

CORPORATE NEWSLETTER

Q2 / 2019



A WORD FROM THE PRESIDENT

Welcome spring and welcome to our second quarterly DSB newsletter! With the longer days and warmer weather, our construction department has been in full swing out in the field. Currently under construction are The Met, a 114 unit apartment building at Metro Centre, and a 12 unit dormitory & faculty housing building at Garrison Forest School. We are also renovating 405 W. Redwood Street, formerly a 35,600 sf medical office building, and converting it into 35 apartments. We will be breaking ground soon on a 235 room Marriott Hotel at Metro Centre as well as a 82,000 sf library for Stevenson University at their Owings Mills campus. We couldn't do any of what we do without our employees and I want to thank each and every one of you for the contributions you make to our ongoing success.

 - Howard Brown

New Hires

We would like to welcome all of our new employees here at David S. Brown. It is our belief that our extraordinary employees are our greatest strength and asset. We could not do what we do without all of our hardworking and motivated team members. We look forward to all of your future achievements here at David S. Brown.

Aaron Pack , Maintenance Technician	Michael Eggleston , Maintenance Technician
Anne Angel , VP of Residential Leasing	Thomas Hall , Maintenance Technician
Beth Workman , Executive Director, Coworking	Mario Panameno , Porter
Cindy Ruiz , Porter	Michael Smith , Landscape Laborer
Joseph Johnson , Commercial Office Leasing Rep	Sirajaldin Abdulzahra , Landscape Laborer



Danielle Bush, Director of Interior Design

Department of the Quarter: **Interior Design**

When was the Interior Design department created?

The Interior Design Department was brought in-house in 2001. I started with the company in 2003 and grew the department to the team we have in place now. Developers typically provide the interior design/ construction document services to prospective tenants when they are marketing their buildings. Instead of utilizing outside design firms, all interior design is handled internally.

How many people work in the Interior Design division?

We have a team of 4 interior designers currently on the team.

Myself, who has been with the company since 2003. I am licensed and certified in the State of Maryland to practice Interior Design. Sakina Reza, Sr. Designer, has been with the company on and off since 2004 (officially coming back to stay in 2011). Elizabeth Wahbe, Interior Designer, started in 2016. Most recently, Alex Hahn, Jr, Interior Designer, joined the team in 2018. All members of the team hold a BS degree in Interior Design from accredited universities.

How has the Interior Design department transformed over the years?

What started as a small in-house operation has developed into full blown interior design services for all of the Commercial Division portfolio. We start work with the prospective tenant during the preliminary design (programming phase), through Design Development, Construction Documents, and Construction Administration. Many of our tenants have been in the portfolio for years and we have watched them grow their companies. We work with everything from our retail tenants to large full building corporate offices. In addition to our work within commercial, we also design for our own properties. Lobbies, common areas, apartment lobbies and models are also handled internally. The recent 9th floor expansion was handled solely by our team.

Recently Completed Projects



The 9th floor renovations at our **100 Painters Mill** headquarters were designed to update the functionality of the overall space and to accommodate for the steady growth that David S. Brown is experiencing. It is an exciting time to work at our corporate office!



CBiz is the first office tenant at **Metro Centre**. They occupy over half of the 2nd floor. We worked with them to design their space and create a culture shift. The design structure of their offices, open break and teaming areas and a bold color pallet, were all part of their requests.



Red Brook Health Tip of the Quarter

Spring is in the air and with 25% of 2019 already in the books, let's reassess our progress and set new goals for the next 90 days. It's never too late to start improving some aspect of your health. There are 4 pillars of health (nutrition, fitness, mentality, and recovery) that affect our daily well-being. Here are some options to help strengthen those pillars.

Pillar 1

Nutrition: Preparing and eating meals that align with your goals is important, but not everyone has the time to do this properly. At Red Brook Health, we've partnered with Jimmy's Famous Meals, a meal delivery service that brings healthy, fully cooked meals to you. Go to www.JimmysFamousMeals.com to select and build your meals, select Red Brook Health & Wellness Center as your drop off location. You'll receive an email or text confirming your meals are ready, and you can pick up your meals every Tuesday and Friday. Less cooking, less shopping, and less "bad" meals.

Pillar 2

Fitness / Movement: It's getting warmer outside and the sun is setting later in the day, so take advantage of the fresh air and sunlight. Find out how many steps you're taking each day then increase that number by 1,000 each week. Your ultimate goal is to take 10,000 steps per day or more. Walking with a friend or your family, running, or other outdoor activities are great ways to get some vitamin D, rack up a few more steps, and burn more calories.

Pillar 3

Mental / Motivation: The mental aspect is always overlooked because we're programmed to constantly "GO!". That's great at times but your body can only handle so much stress at work, home, or within yourself. Knowing when to take a few deeps breaths, when to push yourself, and when you're off track is important. For example, taking 6 long deep breaths (inhale 3 – 5 seconds into your nose, then exhale through your mouth 5 or more seconds) has been proven to decrease your blood pressure and stress level. (Try it)

Pillar 4

Recovery: Sleep is the #1 tool when talking about recovery. How are your sleep patterns? How many hours do you get each night? For some people 6 hours is enough, but for others 7.5 or more hours is needed. Either way, putting down the phone and turning off the TV 30 minutes before going to sleep can increase your quality of restful sleep in major ways. Reading a book, article, or practicing meditation are great alternatives to electronics.

Work on these 4 pillars over the next 3 months and assess which ones need the most attention. As always, the Red Brook Health staff is here to help you with all of your fitness needs.

Contact us with questions: info@redbrookhealth.com

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Images of the Quarter



Garrison Forest Dormitory Site / Owings Mills, MD



Marriott Hotel at Metro Centre / Owings Mills, MD



The Met at Metro Centre Apartments / Owings Mills, MD



405 W Redwood Apartments / Baltimore, MD