

# James Center

Fall 2009



## Take Steps to Stay Healthy This Fall

### Get an annual flu vaccination.

The best time to be vaccinated is October or November. This allows your body time to develop antibodies to the flu virus before peak flu season, usually December through March.

### Wash your hands.

Thorough and frequent hand washing is the best way to prevent many common infections. Scrub your hands vigorously for at least 15 seconds, rinse well and turn off the faucet with a paper towel. Or use an alcohol-based hand sanitizer containing at least 60% alcohol.

### Eat right, sleep tight.

Poor diet and poor sleep lower your immunity and make you more vulnerable to infections. A balanced diet of fresh fruits and vegetables, whole grains and small amounts of lean protein works best for most people.

The amount of sleep needed for a healthy immune system varies from person to person. In general, adults do best on seven to eight hours of sleep a night. Older children and teens need more rest — nine to ten hours of sleep a night.

### Exercise regularly.

Regular cardiovascular exercise — walking, biking, aerobics — boosts your immune system. Exercise will not prevent infection, but if you do come down with the flu, you may have less severe symptoms and recover more quickly than do people who are not as fit.

### Ease the pain if you come down with the flu.

- Drink plenty of liquids. Choose water, juice and warm soups to prevent dehydration.
- Get more sleep to help your immune system fight infection.
- Try chicken soup. It really can help relieve flu symptoms by breaking up congestion.
- Use over-the-counter pain relievers, in recommended doses as needed.

## Flu Shot Clinic

Wednesday, October 14  
from 11:00 a.m. to 2:30 p.m.  
Plaza Entrance to the Atrium



Our annual Flu Shot Clinic will be held on Wednesday, October 14, from 11:00 a.m. until 2:30 p.m. in the vacant retail space in the Atrium. The cost of a flu shot is \$28.00 and a pneumonia shot is \$55.00. There is no charge for shots if you have Medicare Part B, but please bring your Medicare card with you to take advantage of that benefit.

*It is important to note that vaccinations for BOTH the "regular" flu and H1N1 (swine) flu are recommended.*

The vaccine for H1N1 flu should be available in mid-October. Once the demand for vaccine for the Federally defined prioritized groups has been met, vaccinations for the general population will be available. We may schedule another Flu Shot Clinic; watch for details.

# Retail News

## The Bull & Bear Club

The Bull & Bear Club offers box lunches to suit your meeting needs. Lunches range from \$5.95 - \$12.95 and come with a home made cookie. Please call 649-8431 to get a lunch order form and try them out! You do not have to be a member to order lunches for your meetings.



Want to try something new and fun? The Bull & Bear Club is open to non-members and members on Wednesday nights from 5:30 to 11:00 p.m. Come out and network with other professionals. Anyone can order dinner and drinks; happy hour pricing is \$4.00 for rail drinks, wine and beer. Hors d'oeuvres are complimentary. Who says you have to drive to the far West End to have fun?

## Very Richmond

Very Richmond is pleased to announce that this fall brings the new release of *The Songlines of Richmond, A Celebration of Performing Arts, Artists, and Stages* by Brooks Smith and Wayne Dementi.



Also, we are eagerly anticipating the arrival of additional pieces in the Richmond Collection China. A platter and a pasta bowl will be available just in time for holiday meals.

Coming up for the Christmas season, Very Richmond plans on adding a variety of chocolates and candies made by Virginia's own Nancy's Candy Co.

# Get Moving!

Go Over the Edge with River City Rappel  
October 9-10, 2009  
SunTrust Building at 919 E. Main Street

Special Olympics Virginia invites you to go Over the Edge with River City Rappel, October 9-10. Participants who raise a minimum of \$1,500 can rappel down the SunTrust Center all to support Special Olympics Virginia. And organizations can band together to raise \$3,000 in order to "Toss Their Boss" for the cause. For more information, visit: [www.overtheedgeva.com](http://www.overtheedgeva.com).

SunTrust Richmond Marathon  
November 14, 2009  
Beginning at 8:00 a.m.



*Runner's World* Editor-in-Chief David Willey announced that the brand will kick off its first-ever Marathon Challenge—a premium community-oriented program built around an exclusive 16-week training plan created by *Runner's World's* Chief Running Officer Bart Yasso. The Marathon Challenge debuted in the pages of *Runner's World's* July issue and at [www.runnersworld.com/challenge](http://www.runnersworld.com/challenge).

Willey, along with 13 *Runner's World* editors, will be training alongside all marathon challenge participants and all 14 editors will be running the SunTrust Richmond Marathon. In-book and online, the editors will share their best tips on nutrition, injury-prevention, health issues and other essential training topics. Readers will be privy to videos, podcasts, and articles to help achieve their personalized training goals. RW editors will also share their personal stories and experiences to help inspire and train participating runners for the SunTrust Richmond Marathon—coined one of the best marathons in the U.S. by *Runner's World*. It's a first for *Runner's World* and a first for the SunTrust Richmond Marathon!

## Mark Your Calendar



### ART EXHIBITS

Jack Woodson Sketch Club	September 12 - October 3	Atrium
Focus Group Camera Club	October 3 - 30	One James Lobby
CANstruction	October 24 - November 7	Atrium
James River Art League	October 31 - November 15	One James Lobby

### BLOOD DRIVE

October 29 Two James Center, 21st Floor 9:00 a.m. - 1:30 p.m.

### FLU SHOT CLINIC

October 14 Atrium Retail Space 11:00 a.m. - 2:30 p.m.

### HOLIDAY 2009 EVENTS (Details will follow in our holiday newsletter, but save these dates!)

Grand Illumination	December 4	James Center Complex	6:00 p.m. - 7:00 p.m.
Tenant Holiday Party	December 10	The Bull & Bear Club	5:00 p.m. - 7:00 p.m.