



Tower Talk

THE NEW CONTINENTAL TOWERS • SUMMER 2015

Building a Better Towers Complex:

By Cathi Carlson,
General Manager



Walton Street Capital and Glenstar Asset Management, the owners of Continental Towers, are committed to retaining its stature of being one of the premier office centers in the northwest suburban market. Toward that end, work is currently underway to greatly enhance parking, signage, traffic flow around the property, and covered entrances.

The construction of a new four-story parking deck adjacent to the Commecium and the creation of canopied drive-up/drop off lanes at the entrance to each tower will kick off this year. Work on the parking deck began in mid-June with an anticipated completion date end of September, if Mother Nature allows. Construction of the entire project is scheduled for completion in 2016. Starting in early July, crews will also be recreating the entrance into Continental Towers as well as creating a more predominant ring road around the buildings. As a result, the creation of temporary service lanes and walkways will be required and some existing surface parking areas will be closed. This roadway work will be completed in a very fluid manner, meaning restricted areas will change often and quickly. Dates when earth-moving equipment will be operating will change often throughout the construction process. We will communicate changes as we are made aware of them.

The estimated cost on the improvements to Continental Towers, which was built more than 35 years ago, is just over \$15 million. We know that you will be much happier with the property once the work is complete. We appreciate your patience as we move through the process. As Jim Williams, our Chief Engineer always tells me (which I don't like by the way!): "You have to break a few eggs to make an omelet." These are necessary steps to better serve our valued tenants and remain competitive in today's market.

We ask that everyone please exercise extra caution when walking or driving in the lots and allow for a little more time to navigate to and from the complex, as crews and equipment will be on site for the next several months. And, of course, we welcome any questions or comments. Please call the management office at 847-640-1800.

Welcome Mat: Towers Welcomes 3 New Tenants



There's a reason why there are so many new faces in and around Continental Towers. Three great companies recently have joined our expanding tenant roster. Here are short profiles:

Harco Dealerpack and **IAT Reinsurance** are divisions of IAT Insurance Group, an insurance holding company with assets of more than \$1 billion. Through Harco National Insurance Company, Harco Dealerpack provides competitive premiums and coverage for franchised Truck and Auto dealerships and Truck Lease and Rental operations. The IAT Reinsurance division provides both domestic and international reinsurance. IAT Insurance Group selected Continental Towers as headquarters for its 62 employees in these two divisions due to the attractive combination of services, amenities and cost.

MkrtServ is an automotive industry sponsored ecommerce content and data provider. The company's goal is to change the way customers shop for all their automotive needs by supplying an enhanced shopping experience. MkrtServ currently has three locations, and the company was excited to announce its new offices at Continental Towers, where there are currently seven people on the team.

Panasonic Corporation of North America provides a broad line of digital and other electronics products and solutions for consumer, business and industrial use. The company is the principal North American subsidiary of Osaka, Japan-based Panasonic Corporation and the hub of Panasonic's U.S. branding, marketing, sales, service and R&D operations. More than 200 employees will be working at Continental Towers. The Panasonic team here will mainly support the company's fast growing B2B (non-consumer) operations. Continental Towers was selected because it better met Panasonic's evolving business needs and offers more employee amenities than the existing location. And, the complex is LEED Silver certified, which ensures a more comfortable workplace for employees and matches Panasonic's commitment to sustainability.

Security Director's Report: Fire Drill Review



By Bob Wilson, Director of Security

I'd like to thank everybody for their participation in our most recent fire drill. Evacuation times for each tower were very good, especially considering our increased tenant population.

As a reminder, fire drills are always "unannounced" as it allows us to realistically test our plan and develop or alter strategies. Testing the system also helps tenants test their own procedures and make adjustments that may be required in an actual emergency.

It is important to know we have special evacuation plans for persons unable to leave the building quickly due to a temporary or permanent disability. I encourage all tenants who believe they may benefit from this specialized evacuation process to contact your company's floor warden to make any necessary changes to our disabled list. While most people (continued)





THE NEW
CONTINENTAL TOWERS
MANAGEMENT TEAM

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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 9, 2015

Security Director's Report: cont.

follow the guidelines to ensure a safe and timely exit from the building, there are reoccurring safety issues we see on an annual basis:

- Liquids, food and their containers should be left behind in the office, whether they are covered or not. Dropping these items can cause a trip or slip hazard should they fall in a crowded stairwell. Leaking liquids create an even greater hazard as they can be tracked down the stairs.
- Cell phones and other electronics should be put away, and your focus should be on descending the stairs and using the handrails. Just as distracted driving is dangerous with the use of electronics, so is moving in a crowd when you may need to make quick movements or decisions.

Once you're out of the building there is one more step to completing the evacuation. All tenants should move to their assigned positions in the parking lot. This point not only helps to account for missing persons, but clears the path for emergency vehicles to get on the scene quickly and safely.

To locate this spot or learn more about our Fire & Life Safety Program, please visit the Tenant section of our building website at www.continental-towers.com.

"Lincoln Financial Group has a long history of good corporate citizenship," said Erika Dusen of Lincoln Financial regarding the company's participation in leading the drive. "We are committed to improving the quality of life in our communities, and one of the ways we do this is through employee volunteerism."

The goal of **Art Therapy Connection** is to provide children and teens with limited or no access to mental health resources, an opportunity to develop artistic expression in a safe and creative environment to improve their lives. Many thanks to all who donated generously to this worthwhile drive.



CAC Health Corner

By Jordan Bohn, Asst. General Manager

Make this summer your healthiest ever! Yes, hot and humid days make even the greatest fitness enthusiast apprehensive to get out of the AC. But if you are going to improve your fitness routine, you will have to get off the couch and move more. Here are a few ways you can make this your fittest summer ever.

Try this little trick any time you encounter stairs. Take two stairs with each step. This will get your heart rate up more and force your glutes and core to contract more.

One effective way you can make eating healthier is by preparing your own meals. Sure it takes a little more effort, but the benefit certainly outweighs the cost. It also means having more control over what you eat and having the advantage of being able to control your portions and choose more nutritious foods.

Pay more attention to your measurements. For those with weight loss goals, it's important to remember the scale isn't always the most accurate way to track progress. Instead monitor things like circumference measurements and body fat percentage. If increasing your cardio endurance is your goal, monitor things like volume of oxygen consumption, VO2.

Talk with a **LifeStart fitness specialist** at the **Continental Athletic Club** today for more summer fitness tips and to schedule your free fitness consultation at **847-981-7777**.

Art Supplies Donated for Chicago Non-Profit



A Chicago-based non-profit organization that provides art therapy to at-risk inner city students, recently welcomed a new shipment of paper, markers, paint and other supplies following a donation drive led by Lincoln Financial Group. Generous tenants at Continental Towers donated around 16 boxes of supplies during the drive held May 11 to 22 to benefit the **Art Therapy Connection**. That's around 50% more than the amount collected during the 2014 drive. New tenant Panasonic alone donated 10 boxes of paper and a large bag of markers.

