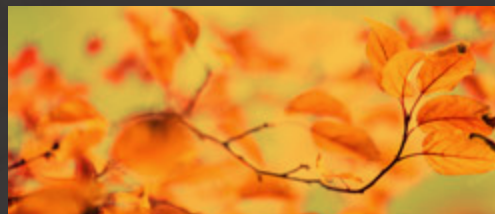


MONROE

BUILDING

SEE WHAT'S INSIDE >>

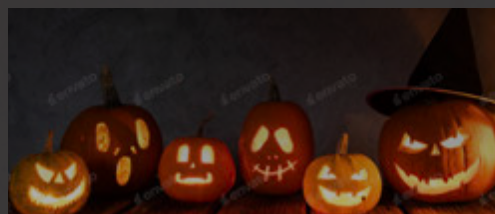
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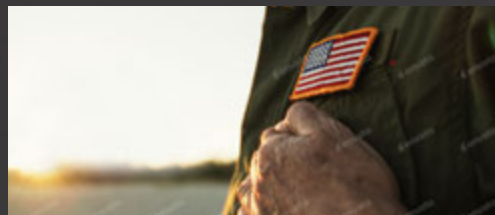
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Dear Monroe Building Tenants,

Autumn is nearly here! From scary movies to pumpkin patch pop-ups, this city will surely have a little something for everyone. We hope this season is abundant in cozy sweaters, warm smiles, and good vibes throughout. And just in case you need a little help with that, we have a few events happening this season to make the day a little better.

UPCOMING TENANT EVENTS



MONROE BUILDING HOLIDAY BRUNCH

Our Tenant Holiday Brunch returns! Join us for festive fun on the second floor on December 16th from 11am – 1pm for fresh omelets made to order with your personal chef. An assortment of fresh baked goods complements the menu.



TRICK OR TREAT!

We will have a special Halloween treat on Wednesday, October 28th for all tenants of The Monroe Building. Please feel free to grab a spooky but tasty Halloween-themed brownie in the lobby.

UPCOMING CITY EVENTS



ARTS IN THE DARK PREVIEW & PARADE

Looking for free arts programming that's family friendly? Hit up State Street on Oct 17 from noon to 6 pm, for an afternoon of free public programming as a preview to Arts in the Dark happening on Oct 24.

[LEARN MORE](#)



CREEPY CRUISE ON THE FIRST LADY

See the spooky side of Chicago with First Lady's Ghost Cruises available now through November on Fridays & Saturdays and Select Thursdays & Sundays.

[BOOK HERE](#)

We hope this season brings you comfy sweater weather, good times with good people, and a few more reasons to smile. As always, thank you for being a part of the Monroe Building community.

Please don't hesitate to contact the Office of the Building at (312) 223-1764 with any questions or concerns you may have. The Monroe Building staff is here to assist you in any way. Please forward this information to all personnel.

Kimberley Clark
Property Manager

Jordan Pettis
Assistant Property Manager

BOOSTING IMMUNITY AHEAD OF SICK SEASON:

Cold and flu season typically begins in the fall, with respiratory viruses becoming more prevalent as early as September. In recent years, increases in COVID-19, influenza, RSV (respiratory syncytial virus), and other respiratory illnesses have coincided with the start of the fall season.

While no strategy can completely prevent illness, adopting healthy habits before virus activity increases can help support a well-functioning immune system and reduce your risk of infection or severe illness.



Tips to Help You Stay Healthy This Season

1. Eat a balanced diet

Choose a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats to provide the nutrients your immune system needs to function effectively. Avoid processed foods and excess sugar, as this acts as an energy source for bacteria and other germ organisms.



2. Stay physically active

Aim for at least 150 minutes of moderate-intensity physical activity each week, along with muscle-strengthening activities on two or more days.

3. Prioritize quality sleep

Most adults should aim for 7–9 hours of sleep each night to support immune function and overall health.



4. Manage stress

Chronic stress can affect immune function. Incorporate stress-reducing activities such as exercise, mindfulness, meditation, or hobbies you enjoy.

5. Practice good hand hygiene

Wash your hands frequently with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer when soap and water are unavailable.

6. Stay up to date on vaccinations

Annual influenza vaccination and the current COVID-19 vaccine, along with RSV vaccination for eligible adults, can help reduce the risk of severe illness. Talk with your healthcare provider about which vaccines are recommended for you.



7. Stay home if you're sick

If you develop symptoms of a respiratory illness, staying home when possible can help protect others and reduce the spread of infection, as well as allow your body the chance to rest and recover.

FUN WAYS TO CELEBRATE HALLOWEEN WITH FAMILIES AND FRIENDS

Halloween is one of those rare holidays that works for almost every kind of celebration. It can be sweet and silly for kids, cozy and nostalgic for families, or a little more dramatic for adult friend groups looking for a night out. Whether you celebrate with kids and your family or plan a night with your friends, here are some ideas to make this a Halloween to remember!

Decor That Sets the Mood

A few decorations can get everyone in the Halloween spirit! Pick your own pumpkins, then use the pumpkins, either carved or painted, along with battery candles, cobwebs, paper bats and orange string lights to create a Halloween

backdrop. Outside, make use of fallen leaves by creating friendly ghosts and pumpkins using garbage bags. For older kids or your friend groups, lean into darker colors, candlelight, vintage frames with menacing silhouettes, and dramatic music.



Start with a Spooky Snack Spread

A Halloween menu does not need to be complicated to feel special. A themed charcuterie board is a perfect centerpiece because it works for both kids and adults: add orange cheeses, dark crackers, grapes, candy eyes, pumpkin-shaped cookies, and small bowls of dips or sweets. For a more playful dinner, pizza skulls are a memorable tradition that can become the kind of thing everyone asks for year after year. They are filling, customizable, and fun to serve before trick-or-treating, a movie night, or a party.

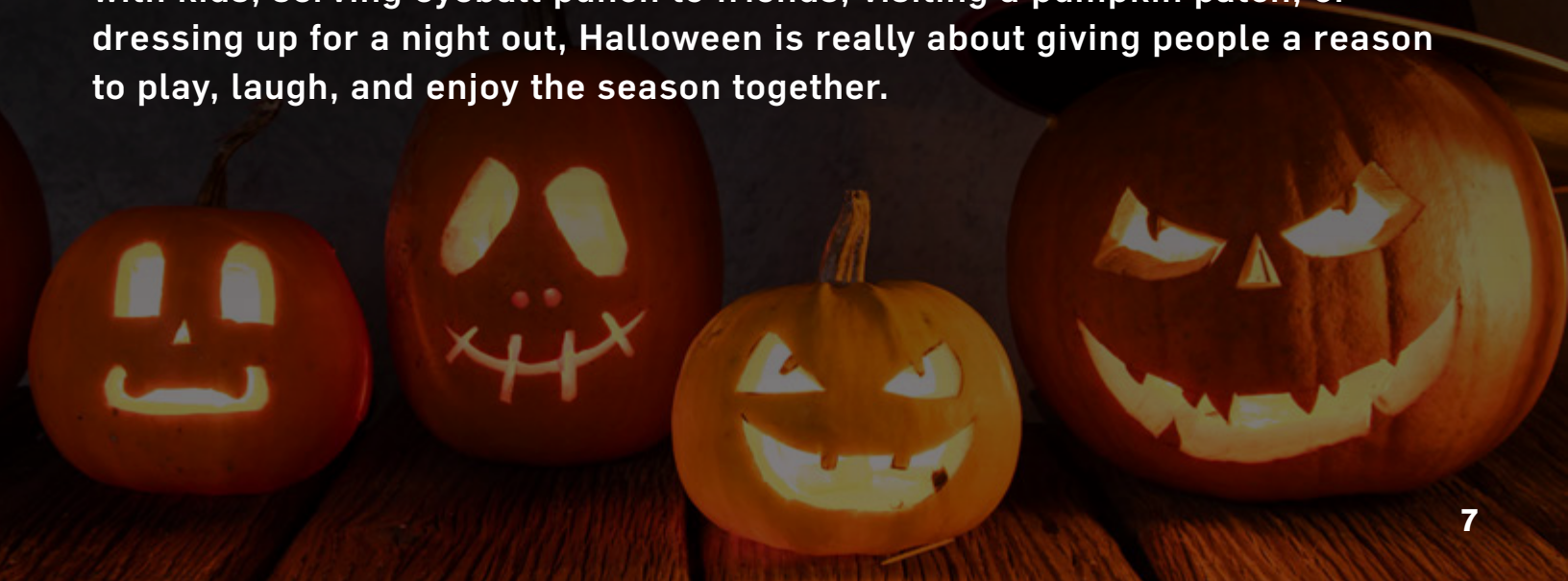
Desserts are where Halloween really shines. [Rice Krispies Treats](#), [vampire-inspired cupcakes](#), [spider cookies](#), and brownies decorated with candy webs are easy crowd-pleasers. For drinks, make a big bowl of [berry eyeball punch](#) that can be served alcohol-free for families, then set aside mix-ins for adults who want to turn it into a cocktail.

Make it Magical

Halloween activities can be tailored to your group. For families, make activities fun and festive without being too scary. For older kids and adults, put an eerie spin on it. Get creative by painting pumpkins or carving pumpkins. Your designs, however fun or eerie they might be, can double as decor on the porch or dinner table. Homemade lanterns are another simple project: decorate jars, paper bags, or battery-operated lights with ghosts, bats, pumpkins, silly or scary monster faces.

Costume parades or parties are a quintessential Halloween element. [Pull together your own costumes](#) or purchase them. Whatever you choose, be sure to snap lots of photos!

The best Halloween celebrations don't have to be expensive or overplanned. A few good snacks, a fun activity, and the right atmosphere can turn an ordinary October night into something memorable. Whether you are making lanterns with kids, serving eyeball punch to friends, visiting a pumpkin patch, or dressing up for a night out, Halloween is really about giving people a reason to play, laugh, and enjoy the season together.





Veterans Day

Honoring Our Heroes: Meaningful Ways to Celebrate Veterans Day



Every year on Veterans Day, we pause to recognize and thank the brave men and women who have served in the United States Armed Forces. Their dedication, sacrifice and commitment to protecting our nation's freedoms deserve more than a single day of recognition; they deserve our lasting gratitude and respect.

Veterans Day is not only a time to remember those who served but also an opportunity for communities, families and individuals to show appreciation in meaningful ways. Whether you know a veteran personally or simply want to express your gratitude, there are many ways to honor their service.

THANK VETERANS PERSONALLY

One of the simplest and most meaningful gestures is to thank a veteran for their service. A sincere handshake and kind words can remind veterans that their sacrifices are appreciated. Listening to their stories with respect and interest can also be a powerful way to show gratitude.

VOLUNTEER AND GIVE BACK

Many veteran organizations rely on volunteers to support former service members and their families. Consider volunteering at a local veterans' home, helping with community events, or participating in programs that assist veterans with housing, employment, or healthcare needs. Even a few hours of your time can make a difference.

SUPPORT VETERAN-OWNED BUSINESSES

Choosing to shop at veteran-owned businesses is another way to recognize the contributions of those who have served. Supporting these entrepreneurs helps strengthen local communities while acknowledging the leadership, discipline, and resilience veterans bring to the workforce.

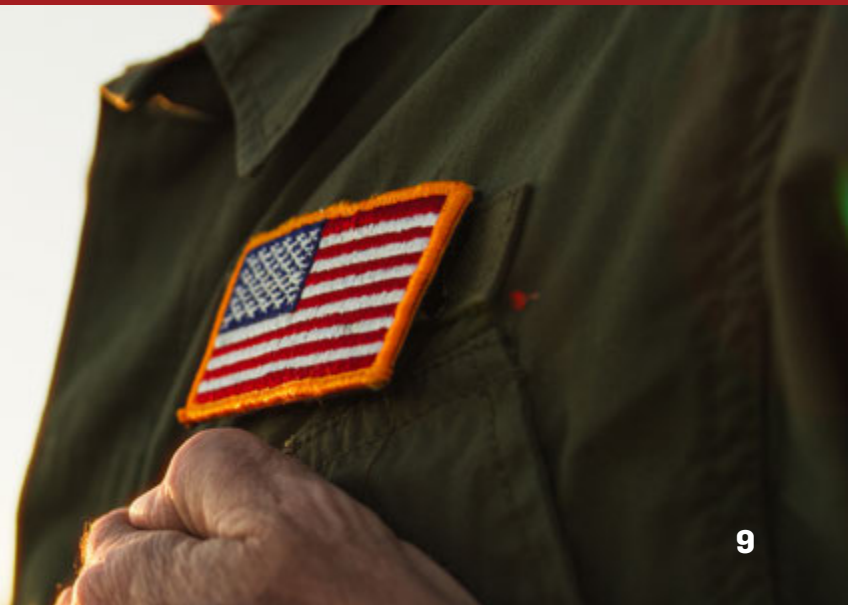
EDUCATE THE NEXT GENERATION

Veterans Day offers an excellent opportunity to teach the next generation about military service and the importance of honoring those who have defended the country. **Displaying the American flag properly** throughout the year is a visible symbol of respect for those who have served. There are numerous educational documentaries discussing many conflicts and pivotal moments available through many streaming services. Inviting veterans to share their experiences can help foster understanding, appreciation, and start a dialogue between servicemembers and the next generation.

REMEMBER THAT APPRECIATION LASTS ALL YEAR

While Veterans Day is a special occasion, veterans deserve recognition throughout the year. Supporting veteran charities, advocating for veteran services, checking in on veteran friends and neighbors, or simply expressing gratitude regularly helps ensure their service is never forgotten.

Veterans Day is a time to reflect on the courage, dedication and selflessness of the men and women who have served in the United States military. By supporting veterans in our communities and educating future generations about their sacrifices, we can honor their legacy. Every act of appreciation helps remind veterans that their service is valued, their sacrifices are remembered, and their commitment to our nation continues to inspire us all.

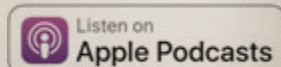




Beyond the Page Podcast Series

Get to know

our authors



Master Wings Publishing is excited to share the recent debut of its podcast, *Beyond the Page*, which is off to a strong start with four episodes and counting.

This podcast is an exciting opportunity that brings an additional layer of insight into our existing titles with author interviews and compelling dialogues centered on our publications and the evocative topics they inspire and invite us to grapple with in the wake of our readings.

Our most recent episode is an interview with John Borling, author of *Taps on the Walls*, whose poetry continues to define the mission of our press: to tell stories of service and sacrifice. Stay tuned for more on our podcast and other exciting developments that are in the works at Master Wings Publishing.

LISTEN NOW