



1001 Warrenville Road

**INSIDE THIS ISSUE**

Start the New Year Right	2
LifeStart Fitness	2
Weight Watchers	3
Cell Phone Recycling	3
Snow Plowing	3
Smoking Policy	3
Flu Prevention	4
Toys for Tots	4
In-House Food Service	4
Winter Fun in the City	4
Contact Us	4

**NEWEST TENANT COMING TO ARBORETUM LAKES**

**imaginestics** Imaginestics, LLC will be opening an office in the Arboretum Lakes Office Park in early February 2013. They will be located at the 901 Warrenville Road Building, Suite 105.

Imaginestics’ focus since its founding has been to leverage its unique patented visual search technology to bridge gaps in the areas of engineering, manufacturing and supply chain. With their blend of innovative technologies and industry expertise, they have developed advanced software solutions that provide a paradigm shift from traditional approaches to solving problems faced by users both in the government and private sectors in design, production and acquisitions programs. Check them out at [www.imaginestics.com](http://www.imaginestics.com) or click on logo.

**ARBORETUM LAKES BLOOD DRIVE**

Millbrook Properties will be hosting a **Mobile Blood Drive** for the Arboretum Lakes tenants on **Tuesday, March 26, 2013** through LifeSource. The LifeSource motor coach will be parked in the **north parking lot** of the **901 Warrenville Road Building** from **8:00 a.m. to 3:00 p.m.**



There are basic qualifications that every donor must meet in order to be eligible to give blood. The actual donation process is quick, easy, and painless. And remember, with every donation you are saving up to 3 lives!

Donating blood is safe and simple. The entire process, from registration to refreshments, takes approximately one hour. Strict procedures for every step of the process ensure the safety of the donor and of the blood supply.



**To schedule your appointment, please call Life Source at 877.543.3768 or go to [www.lifesource.org](http://www.lifesource.org) and use code 865C.** FREE Cholesterol and FREE Blood Typing! Ap-

pointments are preferred but walk-ins are welcome. Cancer restrictions, diabetes, and tattoo laws have been updated so you may be newly eligible! Please call LifeSource for details!

**MOTOVATIONAL**




**DREAM BIG**

*“Your attitude, not your aptitude, will determine your altitude.” - Zig Ziglar*

## START THE NEW YEAR RIGHT



We're all beginning a bright new year, so why not start it off right by incorporating a few new healthy habits into your life? There's no need to revamp your entire diet and lifestyle to improve your health—even small actions can payoff in a big boost to your health. Check out the ideas below and try the ones that sound right for you.

**Get your full eight hours.** Just as a healthy diet and regular exercise are necessary and important for good health, so is sleep. Cutting back on snooze-time can lead to an out-of control appetite, a greater risk for coronary heart disease and type 2 diabetes. So try and get the recommended eight hours of sleep needed for good health, safety and optimum performance. 

**Volunteer.** In addition to helping others, volunteers themselves often benefit from “giving back” to the communities in which they live and work, and enjoy a rewarding sense of doing something good for someone else. As a volunteer, you gain valuable experience, learn new skills, make friends and meet others who share the same interests.

**Maintain strong family and social networks.** Research has shown that people who have family and friends they can turn to for support and companionship may be healthier and less likely to experience depression than those who spend most of their time alone. Looking for new friends? Join a club or take a class.

**Know your family health history.** Your family's medical history can give you important information about your own health. The more you know about the health of your relatives, the better informed you'll be about your own risk factors and how to manage them.

**Take a time out.** At least once a day, close your eyes and focus on taking 10 deep full breaths. Inhale through your nose, feel your diaphragm expand, and exhale through your mouth. Deep, focused breathing slows your heart rate, calms the body and, as a result, calms your mind and reduces stress.

**Drink more water.** Whether you drink bottled, filtered or tap water, it helps keep your cells hydrated, flushes out toxins, and prevents dehydration. Tea, juices and sports drinks count, too, but watch out for added sugar, artificial flavorings and caffeine, all of which can detract from the benefits.



## LIFE START FITNESS CENTER

*Are you ready to shed those holiday pounds—JOIN TODAY!* Contact **Laura Cieplik, General Manager and Exercise Physiologist**, for the LifeStart Arboretum Lakes Fitness Center at 630.810.0360 for your complimentary fitness assessment. Whatever your fitness level is, a personalized workout will be created for you. Life Start Wellness Network is your complete source for a healthier life and overall well-being.

The fitness center is located in Suite 2 at 901 Warrenville Road on the lower level of the building. Club hours are Monday through Thursday 5:30 a.m. to 8:00 p.m., Friday 5:30 a.m. to 7:00 p.m., and Saturday 8:00 a.m. to 12:00 p.m. - closed on Sunday.

**Amenities Include:**

Individual Lockers   Free Weights   Cable Machines   Resistance Machines Floor   Cardio Floor  
 Laundry Service Offered   Free Towel Service   Locker Room With Amenities  
 Free Group Exercise Classes   Massage Therapy

Group exercise classes: *Indoor Cycling, Pilates, Yoga, and Boot Camp*

Locker room amenities include **Private Lockers** and **Dry Saunas**, all of which will provide you with the comfort you will need to enjoy your time at the center. Click on photo for more information!

## WEIGHT WATCHERS AT ARBORETUM LAKES

IS WEIGHTWATCHERS RIGHT FOR YOU? COME ASK AN EXPERT!

### Join Us For A Weight Watchers Open House

Join us for an information session at Arboretum Lakes hosted by a WeightWatchers Leader who has successfully lost weight with WeightWatchers. WeightWatchers can help you be healthier. You'll learn about the program and how WeightWatchers helps you set your goals and achieve them.

Come at noon to hear other member success's. This group has lost more than 419 pounds!!! Walk ins are welcome!

Date/Time: January 24, 2013 / 12:35 - 1:00 PM

Location: 901 Warrenville Road, Lower Level Conference Room across from Deli Moretti

Contact: Tanya Fortman, WeightWatchers Leader at TFORT-MAN@COMCAST.NET for additional information.



## CELL PHONE RECYCLING



Did you receive a new phone as a holiday gift? If you are looking for a place to donate your old phone, Millbrook Properties Management office has placed **Phones 4 Charity** drop boxes on the lower level of 801 901 & 1011 buildings and in the vending machine area of the 1001 Building. Non-working phones will be recycled. If your donated phone cannot be reused as a service phone or for 911 call capability, it will be recycled in accordance with federal and local environmental standards for its metal and plastic components. Click on logo for more information.

## SNOW PLOWING

Along with the beauty of the first snowfall comes plowing.

During the winter months when snow plowing is inevitable, any vehicles requiring overnight parking at the at the Arboretum Lakes buildings should be parked in the center aisles of the parking garages. This will allow for thorough snow removal of the exposed areas. Cars left in the surface lots during a snow fall greatly complicate snow removal efforts and run the risk of being damaged by snow plows.



Also, should you need to leave your vehicle in the lot overnight, please remember to leave your vehicle information with your facility coordinator or notify Marka Donovan at [mduonovan@millbrookrec.com](mailto:mduonovan@millbrookrec.com).



## SMOKING POLICY

Please be reminded smoking is prohibited within 15 feet of the entrances and exits of the buildings. While we try our best to police the entrances and ensure everyone follows the rules, it is up to individuals to follow the law. Please be courteous to other employees at the complex and remain in the designated smoking area at your building. The designated smoking areas for the Arboretum Lakes Complex are as follows:

801: Northeast Parking Lot

901 & 1001: Smoking Shelter Located in the Northwest Corner of the Garage

1011: Southeast End of the Underground Parking Garage

Millbrook Management thanks you for your cooperation!





**SEASONAL FLU PREVENTION TIPS**

*It's that time of year when coughs, colds and flu seem to spread easily. Follow these simple tips to avoid spreading illness this winter.*

**Wash your hand frequently** using warm water and soap, scrubbing all surfaces for about 15-20 seconds. Some flu viruses can live up to two hours on surfaces such as desks, phones and door knobs.

**Avoid touching your face**, unless you have clean hands. The eyes, nose and mouth are entry ports for flu viruses.

**Avoid sharing objects** (cups, utensils, etc.). Wipe down shared equipment such as phones and keyboards.

**Eat healthfully.** Remember to eat the recommended 5-9 servings per day of fruits and vegetables.

**Limit alcohol intake.** Alcohol can dehydrate which, in turn, may decrease your resistance.

**Finally, listen to your body.** Stay home if you have a fever and are coughing. You will feel better, recover faster if you rest and reduce the risk of infecting others.

**TOYS FOR TOTS**



Thank you to everyone who generously donated a gift to Toys for Tots. You have played an active role in the development of one of our nation's most valuable resources—our children. Toys for Tots goal is to unite all members of local communities in a common cause each year during the annual toy collection and distribution campaign; and to contribute to better communities in the future.

**IN-HOUSE FOOD SERVICE**



1011 Warrenville Road, Lake Level, Lisle  
**Operator: Philip Burton**  
 Phone: 630.963.4030 / Fax: 630.963.4070  
 Email: Cafe1011@comcast.net  
 Mon-Fri 7:30 a.m.-2:30 p.m.



901 Warrenville Road, Lake Level, Lisle  
**Operators: Tony and Olga Moretti**  
 Phone: 630.515.9154 / Fax 630.515.9385  
 Mon-Fri 7:00 a.m.-3:00 p.m.

TO VIEW OUR FOOD SERVICE MENUS

Click on logos or visit Millbrook's Website at [http://millbrookrec.com/mal\\_amenities.php](http://millbrookrec.com/mal_amenities.php)

**BOTH CAFÉ TEN ELEVEN & DELI MORETTI ARE AVAILABLE TO ACCOMMODATE ALL OF YOUR CATERING NEEDS**



**The Arboretum Lakes Observer**

is published for the tenants at Arboretum Lakes Office Park.

To comment or make suggestions contact:

Millbrook Management Office

Monday - Friday 8:30 AM to 5:00 PM

Phone: 630.963.1151 Fax: 630.963.2299 [www.millbrookrec.com](http://www.millbrookrec.com)

**Winter Fun in Chicago**



**Looking for some post-holiday fun?**

**See a Show**

(click on event for details)

**Other Desert Cities**  
 Goodman Theatre  
 through February 17

**The Book of Mormon**  
 Bank of America Theatre  
 through September 8

**I Love Lucy**  
 Broadway Playhouse  
 through March 3

**Peter Pan**  
 Cadillac Palace Theatre  
 through February 10

**Head to the Museum**  
**Charlie Brown and the Great Exhibit**  
 Science & Industry  
 through February 18

**Jellies Exhibit**  
 Shedd Aquarium  
 extended through 2013

**Go to a Concert**  
**Lady Gaga**  
 United Center  
 Wednesday, February 13

**Pink**  
 United Center  
 Saturday, March 9

**Chicago Symphony:**  
**Yo-Yo Ma & Esa-Pekka Salomen**  
 Symphony Center  
 Friday, March 1  
 Saturday, March 2