

Cummings MetroNorth News

CUMMINGS CENTER / DUNHAM RIDGE

June 2023

This monthly newsletter is prepared primarily for and about Cummings Properties' leasing clients in Beverly. Enjoy the latest client news, events, special offers, and more.

Treat Yourself



Early Harvest Diner, 950 Cummings Center, Suite 96-X, is now serving dinner! Visit Wednesday through Saturday until 9:00 PM to enjoy artisan pizzas and calzones, savory rice bowls, and assorted appetizers along with locally crafted Rockport Brewing Co. beer, wine, and mimosas.

Preview the full dinner menu online and come hungry.

The Whoo(pie) Wagon has officially opened its doors at 950 Cummings Center, Suite 97-X. Pop in (weekdays 10:00 AM to 5:30 PM and Saturday 10:00 AM to 4:00 PM) for gourmet coffee drinks, assorted whoopie pies, and other sweet treats.



Seen Around Campus

Below, left: New England BioLabs hosted regionally based teams for a festive open house event at 43 Dunham Ridge. Attendees enjoyed tasty refreshments, music, and more as colleagues from the Dunham team led them through the new facility. Pictured, New England BioLabs research coordinator Erin Varney, the event organizer, poses beside The Whoo(pie) Wagon outside 43 Dunham. View more fun photos via Flickr.



Above, right: Cummings senior account manager Mary Carroll (left) welcomes Bill Loiacano, of branded items provider Seaside Graphics, to the Cummings Center leasing community.

Hot Summer Deal

10% off your first service Siana Aesthetics Medical Spa



100 Cummings Center, Suite 244-C
Cummings leasing clients receive 10 percent
off any service on their first visit. (Bring a
friend, and you'll both get 15 percent off!)
Treat yourself to a full range of cosmetic and
antiaging treatments, including injections,
hair restoration, facial peels, laser hair

removal, IV vitamin infusions, and more.

Book a free consultation<u>online</u>, call 978-993-8300, or text your name and date of birth to **Lisa** at 781-405-1447. Ready to visit? Enter via door 150, take the elevator to floor 2, and head right to the pink entrance.

Noteworthy News



Join <u>CrossFit Five Plus</u> for a <u>six-week burn and build challenge</u>. Learn how to lose weight, transform your body composition, and boost your metabolism without excessive dieting. Contact <u>info@crossfitfiveplus.com</u> to connect with a coach for additional details.



<u>LaMacchia Realty</u> has been recognized among Boston Business Journal's 2023 Fast 50. Ranked by revenue growth from 2019 to 2022, the list catalogues the 50 fastest-growing companies in the Commonwealth. <u>View the complete list</u> of 2023 honorees

Business Development Opportunity



<u>Foundation for Business Equity</u> is accepting applications for its <u>Business Equity Initiative</u>, a strategic advisory program designed to help Black- and Latinx-owned businesses thrive. Accepted businesses will benefit from nine months of customized guidance from a team of dedicated advisors. <u>Learn more and apply</u> by Monday, June 12.

Cummings Buildings Power Charities



Across greater Boston, 150 organizations recently opened packages to find a message proclaiming "You got it!" These top-notch nonprofits were awarded multi-year funding through the Cummings \$30 Million Grant Program.

"My eyes were filled with joyful tears when I opened the email and it read YES!!! This means so much after

persevering through all the struggles of the pandemic, keeping our staff employed and remaining open as a remote, full-day learning center when all our schools in Lynn were closed." - Doreen Murray, of Building Bridges Through Music, in an email to Cummings Foundation.

"My heart is bursting with gratitude! Thank you! I am looking forward to shouting the great news from the rooftops!! We could not do our work without you."

-Deb Ansourlian, of Girls Incorporated of Lynn, in an email to Cummings

Foundation.

The complete list of grant winners is available or <u>CummingsFoundation.org</u>. Visit Cummings' <u>Facebook</u> and <u>Twitter</u> pages to enjoy the many touching and creative reactions from nonprofit staff members.

The thanks expressed by grantees also goes to all Cummings Properties leasing clients, whose rent dollars are so enormously helpful in funding all the Cummings organization's good works.

To Do This Month



Mitigating Employment Risks McLane Middleton

Tuesday, June 13, 8:00-10:00 AM

320 Corporate Drive, Portsmouth, NH

During this complimentary education session,

attendees will learn strategies to safeguard a business from fines, penalties, lawsuits, reputational harm, and other employment-related risks. Please register online.



Multi-Chamber Networking Event Wednesday, June 14, 5:00-7:00 PM

Misselwood Events at Endicott College

407 Hale Street, Beverly

Enjoy complimentary appetizers, a cash bar, and lively conversation with Chamber affiliates, Endicott College, and Misselwood staff. Please register online.



Arts Fest Beverly Beverly Main Streets Saturday, June 17, 10:00 AM-4:00 PM

Cabot Street, Beverly

Join Beverly Main Streets for the 20th annual Arts

Fest Beverly, a free outdoor festival featuring works produced by more than 130 regional artists, kids' activities, local food trucks, and more. Additional details are available online.



Learn What the Chamber Can Do for You **North Shore Chamber of Commerce** Tuesday, June 20, 8:00-9:00 AM

500 Cummings Center, Suite 1700, Beverly

The North Shore Chamber of Commerce is hosting a free information session for businesses interested in hearing more about the Chamber and how it can benefit you and your employees. Meet Chamber staff, learn about marketing and advertising opportunities, and explore networking possibilities. For more information, contact Scott Muir, director of business development, at scott.muir@northshorechamber.org or 978-774-8565, Ext. 4.



Changing Landscape of Safety Regulations North Shore Technology Council Thursday, June 22, 12:00-1:00 PM

Zoom event

Karen Yurek, of Safety Partners, will present on current laboratory safety regulations, emerging trends, and strategies to remain in compliance as changes are enacted in the Commonwealth. Please register online for this live webinar.

Plan Ahead



Digestive Health Workshop Cummings and Beverly Athletic Club Wednesday, July 26, 12:00-1:00 PM

Cummings Center, Beverly (Suite TBA)

During this in-person lunch-and-learn, health and wellness professionals Jacyn Tremblay and Darren **Burke** will share tips to improve gut health for better immune function, increased energy, and enhanced

whole-body wellness. All Cummings leasing clients are invited to attend.

Registration is required. Please send your name and the name of your organization to womensbusinessnetwork@cummings.com.



Women's Business Summit **SCORE Northeast MA**

Wednesday, September 20, 4:00-7:00 PM

Spinelli's Lynnfield, 10 Newbury Street, Peabody

Attendees will enjoy an engaging presentation and panel discussion in which local businesswomen will share their experiences overcoming small business challenges and roadblocks. Networking reception and complimentary hors d'oeuvres included. Please register online.

Pomp and Circumstance



Although Joyce and Bill Cummings much prefer for the spotlight to be on others, they know that public acknowledgements of philanthropy can help inspire people to give in whatever ways they can. They hope that this was the case last month when they accepted honorary degrees from Regis College, Roger

Williams University, and University of Massachusetts at Amherst. Watch the video above [timestamp 31:00] for the pair's <u>rousing commencement address</u>, delivered to Roger Williams' class of 2023.

Friendly Reminders

Upcoming Holiday: Cummings' offices will be closed**Tuesday, July 4**, in honor of Independence Day.

Protect the Flooring: Without chair pad protection, the frequent rolling of chairs will damage carpeting. This type of damage is particularly costly because, typically, the carpet in an entire room or open area must be replaced, even if only a small section is damaged. Simply using a chair mat or pad will help avoid charges when a client vacates. Thank you for your cooperation.



Need Gift Ideas? Remember your neighboring merchants as you plan graduation and Father's Day shopping. Cummings Properties is home to many different businesses with a variety of fine offerings. Check out the <u>Client Directory</u> to discover all that is offered, now and throughout the year.



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, photos, and more to newsbrief@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. Contact your account manager or view this flyer to learn more.

Earn \$1 per square foot for a successful lease with us, with a minimum referral bonus of \$1,000!



View Featured Suites

Client Directory

cummings.com

Service Call Request

Executive Office Suites







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Unfortunately, if you unsubscribe, you will not receive important building notices such as water and electric shutdowns or fire alarm testing.