



May 2019

Introducing



We are delighted to introduce Tony Spencer, the new account manager for TradeCenter 128. Tony has returned to Cummings Properties after a brief absence, during which he served as the director of property management for a Burlington real estate services company.

Quick Links

Client Directory

Service Call Request

Executive Office Suites



Tony enjoys the distinction of having once been a leasing client of Cummings Properties, when he owned and operated a popular West Cummings Park lunch spot. In 2005, he joined Cummings as a property manager, and for more than a dozen years, served as a liaison with clients in Woburn, Sudbury, and Medford, ensuring that they had the best-suited space for their business operations. As a senior account manager, he excels at engaging his clients and fostering strong relationships, and he is looking forward to getting to know you and working with you to meet your real estate needs.

When he is not at the office, Tony can often be found in his kitchen, whipping up tempting treats for friends and colleagues. A resident of Topsfield, he and his wife have two grown daughters. Tony can be reached at ahs@cummings.com, or 781-569-2345.

Wellness - Tip of the Month

To improve your health, try to eat more **real** food. Real food was once alive and does not come in a box or bag. It does not have a long shelf life. Examples: Unprocessed meat, fish,

vegetables, fruits, nuts and seeds, whole grains, and even grass-fed butter if you can tolerate dairy. Give it a try!

~Courtesy of [High Function Fitness](#)

Client News



[BANKW Staffing](#) was recently named a [2019 Best Professional Recruitment Firm](#) by Forbes. The Company ranked number 110, with the list compiling a total of 250 firms. In total 6,300 respondents took this year's survey with more than 17,000 nominations of recruiting firms. Congratulations!



[HealthcareSource](#) recently announced the availability of a new strategic resource to help healthcare organizations strengthen their ability to recruit and retain high-quality talent across the continuum of care. Read the news release in its entirety [here](#).



[High Function Fitness](#) now provides meal-prep delivery service, with all "real food," from the Paleo Power Meals. Order by Thursday at 11:59 PM, and your food will be delivered to the fitness center, 100 TradeCenter, Suite 325, on Monday morning. When checking out, select picking up at a preferred location and select High Function Fitness from the drop down menu. This service is available to TradeCenter clients (only), and fitness center membership is not required. Place your order [online](#), or call Emily for additional information at 781-933-0222, or info@highfunctionfit.com.



[Lahey Health System](#), a client and an important local resource, is conducting a survey to help it identify the community's most pressing health needs, and to help guide its investments in programs and services for the next three years. In order to adequately capture the needs of each city/town, Lahey hopes to have as many people as possible who reside within its service area complete the brief survey, which takes only a few minutes. Your input would be highly valued by Lahey Health. Please [click here to begin the survey](#), which will be open **through May 10**.

[McLane Middleton](#) recently donated 100 shoes as well as some school supplies to Girls Inc. of Greater Lowell as part of the firm's year-long centennial celebration, which is focused on its clients, community, and colleagues. Each month during 2019, McLane will make a donation to the community based on the number "100." Congratulations!



Upcoming Events



Reduce Pain in the Workplace (second in a series)
Thursday, May 16, 4:30 PM

[High Function Fitness](#)

Training Room, 400 TradeCenter, Suite 4780

Complimentary stretching session focusing on shoulders.

Participants can pre-register [here](#), and will receive a workout and stretch program to take home.

Contact: Emily, 781-933-0222

emily@highfunctionfit.com

Cummings Building Power Charities

There was joy, disbelief, and tears -- sometimes all at once -- as 50 local nonprofits learned during in-person visits that they had earned a 10-year [Sustaining Grant](#) from Cummings Foundation. View the list of winning organizations that will share \$10 million in grant awards, and view [photos](#) from the May 2 Awards Night.

The long-term funding is intended to alleviate the burden of continuous fundraising, allowing the staff to focus more of their time and energy on delivering and enhancing their important services. *Thank you to all our leasing clients, as your rent makes it possible for Cummings to support local charities at this level.*



*Boston Chinatown Neighborhood Center board president **Eugene Mahr** and executive director **Giles Li** with **Joyce Cummings** and Cummings Properties president **Eric Anderson**.*



*Enroot executive director **Ben Clark** and director of development **Dananai Morgan** with Cummings Foundation committee chair **Paul Lohnes**.*



Upcoming holiday: Cummings Properties' offices will be closed **Monday, May 27**, in honor of **Memorial Day**.



Share the news! We are pleased to publish client news and accomplishments in the Pulse. If you have general interest stories announcing special events, promotions, awards, or business profiles, please submit a single well-edited paragraph to group@cummings.com. Please note that we may edit submissions for length and style.



Outdoor etiquette: Enjoying the pond-side park for lunch or a quick break? If you choose to smoke in this area, please dispose of cigarette butts in an appropriate container, and never toss butts into landscaped areas, as bark mulch is flammable. We appreciate your cooperation in maintaining the park as a clean and pleasant site for all to enjoy.

Referral Opportunity

Earn \$1 for every square foot your referral leases from Cummings Properties.

[See details here](#), or speak with your account manager to learn more about the referral program, this featured space, or other spaces available at TradeCenter 128 and elsewhere within Cummings Properties' portfolio.

Premier Wilmington Suite

5,637 SF - 260-A Fordham Road, S-100



- Upgraded corner suite
- Abundant natural light
- Highly visible location
- Prime signage opportunity
- Many private, windowed offices
- Conference room, break room, skylights
- Plentiful neighborhood amenities

FLOOR PLAN



If you no longer wish to receive our emails you may [unsubscribe](#). Unfortunately, if you unsubscribe, you **will not** receive important building notices such as water and electric shutdowns, or fire alarm testing.