

the PERIMETER press

February 2024

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HAPPY VALENTINE'S DAY

HEART AWARENESS

HEART HEALTH

THE PERK CAFÉ SPECIALS

THE BLOOD CONNECTION

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BEE DOWNTOWN CORNER

BLOOM

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PERIMETER PERKS

HOW TO REACH US



Can't think of something to do for Valentine's Day? Check out [this list](#) of V-Day activities, ranging from planning a trip to playing board games at home.

P.S. You don't have to be in a relationship to celebrate Valentine's Day! If you don't have a significant other, use this day to treat yourself or spend quality time with friends.

heart awareness.

February 2024

HEART MONTH

— February —



February is heart health awareness and prevention month, a good time to think about the facts and risks of heart disease.

DID YOU KNOW?



1 in 3

U.S. adults are currently living with a type of heart disease.



HEART DISEASE

is the leading cause of death in the United States and a major cause of disability.



MORNING IS PEAK TIME FOR HEART ATTACKS

The majority of heart attacks happen during the hours of 8 and 9 in the morning.



DENTAL HYGIENE

Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or stroke by 50%.

RAISING AWARENESS



February 2

CONGENITAL
HEART DEFECT
AWARENESS WEEK



February 7-14



February 22



Healthy HABITS for 2024

1. Don't skip
breakfast

2. Get
your
steps in

3. Drink
more
water

4. Get
organized to
reduce stress



February is American Heart Health month. These are a few habits you can pick up in 2024 to keep your heart healthy and strong!


café specials.

February 2024



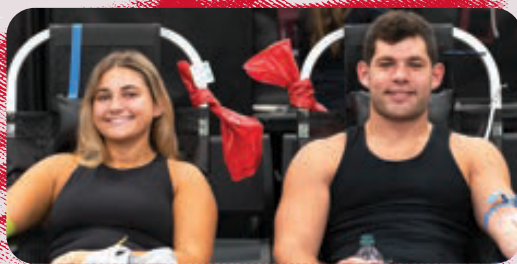
monthly SPECIALS

 Raspberry White Chocolate Cappuccino
&
Lavendar Vanilla Latte 
ft. Ethiopian espresso beans

 Serving hot breakfast sandwiches, delicious pastries,
salad/wraps & hot soup!



A New Year to **SAVE LIVES**



Perimeter Park/Trinity Partners

3800 Paramount Pkwy
Morrisville, NC 27560

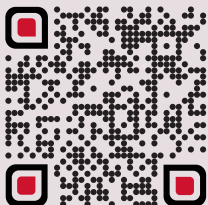
02/20/2024 | 09:00 AM–02:00 PM

55PQ

Scan to make
an appointment!
(sponsor code above)



Or click [here](#)



***Donate Blood &
receive \$50 in rewards!***

WB + DRBC only, rewards = TBC reward points to redeem
for eGift cards, check social media for promo dates.



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. Written parental consent required for 16 year olds in SC and GA, 16 AND 17 year olds in NC. 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. Rewards are non-transferable.

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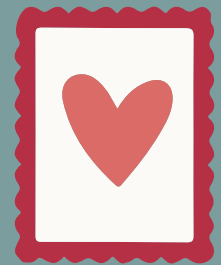


**THE BLOOD®
CONNECTION**
Your Community Blood Center

Eat your favorite foods from a farm-to-table restaurant that uses organic ingredients, or stay-in and try a new recipe using your own local ingredients.

Host a singles-only dinner party. Be sure to use washable or compostable dishes instead of plastic disposable ones.

Create a homemade gift. Some thoughtful gift ideas include a poem, a custom collage, a homemade treat, or a piece of art.



Valentines' Day is just around the corner. Whether you're planning to celebrate Valentine's Day with a significant other, your friends, or by yourself, consider opting for more sustainable options when shopping and planning activities.

Save gas and reduce air pollution by having yourself an at-home movie night or enjoy an at-home spa day. Stay in and pamper yourself.



Instead of a store bought Valentine's day card, write your favorite person a personal note. Nearly 40 million Valentine's Day cards are exchanged every year. That's a lot of paper! E-cards are another great solution to save paper and you can easily send a digital valentine to a friend or loved one no matter where they are.



Avoid the crowds as well as unnecessary travel and plan a movie or game night.



Instead of buying "things" gift a promise of time spent together. Buy tickets to see their favorite band, enjoy a wine and art class, or book an Airbnb and take them for a quick getaway.

Buy yourself fresh flowers from the farmers market, or splurge on a nice piece of ethically sourced jewelry.



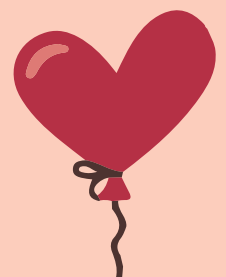
Replace cut flowers with a live plant that is easy to care for, such as a cactus, succulent, snake plant or pothos. If you do opt for cut flowers, purchase them locally from the farmers market.



Plan a date with single friends, and go out and support local businesses.

Find an old card deck (recycle one with missing cards that you can no longer use) and transform it into a "Reasons I Love You" deck. These decks are wonderful because you can make a deck for anyone you cherish in your life.

Bring your special person (or people) to their favorite spot. Pick up a few snacks and buy local wine or beer to share. Not only does it align with a more sustainable and nature-focused lifestyle, but picnicking can be fun and casual or romantic depending on who you share the experience with.



Perimeter Park's contribution in 2023

OPEN FOR BEES-NESS!
**3**

bee-utifully painted & branded beehives were installed on the Perimeter Park campus!

Bee Downtown's

Grand Opening

at

1600 Perimeter Park attracted

150+ employees

who experienced a Carnival Celebration filled with honey tastings, take-home grow pots, observation hives, & more!

75 + employees

planted wildflower grow pots at the Pollination Station, adding

750+


native plants to the community!

45 employees rolled their own

Beeswax Candle.



 **270+ hours**

 of collective employee engagement were enjoyed through Bee Downtown experiences!

4th Place Winner

at the

NC State Fair

for best

Painted Bee Hive





PERIMETER PARK
**LEAP
DAY**
TENANT SOCIAL

Thursday, Feb. 29 | 11:30-1:00pm
The Perk Café

KICK OFF THE NEW YEAR, SHAKE OFF THE WINTER
BLUES, AND JOIN US FOR SOME **NETWORKING,**
NIBBLES, AND POETRY MAGIC.

WE'RE SERVING UP:

- » A chip-n-dip extravaganza
- » Games and music

The Bloom tenant engagement team will be there to meet, mingle,
and make your experience even more awesome.

Special guest — **THE POETRY FOX** who will be
banging out on-demand poems.

YOU WON'T WANT
TO MISS THIS
SOCIAL SHINDIG!





free group fitness

2/7 Zumba

5:15-6:00pm | 5200 W Paramount, Suite 175

*Suitable for all levels. Please bring your own bottled water.
FREE — 35 spaces available. [Click to register](#)*

2/21 Yoga - Wind Down Flow

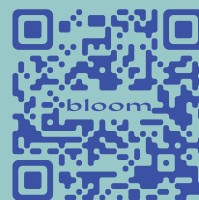
5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

*Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available. [Click to register](#)*

2/28 Bodyweight HIIT

5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

*Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available. [Click to register](#)*



SCAN TO SIGN UP FOR
FITNESS CLASSES



Please note: Bloom events are only for tenants in buildings managed by Trinity Partners.

february

EVENT SCHEDULE

Perimeter Park heart health awareness walk

2/1 11:00am - 1:00pm
Perimeter Park Trails



Wear RED for awareness + solidarity, grab your coworkers and come walk the Park trails. Stop by the Trinity Partners tent on Paramount Parkway at trail entrance to check in as we cheer you on.

Bonus: Tenant with the most participants will receive breakfast treats on us for up to 50 people.

free group fitness

Registration required. Sign-up links below.
Classes are suitable for all levels. Please bring your own bottled water.

FREE — 35 spaces available for each class.

2/7

Zumba

5:15 - 6:00pm
5200 W Paramount, Suite 175



[Click for Zumba Sign-up](#)

2/21

Yoga - Wind Down Flow*

5:15 - 6:15pm
3025 Carrington Mill Blvd, Suite 100



* Please bring a mat

[Click for Yoga Sign-up](#)

2/28

Bodyweight HIIT*

5:15pm - 6:15pm
3025 Carrington Mill Blvd, Suite 100



* Please bring a mat

[Click for HIIT Sign-up](#)

blood drive

2/20 9am-2pm
3800 Paramount Parkway, parking lot



Donate blood and receive \$50 rewards to redeem in e-gift cards.

[Click to register](#)

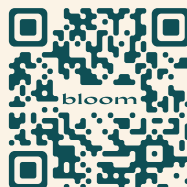
leap day tenant social

2/29 11:30am - 1:00pm
The Perk Café



Join us for some networking, nibbles, and poetry magic. We're serving up a chip-n-dip extravaganza, games, and music.

Special guest — **THE POETRY FOX** who will be banging out on-demand poems.



SCAN FOR MAP OF
PARK TRAILS



visit our event calendar at perimeterparkoffice.com/events for info on upcoming events

Please note: Bloom events are only for tenants in buildings managed by Trinity Partners.









FUN FACT

The first Super Bowl ticket (in 1967) cost \$12. This year, tickets range from \$6,300–\$44,000, with the average ticket costing \$10,026.



DAYS TO CELEBRATE & REMEMBER

- 2/2: Groundhog Day 
- 2/7: Send a Card to a Friend Day
- 2/9: National Pizza Day
- 2/10: Chinese New Year
- 2/11: Super Bowl LVIII Sunday 
- 2/13: Mardi Gras
- 2/14: Ash Wednesday
- 2/14: Valentine's Day 
- 2/17: Random Acts of Kindness Day
- 2/19: President's Day
- 2/22: National Chili Day
- 2/26: National Pistachio Day
- 2/27: Polar Bear Day 
- 2/29: Leap Day
- 2/29: Rare Disease Day (NORD)
- American Heart Health Month 
- Black History Month 

Will we have six more weeks of winter?

The Year of the Dragon!



The San Francisco 49ers take on the Kansas City Chiefs at the 58th Annual Super Bowl — and Usher will take the stage for the halftime show!

Male polar bears can weigh up to 1800 pounds and can also grow up to 3 metres long, making them the largest bear species and the largest land carnivore in the world.

BLACK HISTORY SPOTLIGHT

Dr. Patricia Bath is recognized as the first Black woman physician to receive a medical patent. She invented the Laserphaco Probe, a new device and technique to remove cataracts. It performed all steps of cataract removal: making the incision, destroying the lens and vacuuming out the fractured pieces. This made cataract surgery more accurate, quicker, and less invasive. The invention was able to recover vision for people who had been blind or vision impaired for decades.

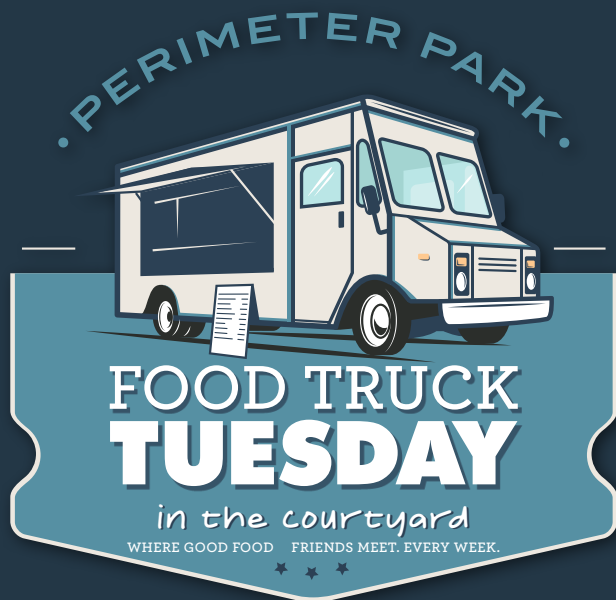


TRIVIA

What country is the biggest producer of pistachios?

Look for the answer in next month's newsletter!

January's answer: China did not begin using the Gregorian calendar until 1912.



GET SOME GRUB

11:30 am—1:30 pm

Head on over for some good eats!

Click on the logos for menu options and pricing.

**CENTRAL CAMPUS COURTYARD
1009 THINK PLACE**

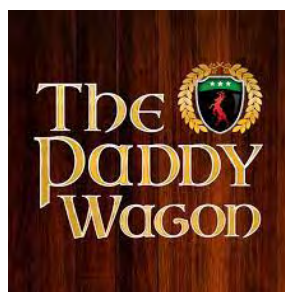
Bring a blanket or folding chair and enjoy your lunch taking in the fresh air and sun on the lawn!

Feb. 6

Feb. 13

Feb. 20

Feb. 27



Food truck schedule can be found on the digital lobby directories and at perimeterparkoffice.com/events

Meeting space

For use by qualifying companies in Perimeter Park, online reservations must be made and confirmed by Trinity Partners. Book here.
For a additional information, reach out to customerservice@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.



The Patio

new

3025 Carrington Mill Blvd, outside

Expansive outdoor lounge with WiFi and outlets available.



how to reach us.

February 2024

Managing Partner, Office Leasing

Director, Office Leasing

Partner, Property Management

Senior Property Manager

Senior Property Manager

Property Manager

Assistant Property Manager

Senior Tenant Services Coordinator

Property Management Assistant

Property Management Assistant

Accounting Assistant

Partner, Project Management

Project Manager

Director, Operations

Operations Manager

The Perk Meeting Space

24-Hour Customer Service

William Allen

Alex Dunn

Amy Mayer

Jason Riegle

Melissa Irgens

Vanessa Matto

Candice Place

Nancy O'Melia

Aimee Scott

Denise Leubecker

Ashley Minick

Ryan Peterman

Rob Hoyt

Mike Landreth

Joey Strickland

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customerservice@trinity-partners.com