



DECEMBER 2023



# Tower Notes

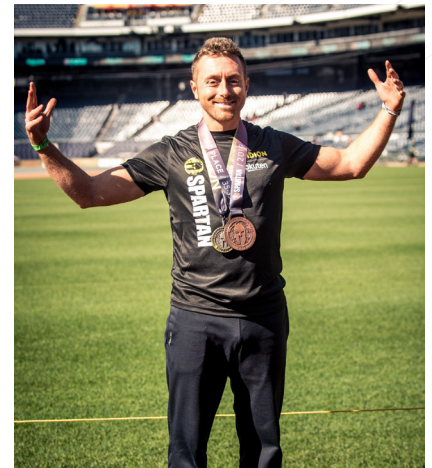
## WELCOME Frank Zaich Rondinelli

**"Repeat after me, 'I can do this!'"**

If you've been to SteelFit lately, you've most likely met our new Fitness Manager, Frank Zaich Rondinelli. Frank brings more than 17 years of experience in building, implementing and managing fitness and wellness programs in a variety of sectors and is excited to join the SteelFit team. In addition to his program experience, Frank has been coaching and competing for years in the endurance arena. He specializes in Sports Specific Training, Strength/Conditioning, Speed & Agility, Obstacle Course Racing and Building Better Humans.

Frank holds a Bachelor of Science degree in Exercise Science with a Wellness specialization from the University of Pittsburgh and a Master of Science/Health Promotion with a concentration in Injury Prevention & Performance/Sports Psychology from CalU. In addition, he holds multiple certifications.

Frank takes the position previously held by Toni Pietrone, who was promoted to Fitness Center Director. Corey Buck, the center's previous director, recently left SteelFit to accept a position closer to his home in Ohio. We wish him the very best.



## Family Hospice Memorial Dove Tree

Remember a loved one in a unique way while supporting the region's leading nonprofit hospice provider. Visit the tree in the upper lobby by Starbucks. All proceeds benefit patients and their families throughout western Pennsylvania. Visit [upmc.com/familyhospicedonate](http://upmc.com/familyhospicedonate) or call 412.572.8874.

## Holiday Party

Join your colleagues and the Winthrop Management team on  
**Wednesday, December 6th, from 12 noon to 1 pm at The Hub**

Enjoy cookies, coffee and hot chocolate.

Enter the raffle to benefit  
The Greater Pittsburgh Community Food Bank.

Operation Troop Appreciation will be on hand for tenants  
to sign holiday greetings to send to the troops.



## Meet the Plumbing Team

Here at the tower, we  
have two licensed plumbers  
– Master Plumber  
Pat Lyons and Journeyman  
Plumber Tyler Smith.

These team members  
are available to handle all  
types of plumbing issues,  
from leaks to clogs and  
anything in between.  
Should something need  
attention when one of our  
plumbers is not on site,  
our engineering staff is  
available to assist.

## Building Notes – Christmas and New Year Holiday Schedule

The building will operate on a holiday schedule on Monday, December 25th and January 1st. Should you require lighting or HVAC on either of these dates, please advise the management office by 12 noon on Friday, December 22nd and 29th, through Prism.

Housekeeping will operate on a holiday schedule on both Mondays as well, with no daylight or evening housekeeping. Housekeeping will return to its normal schedule on Tuesday, December 26th and January 2nd.

## Holiday Book Exchange

Join your fellow tenants for a white elephant book exchange on Thursday, December 14th, beginning at 11:30 am.

It's easy, and it's fun! Purchase your favorite literary book, wrap your selection, and write a quote from the text on the package. Then, come to The Hub with your wrapped selection on the 14th at 11:30 am. Participants will draw numbers to see when they can make their selection or steal a book from another guest. Once a book has been stolen three times, the last person gets to keep it. After everyone has had a turn to select or steal a book, you may open your present.

## STEELFIT

### Healthy After the Holidays

Don't worry; your friends at SteelFit can help you get back on track after the holidays! Join us on Tuesday, December 12th, at 1 pm for a nutrition webinar, where we'll help you reprioritize healthy habits and share tips to keep you energized and moving through your busy day. Sign up on the U.S. Steel Tower app.

## Ping-Pong Tournament

Get ready for some ping pong in the New Year! We're planning a ping-pong tournament beginning January 17th and running into February. More details coming soon.

## Operation Troop Appreciation

For almost 20 years, Winthrop Management has been making a holiday donation to Operation Troop Appreciation on behalf of the tenants of U. S. Steel Tower to support our troops. With these donations, OTA delivers necessary equipment and supplies to troops overseas and assists veterans living in Western Pennsylvania who are struggling financially, physically and mentally.

Winthrop Management is proud to donate to OTA once again on behalf of our tenants this holiday season. We are grateful for the service and sacrifices of our nation's troops and veterans.

### Water Cooler Wednesdays

Meet and mingle with your fellow tenants every Wednesday from 2 to 3 pm in The Hub (27th floor tenant lounge). Check out this month's themes!

**December 6** – **Make holiday cards for the troops with Operation Troop Appreciation**

**December 13** – **Match the Quote game (Holiday Movie Edition) – Starbucks gift card for 100% correct**

**December 20** – **Sullivan's special holiday surprise!**

\*There will be no Water Cooler Wednesday on December 27th.

“May your walls know joy, may every room hold laughter, and every window open to great possibility.”

– Mary Anne Radmacher