



August 2021

**PROPERTY MANAGEMENT**

813.221.7474

[101eastkennedyhandbook.com](http://101eastkennedyhandbook.com)

- Lynn Vilmar - Sr. Property Manager
- Karen Mendez - Property Manager
- David Arscott - Chief Building Engineer
- Isaac Conrad - Asst. Building Engineer
- Jennifer Chez - Admin Assistant
- Mary Anne Quigley - Concierge

**CBRE LEASING TEAM**

- Philip Weber
- Barry Hanerfeld



# BANK OF AMERICA PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602



**CORPORATE MASSAGE OF TAMPA**  
*On-Site Relief for Stress and Pain*

**CORPORATE MASSAGE**

Introducing Wellness Wednesday at Bank of America Plaza. Corporate Massage of Tampa will be offering customized, on-site Chair Massage Therapy on Wednesday, August 4 from 11:00 am - 3:00 pm in Suite 225. The cost is \$1 per minute plus discretionary gratuity. A 10-15 minute massage is recommended to achieve beneficial results. Relaxing Spa music, Aromatherapy, and Bio Freeze pain relief therapy is included and provided complimentary during your appointment time. Book today. Appointments are first come, first served. To schedule your preferred appointment time, please send an email request to [stacy@corporatemassagetampa.com](mailto:stacy@corporatemassagetampa.com).



**oneblood**  
*Share your power.*

**BLOOD DRIVE**

Bank of America Plaza will host a Blood Drive on Thursday, August 12 from 10:00 am - 3:00 pm. The Bloodmobile will be parked on Tampa Street in front of the building. All donors will receive a OneBlood Beach Towel and a \$10 eGift Card! Plus, all donors will receive a wellness checkup including blood pressure, temperature, iron count, pulse and cholesterol screening! To schedule an appointment, please go to [donor.oneblood.org/donor/schedules/drive\\_schedule/1105972](http://donor.oneblood.org/donor/schedules/drive_schedule/1105972). Thank you for donating!



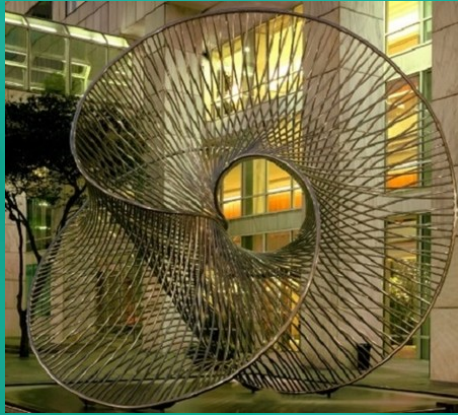
**BACK TO SCHOOL SUPPLIES**

Thank you to all those who donated to the Metropolitan Ministries Backpacks of Hope Drive. Your generosity is greatly appreciated.



**LOBBY MUSICIANS**

- 4 ..... Lloyd Burry, piano
- 11 ..... Lorna Anderson, piano
- 18 ..... Andrew Kendle, clarinet
- 25 ..... Maria Laude, piano



### BUILDING AMENITIES

- Bank of America
- Bicycle Repair Station
- Caffe Fresco
- Caffe Fresco Marketplace
- Concierge Services
- Electric Vehicle Charger
- Fitness Center
- Jackson Dental
- KJ's Auto Detailing
- Live Musical Performances
- McNatt's Dry Cleaners
- Restless Styles
- Shoe Shine by Robert
- Stork Parking
- Tenant Conference Center
- Tenant Lounge
- The Tampa Club

### RETAIL

- Designing Eyes
- DeVito's Italian Restaurant
- European Wax
- GenX Tavern
- Hotel Bar
- The Pint & Brew
- Tropical Smoothie



### DERMATOLOGY MOBILE

The OnSpot Dermatology Mobile will be at Bank of America Plaza on Wednesday, August 25. Appointments are available from 8:00 am - 4:00 pm.

- Services include skin cancer exams, psoriasis & eczema treatments, Botox® & fillers, Mohs surgery and more.
- 3 private exam rooms with virus-killing UVC lighting and HEPA-UVC air filters for COVID-19 prevention.
- Major insurance accepted, including Medicaid and Medicare.

To schedule an appointment, please call 877-2-ONSPOT.



### HAPPY ANNIVERSARY

- Jackson Dental ..... 8 yrs
- Mosaic ..... 2 yrs

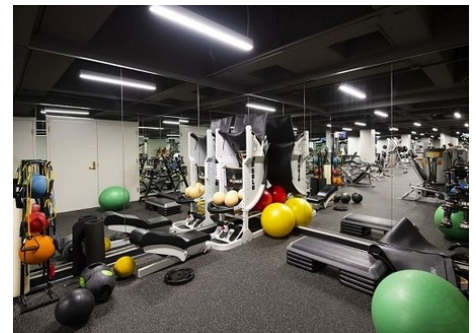


### AUGUST GIFT BASKET GIVEAWAY

Tell us how you incorporate wellness into your daily life and you'll be entered to win a Health and Wellness Gift Basket. Contact [mquigley@banyanstreet.com](mailto:mquigley@banyanstreet.com) for more information.

### ICE CREAM GIFT BASKET WINNER

Congratulations to Danelle Branch with CBRE, Suite 1500. Her favorite ice cream flavor is Sea Salt Caramel.



### PLAZA FITNESS

The Bank of America Plaza Fitness Center has reopened. Located in the basement, the Fitness Center is open Monday - Friday from 5:00 am - 8:00 pm. The building amenity is available to Bank of America Plaza tenants only. A signed waiver form is required to become a member. For more information, please contact the Management Office at 221-7474.



REUSE  
DUCE  
CYCLE

### A Place for Your Periodicals

Create a customized holder for your magazines using empty cereal boxes. You'll be reaching to read those magazines over and over again when you display them in these crafty, easy-to-make containers.

#### Materials:

- Scissors
- Large cereal boxes
- White spray paint
- Assorted acrylic paints
- Sponge
- Small paintbrush

#### Instructions:

Using scissors, cut the top flaps off of the cereal box. From the center of the top, cut at a 45-degree angle down the front panel to the middle of the box. Cut straight across the short side panel and then up the back panel at another 45-degree angle. Spray paint the box white to create a blank canvas for decorating. Let dry. Using assorted acrylic paints, sponge or brush on designs. Once the box dries, fill with your favorite magazines.



### Crazy Candy Ice Cream Sandwiches

These frozen treats will make you feel like a kid again!

#### Ingredients:

- 6 sheets graham crackers, broken into 12 squares
- 1 cup vanilla ice cream
- 1/4 cup chopped candy bar of your choice
- 1/2 cup chocolate chips
- 1 1/2 teaspoons vegetable oil or refined coconut oil
- Sprinkles (optional)

#### Directions:

Line a baking sheet or shallow pan with wax paper. Place 6 of the graham cracker squares on the sheet.

In a medium-sized bowl, stir ice cream until just softened. Stir in candy bar pieces.

Work fast and spread a spoonful of the ice cream mixture onto each graham cracker square. Top with 6 remaining cracker squares. Gently press down on each sandwich. Freeze sandwiches for 1 hour.

In a small, microwave-safe bowl, combine chocolate chips and oil. Microwave about 1 minute, stirring the mixture every 20 seconds until melted. Let it sit at room temperature for 10 minutes.

Dip half of each frozen sandwich into the melted chocolate. Add sprinkles if you like. Place sandwiches back on the lined pan and freeze for 5 minutes. Enjoy immediately.

Find more recipes at  
[MilkMeansMore.org](http://MilkMeansMore.org).



### Wit & Wisdom

"Life is like a roller coaster; live it, be happy, enjoy life."

—Avril Lavigne

"Just play. Have fun. Enjoy the game."

—Michael Jordan

"It's important to enjoy yourself and embrace whatever comes your way."

—Miranda Kerr

"Learning to enjoy today has two benefits: It gives me happiness right now, and it becomes a good memory later."

—George Foreman

"We are supposed to enjoy the good stuff now, while we can, with the people we love. Life has a funny way of teaching us that lesson over and over again."

—Sheena Easton

"Enjoy your sweat because hard work doesn't guarantee success, but without it, you don't have a chance."

—Alex Rodriguez

"We should learn to accept that change is truly the only thing that's going on always, and learn to ride with it and enjoy it."

—Alice Walker

"It's really not about what you have. It's about how you're able to enjoy life in general."

—Kevin Harvick

"Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored."

—Earl Nightingale

## August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 	4 Lloyd Burry 11:30 - 1:30	5	6	7
8	9	10 	11 Lorna Anderson 11:30 - 1:30	12	13	14 
15	16	17	18 Andrew Kendle 11:30 - 1:30	19	20	21
22 	23	24	25 Maria Laude 11:30 - 1:30	26	27	28
29	30	31	<h1>August</h1>			

# "This Month In History"

## AUGUST

**1907:** UPS is founded as a messenger service by two teenagers in Seattle. It's now one of the world's largest package delivery companies.

**1913:** Stainless steel is invented by Harry Brearley of England.

**1946:** The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

**1959:** President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

**1969:** Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

**1990:** MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

**2005:** Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

**2020:** The music video of the hit song "Dynamite," by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.