

# **ALASKA REGIONAL HOSPITAL**

## **CAMPUS NEWSLETTER**

ANCHORAGE, ALASKA  
1ST QUARTER 2025



# A MESSAGE FROM THE PROPERTY MANAGER

Welcome to a brand new year filled with joy, opportunities, & exciting adventures! I sincerely hope you enjoyed the delightful holiday season & had the chance to recharge. We embark on a journey through this year, reflecting on previous New Year's resolutions & setting meaningful new goals that inspire growth & development.

With temperatures steadily declining, please remember to bundle up & stay warm. It's equally important to stay hydrated during these chilly months! We are actively working to treat the slippery areas around campus, but please exercise caution when entering & exiting buildings.

Thank you for being a part of this community. I want to extend my warmest wishes for a prosperous & fulfilling New Year. Here's to a wonderful 2025, filled with happiness and success for us all.

Cheers!



## **Yvonne Henrickson**

Senior Real Estate Manager  
CBRE | GWS - Healthcare Sector HCA  
2741 DeBarr Road, Suite 401

# MEET YOUR CBRE TEAM

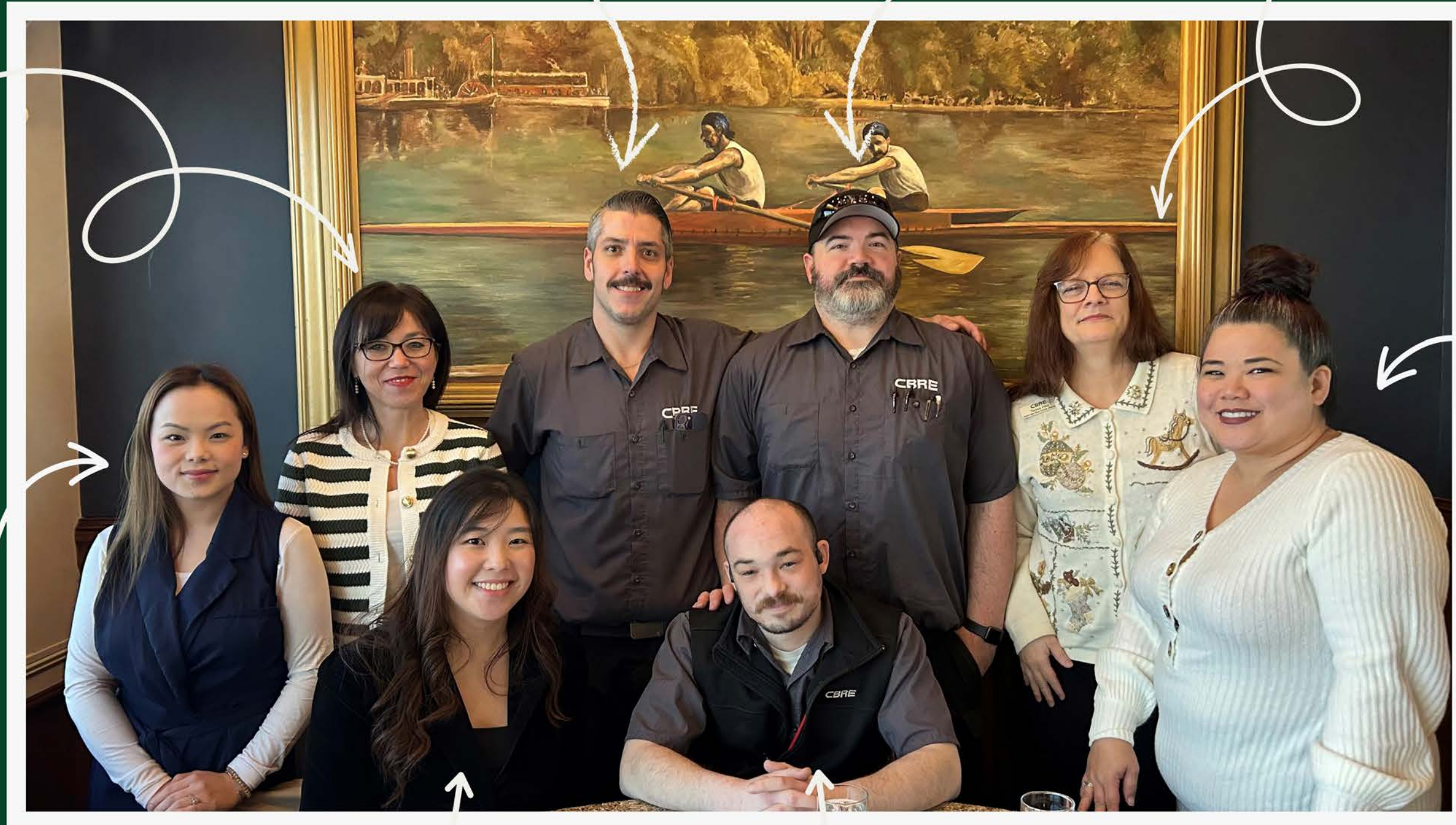
Tony  
Peters

Mike  
Borden

Teresa Pitot

Yvonne  
Henrickson

Leona Calip



Choua Her

Kaylin Vang

CJ Millard

# CAMPUS PARKING



## Parking Violations



The colder months saw a rising trend in parking violations around campus. Please remind all staff & employees to park **ONLY** in designated employee parking areas. All other parking spaces are reserved for your patients and authorized personnel. Parking violations are considered a breach of your lease and can result in towing at the tenant's expense.

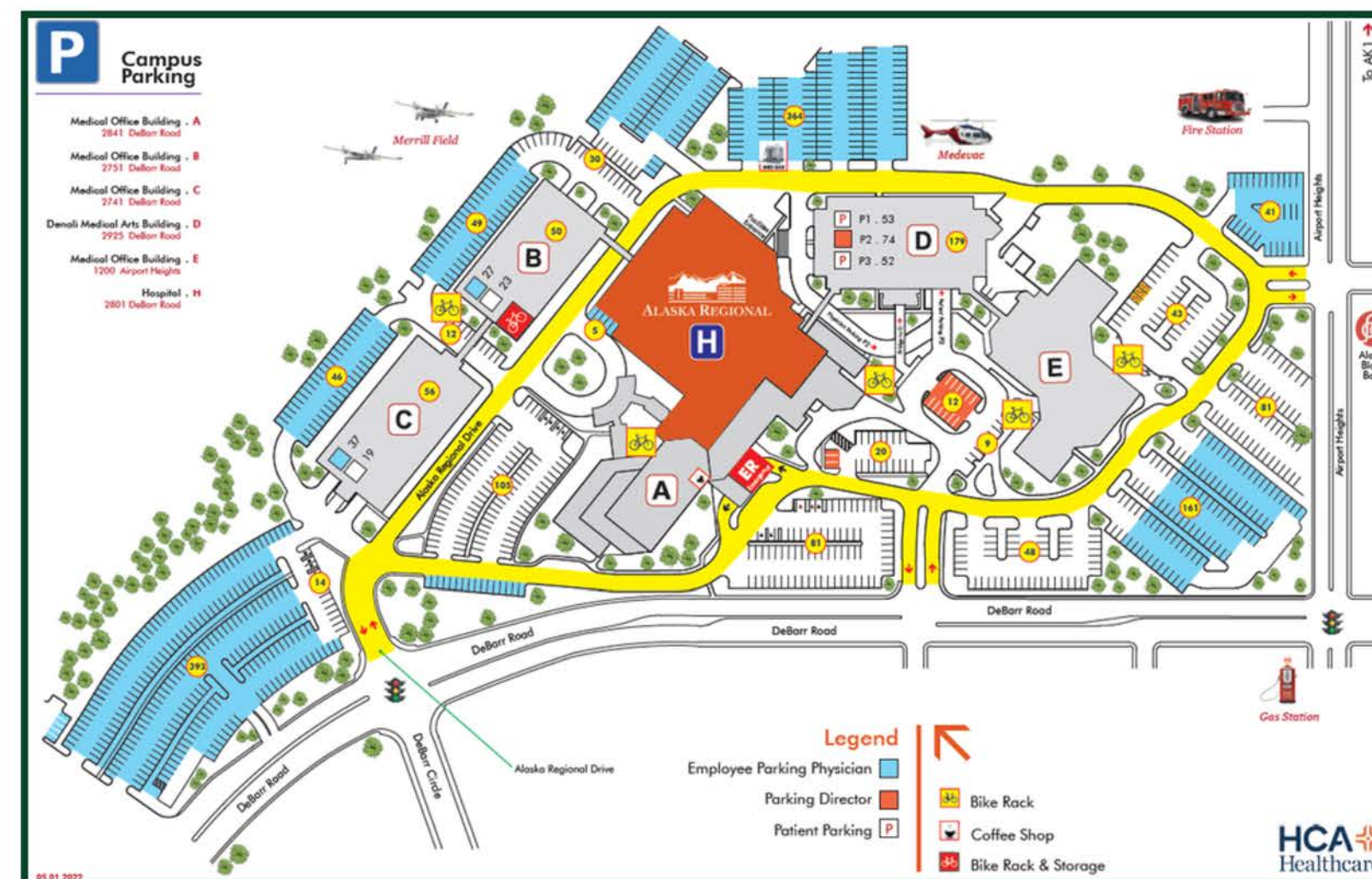
## Parking Permit



Please ensure that employees with vehicles parking on campus, are equipped with a valid parking permit in order to assist security with quickly identifying & informing the individual in the event of an emergency or incident.

Permit Application Forms are located on the Tenant Portal under “Services” -> “Forms.”

[Printable Employee Parking Permit Form](#)



Designated parking areas for employees are highlighted in **BLUE** on the campus map above.

All other parking spaces available are for patient parking **ONLY**. Restricted or Reserved spaces are identified and labeled with signs.

[Printable Employee Parking Map](#)

# BUILDING ACCESS & SECURITY



## *VENDOR BADGES*

-If you are engaging a vendor to work on your phone or IT system, contact our office 24 hrs in advance, let us know who & when you are expecting the vendor on-site.

-All vendors are required to sign in at our office in MOB C, Ste 401 when they arrive on campus. We will not allow access to any comm rooms if we cannot confirm the request.



## *CIPHER LOCKS*

Work orders requesting change to codes on Cipher Locks should include the old & new code.

If you have any issues or questions regarding your cipher lock, please give us a call at 907-264-1465.



## *EMPLOYEE BADGES*

All employees are required to have an MOB Badge for identification & building access purposes.

You can find the form on the [Tenant Portal](#) under "Services" -> "Forms."

[Printable MOB Badge Request Form](#)

# HOT TOPIC: BED BUGS

We hope that your encounters with any kind of pests are few and far in between but knowing how to report the situation is vital in stopping the spread of an infestation. We take bed bugs very seriously. In the event that you suspect the area(s) or any person has been exposed to bedbugs, please take immediate action & follow the steps below:

1. Identify & track down all the locations where the prospective individual has been inside the building.
2. Contain the area(s) of possible and known exposure.
3. Call 907-264-1465 to let CBRE Property Management know about the situation ASAP.

## *Not-so Fun Facts from Purdue University*

- “
- Bed bugs are excellent hitchhikers. They can easily move from an infested building to a new site as people move.
  - Bed bugs hitchhike on luggage or on personal items or clothing and can move from one country to another in a very short period of time
  - They are closely associated with people and can live wherever people spend a lot of time, such as hotels, dorms, homes, apartment buildings, long term care facilities, schools and hospitals.
- ”



[Know The Facts: Bed Bugs](#)



READ MORE HERE



# INFORMATION CORNER

## WORK ORDER REQUESTS

For assistance with maintenance concerns, submitting work order requests, password resets, or adding access for additional staff into the system, please call 907-264-1465.

Calls received outside normal business hours are answered by an answering service. The on-call engineer will be dispatched in cases of emergency.

**Building A, B, C, E Tenants** – Enter work orders through [HCA Tenant Portal](#).

**Building D Tenants** – Enter work orders through [ETS Tenant Portal](#).

**Condo Owners** – Please use the [HCA Tenant Portal](#).

## NORMAL BUILDING HOURS

**Monday – Friday** 6 a.m. to 7 p.m.

**Saturday** – 7 a.m. to 1 p.m.

**Sunday** – All Buildings are Closed

## UPCOMING CBRE OFFICE 2025 HOLIDAY CLOSURES

**New Years Day** - Jan. 1st

**Martin Luther King Day** - Jan. 20th

**Presidents Day** - Feb. 17th

## 2025 CBRE LABOR RATES

\*minimum 1 hr charge + materials

**Cipher Lock Change** – \$37 per occurrence afterhours

**Electrical Repair Work** – \$85/hr

**Handyman Repair Work** – \$85/hr

**HVAC Repair Work** – \$85/hr

**Plumbing Repair Work** – \$85/hr

**Janitorial Requests** – \$45/hr  
(30 Min. Minimum + Materials)

As a friendly reminder, the Monthly Rental Payments are due on the 1st of every month and considered late if not received by the 10th.

Please mail your checks to the following lock box:

**HCA ( MOB A, B, C, E):**  
HCA Mtn Division Lockbox  
PO Box 505489  
St Louis, MO 63160-5489

**Healthpeak (MOB D)**  
Healthpeak  
PO Box 741047  
Los Angeles, CA 90047-1047

Both Landlords also provide options for online payments.

For more information regarding online payment options, or if you have other questions about rent statements or payments, please contact Teresa Pitot at

[teresa.pitot@cbre.com](mailto:teresa.pitot@cbre.com) or call 907-264-2045.

# RENT PAYMENTS



# UPCOMING PROJECTS

**Wayfinding & Directory Improvements** – Helping patients find where they need to go is an ongoing mission of ours. We are rigorously working on more efficient & user-friendly tools & resources to assist with navigation through campus.

**Paint Refresh** – Keeping the common areas clean & safe for everyone is a community effort. There will continue to be some minor paint touchups throughout the year as needed.

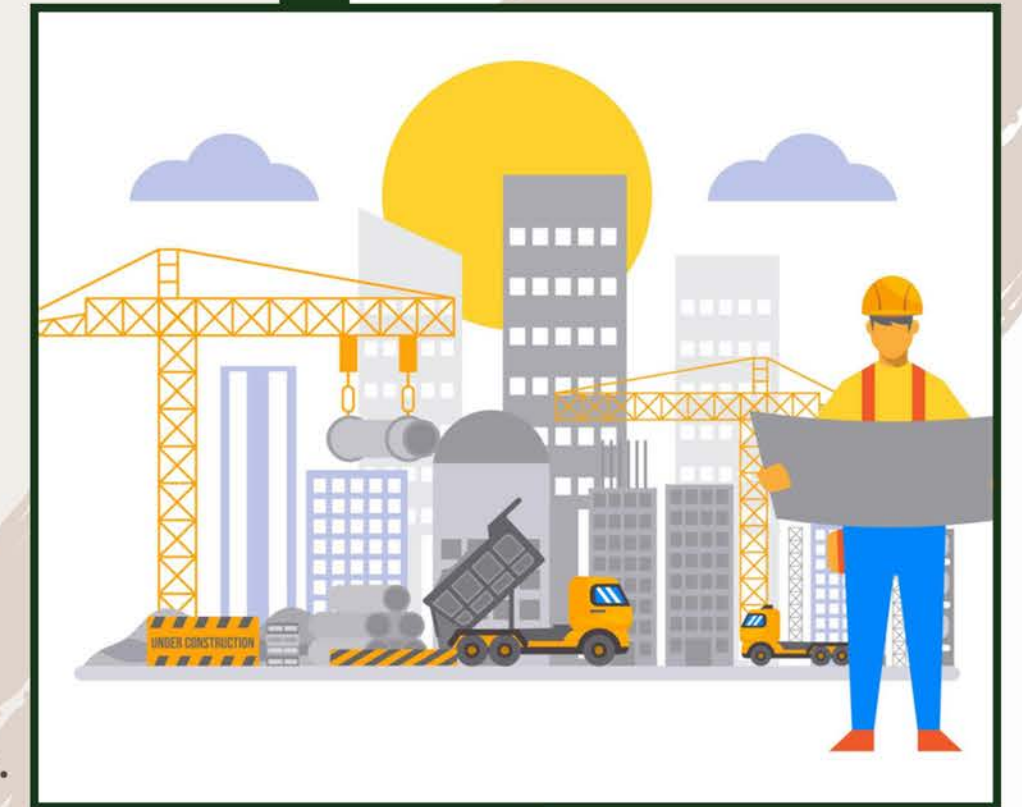
**Fire Alarm Replacements** – Several buildings will be receiving some updates to the fire alarm system, which involves replacing audio/visual devices such as horns & strobes inside individual suites.

**MOB E Projects** – This year, Building E will be receiving some much-needed extra TLC. Projects in motion & continuing to take place in the springtime includes replacements of the Chiller & Air Compressor, repairs on the Main Line Pipe, & upgrades to the Fire Alarm System.

**Parking Lot Sweeping** – As the winter season dwindles down, arrangements will be made to sweep the parking lot & garages.

**Annual Carpet Steam Cleaning** – Schedules will be sent out to individual buildings via email communique. If you have any questions or concerns, reach out to Property Management for accommodations.

**We encourage office managers to please inform staff, visitors, and other occupants of ongoing construction activity in the vicinity. Please take precautions & follow any given instructions. Building notices & communication regarding construction projects are sent via email & text. To sign up additional personnel to also receive these communiques, register through the Tenant Portal at [www.alaskaregionalmobs.info](http://www.alaskaregionalmobs.info).**



**WISHING OUR TENANTS  
A WONDERFUL 1ST QUARTER.  
HAPPY NEW YEAR!**

**CBRE**

2741 DeBarr Road, Suite 401 | Anchorage, AK 99508 | O 907-264-1465 | F 907-264-1974

