

LFVA On The Move An Update & The Low Down From LFVA



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May 2015

In This Issue

[President's Message](#)
[Lawyers Have Heart](#)
[LFVA Newsletter](#)
[Committee](#)

[LFVA 2015 Spring Event](#)
[LFVA Member Spotlight](#)
[LFVA Interviews](#)

LFVA Members: Contact Us

[ADC Corp.](#)

[Cresa](#)

-

[Gensler](#)

[HITT Contracting, Inc.](#)

[Kastle Systems](#)

[Keno Kozie Associates](#)

[Legal Placements,](#)
[Inc.](#)

[Miller's Office](#)
[Products](#)

[MOI, Inc.](#)

Cherry Blossoms and Mango Trees!!

The LFVA celebrated spring with a cocktail party at Mango Tree located in the very stylish CityCenter DC. This newest Mango Tree location is the first in the United States and offers Thai cuisine with a bold twist! As always, it was great getting together with friends, new and old, enjoying delicious food and beautiful cocktails!



As the General Manager explained in a brief synopsis of the Mango Tree history - founder and CEO Pitaya Phanphensophon of Mango Tree, the global restaurant group, has partnered with acclaimed chef / owner Richard Sandoval of Richard Sandoval Restaurants, to bring one of the world's most innovative and best-known Thai culinary lifestyle brands to the nation's capital within the cutting edge CityCenter DC.

The original Mango Tree, founded in 1994, is located in a beautiful Thai house in Bangkok built during the reign of King Rama VI, almost 100 years ago. The restaurant's name is derived from the ancient mango tree planted in front of the house and it was recently discovered the person who planted the tree is currently living in DC!

The food was inspired and included vegetable and duck eggrolls, house-made shrimp cakes, peanut chicken skewers, and a delectable take on brussel sprouts! Guests toasted with the cocktails of the evening- lychee mojitos and the spicy Siam.

Amid all the excitement there were several drawings for gift cards to various shops in CityCenter DC. Some of these were Kate Spade, Longchamp and, Caudalie.

National Office Systems

Office Movers

Washington Express

**President's
Message**

It's hard to believe that we are deep into 2015 already, and the freakishly cold temperatures of this past winter have seamlessly transitioned into the sun filled warm days of May. I would like to thank all of our guests who attended the Event at Mango Tree, and hope you enjoyed the traditional spicy Thai food and drinks, and as always, the gathering of some of friendliest and warmest people in DC. Our events committee once again did a great job!



We would also like to welcome our newest member to the LFVA, MOI Inc. MOI has been a long standing fixture in the DC area, and is well respected in the high end contract furniture industry. They will be a great addition to our family of companies, and share our commitment to returning goodwill to the communities that support us, as well as the charities we have supported for many years, such as KEEN, N Street Village and Lawyers Have Heart to name a few.

Once again, all had a wonderful time and we all look forward to seeing everyone soon!



L to R: Marilyn Mickelson; Helen Woideck/Leydig, Volt & Mayer; Kevin Ward/NOS, Inc./Debbie Sachs/MOI, Inc.



L to R: Perry Dyck/Pillsbury; Marilyn MICKELSON

Once again this year, as a group, we are providing products and services pro-bono to the Legal Aid Society for their office expansion and as always many of our members will be out in force to assist with passing out water to the participants in Lawyers Have a Heart race!

It appears that 2015 is already full of activity in the legal world, with both mergers and relocations. This is a great signal for all of us, and provides us with the opportunity to work with some of you on a new and different level. We look forward to that challenge, and we look forward to seeing all of you at our next event!

All the best,
Joe

Joe Alvarez,
LFVA President
NOS, Inc.

Lawyers Have Heart

The 25th Annual Lawyers Have Heart 10K 5K Run & Walk will be held on Saturday, June 13, 2015 at Washington Harbour Georgetown.

Since its inception the event has raised over \$7.5 million to benefit the American Heart Association/ American



L to R: Mark Stanley/Beveridge & Diamond, P.C.; TJ Whelan/Keller & Heckman; Bill Potts/Keno Kozie Associates



L to R: ;Jenifer Frazier/Cohen Milstein; Ulf Lundmark/Crowell & Moring

Stroke Association. There are many avenues to participate in the event. You can walk or run the course which will help your own cardiovascular health, assist with registration, help with pre-race work or become involved with a host of other areas that need support.

The DC Chapter of ALA will be providing volunteers at water stations to keep the runners/walkers hydrated. To assist with the water stations, please go to www.alacapchap.org and go to the volunteer section of the website and you can sign up online to volunteer with others. It is an early morning, starting at 6am, but the race is generally done by 9:30am and you are free to enjoy some fun at the post race activities.

Check Us Out!

[Our Website](#)

View our photos on [flickr](#)

LFVA Newsletter Committee

Stacy Fischbach, Keno Kozie Associates

Meghan Dunn, ADC Corp.

Joanna Davis, Legal Placements, Inc.



L to R: Stewart Thomas/Sidley & Austin, LLP; Dana Ragsdale/Gensler



L to R: Dot Mooney/Powers Pyles, Sutter & Verville; Beth Jeffries/Morgan Lewis; Alana Harder-Washington/Caplin & Drysdale

Matt Vester, Hitt Contracting, Inc.



L to R: Renee Brooks/Arent Fox, PLLC; Stacy Fischbach/Keno Kozie Associates; Mary Randolph/Wilmer Hale



Nina Adams/Greenstein, DeLorme & Luchs, PC



L to R: Jim Durfee/Office Movers, Inc.; Beth Fowler/Robbins Russell;
Craig Church/Millers Office



L to R: Cindy Conover; Craig Church/Miller's Office



L to R: Jeff Cole/Squire Sanders; Jenna Carter/Husch Balckwell Sanders, LLP; Beth Jeffries/Morgan Lewis; Qeyana Hart/Bracewell & Giuliani, LLP; Tracy Morris/DLA Piper

Click [here](#) to see all the photos from this event.

LFVA Member Spotlight **MOI, Inc.**

Wellness in the Law Office - Who is it good for?

Wellness programs and initiatives in the workplace are increasing in popularity as firms become more educated about their benefits, including:

- Illness prevention
- Reduced absenteeism
- Increased morale
- Reduced health insurance costs
- Enhanced performance
- Attracting talent/less turnover

As law firms continue to adapt to business and real estate changes and support the needs of their talent, they are looking to shed the stereotype that legal professionals are stressed out, over-worked and unhealthy, and are incorporating wellness into the workplace. These



changes are sometimes the byproduct of current law office design but are also in motion to respond to the growing evidence that supports wellness programs. Absenteeism is one of the biggest expenditures draining firm resources and chronic absenteeism cuts into productivity and lowers the bottom line. Research shows that many health problems can be solved and/or avoided through proper diet and exercise and that wellness programs yield a proven return on investment.

If you are just getting started incorporating wellness into your workplace, it can be overwhelming. It is difficult to know where to start. Wellness programs are not "one size fits all" - they should be based on the needs and interests of your employees. Design concepts can benefit the wellness in your space. Here are some recommendations:

- **Encourage movement.** Most of you have heard that sitting is the new standing. Give employees the flexibility to sit or stand as they work with height adjustable desks. You can also create meeting places where people have the option to stand. Giving employees laptops and mobile devices makes it easier to move around and take advantage of flexibility in the workplace.
- **Ergonomics are essential.** By offering ergonomic solutions to your employees, they will feel more comfortable and in turn be more productive. Improved posture prevents injury and helps alleviate stiffness. Ergonomic training educates your employees to use their equipment optimally.
- **Increase hydration.** Provide filtered water so your team can stay hydrated throughout the day in order to maintain mental and physical performance. We have seen a DC law firm that has a water cooler on each floor and gives all their employees water bottles to promote walking and drinking water.
- **Views to nature.** While not everyone has access to beautiful views from their workspace, filling workspaces with plants and other natural components relaxes employees and fosters productivity.
- **Natural lighting.** Lighting can have a significant impact on your employees. Natural lighting results in increased happiness, less absenteeism, fewer illnesses, and increased productivity.
- **Flexibility.** Employee satisfaction increases with flexible options like working from home. Employees also benefit from having the choice to work in different settings in the office for collaboration and concentration. Provide privacy/quiet zones for heads down work and collaboration/informal spaces for scheduled or unscheduled collaboration. Cafes are often seen as a communal space where employees will gather to eat together and interact within and across teams.
- **Colors, finishes and materials** - Law firms are leaning towards sophisticated materials and color palettes. Glass lets in more natural light and promotes transparency.

So the answer to the question - who is it good for? - is it's good for everybody.

LFVA Interviews:
Kristine Miller, Nixon Peabody, LLP and 2015 Vice President, Business Partner Advisory, ALA Capital Chapter



LFVA Member Joanna Davis spent some time with Kristine Miller. Kristy is the IP Administrator at Nixon Peabody, LLP, and also serves an important role for the Chapter. Kristy is the 2015 Vice President, Business Partner Advisory. Kristy assumed responsibility for the role on April 1, 2015. The Chapter established the Executive Board position to foster the appreciation of mutually beneficial relationships between members, business partner and the Capital Chapter by building alliances, focusing on value and sharing their vision.

How long have you been a member of the DC Chapter of ALA?

I joined the ALA Capital Chapter in 2008. I initially joined the Chapter in an effort to meet other Managers and Administrators in the Washington DC area specifically within the Intellectual Property field.

How has being an ALA member helped you in your position at your firm?

Being an ALA member has helped me stay current in my field. The networking has proven to be invaluable and actually led me to my current position. The access to resources both online and in person has helped me to be a value added member of my firm's team.

What made you elect to take on the Business Partner Liaison role?

I had been thinking about becoming more involved in the chapter for several months. I had so many valuable interactions with Business Partners in my role in the firm that I thought this board position would be a good opportunity for me. I thought I could help other members realize the value of the chapter's Business Partner program.

What value do you see the sponsorship program adding to the Chapter and how do you see your role supporting both the Chapter and the program?

Our Business Partner sponsorship program connects our members to the business professionals that bring the products, services and expertise designed, in most cases, focused for law firms. This wealth of knowledge helps our members be successful. The program provides opportunities for both members and business partners to get to know each other through educational seminars, social events and our community service efforts. The program funds educational seminars and scholarships for our members to maintain their professional development.

I see my role as the liaison between the chapter and the Business Partners. We seek feedback from both members and Business Partners on what their needs are, what's working and what may not be working. The Chapter takes the feedback seriously and we are always looking for ways to make the program add value. I also see my role as one of educating the membership on the benefits of the program, encouraging members to always return calls from a Business Partner and to reach out to a Business Partner first, when looking for a supplier.

I like to think of myself as the Chief Ambassador of the Program responsible for educating both members and Business Partners on the value of the relationship.

I look forward to working closely with our Business Partners in the year ahead and hope they will feel comfortable reaching out to me.

Many thanks to Kristy for her time in talking with us and we all look forward to an exciting year ahead.