

# THE CORNERSTONE

THE NEWSLETTER OF FEDERAL RESERVE PLAZA

ISSUE 1, 2012

Dear friends,

What an extraordinary year we had in 2011 – earthquakes, hurricanes, Occupy Boston – the world outside was a volatile place. Here inside Federal Reserve Plaza, we had a busy and meaningful year, continuing our services and sustainability efforts and introducing a few new activities. Our Insiders' Tours proved to be very popular – look for them again when the weather turns friendly. At our two Energy Fairs, building employees bought more than 11,000 products, representing life cycle energy savings equivalent to reforesting more than 1,000 acres of trees.



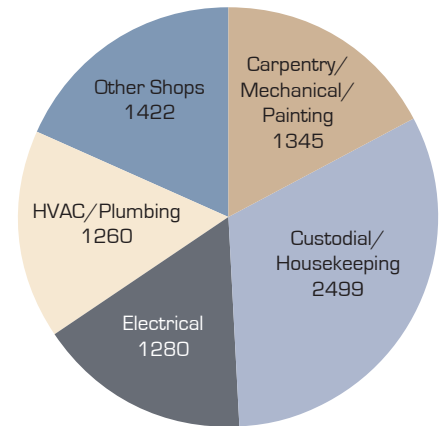
Behind-the-scenes energy saving continued, with additional lighting system enhancements and a “low-load” chiller, an important component of the HVAC system. Our single stream recycling numbers were strong, and kitchen composting topped 1.6 tons. Our craftsmen expended a lot of energy too, with more than 7,800 service calls among our shops.

In 2012, we will continue to focus on smart energy management, and the first major project moves the lighting upgrade outside to the building's exterior. We're also pleased to be completing the upgrade of the 4th floor, with the final rest room renovations and a redesign of “the link” near the Credit Union, and other projects will roll out as the year progresses. As always, we are committed to providing timely and high quality services to you, and we are creating action plans for some of the ideas you offered in our Customer Satisfaction Survey. We also look forward to sharing new ways you can continue to make a difference in our energy-saving efforts.

Best wishes for a healthy and prosperous 2012.

Dana Warren  
Vice President, Property Management

## At your service ...



In addition to their regular care and maintenance of the building our shop personnel responded to over 7,800 service requests in 2011.

## Happy Birthday 2012!

The Harborview Dining Room invites you to enjoy a free lunch on your birthday. Bring some friends and celebrate.



## Car loans before lunch? Fee-free banking? Managing your money in 2012.

Credit Union membership is surging across the US as some banks increase fees and tighten lending. “There’s a good reason for the boom,” says 600 Atlantic Federal Credit Union manager Ralph Moore. “We can help you with everything from mortgage, school and auto loans to no-fee debit cards, fixed rate credit cards and free online bill pay. As part of the Federal Reserve Plaza community, we’re like your local bank – we’re providing these services to our neighbors.” Stop by to see what advantages - from notary to no fee – the Credit Union can offer to you this year.

Weight Watchers offers programs at Federal Reserve Plaza throughout the year.

## See Green. Eat Lean. Healthy food choices for 2012

Our surveys in 2011 have told us loud and clear that healthy eating is important to you. Sodexo is looking to make it even easier to eat smart in 2012. For instance, "Good Choice" symbols will signal healthy items on the core menu. For salad bar lovers, red, yellow and green crocks and tongs will help you build a better salad – "see green, eat lean."

"Detailed nutrition information has always been available at Sodexo-Online, and in hard copy at Café Six Hundred," says Sodexo's Ryan Goodwin. "Now you'll also find posted specials with nutritional info like fat and sodium content. The **Your Health Your Way** section online will even calculate your daily intake for you, just by clicking on the items you've purchased."

There are also more vegetarian and vegan options than ever, especially at the entrée and specialty stations, and side dishes are always available individually. Goodwin says "Your feedback has already helped us target the healthy food you want, so keep the input coming." While old favorites and comfort foods will always be available, healthy choices are easy to find, and you can expect more new items and ideas in the months ahead.

**"...The **Your Health Your Way** section online will even calculate your daily intake for you, just by clicking on the items you've purchased."**



Ryan Goodwin, Manager  
Cafe Six Hundred

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## Body Blast Feeling fit in 2012.

If one of your resolutions is to get more fit this year, Fitness Center manager Leah Atkinson can help. From Assessment to Zumba, Leah can chart a healthy course for anyone looking to improve their physical and mental well-being through exercise. A full range of equipment and a varied and convenient class schedule provide many options, and nutrition tips and recipes help support your goal setting. Personal training is available and there are special programs throughout the year to keep fitness fun.


Visit [www.federalreserveplaza.com](http://www.federalreserveplaza.com) for more details.

## Stay On Top of Your Health in 2012 Our Center offers services and programs.

Be sure to stop by Wellness Wednesdays in 2012, for free blood pressure screenings and body fat analysis, as well as nutrition information and other health tips. The Health & Wellness Center will also offer American Heart Association Adult and Child CPR training, which includes the use of AEDs, several times throughout the year.

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