

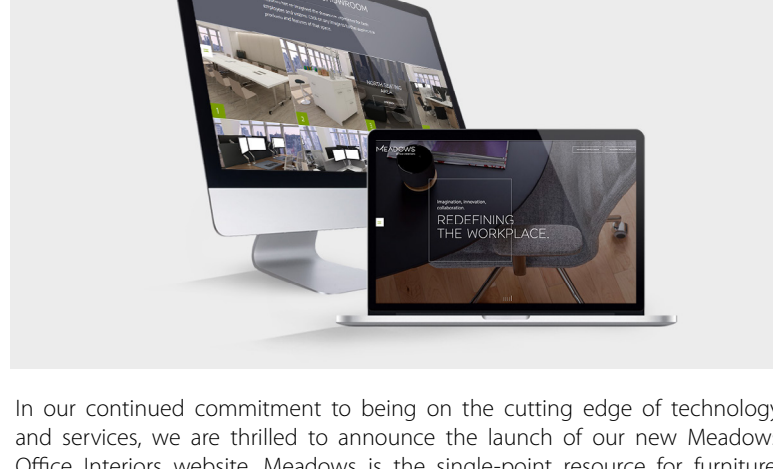


VOLUME 5 | FALL 2016

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**MEADOWS**  
office interiors

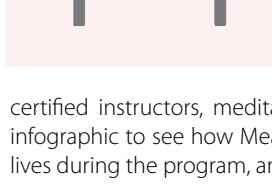
## Meadows News

MEADOWS LAUNCHES INTERACTIVE, ENHANCED WEBSITE



In our continued commitment to being on the cutting edge of technology and services, we are thrilled to announce the launch of our new Meadows Office Interiors website. Meadows is the single-point resource for furniture, architectural walls, raised access flooring and workplace technology. Now you can see all of our capabilities on one beautiful site. In fact, our new site received an Honorable Mention for Custom Design and Development by Awwwards.com. Visit [MeadowsOfficeInteriors.com](http://MeadowsOfficeInteriors.com) to view our products and services, take a virtual tour of our showroom and explore our idea starter gallery.

## THE MEADOWS SUMMER GAMES



Meadows recently completed a six-week wellness program overlapping with the Olympics Summer Games. Employees enjoyed friendly competition as they logged their activity for four health habits: steps, produce and water consumption and meditation, earning virtual miles along a trail. Throughout the program we had group fitness classes including yoga and Zumba, led by Meadows employees who are

certified instructors, meditation guides and a nutrition seminar. Check out the infographic to see how Meadows employees incorporated these habits into their lives during the program, and which ones have become lifestyle changes.



## Recent Events

### MISSION: GETTING TO NEXT

Meadows was honored to host and sponsor the Mission: Getting to Next 2016 NYC Kick-Off Reception in our showroom on September 9th. Mission: Getting To Next (MGTN) is the premier leadership and career transition organization for retiring military women and senior executive women.



Created by Carole Hyatt, MGTN is a unique and transformational program widely recognized as the essential first step for women in leadership and senior executive positions in the private, public, not-for-profit and military sectors.

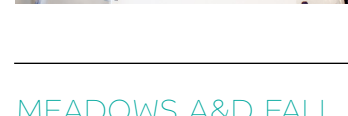


## STATE OF DESIGN: DISTRACTION-FREE DESIGN

On September 15th, Meadows hosted the third installment of the State of Design: Where We Work series; a four-part series co-hosted with Metropolis magazine. The topic of the event and panel discussion, led by Susan S. Szenasy (Editor In Chief, Metropolis), was Distraction-Free Design.



Panel members Joan Blumenfeld (Firmwide Interior Design Director, Perkins+Will), Renee Charles (Director of Workplace Strategy, AIG), Azar McMaster (VP Product Management, 3form) and Raj Patel (Principal, Arup) discussed how strategic design can provide opportunities for employees to enter a state of deep focus, where distractions are reduced and productivity is enhanced. Stay tuned for our final installment in November: Designing for Wellness, which qualifies for CEU credits.

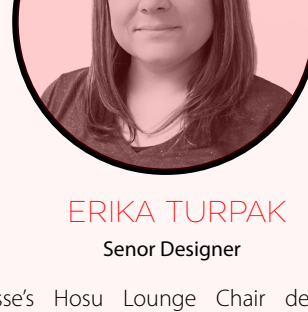


## MEADOWS A&D FALL DINNER

At Meadows, we love our showroom and enjoy sharing the space with clients, honored guests and industry friends. At the end of September, we hosted an intimate dinner with our business development team to celebrate the harvest season. Guests enjoyed Spanish fare while soft guitar music and elegant candles set the ambiance. It was a lovely way to slow down and enjoy each other's company before the busy end of the year.



## Designer Picks



ERIKA TURPAK

Senior Designer

"Coalesse's Hosu Lounge Chair designed by Patricia Arquiola is one of my favorite Lounge Pieces. Whether used for a university or in an office environment, it encourage creative thinking and creates a relaxing space to have deep focus. Its convertible design along with storage pockets and cable pass-through, makes it ideal for any application where comfort will equal productivity."

Hosu Lounge Chair by Coalesse



## What We've Been Reading

"Learning Differences & What They Mean for Workplace Strategy"  
– Work Design Magazine

"MAD Architects Has Set Its Sights on the U.S."  
– Architectural Digest

"The Winners of the IIDA Healthcare Interior Design Competition 2016"  
– Interior Design

"Interior Design Reveals the 2016 Hall of Fame Inductees"  
– Interior Design

"AIA's 2016 Firm Survey Report Indicates Firm Revenue Growth"  
– Contract

"All the Books You Need to Read This Fall"  
– Metropolis

"Transparent Wood Could Transform Architecture"  
– Co.Design

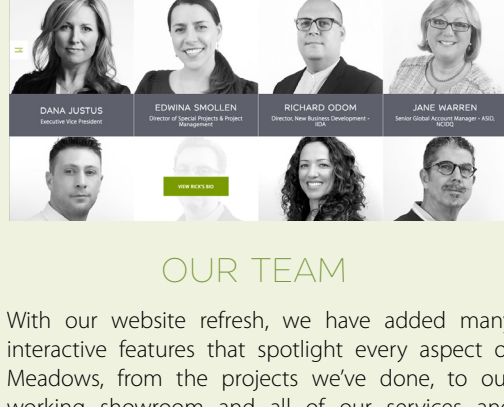
## In Our Showroom...



## THE TRAINING ROOM

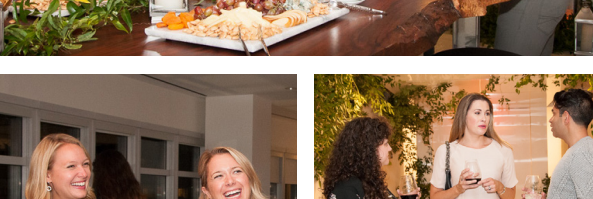
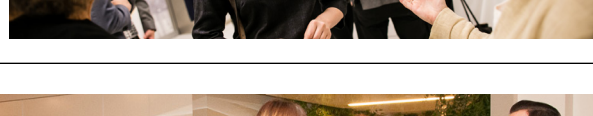
Meadows' Training Room is a collaborative environment that supports presentation and innovation. The space is perfect for seminars about the latest industry trends, product introductions from manufacturers, and in-house training sessions. Featuring reconfigurable furniture including Andreu World Flex chairs and Bernhardt's Traction table – complete with easy power and data access, as well as ChargeSpot wireless charging for mobile devices – the Training Room allows for maximum mobility and customization.

## ...And On Our Website



## OUR TEAM

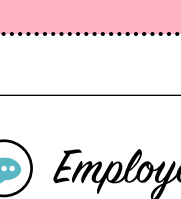
With our website refresh, we have added many interactive features that spotlight every aspect of Meadows, from the projects we've done, to our working showroom and all of our services and capabilities. We believe our team members are truly our number one asset so the first featured section of our website is our Team page. [Click here](#) to learn more about the people that make Meadows the dynamic organization it is!



## Supporting The Cause

### MEADOWS SUPPORTS BREAST CANCER RESEARCH FOUNDATION

Meadows is honored to raise money for the Breast Cancer Research Foundation (BCRF) during Breast Cancer Awareness Month. Through October 31st, you can contribute your tax-deductible donation directly to the organization via our fundraising page: [give.bcrfure.org/Meadows](http://give.bcrfure.org/Meadows). Meadows will match every donation made!



The mission of the Breast Cancer Research Foundation (BCRF) is to prevent and cure breast cancer by advancing the world's most promising research. They provide critical funding for cancer research worldwide to fuel advances in tumor biology, genetics, prevention, treatment, metastasis and survivorship. BCRF is the highest rated breast cancer organization in the U.S. and funds over 250 researchers across 14 countries. Every \$25 donation funds half an hour of research and 91 cents of each dollar goes straight to research and awareness programs, so you can be sure your money is making a difference.

[Click here to contribute and please share our donation page with your network.](#)

## Employee Spotlight



JOSEPH MICHAEL

Senior Project Manager

Manhattan native and Long Island resident, Joseph Michael, joined Meadows in June 2016 as a Senior Project Manager. His specialty is field work: performing surveys, overseeing installations, performing punch list reviews, mitigating issues that arise and other vital tasks that keep client projects running smoothly. With extensive industry experience, Joseph worked on the architecture side of a Meadows project, leading to a cohesive partnership that became a new career venture for him, and according to Joseph, an opportunity for him to find a company he can grow and work with for years to come.

Off to a great start, Joseph says the most rewarding aspect of his job is working with a team that possesses the expertise and ability to do things right the first time, as well as being part of the bigger picture. His favorite feature of the Meadows showroom is the reception area that doubles as event space – noting that dual-role and collaborative spaces are becoming the basis of design – which Meadows illustrates clearly. To that end, Joseph feels the most unique aspect of the contract furniture industry is that different regions and demographics throughout the country play important roles in determining space design, and therefore have an effect on future designs as companies and industries change. This is one of the challenges Meadows and its team members like Joseph embrace – in order to help clients create workspaces that provide functionality and comfort while being able to adapt to changing needs.

### A few of Joseph's favorite things...

- A former chef, Joseph loves to cook and veal scaloppini with saffron risotto is one of his go-to dishes
- But if being cooked for, he'd appreciate home-cooked authentic Egyptian food
- A recent read Joseph could not put down was the ancient Chinese military treatise, *The Art of War* by Sun Tzu
- In the fall, he loves apple picking upstate and visiting wineries on the east end of Long Island
- If he could possess any super power, Joseph would chose the ability to fly – allowing him to get anywhere, anytime – stated like a true field project manager!

## Everybody Loves Joseph

We asked Joseph's colleagues to tell us their favorite things about working with him.

"Joseph is eager to translate his construction management experience into furniture management. He is a team player, always ready to jump in where needed. Also, his home grown tomatoes deserve 4 Michelin stars!"

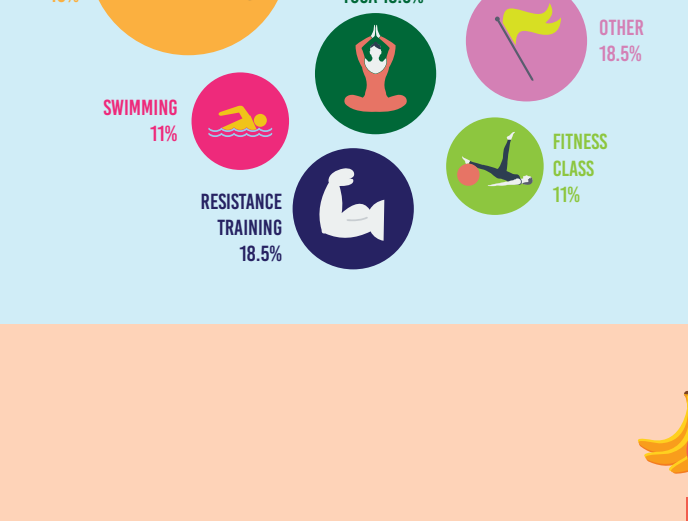
– Ana Pastena, Senior Account Manager

"Joseph has proven himself to be a leader in the industry. His attention to detail and diligence to the project at hand are remarkable. As someone, like myself, that is new in the Industry, working with Joseph has been a very educational and enjoyable experience."

– David Spodofora, Junior Project Manager

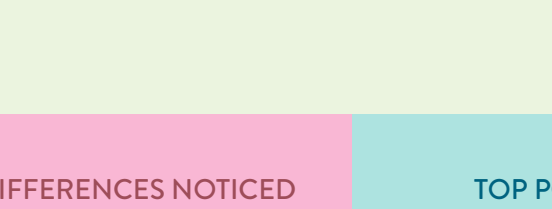


We asked our employees how they incorporated the spirit of the Summer Games into their routines, and the impact on their well-being!



## WHAT TYPES OF ACTIVITIES DID YOU DO MOST? (OTHER THAN WALKING)

## WHAT TYPES OF PRODUCE DID YOU EAT MOST?



## WHEN DID YOU DO MOST OF YOUR ACTIVITY?

### TOP DIFFERENCES NOTICED FROM DRINKING MORE WATER



1. FEELING BETTER OVERALL
2. LESS HUNGRY
3. BETTER WORKOUTS

### TOP POSITIVE IMPACTS FROM DAILY MEDITATION



1. DECREASED STRESS
2. MORE PATIENCE
3. BETTER FOCUS

### FAVORITE MEADOWS SUMMER GAMES PERKS



1. YOGA CLASS
2. ZUMBA CLASS
3. CUSTOM MEADOWS WATER BOTTLES