

KEEPING YOU UP-TO-DATE WITH ALL THINGS DIVARIS!

"We are what we <u>repeatedly do</u>, Excellence then, is not an act, but a <u>habit</u>!" - ARISTOTLE



VIRGINIA BEACH

SHOUT-OUT TO TYLER TOOLEY

"I would like to give a shout-out to **Tyler Tooley** who has stepped up as a mentor for our new Property Administrators. We couldn't ask for a better Divaris representative to welcome and work with our new team members!"

> - Kristina Townsend Virginia Beach, VA

VIRGINIA BEACH

SHOUT-OUT TO ANDY MCCLASKEY

"I would like to give a HUGE shout-out to **Andy McClaskey** for being so thoughtful and talented when it comes to the art of baking and making such fun and YUMMY cupcakes to celebrate all our office birthdays every month! Thank you for sharing your delicious talent with us!"

- Amy Campbell (and everyone else who has eaten a cupcake) Virginia Beach, VA

VIRGINIA BEACH

SHOUT-OUT/CONGRATS TO CAROL AUBUCHON

"Congratulations to Virginia Beach's Senior Property Manager, **Carol Aubuchon**, who is a proud, first-time grandmother! Her beautiful grandbaby, Harper Rae, was born June 15th, weighing in at 5 lbs 8 oz!"



EMPLOYEE SHOUT-OUT SPOTLIGHT



Alexis Gordon, Virginia Beach's Graphic Designer and Office Snack Provider.

SHOUT-OUT TO ALEXIS GORDON

"This awesome associate is so deserving of a shoutout! **Alexis Gordon** always has a snack or treat available for everyone, and even occasionally brings in donuts! She selflessly provides these goodies without expecting anything in return. Thank you, Alexis!"

- Sandi DuVall Virginia Beach, VA

"Shout-out to **Alexis Gordon** for keeping and running her Lil-Bit Convenience store for all of us who need a little mid-afternoon snack, piece of dark chocolate or something yummy in general. Thank you! "

- Terri Lupien Virginia Beach, VA

"Shout-out to **Alexis Gordon** for everything she does here at Divaris. From her graphic design talents to the huge strides she's made with our social media campaign, she's always reliable and consistently gives her all in whatever she's working on. For that, I think we're all lucky to have her as a coworker. Thanks, Alexis!"

> - Joe Rapisardi Virginia Beach, VA



Don't forget about our referral program!

POSITIONS AVAILABLE: Sales & Leasing - Richmond, Northern VA, Charlotte



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JULY, 2021



MEET BRUCE, THE CHARLOTTE OFFICE'S CUTEST TEAM MEMBER

Well, it's o-*fish*-ial. Charlotte has a new employee, Bruce, that's been making quite the *splash*! So we reached out to Bruce and the team get the inside scoop on how the on-boarding process went:

Bruce, do you have a last name?

Boldfish.... Bruce Boldfish.

How long have you been working for Divaris?

After an intense interview process, I'm happy to say I was hired on May 20th of this year.

What are some of your favorite activities?

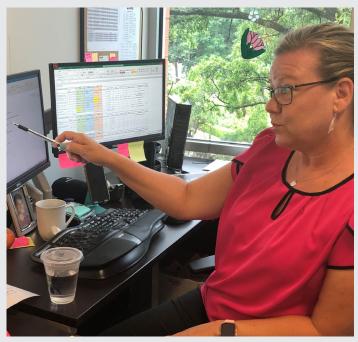
I enjoy maintaining my pineapple house, making fish-eyes at my girlfriend (Goldie), surfing the net, and begging for snacks from Stephanie Pfaff.

Here are some nice things Bruce's teammates had to say about him:

"Bruce is a dedicated part of the team. When he is not up to his gills in deals, he is fishing for prospects to lease his pineapple bar. When the workday is finished, he clocks additional hours as night security in the Charlotte office. He is the first one here in the morning and the last one out at night. We are grateful to have such a loyal member of the team!"



Stephanie Pfaff interviewing Bruce for the position.



Debbie Newsome showing Bruce the ropes of property management.



Bruce in his private corner office with his own pineapple house.



Charles Neil taking the time to get to know Bruce and show him where he came from.



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JULY, 2021



PLEASE WELCOME BACK OUR MINDFULNESS COACH, CATHERINE DIVARIS

"It helps to have a focus for your attention, an anchor line to tether you to the present moment and guide you back when your mind wanders." - JON KABAT-ZINN

It's Finally Summertime!

Which means more activities outdoors, holiday celebrations and maybe even vacation plans. It's estimated that 45% of us take the majority of our time off for vacations in the summer, and usually in the month of July. But how many times have we actually felt relaxed and rejuvenated after a vacation? A lot of the time we feel like we need a vacation after our vacation.

So how do we have a truly "relaxing" summer vacation? The answer is simple: Practice mindfulness.

Mindfulness can be defined as a moment-to-moment awareness of our thoughts, feelings, body, and surrounding environment, seen through an understanding and sympathetic lens. Taking the time to be mindful this summer, especially on vacation, will increase your relaxation, maximize your enjoyment in your new environment and rejuvenate you from within.

Mindfulness can make the difference between feeling stressed this summer or feeling happy by simply keeping you aware of your environment and what is going on in that moment. Here are some tips to help keep you mindful this summer:



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Stimulate Your Senses: Smell the salty air of the sea. Hear the wind whistling through the trees or the songs of different birds.

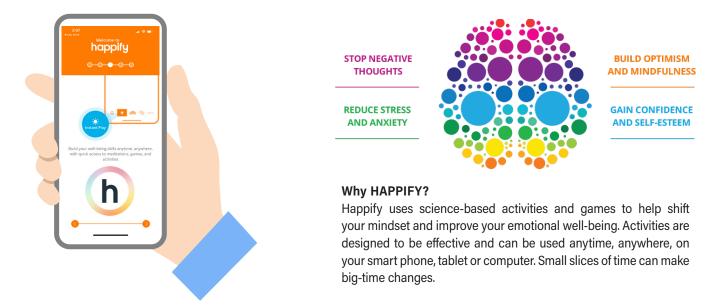
Try Something New: New experiences push us out of our comfort zone and make us pay closer attention in order to learn. This new focus cuts down on outside distractions.

Just Breath: Being aware of our breathing reminds us we are here and now. Certain breathing techniques can also help us regulate emotions, lower our heart rate and even help detoxify our body and improve immunity.

MINDFULNESS TOOLS YOU CAN USE

Try HAPPIFY

For all employees enrolled in Divaris' Cigna medical plan the HAPPIFY app is FREE so why not check it out! Just go to the website (https://cigna.happify.com/) and answer a few questions. Then you'll be sent a link to download the app on your phone.



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NEWS DIVARIS NEWS & Entertainment

PUZZLES 4 PRIZES

CONGRATULATIONS TO JUNE'S PUZZLES 4 PRIZES WINNER

Cassidy Gazaway, a property administrator from the Virginia Beach office, was the winner of last month's PUZZLES 4 PRIZES brain game and chose a Target gift card for her prize!

Will *you* be July's winner?? The *first* person to email back the *correct* answer to the riddle below will win the gift card for this month. *Send your answer to: newsletter@divaris.com*

QHESTION:



A **RED HOUSE** IS MADE FROM RED BRICKS. A **BLUE HOUSE** IS MADE FROM BLUE BRICKS. A **YELLOW HOUSE** IS MADE FROM YELLOW BRICKS. WHAT IS A **GREEN HOUSE** MADE FROM?

who wore it better?



Terri Lupien (*left*), and Michelle Mynhardt (*right*) from the Virginia Beach office were actual TWINS one day in their stunning summertime dresses!

Beverly Betcher (*left*), and Carol Aubuchon (*right*) from Virginia Beach's property management team were beautiful in blue at a celebration event for one of our own!





Andy McClaskey (*left*), and Alysia Anderson (*right*) from the Virginia Beach office were spotted giving off some retro vibes in their black and white polka dots!

Katherine Hodges (*left*), and Elizabeth Napolitano (*right*) from the Virginia Beach office were pretty in pink in their matching pink dresses!

NE WINNER:

CASSIDY GAZAWAY!



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TWINNING!



Joe Farina (*left*), and Chelsea Kartchner (*right*) from the DC office were spotted driving their convertibles to work one day!

DATES TO REMEMBER IN JULY

- July 4th Independence Day
- July 5th Independence Day Observed Offices Closed
- July 29th National Intern Day



Please Email your Shout-Outs, Employee Spotlights & Photos to Amy Campbell: amy.campbell@divaris.com

Don't forget to check us out on Social Media!