



# PULSE

TradeCenter 128

Client news, special offers, upcoming events, and more

October 2021

## Client News



**Symmetry Sports** offers comprehensive chiropractic care, muscular therapy, and sports rehabilitation services. Using the latest healing technologies, its team of trained professionals treats nerve, bone, and muscle complaints to restore full-body health. Visit [symmetrysports.net](http://symmetrysports.net) to review a complete list of programs, including soon-to-be offered personal training and mobility classes.

## Special Offers

### **25% off LASIK and PRK procedures**

#### **Avant LASIK Spa**

300 TradeCenter, Suite 7690

Financing plans are available.

[Book a free consultation](#) or [learn more](#).



### **Free consultation or \$99 assessment**

#### **Sylvan Learning**

400 TradeCenter, Suite 1910

Offers expire **October 9, 2021**, cannot be combined, and are valid for new enrollments only.

Learn more [online](#).



## The Latest at Cummings

**In the Know:** Don't miss out on the latest news from the fast-paced life sciences industry. Let Cummings help you stay up to date on industry happenings, local



events, and more. Complete [this brief registration form](#) to start receiving Cummings' complimentary *MetroNorth Life Sciences Update*.



**Foundation Leadership Change:** Congratulations to **Joel Swets**, who has retired after 15 years at the helm of Cummings Foundation. **Joyce Vyriotes**, who has for several years been deputy director, succeeds Swets as the Foundation's new executive director. The Mount Holyoke College graduate joined Cummings in 2011 and plays key roles on both the for-profit and nonprofit sides of the organization. Read more about this exciting change in [The Reading Post](#) and [The Chronicle of Philanthropy](#).

## Upcoming Event

### Grand opening celebration

#### Fuji Martial Arts

**Monday, October 11, 4:00 - 7:00 PM**

400 West Cummings Park, Suite 1800, Woburn

Meet Olympic medalists and enjoy martial arts demonstrations, light refreshments, raffles, and more.

Learn more on [Facebook](#).



## Cummings Buildings Power Charities



**Good Corporate Neighbors:** The Cummings organization was named the Commonwealth's Top Charitable Contributor for 2020 by *Boston Business Journal*. This is the fifth time Cummings has occupied the number one spot in recent years. View the full 2020 list in [Boston Business Journal](#), and read more about this recognition from [Boston Real Estate Times](#).

This substantial philanthropy would not be possible without the more than 2,000 leasing clients who choose to locate their businesses within the Cummings portfolio. Most Cummings buildings are owned by, and operated for the sole benefit of, [Cummings Foundation](#), with 100 percent of all rental profits going to charitable causes. Thank you.



**2022 Grant Cycle Underway:** After trickling in for most of the two-month submission window, funding proposals poured in just before the deadline. Local nonprofits filed 580 proposals—including 327 submitted in the final two days alone—for the [Cummings \\$25 Million Grant](#)

Program. The applicants—which continue to represent a wide variety of causes, including education, food insecurity, elder care, social justice, and healthcare—submitted requests to be considered for 140 grants, totaling \$25 million, to be awarded next June. The Foundation’s team of volunteer reviewers is now evaluating the proposals to determine which will be invited to submit full applications. A complete list of past grant recipients is available [online](#).

## Cummings in the News

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Some of the publications below may require a subscription. This list is intended to provide a general idea of the type of news coverage Cummings has garnered in recent weeks.

Cummings to build lab complex in Medford  
*Banker & Tradesman* – September 7, 2021

Cummings again recognized as “Top Charitable Contributor” by BBJ  
*High Profile Monthly* – September 14, 2021

Vyriotes appointed to lead Cummings Foundation  
*The Chronicle of Philanthropy* – September 17, 2021

Absorption Systems leases 24,000 SF at 12 Cabot Road, Woburn  
*Boston Real Estate Times* – September 22, 2021

## Friendly Reminders

**Fall Back:** Daylight Saving Time ends at **2:00 AM Sunday, November 7**. Remember to turn the clocks *back* one hour.

**Flu Tips:** Flu season has begun. With COVID-19 still circulating, it is more important than ever to stay healthy. Here are several actions people can take to lower the risk of spreading influenza and other illnesses in the workplace:

- Get the flu vaccine, especially if you have a condition that makes health complications from the flu more likely.
- Frequently wash hands with soap and water or an alcohol-based hand gel.
- Cough or sneeze into a clean tissue or the inside of your elbow.
- Avoid close contact with others who have a cold or the flu.
- Regularly clean items that are often touched by others, such as door handles, phones, faucets, keyboards, and copiers.



Learn more about how to [avoid and treat the flu](#).

**Talking Trash:** Clients are reminded to please observe some simple guidelines for trash removal. Thank you, in advance, for your cooperation.

- To prevent unsightly carpet stains and burns, all trash bags and barrels should be carried or carted—not dragged—over carpeted floors.
- Please remember that the trash compactor is for normal office waste only.
- When trash is placed in one of the compactors, the compactor ram *must* be operated to prevent overflows and jams.
- Please do not leave unwanted items, such as furniture or other large items, in or near the compactors, or on any of the loading docks.
- Also remember that all cardboard boxes or materials need to be broken down before being placed into recycling dumpsters or bins. This will help maximize capacity, as well as greatly assist our recycling efforts.



**We want to hear from you!** Do you have news or a great photo to





share? Is there a special you'd like to offer to Cummings clients? Email your news, offers, and photos to Lisa VanStry at [lvs@cummings.com](mailto:lvs@cummings.com).

## Earn Cash for Client Referrals

Know someone looking for space? You could earn \$1,000 or more for referring a new client to Cummings Properties. Within our portfolio, which spans 11 cities and towns north of Boston, we have a space for every need. See details [here](#) or speak with your account manager to learn more. Earn \$1 per square foot for a successful lease with us, with a minimum referral bonus of \$1,000!



Prime first-floor suite at 444 Washington St.

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[View floor plan](#)

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[cummings.com](http://cummings.com)

[Service Call Request](#)

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