managing Director/Leasing
773-308-1031

Catherine Carlson
Vice President
General Manager

Kathy Cooney
Assistant Property Manager

Jim Williams
Chief Engineer

Bob Wilson
Security Director

Linda Nitch
Administrative Assistant

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Calendar of Events

Mark your calendars! Call the Management office at **847-640-1800** if you have questions regarding any of the events listed below:

- Floor Warden Meeting ~ September 14th, 9 a.m. in the Tower 3 Conference Center

foodbarz! To Experiment With Expanded Hours, Offers New Food

By Terry Ramsett, Founder

We've got some exciting things happening at **Foodbarz!** We are rapidly expanding, and have decided to make our corporate home right here in Continental Towers. And, there's more: We just opened our fourth restaurant, and we'll be opening a fifth location soon.

We have two new faces on our catering team: Mandy has joined us as our Director of Catering, and Jami is our new Catering Assistant. They are here to assist tenants with all catering needs. Please contact them at catering@foodbarz.com with inquiries. We are currently working on an updated catering menu and will be introducing some new items, including 14-inch pizzas, a baked potato/mashed potato bar, a mac and cheese bar, and a chili bar, complete with a number of toppings. Plus, we will be expanding our dessert options.

Our private dining room is available for meetings and can accommodate up to 40 seated people. We have a TV and a projector screen on site.

Coming soon: A Starbucks Frappuccino machine. Barbacoa is also making a comeback to our FiestaBarz station!

For those of you who work for Verizon, you may remember Javier from the restaurant in your previous building. We are pleased to announce that Javier has joined our staff. Come say "hi" to him at the omelet bar/hot entrée corner!

Finally, we're introducing **Foodz for a Cause**. Through this initiative, Foodbarz! will give back to your favorite charity. Once a month we will have a day where 10% of all in-house sales from 7 a.m. to 3 p.m. will go to a charity of your choice. Please contact Foodbarz! at **(847) 952-9870** to get your charity on the list.

CAC Health Corner: What You Need to Know About Strength Training

By Melissa Haase, Regional General Manager, Midtown Health



Generally, physical activity and steady-state aerobic exercise enhance cardiorespiratory fitness and improve the overall health of heart and lungs. However, most people don't realize the profound effects resistance or strength training has on the musculoskeletal system. This method of training improves joint function, bone density, muscle, tendon and ligament strength, and also helps to prevent conditions such as osteoporosis, sarcopenia (loss of body mass) and lower-back pain.

Aside from positive musculoskeletal affects, strength training also directly contributes to weight loss. This is due to the fact that when you have more lean body mass, as opposed to body fat, your muscles work to burn more calories throughout the day; this is true even when you're not working out. In addition, adding a strength training regimen to your daily routine can aid in reducing the risk for developing potentially serious health issues. These include insulin resistance, which can lead to Type 2 diabetes, high blood pressure and obesity.

Principles of Strength Training: There are several methods of strength training. It is important to familiarize yourself with a few basic principles that can be represented using the FITT acronym: F-Frequency, I-Intensity, T-Time, and T-Type. Once you have determined your frequency, intensity, time/duration and type, you – or your personal trainer – can build a workout that works specifically for you.

Want more information on strength training? Contact me at melissa.haase@midtownhealth.com

And, a reminder: The Office of the Building pointed out that tenants and CAC members must use the interim health club facility for all workout routines until the renovation of the CAC is complete. Please do not use the stairwells in any Tower or within the Commecium to exercise.