

Park Avenue

at MORRIS COUNTY | FLORHAM PARK

NEWSLETTER - APRIL 2018



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THE PARK AVE CAMPUS IS BLOOMING THIS SPRING ENJOY CAMPUS AND COMMUNITY ACTIVITIES

This month on campus you'll find lots of ways to welcome the season. We're celebrating **Administrative Professionals Day!** Don't forget to nominate your favorite **admin** to win coffee on the big day. We're also **bringing our children to work** this month, and celebrating **Earth Day** - plus, so much more!



APRIL EVENTS SPONSORED BY KBS/CBRE

ELECTRONICS RECYCLING EVENT

WEDNESDAY, APRIL 18 | 10AM-1PM | BLDG 100

Celebrate **Earth Day!** Shred your docs and recycle your electronics, batteries, *Cell Phones for Soldiers*, and *Aluminum cans for Burned Children* at the Bldg 100 Loading Dock Area. Get full list of accepted recycling items [here](#).

PARK AVE FLOWER BULB GIVEAWAY

TBD | FOOT BRIDGE BETWEEN BLDG 100&300

Park Avenue is pleased to announce the great flower bulb giveaway. Daffodil and Hyacinth bulbs are yours for the taking; a long-time tradition on Campus! The bulbs will be ready at the end of April, available on a first-come/first-served basis, until they are gone. Pick up your bulbs by the bridge between buildings 100 & 300.

BRING YOUR KID(S) TO WORK DAY

THURSDAY, APRIL 26 | 10AM-2PM

Join the Fun on Bring Your Kid to Work Day!

Shuttle Service Available 1:45PM - 3:20PM*

Cooking Class | Lobby 100 | 10:30AM-11:45AM

Contact ellen.petrosino@yahoo.com to register.

Fitness Class | Fitness Center | 12-12:30 & 12:30-1PM

*To book shuttle service, please call 15 minutes prior to pick up, 732.677.6246

ADMINS' DAY RAFFLE

WEDNESDAY, APRIL 25 | 11AM-12PM & 2-3PM

Nominate your admin and tell us why they should win coffee on Admins' Day! April 24 is the last day to enter. Email lisa.earl-sperry@cbre.com to nominate your favorite admin!

FITNESS BOOTCAMP CLASSES

ALL MONTH LONG | FITNESS CENTER

Summer bodies are made in the Winter!

Join Olimpia "USA FIT FOR LIFE" every **Monday 12:15-1:00 PM & Thursday 4:45-5:30 PM**. These 45 min. classes are designed to burn calories while strengthening your muscles. Classes combine cardio, flexibility, core, and strength training for you to get an overall workout. All levels welcomed. \$12.00 per class; 1st class free. Contact Olimpia at musclesinmotion@yahoo.com to register.



Back: Jodi Ambrose, Angela Filippone, Michelle Leonardis.
Front: Rika Yamaguchi, Anya Miyahara, Debby Alston, & Barbara Deprizio.



ELLEN PETROSINO NUTRITION COUNSELING

WEDNESDAY, APRIL 11 | 11:00AM - 2:00PM | LOBBY 500

Learn More about Ellen's Nutrition Counseling Services

Nutrition counseling available on campus starting 4/16! Stop by lobby 500 to learn more about getting help with your nutrition needs from nutrition expert, Ellen Petrosino, MS, RD. ellen.petrosino@gmail.com

THE IXDANNJ PROUDLY PRESENTS, JIM KALBACH ON "PEACE WAGED WITH STICKY NOTES"

WEDNESDAY, APRIL 9 | 6:30PM - 8:00PM | 100 CAMPUS DRIVE, SUITE 205

Can Design Have a Greater Impact Beyond Commercial Settings? That's what Jim Kalbach, author of Mapping Experiences, pondered when an organization dedicated to countering violent extremism approached him to facilitate a workshop addressing a very real-world problem, hate. During this intimate gathering, Jim will share his story applying design thinking techniques and experience mapping to this emotionally charged topic. Contact Jerilyn MacLaren-Hall Jmaclarenhall@LDS.com.

COSTCO MEMBERSHIP EVENT

WEDNESDAY, APRIL 11 | 11:00AM-2:00PM | LOBBY 500

Become Part of Costco's Valued Member Program

Stop by for information on NEW membership, upgrade your current membership, or add our Visa Reward Card to your account. New member and upgrade incentives available! Contact Patricia Harrity with questions at 973-560-4140, W244mk02@costco.com.

LinkedIn LUNCH AND LEARN

THURSDAY, APRIL 12 | 12:00-1:00PM | CONFERENCE CENTER BLDG 100

Earn More with LinkedIn in 2018 | Sponsored by KBS/CBRE

In this Lunch & Learn seminar, hosted by AGM, you'll learn:

- What can you do with LinkedIn?
- How to maximize sales navigator to generate quality leads?
- How do you get started with LinkedIn?

ABOUT THE SPEAKER:

Widely known as "The LinkedIn Guy," Julbert Abraham is CEO of AGM, a New Jersey-based LinkedIn Training and Marketing firm that works with small and mid-sized businesses, as well as nonprofits, across the tri-state region and nationwide, helping them generate more traffic, leads, and sales with a combination of LinkedIn techniques and strategies.

AGM's team works with clients through group trainings & workshops, one-on-one coaching and structured marketing initiatives. With more than 12 years of sales, marketing and entrepreneurial experience, Abraham has appeared on numerous business podcasts, and has been featured in Business Innovators Magazine, Entrepreneur.com and BBC Capital.

Originally from Haiti, the tri-lingual entrepreneur has an MBA from Northeastern University and is a Social Media Marketing Professor at Baruch College in New York City.



GIVE SOMETHING - GET SOMETHING ADMIN'S DAY MASSAGE EVENT

ALL MONTH LONG

Attention: Supervisors, Campus Wide!

Purchase a massage gift card as an Administrative Professional's Day gift for your admin during the month of April and get 20% off a massage booked in April for *yourself* as well! Try the Hands On Experience for yourself (only to be sure the service is tip top, of course). Contact campus massage therapist Elyce Cooper to purchase a gift card and book your appointment. handsonexper@gmail.com

STONY HILL FARM - CSA IN LOBBY 500

WEDNESDAY, APRIL 25 | 10:00AM - 2:00PM | LOBBY 500

Sign up to be a Stony Hill Farm Share Member

Stop by lobby 500 to learn more about becoming a community farm share member. Get fresh, local produce delivered directly to your building every Thursday from June through November. Contact Corianna Malko at stonyhillcsa@gmail.com for more info.



[Learn More Here!](#)

Save the Date



HENRY THE MOBILE DENTIST UNIT
MAY 2018 | COMING TO CAMPUS
HENRY is a state-of-the-art mobile dental clinic available to employees at corporate offices. For more information, [click here](#).

MERYEM'S GIFTS
MAY 1, 2018 | 11AM-2PM LOBBY 500
Come check out the Mother's Day Gift Show!



DISRUPT / NNJ
THURSDAY, MAY 10 | 5:30PM-9:00PM
THE ATRIUM AT 100 CAMPUS DR
Looking for local company sponsorship. For more information contact Wil Tong at wtong@lds.com



3RD ANNUAL FIRST DAY OF SUMMER FOOD TRUCKS & VENDOR EVENT
JUNE 21 2018 | PARK AVE CAMPUS
This fun event will provide tenants with a way to network with others on campus and interact with you - Campus Preferred Vendors, all while noshing on some grub from some foodie favorite trucks!

MADISON AREA YMCA GOLF OUTING
MONDAY, JUNE 11 | MORRIS COUNTY GOLF CLUB
21st Annual Charity Golf Classic and Camp for One, Camp for All Dinner and Auction
Reserve your spot today! Contact Golf Event Manager Melissa DeSalvo at mdesalvo@madisonymca.org or at 973-822-9622 x2248. [Click here](#) to learn more.

MORRIS MUSEUM 30TH ANNUAL GOLF OUTING
MONDAY, MAY 21 | MORRIS COUNTY GOLF CLUB
Grab your clubs and save the date for our 30th annual Golf Outing! What better way to support one of Morristown's leading arts and cultural institutions than by spending a great day on the links at the start of the season? For more information, [click here](#).

Campus Services Spotlight



DARTCOR Chef Ohnet, the Chef-Manager at 100 Campus Drive has been with Dartcor Food Services for 14 years. Originally from Haiti, Ohnet didn't develop his love for cooking until he came to the United States 23 years ago. Chef Ohnet and his staff were recipients of the Dartcor Team of the Year Award!

Chef Marco, the Chef-Manager at 500 Campus joined Dartcor over 21 years ago. He learned how to cook from his grandmother, Mechita, in Lima, Peru. "Dartcor is my second home, and I love making my customers feel comfortable and special, always treating them with respect, showing dedication to my craft, and providing great service."



Campus Café 500: (from left to right) Sean, Yeni, Myriam, Dwight (back), Chef Marco (front), Leslie, Ken.



Campus Café 100: (from left to right) Victoria, Lidia, Sonia, Ever, Chef Ohnet, Juliana, Glenda, Jose, Norma.

MADISON AREA YMCAs THE MIND MATTERS 5K

WEDNESDAY, MAY 16, 2018 | GIRALDA FARMS | MADISON, NJ

Lace up your running shoes!

[Register online today by clicking here.](#)

Would your company like to partner with us, register a team or become a corporate sponsor? [Click here for the printable registration form](#) and sponsorship form. For more information, contact Race Director Jennifer Casanova, at 973-822-9622 x2281 or by [email](#). See you at the starting line!

Register before May 6, for the early bird rate (\$27 for the 5K and \$8 for the family fun run/walk). All children ages 7 and under are free for the fun run/walk. USATF members receive \$3 off race registration by May 6.

SIGN UP FOR WEIGHT WATCHERS

Park Avenue WW Group starting now! Interest individuals should contact lisa.earl-sperry@cbre.com.



SOCCER FEVER IS HERE!

POP-UP NEAR BLDG 600

By: KBS/CBRE

Join Us for Many Evenings Of Pick-Up Soccer!

Join us after work! Contact: Angelo Ciullo at aciullo@rem-co.com or Lei Sun at lei.sun@morganstanley.com for more information. See additional forms below.

- [Fitness Center Waiver Form \(must complete to play\)](#)
- [Pick-Up Soccer Rules](#)
- [Soccer Map](#)

OFFERS



2018 SEASON TICKETS ON SALE NOW
STARTING AT JUST \$45 PER GAME

Limited Time Offer

- Free Food, Beverage & Merchandise Credit
- 2019 Season Ticket Price Freeze
- Jets Merchandise Discounts

CLICK HERE TO LEARN MORE OR CALL 800.469.5387

Other exclusive Season Ticket Holder benefits include:
Jets Rewards Point Bonus • Access to Events & Experiences
Discounts on Additional Jets Tickets • Preferred Parking

2018 REGULAR SEASON HOME OPPONENTS



Season Ticket Holder benefits vary by seating location and payment plan.




Sign up to receive a weekly share of the highest quality fruits and vegetables throughout the growing season. The shares will be delivered directly to each building on the Park Ave. Campus from June till November. Items will vary as the seasons progress. Personal (1-2 people) Half (3-4 people) and Full (4-6 people) Shares available, Cage Free Brown Eggs and Cheeses are available to add on. Please visit www.NJFarmShare.com for information and samples of shares. Contact Corianna the CSA Manager at StonyHillCSA@gmail.com or 908-798-8621




the Y
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE MIND MATTERS 5K
Mentally Healthy, One Stride at a Time

5K and 1-Mile Family Fun Run to Benefit Madison Area YMCA's Programs that Heal the Whole Person: Emotionally, Mentally and Physically.

5K.16.18
MADISON AREA YMCA

REGISTER TODAY:
MADISONAREAYMCA.ORG/5K
Wednesday, May 16; 6:30 PM | Giralda Farms, Madison, NJ



Fitness Boot Camp Classes

MONDAYS 12:15-1:00 PM & THURSDAYS 4:45-5:30 PM

These 45 minute classes will get you FIT!
Classes combine cardio, strength & core.
Classes are held at 600 Campus drive.
Open to all employees

\$12.00 per class. 1st Class FREE. Register today!

Olimpia "USA FIT FOR LIFE" Fitness Training LLC.
USAFITFORLIFE.COM 973-687-0012



Mother's Day
GIFT SHOW

Meryem's Gifts

FASHION FORWARD ACCESSORIES & GIFTS

Tuesday, May 1st

Building 500, Lobby

11AM - 2PM

Beautiful Bangles & Fancy Finds
LET HER KNOW HOW MUCH YOU CARE!

meryem918@yahoo.com • 908.415.9200



COSTCO WHOLESALE

Are you currently a member of a Costco Warehouse? We will be at Lobby 500, 11AM - 2PM on April 11, 2018. Please stop by to find out information on **NEW** membership.

I can upgrade your current membership or add our Visa Reward Card to your account. This makes your Costco account even more rewarding with cash back rewards. The NEW Costco Anywhere **Visa Card** is the Costco credit card that rewards your purchases at Costco and everywhere else **Visa** is accepted.

Costco offers incentives for NEW Membership and upgrades!! Stop by to see how you can become part of our valued member program.

Questions:
Patricia Harrity
P. 973-560-4140
W244mk0@costco.com




CAMPUS COFFEE BAR

LOBBY 100

HALF OFF
Happy Hour THURSDAYS
3-4pm

ENJOY OUR SEASONAL signature BEVERAGES

iced earl grey tea
w/fresh orange and lavender
iced house brewed cold brew
sparkling and 'spro

DARTCOR
FOOD SERVICES
— eat well, live long —




Ellen Petrosino
REGISTERED DIETITIAN NUTRITIONIST
partner of Living Plate LLC

Nutrition Counseling

Available On Campus Beginning 4/16/18

How Can I Help?
Schedule a free 20 minute phone consultation today
There is no obligation, and no commitment with this call

Please e-mail Ellen Petrosino at ellen.petrosino@gmail.com for more information.
May be covered by insurance





MON	TUE	WED	THU	FRI
2 USA Fit for Life 12:15-1PM Fitness Center	3 Massage Therapy Fitness Center Dry Cleaning	4 Yoga Class 12:30-1:30 PM Fitness Center Peace Waged with Sticky Notes BLDG 100	5 Massage Therapy Fitness Center Campus Coffee Bar 1/2 off Happy Hour 3-4PM No Boot Camp	6 Dry Cleaning
9 USA Fit for Life 12:15-1PM Fitness Center	10 Massage Therapy Fitness Center Dry Cleaning	11 Yoga Class 12:30-1:30 PM Fitness Center Costco 11AM-2PM Lobby 500 Nutrition Counseling 11AM-2PM Lobby 500	12 Massage Therapy Fitness Center LinkedIn Lunch & Learn 12-1PM Conference Center BLDG 100 Campus Coffee Bar 1/2 off Happy Hour 3-4PM USA Fit for Life 4:45-5:30PM Fitness Center	13 Dry Cleaning
16 No Boot Camp	17 Massage Therapy Fitness Center Dry Cleaning	18 Yoga Class 12:30-1:30 PM Fitness Center ELECTRONICS RECYCLING 10AM-2PM Loading Dock BLDG 100	19 Massage Therapy Fitness Center Campus Coffee Bar 1/2 off Happy Hour 3-4PM USA Fit for Life 4:45-5:30PM Fitness Center	20 Dry Cleaning
23 USA Fit for Life 12:15-1PM Fitness Center	24 ADMINS' DAY RAFFLE DEADLINE Massage Therapy Fitness Center Dry Cleaning	25 <i>Happy Admins' Day</i> ADMIN'S DAY COFFEE VOUCHER WINNERS ANNOUNCED Stony Hill CSA 10AM-2PM Lobby 500 Yoga Class 12:30-1:30 PM Fitness Center	26 Massage Therapy Fitness Center BRING YOUR KID TO WORK DAY - Cooking Class 10:30AM-11:45AM Conference Center - Fitness Class 12-12:30 & 12:30-1PM Fitness Center Campus Coffee Bar 1/2 off Happy Hour 3-4PM USA Fit for Life 4:45-5:30PM Fitness Center	27 Dry Cleaning
30 USA Fit for Life 12:15-1PM Fitness Center				

WHAT'S FOR LUNCH?

Check out the Dartcor weekly menus anytime all month long!

- [CAMPUS CAFE 100](#)
- [CAMPUS CAFE 200](#)
- [CAMPUS CAFE 500](#)

COFFEE BAR 1/2 OFF HAPPY HOUR

THURSDAYS | 3-4PM | BLDG 100
Shuttle and Mobile Service Available.
Contact Ron at: parkavesecurity@gmail.com or 973.735.3293

TAKE THE SHUTTLE

Free shuttle service is available on campus. For more information, contact (973) 443-0433 or parkavesecurity@gmail.com

View the Campus [SHUTTLE SCHEDULE](#)