



# ONE Liberty Place Newsletter

ISSUE  
**Q3**  
2019



*From any perspective,  
from any direction,  
**ONE** stands  
Above the rest.*

**ONE** Liberty Place.

*The number **ONE**  
address in Philadelphia.*



## **2018 BOMA Awards Winner**

- *Best Tenant Relations*
- *Best Amenity Space*
- *Best Infrastructure*
- *Best Lobby*

## **CENTER CITY DISTRICT PROJECTS & EVENTS**

### Center City SIPS

Enjoy summer in the city.  
Wednesdays  
June 5 - August 28,  
from 5 - 7 pm  
for citywide drink and appetizer  
specials.

### Spruce Street Harbor Park

Spruce Street Harbor Park features colorful hammocks, floating gardens, beautiful lights, refreshing craft beers and food from popular Philly restaurants, making it a summer gathering space for locals and visitors alike. Open from May 10 - September 2.

### Welcome America!

One of the largest free celebrations in the entire country. Party on the Park Way, Concert & Fireworks. Thursday, July 4

## **ONE LIBERTY PLACE LIGHT SCHEDULE**



July 4  
July 22  
July 26  
July 30  
September 1  
September 7-8  
September 11  
September 13

**Red, White & Blue** for Independence Day  
**Teal** for Fragile X - Autism Awareness Day  
**Turquoise** for Dysautonomia Awareness  
**Green** for Gastroschisis Awareness Day  
**Teal** for Polycystic Ovary Syndrome Awareness Day  
**Yellow** for Pediatric Cancer - Jakes Dragon Foundation  
**Red, White & Blue** for September 11<sup>th</sup> Memorial  
**Blue** for Pain Awareness Month - Pain Association

# AVOID THE SEASONAL ALLERGY STRUGGLE

Blame the perfect storm of weather conditions for this season's awful allergies. The rainy Winter led to an abundance of tree and grass pollen. The sudden change from colder temps to warmer temps encouraged and triggered the pollen attacks!

**Give salt water a go.** Not a fan of the way many allergy meds make you feel tired and foggy? Try a saline nasal rinse (either with a neti pot or a spray), which helps clear allergens like pollen from your nasal membranes, minimizing symptoms. Gargling with salt water can soothe a sore or scratchy throat. Do this once or twice a day throughout allergy season to ease congestion.

**Kick off your shoes and work clothes as soon as you get home.** Don't drag allergens throughout your home, where they'll continue to cause your symptoms to act up. Remove your shoes outside the door and throw your clothes in the hamper and change into something else. Shower at night to wash off any lingering pollen from your body and hair before you get into bed. Have a dog or outdoor cat? Wipe their paws and fur when they enter your home too, since pollen can cling to them.

**Control dust mites.** One of the most common allergens in homes, dust mites are often passively carried from home to the workplace. Carpets, upholstered furniture and even cubicle walls may harbor dust mites. Keep your area dust free by dusting your work area with a microfiber cloth or a wet rag can help reduce the dust mites in your work area.



## Surviving Allergy Season



**Tony Daniels**  
**Project Director - Janitorial Services**  
ONE Liberty Place  
The Shops at Liberty Place  
[tdaniels@arthurjacksonco.com](mailto:tdaniels@arthurjacksonco.com)

# TENANT RESOURCE GUIDE

## CORPORATE CONCIERGE SERVICES

At Corporate Concierge Services, we bring the amenities of ONE Liberty Place to life by creating seamless service solutions & engaging entertainment experiences that enhance daily life for ONE Liberty place tenants and their employees.

Corporate Concierge provides complete corporate and personal support through our worldwide network of business, entertainment and leisure vendors. We can help with any request from the ordinary to the exceptional!

**For More Information:**  
[ONE Liberty Place Corporate Concierge Services](#)

Please let the Guest Services Team know how we can make your ONE Liberty Place Building experiences more enjoyable!



Become a member today!  
[THE ROOM Membership Waiver](#)

### Stay tuned for our upcoming 2019 Events:

- July:** Volunteer Fair
- August:** National Watermelon Day Singing and Sangria
- September:** Kick off Football Season Wing Eating Contest

### Ask us about our services exclusively to Building tenants!

- Dry cleaning drop off/pick up from THE ROOM
- Monthly manicures on-site
- Monthly Chair massages
- Facials Coming Soon

**Roopa Patel**  
**Guest Services Lead**  
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[THE ROOM](#)



THE ROOM

# BUILDING EVENTS CALENDAR



**ONE LIBERTY PLACE**

## WELLNESS WEDNESDAYS

NOON | THE ROOM

**JULY 17**  
Build a better smoothie

**AUGUST 21**  
Benefits of acupressure and acupuncture

**SEPTEMBER 18**  
Healthy lunches for back to school



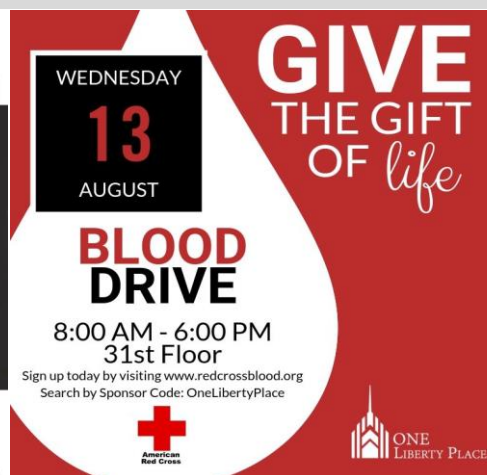
## Mindful Monday

12:00 PM | THE ROOM

Join us for a guided meditation. Meditation will conclude at 12:35 PM.

**JULY 22**  
**AUGUST 12**  
**SEPTEMBER 9**

**ONE LIBERTY PLACE**



## GIVE THE GIFT OF life

**WEDNESDAY**  
**13**  
AUGUST

### BLOOD DRIVE

8:00 AM - 6:00 PM  
31st Floor

Sign up today by visiting [www.redcrossblood.org](http://www.redcrossblood.org)  
Search by Sponsor Code: OneLibertyPlace

**American Red Cross**

**ONE LIBERTY PLACE**

**Wednesdays Every Month**  
Join THE ROOM and OLP Fit for discussions and active seminars based around healthy habits for home and the work place.

**Mondays Every Month**  
Join us for a guided meditation once a month and set intentions for success.

**Wednesday, August 13**  
**8:00AM - 6:00PM**  
[Register Here](#)  
Sponsor Code: Onelibertyplace

## SAFETY AND SECURITY



**ONE Liberty Place:**  
Innovating Building Security

Get ready to say "goodbye" to searching for your access card every time you walk into work. ONE Liberty Place has teamed up with HID Global to bring mobile device delivered access to the building.

Once implemented, you will be able to tap your phone, wearable device, or tablet to the readers for access to our secured spaces. There are many benefits for transitioning to mobile device-based building access. The most notable include: One less things to keep track of when going in and out of the building; The ability to grant access to visiting employees and clients quickly and paperless; And a reduction in waste by removing the need to reprint lost or damaged access cards.

The application for HID can be found free of charge in both the Android Play Store and Apple App Store. The App's user-friendly interface is consistent across a variety of devices and brands. Plus, with Bluetooth and NFC capabilities you can set the HID App to work while in the background of your device. Simply put, your device can grant you access while it's locked saving you time and your battery. Learn more at [hidglobal.com](http://hidglobal.com). Any questions for how you can implement HID Mobile access in your office, reach out to ONE Liberty Place Management.



## 10 REASONS TO EMBRACE

### Mobile Access Control

1. Moving access control to phones, tablets, wristbands, watches and other wearables offers choice and convenience to end-users.
2. Cool and more convenient user experience through tap or gesture-based technologies.
3. Security protections built into quality mobile credentials make them highly secure.
4. Mobile access employing best practice multi-layered authentication is more secure and protects privacy throughout the lifecycle of the Mobile ID.
5. Mobile phones are usually more closely guarded because of their cost and the personal data they contain.
6. The right mobile solution can unify all access controls into one smart device.
7. Robust online portal can administer access credentials instantly.
8. Mobile credentials and users are easily managed through an intuitive Web portal.
9. Mobile access with long read range allows readers to be placed inside a building or behind a locked door to reduce vandalism.
10. Mobile access compliments sustainability initiatives by moving access control into a greener footprint by upcycling an existing smart device.

# THE SHOPS AT LIBERTY PLACE

16TH & CHESTNUT, PHILA • [SHOPSATLIBERTY.COM](http://SHOPSATLIBERTY.COM)

For more information on The Shop's hours, events, store specials, and directory, please visit The Shops at Liberty Place website:

[www.shopsatliberty.com](http://www.shopsatliberty.com)

## HAPPENING IN THE ROTUNDA



Visit The Shops website at [www.shopsatliberty.com](http://www.shopsatliberty.com) to stay informed about the upcoming sales, activities and entertainment at The Shops at Liberty Place!

Come visit the newly remodeled Victoria's Secret, Pink and Bath & Body Works locations!

You can also follow us on [Facebook](#), [Instagram](#) and [Twitter](#).

### Events at The Shops at Liberty Place

**July 15:** Kick off to Rhythm in the Rotunda  
10:30AM - 11:00AM

**July 18 :** Wahl grooming station  
10:00AM - 6:00PM

## 2018 BOMA AWARDS WINNER

THE OUTSTANDING BUILDING OF THE YEAR FOR RETAIL!

- *Best Retail Space*
- *Best Holiday Decor*

## TENANT SPOTLIGHT

Looking for a healthy Summer treat to beat the heat? Check out the newest place to grab a quick bite in The Shops at Liberty Place. Frutta Bowls offers everything from gluten-free, to dairy free, to soy free options. Something to accommodate every guests! Don't hesitate to check out the catering options that will turn every occasion into a special event.

### [Frutta Bowls](#)

Located on the second floor of  
The Shops at Liberty Place

### HOURS:

Sun Noon - 6pm  
Mon-Sat 9:30am - 7:00pm



## MANAGEMENT & MARKETING

Colleen E. Dunn  
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**CUSHMAN &  
WAKEFIELD**

**METROPOLIS**  
Investment Holdings Inc.

# OLP FIT – ONE LIBERTY PLACE FITNESS CENTER

## FIT TIPS

This BBQ season be smart about what you add to that burger. Fill romaine or bibb lettuce with your meat of choice and all your favorite grill toppings. Don't weigh yourself down with sugary sauces! Try a Greek yogurt base as an alternative to onion dip or ranch. Your best bet is to make your own BBQ sauce to nix the sugar and sodium content. Fresh herbs and homemade rubs with your favorite spices add tons of flavor without the calories. For dessert, try grilled fruit pizza - toss your favorite pizza dough right on the grill and layer a mascarpone spread and your favorite summer fruit for a sweet treat!

## NEW SERVICES

Take a mini 15-minute getaway for your body and mind with our new chair masseuse Jodi Mahony! Massage services can truly supplement the overall well-being of anyone, not just the athlete. It can release toxins in the body, assist with pain management, promote a restful night's sleep and loosen tight muscles and tendons which allows increased circulation in the body. Massages can be scheduled the first three Thursdays every Month beginning in July.

## OLP FIT

Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:45 - 8:15 <b>BODY WEIGHT HIIT</b>		7:45 - 8:15 <b>TOTAL BODY TONING</b>	
12:15 - 1:00 <b>YOGA</b>	12:00 - 12:40 <b>PILATES</b>	12:00 - 12:40 <b>SPINNING</b>	12:00 - 12:40 <b>YOGA</b>	12:00 - 12:40 <b>SPINNING</b>
1:10 - 1:40 <b>HIIT</b>	1:00 - 1:40 <b>YOGA</b>	1:00 - 1:40 <b>BUTTS &amp; GUTS</b>		1:00 - 1:40 <b>THE CIRCUIT</b>
		5:15 - 6:00 <b>SPINNING</b>		



**Gina Toscano**

**Site Manager**

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T: 267-519-5070

[OLP Fit](#)

## MANAGEMENT TEAM



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