

This April, take the pledge.

Help create a kinder, more inclusive world for people with autism.



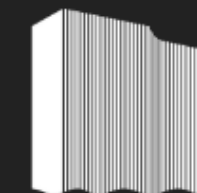
**world
autism
month**

#lightitupblue
autismspeaks.com/kindness

300 South Riverside Plaza is helping to increase the understanding and acceptance of Autism by illuminating the North Entry Monument Sign **BLUE** for the "Light it up Blue" campaign, the month of April.

You can participate too by wearing blue on April 2nd!

**APRIL 2020
NEWSLETTER**



300
SOUTH RIVERSIDE
PLAZA



APRIL 22, 2020

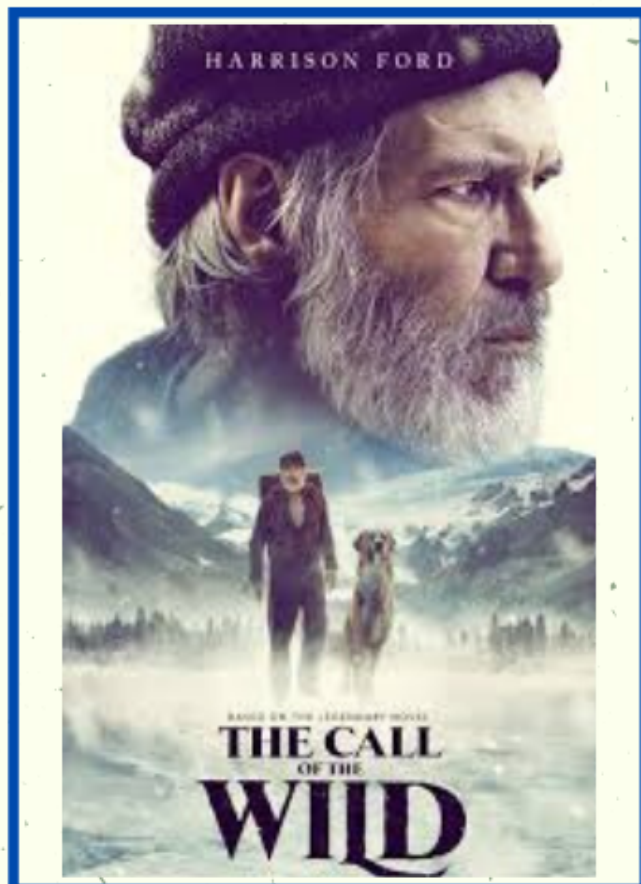
EARTH DAY

TIPS ON ENERGY REDUCTION

- TURN OFF LIGHTS THAT ARE NOT NECESSARY
- SWITCH OFF EQUIPMENT WHEN NOT USING
- CARPOOL OR BIKE WHEN POSSIBLE

LOBBY E-WASTE COLLECTION: COMING IN MAY!

MAY IN THE THEATER



May Movie of the Month

BUCK IS A BIG-HEARTED DOG WHOSE BLISSFUL DOMESTIC LIFE GETS TURNED UPSIDE DOWN WHEN HE IS SUDDENLY UPROOTED FROM HIS CALIFORNIA HOME AND TRANSPLANTED TO THE EXOTIC WILDS OF THE ALASKAN YUKON IN THE 1890S. AS THE NEWEST ROOKIE ON A MAIL-DELIVERY DOG SLED TEAM, BUCK EXPERIENCES THE ADVENTURE OF A LIFETIME AS HE ULTIMATELY FINDS HIS TRUE PLACE IN THE WORLD.

Screening Times and Dates

5/19/2020	Noon	THE THEATER IS LOCATED ON THE 23RD FLOOR, SOUTH
5/20/2020	5:15pm	
5/21/2020	Noon	

APRIL BUILDING UPDATE

How Has 300SRP Managed COVID- 19?

See below how each department is keeping the building safe and clean:

Janitorial

- Daily application of disinfectant solution, to all high touch areas including: building lobby, security desk, elevator areas buttons/rails, common restroom door handles/locks/push plates.
- Hands-free sanitizers at each lobby entrance.
- Upon request, a proposal can be provided to tenants for additional disinfectant cleaning services within tenant spaces.

Engineering

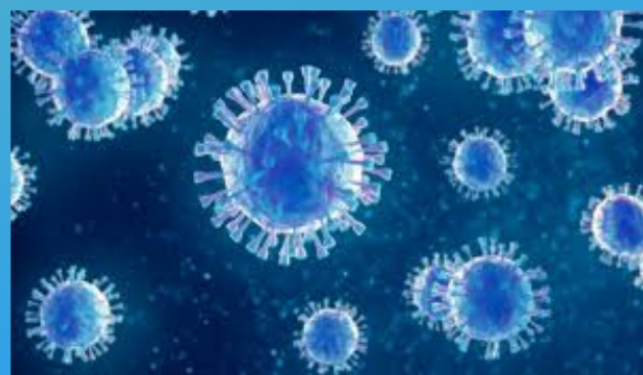
- Disinfecting shared keyboards, phones, door knobs and desks during and between each shift.
- Wearing gloves and personal protective equipment when leaving the office and shop.
- Monitoring the situation and reacting accordingly. Adhering to Able Engineering protocol and proper hygiene.

Security

- Sanitizing equipment during and between each shift.
- Utilize hand sanitizer after any and all physical contact with co-workers or tenants.
- Wearing gloves when checking IDs.

What Can You Do?

- Wash hands frequently for at least 20 seconds.
- Avoid touching your face.
- Cough/Sneeze into crook of the elbow.
- Stay home if you are sick.
- Maintain social distancing (6 feet rule)



APRIL NEWS



Working From Home?

Here are some suggestions to reduce stress and add some fun to your days!

- **Meditation** - Headspace is a free meditation app that can help train your mind and body. <https://www.headspace.co/>
- **Yoga/Pilates** - Yoga with Adriene, is a Youtube account that offers at home yoga classes. <https://www.youtube.com/user/yogawithadriene>
- **Kahoot** - Trivia questions and games can be created on this site. <https://kahoot.com/>
- **Virtual Book Club** - Catch up on some reading and start a book club. <https://goodreads.com/>
- **Spending Time Outdoors!** - It's ok to take a walk, go for a run or hike. Just keep your distance from others.



American Red Cross

BLOOD DRIVE RESULTS!

Thank you to everyone who donated in the March Blood Drive.

American Red Cross was able to collect 32 units, which can directly impact up to 96 lives!



At this critical time, the need for donation is even greater.

Please join us next time!

300 South Riverside Plaza will host their 2nd Blood Drive of 2020 on May 26, 2020.

FOR AN APPOINTMENT,
PLEASE VISIT:
WWW.REDCROSSBLOOD.ORG