

CUMMINS STATION

October 2005

a community of resources

www.cumminsstation.com



A Cummins Station Community Publication

Member spotlight: HealthStream

Resources

Happenings in the area

A word from DZL Management

Wellness tip



Member Spotlight

Helping hospitals deliver quality healthcare



HealthStream, Inc
Suite 450
301.3100
contact@healthstream.com
www.healthstream.com

At HealthStream, their vision is crystal clear: improve the quality of healthcare by improving the quality and accessibility of healthcare education.

And they're doing just that. Cummins Station's largest tenant is a leading provider of learning solutions to the nation's healthcare industry. Through innovative approaches to content development, delivery and accessibility, HealthStream is helping healthcare organizations—including over 1,000 hospitals, more than any other enterprise learning system provider—deliver on mission critical work via their technology infrastructure, depth of expertise in healthcare education and breadth of experience in partnering with hospitals, large healthcare systems and other healthcare organizations. Among the institutions they serve are Johns Hopkins, Stanford, Yale-New Haven, HCA and Tenet Health.

"We help healthcare institutions increase their level of compliance, enhance the intellectual capital of their workforce and deliver better patient care," says Jeremy Roberts, director

of marketing. "Hospitals have unique training challenges—like round-the-clock work shifts. Our solutions help empower these institutions through cost savings and improvements in employee retention, recruitment and job satisfaction."

Key to HealthStream's success is their Internet-based learning platform, HealthStream Learning Center™. More than 1,300 hours of courseware are available online to meet healthcare professionals' full range of training needs, while also supporting the institution's business objectives. As of June, more than 22 million courses have been completed on the platform.

"Our mission, going forward, is to continue to grow our network and deliver even greater value to customers—in terms of leveraging our buying power for third party content and continuing to allow network members to connect with other organizations like them," says Roberts.

"We also want to continue on our track of connecting clinical and business outcomes to the solutions we deliver," adds Roberts. "The ultimate measure of our success and value will be the quality of patient care that our network organizations deliver—and deliver consistently."

Resources

Dining and Entertainment at Cummins Station

CoolBaker's International
Suite 100 . 255-4705
eat@coolbakers.com
www.coolbakers.com

With locations in Louisville, Cincinnati, Indianapolis and Nashville, CoolBaker's touts itself as "The Office Food Pros" for its ability to provide fresh foods made-to-order and delivered

to your office. CoolBaker's specializes in catering orders to accommodate any size crowd for meetings, luncheons and special events. Unlike retail outlets, CoolBaker's has no walk-in trade to distract its staff from ensuring that orders are filled and delivered on time, every time. The menu consists of "Eye Openers" like bakery-fresh bagels, muffins and pastries, "Lunch Munchers"

Resources — Dining and Entertainment at CS continued on back page

HAPPENINGS IN THE AREA

KAZU

Fridays - Executive Hour
\$2 domestic beer
\$2.50 draft beer
\$6.50 Martinis (specialty)

THE BAR CAR

Sunday - Lovenoise
Tuesday - Comedy
Wednesday - Hurricane Katrina Relief Fund
Saturday - Johnny Jackson's Soul Satisfaction

MERCY LOUNGE

Saturday, October 15: 9:30 p.m. \$10 Cannery Ballroom

BUMP CITY: A Tribute to Tower of Power

Sunday, October 16: 6 p.m. \$7 Service Industry Night featuring:

Kim's Fable with November

Monday, October 17: 7:30 p.m.

\$12 adv. \$15/door

Cat Power with the Dex Romweber Duo

Thursday, October 20: 9 p.m. \$5

Novelift with Autovaughn

Saturday, October 22: 9 p.m. \$10

Sam Ashworth & Jetpack

Thursday, October 27: 7 p.m.

Cannery Ballroom \$12 adv. \$15/door

Mindless Self Indulgence

FRIST CENTER FOR THE VISUAL ARTS

May-October on the last Friday of the month - 6-9 p.m.

Frist Fridays 2005

The Frist Center's outdoor concert series offers art, music, drinks, hors d'oeuvres and a splash of good conversation!

September 2005 - January 2006

Deborah Aschheim: Neural Architecture

October 2005 - January 2006

Murano: Glass from the

Olnick Spanu Collection

June 2005 - June 2007

Sculpture by George Rickey

NEWSLETTER CONCEPT /DESIGN

Marlo Ross
marlo@marloross.com

REFERENCES

Wellness Tip: Bally Fitness Corporation. Read "Important Notice" found on the subscription page at: <http://www.ballyfitness.com/rd/fittip.asp>

A Word from DZL Management

Dear Community Members:

Cummins Station and the world around us continue to evolve as we move into Fall. We are happy to welcome all the new community members who have chosen to make their home with us. Please be sure to check out the updated Resource Guide and the Community Updates section at www.cumminstation.com in order to get to know your new neighbors.

Your feedback on the website's job postings page is very much appreciated. A number of you have taken advantage of this feature on our website, and we hope that you will use it with continued success.

The Demonbreun Street Viaduct that spanned the railroad gulch between Twelfth Avenue South and Tenth Avenue South has seen its last days, and our view from the West side of Cummins Station will continue to change. Metro Public Works has recently assured DZL Management that the project is on schedule and that the contract for construction of the new viaduct should be let in October. As construction is planned to last about 18 months, we hope you are as excited as we are that this significant upgrade to our neighborhood is becoming more real every day.

The new Skidata parking equipment installed by Security Electronics, Inc. is in place, and nearly all but a few kinks in the new system seem to be behind us. We are aware that the adjustment to this new system has taken some of

you by surprise. Please know that we did not make this decision lightly. We researched new parking equipment for more than a year prior to making a decision to purchase. I personally visited multiple sites out of state to see the Skidata system in action. Skidata parking systems have enjoyed wide ranging success in Europe for many years, and they are rapidly replacing other systems in certain parts of the United States. Every installer we spoke to and continue to communicate with says our new system is the envy of the parking community. It is truly state-of-the-art. The key element is that exit times are much faster. Encouraging your clients using validations to follow the instructions on the ample signage in the A Lot and The Gateway to Nashville Lot should prevent difficulties when interacting with the system. Please encourage every person without a monthly pass to go to the Automated Pay Station prior to returning to his or her vehicle. A reproducible flier that you can also download from the website is included with this newsletter to help your clients with the automated payment process. The vast majority of difficulties with the system have been related to parkers failing to follow the directions on the signage. Already these problems are decreasing daily, and as the public becomes more comfortable with this new format, we feel certain that the problems will all but disappear.

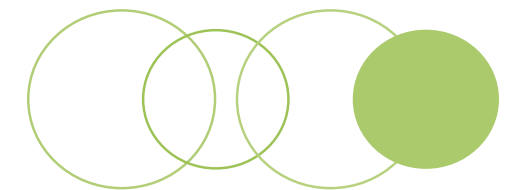
I'd also like to invite you all to an upcoming Quickconnect networking event hosted by the Nashville Business Journal and Strategic

Business Networks. As sponsors of the event, Cummins Station and DZL Management Company are able to invite eight guests for free. We are happy to extend these invitations to the first eight Cummins Station community members who let us know that they will attend the event. The event is intended for owners, CEOs, or other high ranking officers of your business, and it will be held at the Gaylord Entertainment Center's Jack Daniel's Old No. 7 Club between 5:30 and 8 p.m. on Tuesday, October 18. Last year, more than 100 individuals representing as many organizations attended, and the turnout this year is expected to be even higher. For more information about the event, please visit our website's Community Updates link, or contact Tracy Marsh in the DZL Management office at 259-0999 or via e-mail at tracymarsh@dzlmanagement.com. If you are not one of the first eight community members to respond to this invitation, you may still attend the event for a fee of \$35 per person paid to Strategic Business Networks.

We hope to hear from you soon about the Quickconnect event and about any other thoughts you might have as we move into the holiday season. As always, please never hesitate to share your thoughts by sending an e-mail to info@cumminstation.com.

With warmest regards,

Zachary Liff
Chief Manager



including gourmet sandwiches, wraps and salads and freshly baked “Afternoon Delights” like cookies and brownies. Beverages and side items are also available, and every order comes complete with plates, napkins, utensils and condiments. Check out the full menu at www.coolbakers.com. Orders may be placed online or by phone, fax or e-mail, and same-day ordering is available.

Morning Glory Deli Suite 221 . 256-5657

Morning Glory Deli offers a variety of hot and cold breakfast, lunch and snack items. The deli’s friendly staff strives to make your dining experience just as timely as it is tasty by keeping lines short and convenience high. If you’re on the go, grab a bag of chips from the rack or a carton of yogurt from the refrigerator. If you’ve got a little time, pick up a paper and have a seat at the counter or at one of the tables in the North Central Lobby. If you run out of paperclips or dental floss, have no fear; the deli also stocks a few sundries and necessities. Early birds take note – Morning Glory opens its doors each weekday at 6:30 a.m. with a full breakfast menu, including bagels, muffins and made-to-order breakfast sandwiches. Starbucks coffee is brewed fresh daily. Midday meals range from club sandwiches and fresh salads to chicken quesadillas and cheeseburgers. Be sure to check out the daily specials.

Kazu Suite 200 . 248-2550

Whether you seek the perfect locale for a power lunch or an intimate dinner, Kazu fits the bill. Chef Kazu blends traditional American dishes with aromatic spices and homemade Asian- and Latin-inspired sauces and marinades, resulting in an eclectic fusion menu. Pay close attention to the daily specials since the restaurant’s offerings are constantly evolving according to the chef’s whims and imagination. The menu is as diverse as

it is delicious, combining standard fare like salads, sandwiches and steaks with unexpected delights like spicy lettuce wraps, Tokyo bowls and the popular Sukiyaki baguette. Relax and sip a Kazuopolitan at the bar on Fridays during Executive Hour or enjoy dinner and live music on the weekends. Hours are 11 a.m.-3 p.m. Mon., 11 a.m.-9 p.m. Tues.-Thurs., 11 a.m.-10 p.m. Fri., and 5 p.m.-11 p.m. Sat. Closed on Sundays.

BLT’s 10th Avenue Deli Suite 328 . 207-5335

Since first opening for business in 2001, BLT’s has become a mealtime staple for Cummins Station community members. Breakfast and lunch menu items include a variety of tasty dishes. Whether you’re craving a fresh green salad, a bowl of homemade soup or a Philly cheese steak sandwich, John can have it whipped up and served with a smile in a matter of minutes. If you’ve got a taste for something new, daily specials are always posted just outside the door. Snack attacks can be conquered with a bag of chips, a candy bar or a piece of fruit. Customers may place their orders to go or relax in the dining room and watch TV on their lunch breaks.

Omikoshi Asian Cuisine Suite 215 . 251-1441

Like its sister restaurant in Cool Springs, Omikoshi’s menu boasts a wide array of Japanese, Chinese and other Asian-style dishes, including an extensive sushi menu. Check out the popular lunch buffet offered Monday through Friday from 11 a.m. to 2 p.m. for soup, salad, sushi and entrees, including made-to-order hibachi creations for only \$8.95. Need a cocktail after a hard day’s work? Order up a sake or a Kirin at the full bar. The dinnertime atmosphere at Omikoshi is completely up to you – you may opt for the ambiance of the quaint dining room at a table overlooking Tenth Avenue South or for the excitement and action of a seat at the hibachi grill. If you’re feeling brave, stop by the restaurant on

**DZL MANAGEMENT OFFICE
259.0999**

**SECURITY
256.8810**

**POST OFFICE
256.8810**

**BAR CAR
259.4875**

**BLT’S 10TH AVENUE DELI
207.5335**

**COOLBAKER’S
255.4705**

**KAZU
248.2550**

**MORNING GLORY DELI
256.5657**

**OMIKOSHI
251.1441**

a Friday or Saturday night to try your hand at karaoke. Hours are 11 a.m.-11 p.m. Mon.-Thurs., 11 a.m.-2 a.m. Fri., and 5 p.m.-2 a.m. Sat. Closed on Sundays.

Bar Car Suite 201 . 259-4875

From stand-up comics and live musicians to poignant poets and spinning DJs, Bar Car offers it all. Tuesday is comedy night, where amateur and up-and-coming comedians try out their material in an open-mic atmosphere. Dance, drink and mingle every Saturday night at Johny Jackson’s Soul Satisfaction, where you’re sure to hear all your favorite soul and funk hits. Sunday brings Lovenoise, a forum to experience or perform spoken word poetry and other literary labors of love, also in an open-mic setting. Doors open at 8 p.m. on Tuesdays and 9 p.m. on weekends. Cummins Station community members receive free room rental when booking private parties. For more information about special events at the Bar Car, call 259-4875. 