



June 2019

### Client News

[Copley Consulting Group](#) has been named a top CRN Tech Elite 250 company, having earned the highest number of advanced technical certifications from leading IT vendors. Copley notes that it provides enhanced functionality, detailed documentation, and targeted services for all its clients.

[Deltek](#) has been awarded two Leadership Excellence and Development (LEAD) Awards for 2019: Best Global Leadership Program and Best Innovation in Deployment. This is Deltek's second time winning LEAD awards.

[Liberty Bay Credit Union](#) recently launched [ClickSWITCH](#), which it says is the fastest, easiest, and safest way to switch from one financial institution to another. Move your direct deposits to Liberty Bay by June 30 and receive \$100. To learn more, click [here](#) or call 617-439-6500.

### Quick Links

[Client Directory](#)

[Service Call Request](#)

[Executive Office Suites](#)



### Wellness - Tip of the Month

Get to bed! Sleep impacts every part of one's health, which is why we feel our best when well rested. When people get fewer than seven hours of sleep, they can suffer from mood swings, blood sugar imbalances, and poor memory. And according to research, they are actually taking years off their lives. One proven way to improve sleep is to create a nightly routine. Routines might include taking a shower, reading a book, meditating, stretching, journaling, planning the next day, or turning off the phone and TV an hour before bed -- anything to wind down.

~Courtesy of [High Function Fitness](#)

### New Client

#### Sira Naturals

300 TradeCenter, Suite 7750

*Back office for cannabis cultivator and retailer (no sales on site)*

## Upcoming Events



### Sip & Stretch with High Function Fitness

**Monday, June 24, 5:15 PM**

400 TradeCenter, Suite 4780

Decompress after work with free tastings of beer, wine, and spirits, and unwind (literally) from the day with a quick complimentary stretching session.

Pre-register [here](#) or contact at Emily at 781-933-0222 or [emily@highfunctionfit.com](mailto:emily@highfunctionfit.com)



### Father's Day at Strega Prime

**Sunday, June 16, 11 AM - 8 PM**

400 TradeCenter

Reservations: 781-933-3333, [reservations@stregaprime.com](mailto:reservations@stregaprime.com), or [Open Table](#)

## Local News



**It's farmers' market season!** Find healthy fresh foods, enjoy the community vibe, and support the local economy. Learn about [farmers' markets in the area](#).

## The Latest at Cummings



Cummings Properties' director of communications and marketing, **Joyce Vyriotes**, has been appointed to the firm's Executive Committee. Joyce joined the Company nearly nine years ago and rapidly expanded her scope of responsibilities, eventually establishing, growing, and leading a Communications Department that serves the internal and external communications needs of Cummings Properties and Cummings Foundation. In addition, as *pro bono* deputy director of the Foundation, she oversees the administration of its grant programs, which serve more than 400 local nonprofits

annually.

## Special Offer

**Need gift ideas?** Remember your neighboring merchants as you plan graduation and Father's Day shopping. Cummings Properties is home to many different businesses with a variety of fine offerings. Check out the [Client Directory](#) to discover all that is offered, now and throughout the year.

## Cummings Building Power Charities

Across greater Boston, 100 organizations recently opened packages to find a message proclaiming "You got it!" The new round of [\\$100K for 100](#) grant winners will be celebrated at a June 6 reception at the TradeCenter 128 Atrium. Visit Cummings' [Facebook](#) and [Twitter](#) pages to see the touching and creative reactions from nonprofit staff members.



## Friendly Reminders

**Protect the flooring!** Without chair pad protection, the frequent rolling of chairs will damage carpeting. This type of damage is particularly costly because, typically, the carpet in an entire room or open area must be replaced, even if only a small section is damaged. Simply using a chair pad will help avoid charges when a client vacates. Thank you for your cooperation.

**Bike Racks:** Bike racks are located near **Big Sky Bread Café and Juice Bar** and at the lower level of the parking garage, near C-1.

**Drive with caution:** Spring is here and many people are out walking. Please remember that safe driving on our busy campus is *critical* to the safety of pedestrians and other drivers.



**Upcoming holiday:** Cummings Properties' offices will be closed **Thursday, July 4**, in honor of Independence Day.

## 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.

## 15,566 SF Turn-Key Chem Lab in Woburn



- 30 tons make-up air
- 8 chemical fume hoods
- 1,000 Amps, 3 phase power
- Generous signage opportunity
- Private loading, 17' clear warehouse
- Corner suite, abundant window line
- Spacious, modern kitchen/break area
- Private windowed offices and boardroom

[View Flyer](#)

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.