Security MicroImaging Corporation (SMC), Inc. moved into Schlitz Park in 2000 and with a new 10-year lease extension plans to stay awhile. Since 1969 SMC has successfully partnered with hundreds of companies to streamline and automate manual business processes. For example within the health insurance market, SMC provides solutions that advance claims management, enhance member services and improve the lead time on renewals and acquisition of new business. Much of SMC’s success can be attributed to the culture and team they’ve assembled.

SMC President Bill Buerger believes office location and work space design contribute to that culture as well as employee recruitment and retention. “Schlitz Park has done a lot in the past two years to make it a much more comfortable place to work.”

Buerger notes he’s had positive feedback from his colleagues about the new amenities especially the increase and enhancements in meeting spaces. “We have conference rooms but the Schlitz Park meeting areas provide a nice way to get away from the daily grind, conduct a meeting outside of the office to avoid interruptions but conveniently not have to leave the building.”

SMC had considered re-locating or even buying its own building before it committed to extending its lease. Buerger found few spaces could match the combination of a convenient downtown location with free parking that Schlitz Park offers. But what “tipped the scales was that Schlitz Park decided to reinvest not only in our building but the entire development making it a no brainer. Most other properties promise to invest in their development if you sign the lease. But Schlitz Park started investing in the common areas even before we re-signed.”

SMC will also freshen up its own tenant space including adding more areas to collaborate and have impromptu meetings and conversations. Buerger explains, “Our goal is to get our colleagues out of their offices and be more contemporary and appealing to prospective and new hires. Both the changes taking place inside our own office and throughout Schlitz Park will help to achieve that.”
Fall Fitness Challenge Helps Tenants at All Levels “Win”

We all have a different path to wellness but when Salus ran its first on-line fitness challenge tenants of all abilities were able to compete for great prizes. By using the web platform 411Fit, tenants addressed individual wellness goals personalized to meet their needs and earned points when they participated in complimentary fitness assessments, a healthy cooking demo and other activities that tested the brain and the body. Meet the top finishers:

1st Place: Wendy Ponting, Greater Milwaukee Foundation

What did you like most about Challenge? I enjoyed meeting new people in the office park and the camaraderie it brought out in our own office. The Salus staff always encouraged us to keep moving and stay on track with our goals. I liked that the challenge was designed so participants did not have to be in Olympic shape to do well.

2nd Place: Jason Bohn, Corvisa

Describe your health & fitness goals: This challenge came along at a perfect time because I set out to walk/run a 5k once a month, not a small goal for someone as inactive as me. Most of what I did was focused on the exercise part, but this challenge showed me the nutritional side was just as important.

Davians & Salus teamed up to host a Super Bowl Healthy Cooking Demo. They “skinnied” down popular game day treats using lower fat ingredients such as all white meat chicken breast and loads of veggies. They also baked flour tortillas using no fat instead of the high fat tortilla chips commonly used. Look for recipes at Schlitz Park web site.

The Fall Fitness Challenge included a pumpkin-themed Healthy Cooking Demo.

Biggest achievement during the challenge: The consistency of how it forced me to live healthier. I’d workout hard on a Monday and then take Tuesday through Thursday off satisfied with the work I did on Monday. There was motivation because of this challenge to live healthier every day. The Salus team was always around so if you had a question you knew where to find them. They are a huge asset to the Schlitz Park community. This is an amazing place to work. As employees, we are fortunate to work in such a historic place and one that cares so much about the wellness of its tenants.

Continued>
Describe your health and fitness goals: I wanted to become healthier and try to get back to hiking. I was diagnosed with diabetes and wanted to try to control it with diet, which was working, but I also wanted to incorporate exercise and see if I could do even better. I was unsure if I would be able to do this as I have a bad hip and knee, but I now know that if I can do this, anyone can do it!

Biggest achievement during the challenge: Walking in the Step Out against Diabetes Walk and doing the Turkey Trot with my husband!

4th Place: Geri Wandrey, iCare

Describe your health and fitness goals: I was doing the same workouts, actually in a rut and not paying attention in the nutrition area. When the challenge came along, I thought I’d give it a try to help get my focus back. I started out slow but as the weeks went by I found that I was hooked and my commitment to my goal had returned.

What did you like most about the Fall Fitness Challenge? I liked that the challenge was not a contest for who was the fittest individual. It was designed for people to become more aware of their activity and eating habits. Also, I know that if I need some help (or a little boost) I could always visit Salus on Tuesday or Thursday. This is a wonderful benefit to us here.

Biggest achievement during the challenge?: That I really could track what I ate every day and 10 minutes of walking several times a day does make a difference.

5th Place: Orlando Diaz, ECE

What did you like most about Challenge? There was so much to like. I learned how to use the 411fit.com site as effectively as I could, especially in relation to recording my meals and exercise. I know that I had been allowing myself to be less consistent than I should be before I got involved and really started using the site and the resources that it connected me to.

It became hard for me NOT to be wellness-minded once I had my daily stats staring back at me, not to mention all the wonderful participants and administrators giving me more support than I could have asked for. Overall, I’d say the community aspect was the best. We all coached and supported each other, even if there was a competitive aspect to it. I feel like anyone can make huge, lasting improvements in their personal health if they take advantage of things like this.

Look for more opportunities to win prizes and pursue your healthy goals in 2013 during Salus Tap into Wellness challenges.
WHAT’S BREWING

Photo Gallery—Meet the Neighbors

College Possible hosted fellow tenants at a recent open house. L to R: Michael Riegert of Previant Law Office meets College Possible’s Caitlin Riegert, Kerstin Johnson and Matt Coombs.

Our newest tenant, the American Heart Association, rocks their red for their National Wear Red Day® to help raise crucial awareness and funds in the fight against heart disease in women. L to R: Jay Matz, Meredith Kopca, Sandy Mazurek, Tim Nikolai, Justine Warner and Alma Velez

Register Now

Get early bird pricing through March 1 on Schlitz Park’s 2013 run/walk events. Tenants and two guests receive an additional 50 percent discount on the current advertised price. Email TVilla@schlitzpark.com for the code. Salus will have free training plans available for the Miler starting April 1st and for the Challenge starting June 1st.

THE MILER
JUNE 25, 2013 • 5:30 PM
schlitzpark.com/miler

SALUS • SCHLITZ PARK CORPORATE CHALLENGE
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