

Happenings



at Centennial Medical Pavilion I & II



January 2016

WELLTOWER—A NEW CHAPTER

As announced October 1, 2015, Health Care REIT is now Welltower. During the last few months, you likely have noticed the transformation: new e-mail addresses for your real estate management team, new signage in the buildings, a new name on your monthly invoice, etc. You may be asking yourself, why change the company name and why now?

Changing our name to Welltower is a milestone that reflects both our company's evolution and the changes taking place in health care. Our success and marketplace approach clearly differentiate us and have led to impressive growth. We believe it is now time to have a name that differentiates us as well. Our previous name, "Health Care REIT," described our business structure, i.e., we are a healthcare REIT, as are many of our competitors.

Our history of success and the name "Health Care REIT" are important to us, and we are proud of all that we accomplished. But, as health care evolves from a hospital-centric model to a networked model of outpatient, lower-acuity, post-acute and seniors housing settings, innovative solutions and investment in health care infrastructure are required. Together with our partners, Welltower plays an essential role in answering this infrastructure challenge.

Though our name changed, our value system and partnership philosophy will continue to guide us. We can only succeed if our partners and tenants succeed. So you can continue to expect the same high-quality service from your same real estate management team. Our four fundamentals of service excellence also remain constant: rapid responsiveness, reliable results, can-do attitude and proactive communication.

The transition to Welltower is still in progress across our national medical office portfolio. Should you ever have questions or concerns during the process, please contact your real estate management team.

As always, we thank you for being our loyal tenants, and we're excited to have you with us as we embark on the new chapter in our company's history.

WELCOME NEW TENANTS TO



CENTENNIAL MEDICAL PAVILION I

N. Texas Kidney Disease Associates
Suite 303

Digestive Health Associates
Dr. Alloju and
Dr. Duraiswamy
Suite 313

Tenant Service Center

Did you know that you can enter work orders online? By utilizing our online service center called IMPAK, you can enter requests, check on the progress of requests, view important building announcements, and provide us with valuable feedback in order to serve you better!

For more information or for access for yourself or your staff, please contact

**Susan Mendenhall at
(214) 387-6959**

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Frisco, Texas 75035
(214) 387-6959



First Day of Spring is March 20!

IMPORTANT DATES

National Hug Day	January 21
Fun Day at Work	January 29
Groundhog Day	February 2
Mailman Day	February 4
World Kidney Day	March 10
Spring Forward	March 13
Doctors' Day	March 30



Real Estate Management Team

Welltower is committed to providing excellent customer service and developing lasting customer relationships. Your satisfaction is our number one goal, and your continued feedback is instrumental in maintaining our commitment to you.

Melanie Crozier, Regional Director

Christina Cone, Senior Real Estate Manager

Ashley Brown, Real Estate Manager

Susan Mendenhall, Property Administrator

Jerry Cates, Maintenance Engineer

Phone: 214.387.6959

Fax: 214.387.6958

After-Hours Emergency Number
1.800.584.3934

NEW YEAR'S RESOLUTION

Exercises to do while sitting down in the office:

Ankle Rotations (5 sets)

Rotate ankles in both directions for 5 seconds

Arm Stretches (8 sets)

Stretch your arm muscles by holding one arm and reaching as far out as possible.

Calf Muscle Toning (8 sets)

Raise your legs up on the very tips of your toes and hold for a few seconds.

Crunches (8 reps)

Move to the edge of your seat and lean back. Lift your straightened legs above the ground and raise your back a few inches from the backrest Hold for 10 seconds.

Leg Lifts (8 reps)

