



the PERIMETER press

May 2024

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BLOOM

DID YOU KNOW?

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HOW TO REACH US

Pollinator Garden at 1600 Perimeter

Come check out the new pollinator garden blooming beside the Perimeter Park beehives! We can't wait to watch it flourish in the coming months and know the bees will absolutely love it – and you will too!



What's a Pollinator Garden?

These gardens are a haven for bees, butterflies, hummingbirds, and other insects. They contain flowering plants with nectar and pollen, providing a vital food source for these incredible creatures.

What is this important?

Pollinators play a crucial role in our ecosystem. Creating this garden, we're helping to reverse the decline of pollinators, and promote biodiversity.

Bonus, it will make the honey even more tasty come harvest time!

Come see it for yourself!





HAPPY
*Mother's
Day*

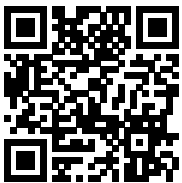
Still need a Mother's Day gift?

[check out this gift guide for some ideas](#)

NAMIWalks North Carolina

Saturday,
May 18, 2024 - 9-11:30AM

Perimeter Park
Morrisville, NC



Learn more at
namiwalks.org/northcarolina





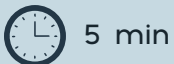
happy
**MEMORIAL
DAY**

Memorial Day is Monday, May 27

LOOKING FOR A REFRESHING DRINK TO SERVE ON MEMORIAL DAY?

This Patriotic Punch is a fun, kid friendly layered drink, perfect for Summer celebrations!
Plus, you can easily add alcohol to make it an adult drink too.

PATRIOTIC PUNCH



5 min

Cranberry or Cran-Pineapple Juice (may use diet)
Gatorade Frost Glacier Cherry (G2 for less sugar)
Hawaiian Punch Polar Blast
Strawberries or Blueberries
Red, White, & Blue Sprinkles for garnish (optional)
Make sure all liquids are chilled beforehand.

NOTE: Diet cranberry juice as the top layer top can help with layer separation because it will contain less sugar.

[View full recipe instructions](#)

Fill glass with $\frac{2}{3}$ ice

Pour in Hawaiian Punch $\frac{1}{3}$ of the way (if the cranberry juice has more sugar, use this first instead—this will help with the layering effect)

Pour Gatorade $\frac{2}{3}$ of the way

Pour the Cranberry juice the rest of the way (or the Hawaiian punch, depending on which you used for the first layer)

Add a patriotic straw or firework pick and pierce with blueberries or strawberry

Add sprinkles on top, and enjoy!

TIPS:

Pour juice very slowly over a backwards spoon to help keep the colors separate.

If adding alcohol, mix with the first juice poured so you can avoid stirring at the end .



Trinity Partners' offices will be closed
May 27th in observance of Memorial Day.



monthly
SPECIALS

 Lavendar Iced Coffee
with oat milk
&

Chocolate Caramel Frappe 

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



APRIL SHOWERS BRING MAY FLOWERS

Gardening for sustainability is a fantastic way to contribute positively to the environment while also reaping personal benefits. Here are some tips to help you cultivate a sustainable garden

CONSERVE WATER

Implement water-saving techniques such as mulching to retain moisture, collecting rainwater in barrels, and using drip irrigation systems. Also, water your garden during the cooler parts of the day to reduce evaporation.

ROTATE CROPS

Rotate your crops each season to prevent soil depletion and minimize the risk of pests and diseases. This practice also helps maintain soil fertility and balance.

REDUCE LAWN AREA

Minimize the size of your lawn and replace it with edible gardens, native plantings, or permeable surfaces like gravel or mulch. Lawns require a lot of water and maintenance, whereas other landscape options can support local wildlife and provide food.

PROVIDE WATER

Place shallow dishes filled with clean water in your garden to provide a water source for pollinators. Adding rocks or pebbles gives insects a place to land while drinking.

INCLUDE HOST PLANTS

Butterflies, for example, lay their eggs on specific host plants, so including these plants in your garden will attract adult butterflies looking for suitable egg-laying sites.



COMPOST

Create your own compost pile using kitchen scraps, yard waste, and other organic materials. This not only reduces waste but also produces nutrient-rich compost to nourish your plants naturally.

SAVE SEEDS

Save seeds from your own plants to grow new ones in subsequent seasons. This promotes biodiversity, preserves heirloom varieties, and reduces reliance on commercial seed sources.

CREATE A POLLINATOR GARDEN

Creating a pollinator garden is a wonderful way to support local bee, butterfly, and other pollinator populations while beautifying your outdoor space.

tips for growing a pollinator garden

AVOID PESTICIDES

Adding ladybugs is an excellent safe way to control plant eating insects.

AIM FOR PLANT DIVERSITY

Choose plants with different colors, shapes, and bloom times to attract a wide range of pollinators throughout the growing season.

EDUCATE YOURSELF

Learn about the pollinators native to your area and their specific habitat and food requirements.

CHOOSE NATIVE PLANTS

They require less water, fertilizer, and maintenance since they are already adapted to the local climate and soil conditions.

PROVIDE CONTINUOUS BLOOM

Select plants with staggered bloom times and overlapping flowering periods.

CREATE SHELTER

Incorporate features like brush piles, rock walls, or insect hotels to provide shelter and nesting sites for pollinators. Many solitary bee species nest in hollow plant stems or small cavities in wood.



PERIMETER PARK, THANKS FOR CELEBRATING EARTH DAY WITH US!

**WE HOPE YOU ENJOYED
THE FESTIVITIES.**



**CONGRATULATIONS
OUR LUCKY RAFFLE
PRIZEWINNERS!**

Jenn Wu, UNC Health
Kate Weisner, Varonis

GO GREEN
GO GREEN
GO GREEN



wellness wednesdays

free group fitness

5/8 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](#)

5/15 Yoga - Wind Down Flow

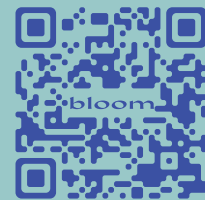
5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

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

5/22 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.

may event line-up

bloom at
Perimeter Park

affirmation station

5/6 Drop in anytime
thru
5/31 The Perk Café | 3025 Carrington Mill Blvd.

Stop by The Perk Café anytime and check out the **affirmation station** located by the bulletin board. Feel free to take a slip to post in the office or at home for daily reminders.

Did you know seeing positive affirmations on a regular basis helps improve your mood, ease depression, boost confidence, ease psychological stress, and much more.

intentional tuesday at Food Truck Tuesday

5/14 11:30am - 1:30pm
Central Campus | 1009 Think Place

Create your own intention jar – fill it with messages of gratitude and appreciation for the present moment, or prioritize self-care. We all need daily reminders to slow down, and make time to smell the roses.

Materials provided, while supplies last.

soothing stroll

5/16 11:30am - 1:30pm
Perimeter Park Trails

Grab your coworkers (or just yourself) to **hit the trails and decompress** with some fresh air and movement.

Note: Keep an eye out for tips on improving mental health during your walk and little surprises from us to brighten your day.

NAMIwalks

5/18 9:00am - 11:30am
3015 Carrington Mill Blvd

[Click to register](#)

watercolor workshop

5/23 11:30am - 12:30pm
The Perk Meeting Space
3025 Carrington Mill Blvd.

Dive into the soothing world of watercolor with Skillpop's Watercolor for Wellness Class. Unwind and unleash your creativity as you explore the serene art of painting while guided by an experienced instructor.

FREE — 25 spaces available, registration required.

[Click for SkillPop Sign-up](#)

wellness wednesdays free group fitness

You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help with depression, anxiety, stress, and more?

Registration required. Signups linked below. Classes are suitable for all levels. Please bring your own bottled water.

FREE — 35 spaces available for each class.

5/8 Zumba
5:15 - 6:00pm
5200 W Paramount, Suite 175
[Click for Zumba Sign-up](#)

5/15 Yoga - Wind Down Flow*
5:15 - 6:15pm
3025 Carrington Mill Blvd, Suite 100
**Please bring a mat*
[Click for Yoga Sign-up](#)

5/22 Bodyweight HIIT*
5:15pm - 6:15pm
3025 Carrington Mill Blvd, Suite 100
**Please bring a mat*
[Click for HIIT Sign-up](#)



SCAN TO VIEW THE
PERIMETER PARK
EVENT CALENDAR

HERE YOU'LL FIND
INFO AND LINKS
FOR REGISTRATION



FUN FACT

A deep sea exploration company claims they may have found the wreckage of the plane Amelia Earhart was flying when she famously disappeared in 1937. After examining her flight path, altitude, radio calls, and reported flying conditions, the Deep Sea Vision team defined a search area and spent three months combing roughly 13,000 sq. km. of ocean floor with a state-of-the-art submersible craft. The result is a sonar image of something resting 5,000 metres below the surface, which their CEO says is similar in size and shape to Earhart's plane. The team intends to return to the site to gather more information, in the hopes of confirming their theory.



DAYS TO CELEBRATE & REMEMBER

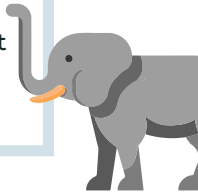
- 5/1: May Day
 - 5/3: International Tuba Day 
 - 5/4: Star Wars Day
 - 5/5: Cinco de Mayo 
 - 5/6: National Nurses Day
 - 5/7: National Teacher's Day 
 - 5/12: Mother's Day
 - 5/16: Endangered Species Day
 - 5/18: International Museum Day
 - 5/20: Amelia Earhart Day 
 - 5/27: Memorial Day 
 - 5/28: National Hamburger Day 
 - 5/30: International Jazz Day
 - 5/31: International Space Day 
-
- Pacific Islander Heritage Month
 - Asian American Month
 - Lupus Awareness Month 

The original "Star Wars" trilogy used four different actors to fulfill the vision of Darth Vader. His iconic voice comes from James Earl Jones, but the on-screen Vader is portrayed by David Prowse, a 6-foot-5 bodybuilder. Prowse's stunt double is pro fencer Bob Anderson. And when Vader is demasked in "Return of the Jedi," he is played by Sebastian Shaw.



10 OF THE MOST ENDANGERED SPECIES

- | | |
|--------------------|--------------------------|
| Javan Rhino | Yangtze Finless Porpoise |
| Amur Leopard | Black Rhino |
| Sumatran Tiger | African Forest Elephant |
| Mountain Gorilla | Sumatran Orangutan |
| Tapanuli Orangutan | Hawksbill Turtle |



Check out [these offbeat attractions and museums](#) in North Carolina to celebrate International Museum Day.



CLOSED Trinity Partners' offices will be closed.

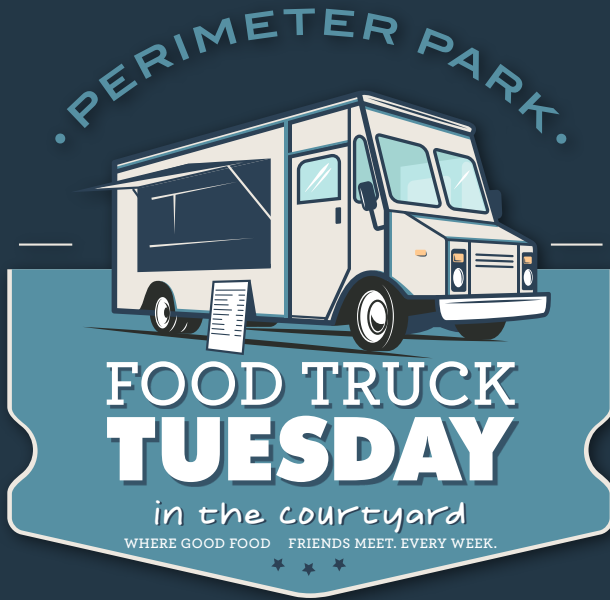


TRIVIA

What is the coldest planet in the Solar System?

Look for the answer in next month's newsletter!

April's answer: While the average lifespan for a bat is 10-20 years, one bat in Siberia set the record at 41 years.



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.

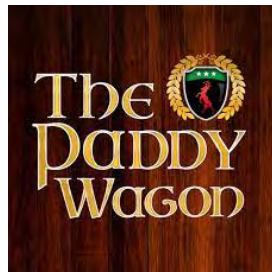
**CENTRAL CAMPUS COURTYARD
1009 THINK PLACE**

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

May 7



May 14



May 21



May 28



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

3025 Carrington Mill Blvd, outside

Expansive outdoor lounge with WiFi and outlets available.



how to reach us.

May 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 Riegler

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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nomelia@trinity-partners.com

ascott@trinity-partners.com

dleubecker@trinity-partners.com

aminick@trinity-partners.com

rpeterman@trinity-partners.com

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jstrickland@trinity-partners.com

customerservice@trinity-partners.com

customerservice@trinity-partners.com