

the PERIMETER press

May 2023

in this issue:

AROUND THE PARK

SUSTAINABILITY CORNER

THE PERK CAFÉ SPECIALS

THE BLOOD CONNECTION

NAMIWALKS

BLOOM

DID YOU KNOW?

FOOD TRUCKS

PERIMETER PERKS

HOW TO REACH US

in the know.

May 2023



We're
expanding!

**NORTHROP
GRUMMAN**

northropgrumman.com

Perimeter One
3005 Carrington Mill Blvd

4 C's OF MINDFULNESS

Mental health is an important part of sustainability because, as the World Health Organization (WHO) acknowledges, "there can be no health or sustainable development without mental health."

contemplation



Contemplation involves expression or prolonged investigation to bring about awareness of self in all its complexities.

- Meditate (Learn the basics from a guest speaker in May at [Perimeter Chats](#)).
- Eat your lunch away from your computer to help improve your mood, wellbeing and increase engagement at work.
- Integrate plants, water and symbolic connections to nature at work and at home.
- Spend time outside.

culture



Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts. ... the characteristic features of everyday existence (such as diversions or a way of life) shared by people in a place or time.

- Implement a wellness program or stipend to encourage employees to prioritize their wellness.

creativity



Creativity is the act of turning new and imaginative ideas into reality. It is characterized by the ability to perceive the world in new ways, to find hidden patterns, to make connections between seemingly unrelated phenomena, and to generate solutions.

- Listen to music.
- Take a Skillpop Class at Perimeter Park. In May we will be having a free mobile photography class!
- Find a hobby (Don't know what to try? [Take this quiz](#)).

community



Community is a feeling of fellowship with others, as a result of sharing common attitudes, interests.

- Shop locally to support small businesses
- Recycle
- Volunteer to help your community
- Join community events like a [blood drive](#) or [NAMI Walks](#)

The Perk
CAFÉ & LOUNGE

monthly
SPECIALS



Rose Ice Latté with Coconut Milk

&

Sweet Tea with Half Lemonade



*now selling breakfast sandwiches
& hot soup*



HELP US BE PREPARED FOR ANYTHING

LET'S PROTECT AMERICA'S BLOOD SUPPLY

BLOOD DRIVE

IN SUPPORT OF BERC

Perimeter Park/Trinity Partners

3800 Paramount Pkwy
Morrisville, NC 27560



BLOOD EMERGENCY
READINESS
CORPS

05/16/2023 | 09:00 AM–02:00 PM

All blood donors will receive \$45 in rewards!

Rewards = TBC reward points awarded in donor portal. Redeem for eGift card(s).

WHAT IS THE BLOOD EMERGENCY READINESS CORPS?

The Blood Emergency Readiness Corps (BERC) is a group of blood centers across the country who have joined together, committed to collecting extra units of blood on a rotating "on call" schedule. This creates an available supply for emergency needs.

55PQ



**THE BLOOD[®]
CONNECTION**
Your Community Blood Center



thebloodconnection.org

The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 16 years or older and over 110 lbs. to donate. Sixteen year olds are required to have written consent to donate blood. Before you donate blood, make sure that you drink plenty of water and eat a healthy meal. TBC Donor ID Card (preferred) or photo ID required to donate. Gift cards and other incentives are non-transferable.
v1.0 0314 ©2023 THE BLOOD CONNECTION[®]. All Rights Reserved.



Come walk with us to support

Mental Health for All!

Saturday, May 20
9am-1pm
@Perimeter Park

Join Us!
 NAMIwalks

CLICK TO REGISTER OR DONATE

mindful may

bloom at Perimeter Park

5/10 Wind Down Flow Yoga - Group Fitness



5:15-6:15pm

3025 Carrington Mill Blvd, Suite 100

FREE — 35 spaces available.

Suitable for all levels. Please bring your own mat and bottled water.

[Yoga Class Sign-up](#)

5/16 Blood Drive



9am-2pm

3800 Paramount Parkway, parking lot

[Blood Drive Appointment Sign-up](#)

5/17 Mindful Wednesday

11am-2pm

3025 Carrington Mill Blvd, The Perk Café

Join us for a day of mindfulness and relaxation.

- complimentary 10-min mini chair massages
- a relaxing spot for adult coloring
- a book swap - bring a book, get a book

FREE — 30 massage sessions available.

[Massage Session Sign-up](#)

Mindfulness + Meditation - Perimeter Chats

12-1pm

3025 Carrington Mill Blvd, The Perk Café

First in our new Perimeter Chats series. Learn how to cultivate a mindfulness practice, reduce your stress, and soothe your thoughts with meditation and movement.

FREE — unlimited space.

5/20 NAMIWalks

9am-1pm

Lot between 3005-3015 Carrington Mill Blvd

Join NAMIWalks to show your support for the National Alliance on Mental Illness (NAMI) and your community. A special event in the spirit of inclusion where stories can be shared meaningful moments made, and participants are united by the knowledge that they are coming together to make a difference.

[Click to register or donate](#)

5/23



SkillPop Mobile Photography

11:30am-1pm

3025 Carrington Mill Blvd,
The Perk Meeting Space

Join photographer and blogger Molly Stillman to learn the essentials of mobile (smartphone) photography skills.

FREE — 25 spaces available.

[SkillPop Sign-up](#)

5/24



Perimeter Park Trail Clean-up

11:30am-12:30pm

The Green in front of 1010 Sync St.

Meet us on The Green and we'll walk over together to clean up the Greenway Trail – the section of our trail that begins just off the roundabout and runs by the pond. We've adopted this section from the Town of Morrisville to keep tidy! Volunteers can get credited for community service hours, where needed.

15 volunteers needed

[Volunteer Sign-up](#)



Bodyweight HIIT - Group Fitness

5:15pm-6:15pm

3025 Carrington Mill Blvd, Suite 100

FREE — 35 spaces available.

Suitable for all levels. Please bring your own mat and bottled water.

[HIIT Class Sign-up](#)

5/31



Zumba - Group Fitness

5:15-6pm

3025 Carrington Mill Blvd, Suite 100

FREE — 35 spaces available.

Suitable for all levels. Please bring your own bottled water.

[Zumba Class Sign-up](#)

Food Truck Tuesday

Every Tuesday, 11:30am-1:30pm Lot between 3005 & 3015 Carrington Mill Blvd

Spiffy Car Wash & Detailing

Every Tuesday & Wednesday, by appointment visit www.getspiffy.com/perimeter-park




FUN FACT

Meanings of the leis are typically based on the material. Purple, green, and white leis are often made from orchids and are given as a thank you or as a welcome to a visitor. Maile ti leaf leis, made from the green ti leaf, symbolize appreciation, admiration, and respect. They are often used as gifts for graduations, weddings, anniversaries, and even memorials. Orange, red, or brown ilima flower leis symbolize love. Leis that have white, pink, or red carnations are usually a symbol of love as well and are exchanged during weddings or at anniversary parties. The kukui nut lei once symbolized royalty. It can be given to a person to show respect or appreciation. As a symbol of welcome, affection or friendship, a lei given as a gift should never be refused, and only a rude individual would remove their lei in the presence of the person who gave it to them.




DAYS TO CELEBRATE & REMEMBER

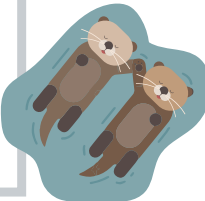
- 5/1: Hawaiian Lei Day
- 5/4: Star Wars Day 
- 5/5: Cinco de Mayo
- 5/6: Kentucky Derby Day 
- 5/6: National Nurses Day
- 5/9: National Teacher's Day 
- 5/14: Mother's Day
- 5/18: International Museum Day
- 5/19: Bike to Work Day
- 5/28: National Hamburger Day 
- 5/29: Memorial Day 
- 5/31: World Otter Day
- 5/31: World No Tobacco Day
- Mental Health Awareness Month 
- National Barbecue Month
- Asian American & Pacific Islander Heritage Month

The sound of a TIE fighter engine in Star Wars was created by combining an elephant bellow and a car driving on wet pavement. Chewbacca's voice is a mix of bears, walruses, lions, badgers and other dying animals.



Still need a Mother's Day gift? Here is a list of [75 gift ideas for the moms who have everything.](#) 

The word museum comes from the Greek "mouseion," the temples dedicated to the Muses and the arts they inspired. 

A group of resting otters is called a raft. Otters love to rest in groups. Researchers have seen concentrations of over 1,000 otters floating together. To keep from drifting away from each other, sea otters will wrap themselves up in seaweed, forming something that resembles a raft. 

CLOSED

Trinity Partners' offices will be **closed**.



TRIVIA

What birthday do ALL thoroughbred racehorses have?

Look for the answer in next month's newsletter!

April's answer: Pretzels with no salt are also known as "baldies"



GET SOME GRUB

Located in the lot between 3005 and 3015 Carrington Mill Blvd.

11:30 am—1:30 pm

Head on over for some good eats!

Click on the logos for menu options and pricing.

May 2

May 9

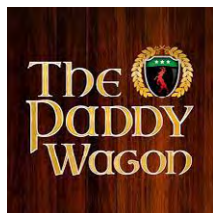
May 16

May 23

May 30



Yagg Sii Tenn



Food truck schedule can be found on the digital lobby directories under Calendar of Events, and at perimeterparkoffice.com

Meeting space

For additional information or a reservation form,
reach out to perimetercc@trinity-partners.com



3800 Paramount Pkwy

Fitness Centers

3025 Carrington Mill Blvd, first floor
+ 3800 Paramount Pkwy, first floor

There are two fitness center locations in Perimeter Park that qualifying employees of tenants can join for a small fee.

Hours: 5am to 11pm
7 days a week
closed major holidays

For questions, reach out to
customerservice@trinity-partners.com



3025 Carrington Mill Blvd

The Perk café + lounge

3025 Carrington Mill Blvd, first floor

The Perk café featuring
Larry's Coffee & lounge
is open for tenant use
with WiFi available.



how to reach us.

May 2023

Managing Partner, Office Leasing

Brokerage, Office Leasing

Partner, Property Management

Senior Property Manager

Senior Property Manager

Property Manager

Property Manager

Assistant Property Manager

Senior Tenant Services Coordinator

Property Management Assistant

Property Management Assistant

Accounting Assistant

Partner, Project Management

Senior Project Manager

Project Manager

Director, Operations

Operations Manager

The Perk Meeting Space

24-Hour Customer Service

William Allen

Alex Dunn

Amy Mayer

Bill Horowitz

Jason Riegle

Melissa Irgens

Vanessa Matto

Candice Place

Nancy O'Melia

Aimee Scott

Denise Leubecker

Ashley Minick

Ryan Peterman

Anna Woody

Rob Hoyt

Mike Landreth

Joey Strickland

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