

1st Quarter 2022

55 West Monroe

55WM Achieves Fitwel® Green Building Certification

55 West Monroe's new Fitwel certification is the fourth environmental/operational certification the building has earned in the past two years.

This proverbial "grand slam" of recognized building excellence follows the building's successful LEED Gold recertification and ENERGY STAR certification in 2021, and its being named a BOMA 360 High-Performance building in 2020. Together, these certifications underscore 55's reputation as a leader in operational and energy efficiency in Chicago's commercial office market.

Unlike previous certifications, Fitwel offers "a vision for a healthier future where every building is enhanced to support the well-being of its occupants," according to its website.

Fitwel reviewers praised 55WM for its:

- **Walkability:** The building's downtown location provides opportunities for tenants to engage in regular physical activity, enhances social interaction, and offers access to area amenities.
- **Bike parking:** Onsite bike rooms encourage tenants to embrace alternatives to driving or

public transportation when commuting to and from work.

- **Green purchasing policy:** 55's green purchasing strategies help ensure high indoor air quality levels that promote tenant health.



- **Water quality:** Regular testing prevents exposure to potential water contaminants or pathogens and reduces potential adverse health effects among tenants.
- **Emergency Preparedness:** The building's comprehensive emergency preparedness plan ensures that occupants are prepared to respond in emergency situations and diminish potential negative impacts.

The Fitwel green building certification system was developed by the Centers for Disease Control and Prevention (CDC) and the General Services Administration (GSA). Learn more at <https://www.fitwel.org>.

New InTouch Platform Lets Tenants Stream Virtual Events

55 West Monroe tenants may now stream a wide range of event programming through InTouch, a web-based content platform powered by JLL.

Access Events Live & On-Demand

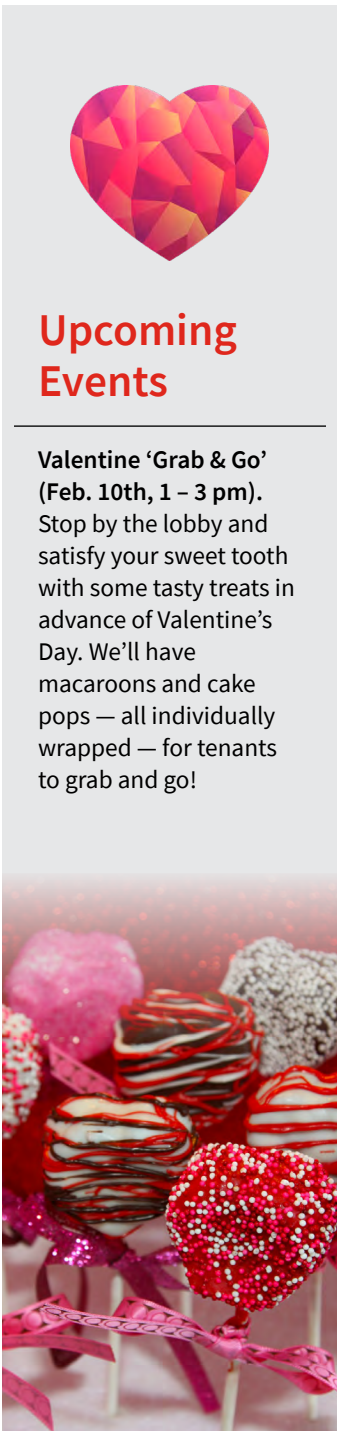
Every month, *InTouch* delivers appealing live presentations that tenants may view individually or with colleagues. Can't view a presentation due to scheduling conflicts? InTouch also offers On-Demand recordings for maximum flexibility.

Available programming includes interactive webinars, tutorials, cooking demos, trivia contests (and other team building competitions), health and wellness classes, sustainable practice initiatives, philanthropic efforts, and more.



Register Today!

It's easy to get *InTouch*: Visit <https://manulife.xmintouch.com> and create a user account by entering your name and company email.



Upcoming Events

Valentine 'Grab & Go' (Feb. 10th, 1 – 3 pm).

Stop by the lobby and satisfy your sweet tooth with some tasty treats in advance of Valentine's Day. We'll have macarons and cake pops — all individually wrapped — for tenants to grab and go!



55 West Monroe
Chicago, IL 60603

Management Team

Danica Munson
General Manager

Mary Scott
Assistant General Manager

Angelo Miceli
Chief Engineer

Mick McGowan
Assistant Chief Engineer

Reinhard Dietz
Engineer

David Freel
Engineer

Dan Schenfeld
Engineer

Justin Palmer
Engineer

Michael Elam
Day Maintenance Supervisor

Biljana Tomovic
Maintenance Supervisor

Kevin Singh
Director of Security

Leasing Staff

Andrea Saewitz
Executive Vice President,
Stream Realty

Matt Lerner
Executive Vice President,
Stream Realty



eWaste Recycling Program Focuses on Tenant Convenience

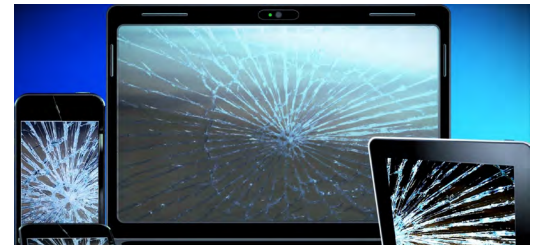
55 West Monroe’s eWaste program helps tenants take the guesswork out of electronics recycling. Simply place a “Please Throw Out” sticker on any electronic equipment located in your suite — computers, flat screen monitors, printers, batteries, etc. — for pick-up by the building’s cleaning crews.

Benefits of Recycling

eWaste recycling helps keep obsolete electronics equipment out of landfills, where harmful materials — including mercury, lead, and other toxic components used in the manufacture of these products — may be released into the air, soil, and groundwater.

It’s Also the Law

There is another compelling reason to recycle



electronics equipment: state law prohibits the disposal of many types of office equipment (including computers) and home entertainment units (such as TVs, DVD players, and video game consoles) in landfills.

Questions about 55 West Monroe’s eWaste program? Please contact the Management Office (55westmonroe@am.jll.com or 312-443-1950).

Fifth-Floor Lounge Drives Tenant Comfort & Productivity



55 West Monroe’s fifth-floor Tenant Lounge offers a space for tenants to reflect, connect, and to recharge their batteries for improved productivity. Moreover, it’s an appealing onsite amenity that helps attract and retain talented employees.

The Lounge offers an impressive array of features: Wi-Fi connectivity, widescreen TVs,

ping-pong and foosball, a kitchen area with refrigerators and microwaves, comfortable seating, and more.

“These types of amenities rank very highly in the eyes of current and prospective employees looking for the right career fit,” explained General Manager Danica Munson. “Our Tenant Lounge offers a convenient onsite space to unplug and relax or gather with co-workers to discuss projects in a different setting.”

But don’t take our word for it. Experience the Tenant Lounge for yourself. Hours are 6 am – 7 pm (M-F).

The facility is also available to rent for company events and gatherings (weekday evenings, 4 pm – 9 pm). Contact the Management Office for reservations and rates.

‘WorkSmart @ 55’

Take Control of Your Inbox

Staying ahead and/or on top of daily emails can be an overwhelming exercise. Take control of your inbox and you’ll soon find yourself completing work assignments more efficiently and spending less time on mundane tasks like checking your email. Here are a few tips for getting your inbox on track:

1. **Designate your inbox for priority messages.** Focus on actionable, urgent messages. Create a “waiting folder” for emails that require someone else’s input or action.
2. **Create subfolders or labels.** Tie together email messages on a particular subject or thread and archive them for quick reference.
3. **Establish inbox rules and filters** that automatically organize/prioritize email messages into specific folders for follow-up.
4. **Set specific times each day to check email.** This helps avoid frequent intrusions on your time and concentration. It may even allow you to focus more effectively when responding.