

# Concierge Connection

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## Contact the Concierge



Julie Ratliff  
Concierge

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Hours: 7:00 a.m. – 4:00 p.m.  
Monday – Friday

## Vacation



Julie Ratliff will be on vacation beginning Monday, August 8. In her absence, Elaine Williamson will be running the concierge office. Julie Ratliff will return on Monday, August 15.

## Important Dates

### August

7, Friendship Day  
13, Left Handers' Day  
15, National Relaxation Day  
26, Women's Equality Day,



## Vendor Spotlights



**Sam's Club** is offering a special bonus to all Dupont team members when you sign up or renew a Sam's Club membership. Stop by the location at the corner of Lima and Ludwig Roads on August 13 and 14 from 10 a.m. – 6 p.m. for the official "Open House." You will receive a \$25 or \$10 gift card when you sign up or renew a Sam's Club Membership. Please bring your work I.D.

**Preferred Automotive Group** oil changes are just \$17.95 + tax for up to 5 quarts of oil. This service includes a free 27-point inspection and a free car wash! They also offer Dupont team members a discount of 15% off of parts and labor for most other services. They have factory trained and ASE certified technicians who can work on all makes and models. Since they pick up and drop off your vehicle for service, you can schedule your appointment with the concierge and, in most cases, get next day service.



**The Coffee Nook** is featuring the "Mo-Coconut" beverage in August. This mocha with coconut flavor can be enjoyed as a chilly frappe, as an iced mocha or creamy-steamy hot. Unable to leave your department? Call your concierge and, if available, she will order and deliver it to you.

## Summer Concerts/Theatre Tickets



### Jimmy Buffett

August 25  
8:00 p.m.  
Verizon Wireless  
Music Center  
Noblesville, Ind.  
\$48.85 – \$157.50

### Elton John

September 7  
8:00 p.m.  
Verizon Wireless  
Music Center  
Noblesville, Ind.  
\$62.35 – \$160.00

### Jefferson Pointe Friday Nites Live

Center courtyard, 6:30 p.m.  
August 5: Fawn Liebowitz  
August 12: Friday Night Fever  
August 19: The Remony  
August 26: Rosemary Gates

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## Community Events

### Foellinger Theatre Summer Free Movie Series

All movies are at 8:30 p.m.

*Toy Story 3*, August 3

*Tangled*, August 10

*The Sorcerer's Apprentice*, August 19



### 2011 Indiana State Fair

August 5 – 21

Indiana Fairgrounds  
Indianapolis, Ind.

Gate Admission: \$8, children 5  
and under are free

Free parking, when available. Ask

your concierge for details and discount information. Visit

<http://www.in.gov/statefair/fair/index.html>

## Back to School

It's **Back-to-School** month and the stores are beginning to stock their shelves with school supplies.

Let your concierge help with your student's shopping lists. Ask

about helpful college packing checklists, back-to-school basic checklists for all grade levels and let Julie tell you about the college care packages she can put together and ship to your out-of-town collegiate students. Take the stress out of the transition from summer vacation to back-to-school time by utilizing your concierge services.

Going back to school is always a chaotic time; new routines, new challenges and a new groove to get into. With concierge services, the chaos is under control. Your concierge can help you and your family get back into the swing of things in no time at all. Rather than making going back to school stressful, your concierge can make it a breeze.

She can help:

- Purchase uniforms
- Register for classes
- Shop for school supplies and order books
- Prepare and send care packages to college students
- Drop off forgotten lunches, money, homework, projects or paperwork
- Arrange moving assistance for college-bound students



## Summer Hydration Tips

Long summer days are the best times to relax, soak up some sun and be care-free. Often we forget that our bodies can become dehydrated quickly, which can result in headaches, nausea and energy loss. To keep yourself in tip-top shape during these hot summer days, stay hydrated in the following ways:



1. The obvious choice for staying hydrated is **WATER, WATER, WATER**. Keep a cooler or an insulated bag in your car to keep water bottles chilled to perfection. You can never have enough water on hand. For days at the beach, freeze water bottles the night before so they can stay cold throughout the next day. Drinking plenty of water will help keep your energy up and make your skin glow.
2. Popsicles are a favorite thirst quencher for a hot summer day and they don't just have to be for kids. With juice bars and sugar free varieties, you will never run out of choices. Or, try making your own popsicles, and toss in your favorite fruit. There are numerous shapes and sizes you can choose from. Have your concierge pick up all of your popsicle-making tools.
3. Gatorade and energy drinks loaded with electrolytes are a necessity on a hot summer day when you exert more than you should. When your body is craving hydration, nothing tastes better than Gatorade as it slides down your throat to replenish the pockets in your body that need water. Listen to your body so you know when you need more electrolytes or have had enough.
4. Make sure you stay hydrated while in the pool. Even though you are surrounded by water, you are using a lot of energy to stay afloat and splash around. Parents can offer popsicle treats or juice boxes during the day along with some light sandwiches. You don't just need liquids to stay hydrated. You need fuel, too.
5. There are some new products on the market today such as XS Energy that keep your body hydrated during the summer and the rest of the year. These come in delicious flavors and are loaded with B-12, which keeps your system consistently energized. You will no longer have dips in your energy levels and it's hydration at its best.

Source: [www.ehow.com](http://www.ehow.com)

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