

Welcome to our latest eNews

As the company my grandfather started approaches its second century, we feel a special kinship with the fine people at Lieberman Geriatric Health Centre. From top to bottom, they are dedicated professionals who perform a labor of love and do it with style. That we have been able to make the lives of their residents more comfortable and pleasant through our efforts, we are truly grateful.

The range and extent of our efforts is a testament to the commitment of Lieberman's administration. We believe it deserves the extensive coverage that follows.

The very attractive lobby in Rush North Shore's Knox Building that we just completed and another exciting lighting development fill out the issue.



Sam W. Stowell
President

Our Latest Projects

Gracious Living at Lieberman

More than a classy dining room

When Lieberman Geriatric Health Centre began planning their dining room renovation, they realized that they should think beyond the few hours a day it was used for meals. According to Barbara Wexler, Administrator, "We saw the potential to enhance the lives of our residents."

"Nothing can replace the feeling of living in one's own home but we endeavor to make this the next best thing. We saw lots of uses: a library, live and recorded music, entertainment, socializing and relaxation. Still, our big concern was to not compromise an attractive and pleasant dining experience."

Fortunately for Barbara, and the Centre, the size (approximately 70 feet by 50 feet), floor to ceiling windows on three sides and convenient access to the main lobby gave lots of flexibility. Still, this spaciousness





- created a challenge, how to make the room feel warm and cozy. The answer started with a center fireplace that would both create a partition and provide an attractive focal point.

Teamwork

Working with interior designer, Lona Massong, Anna-Liisa LaCroix, Assistant Administrator, conceptualized this and the other elements that resulted in the contemporary feel and functional practicality.

“We started by deciding on the items we wanted such as a grand piano, bookcases for our library, furniture and a television/DVD player and where we wanted to position them. Then we selected the design elements that would complement the layout,” Anna-Liisa explained.

Those design elements included sectionalized carpet inlays that attractively and, almost surreptitiously, define each area. Then to add a little elegance without reducing the amount of daylight, they selected classic print

valances (swags with cascades) as their window treatment. Combined with a stylish wall-covering that extends above the wainscoting, the effect is to bring the walls in and create a more intimate setting.

This nod to tradition could have been too much if not for the abundance of natural light and the warm-glow fixtures that lighten the shaded areas. Similarly, without the right colors, furnishings and fabric selection that important balance would not have been achieved.

“We needed to combine practical furnishings and finishes that would be safe and sturdy with designs and colors that would make you feel comfortable and cheerful,” is how Anna-Liisa describes it.

Construction Reality

Turning these ideas into a reality without upsetting the 200 plus residents was a major challenge and not made easier by remodeling the adjacent visitor entrance at the same time. There were alternate dining options and that made it possible to work on the complete space. Still, keeping dust partitions intact and noise down to a minimum is not part of most construction workers’ vocabulary.

“We were fortunate to have Stowell doing this project,” remarked Anna-Liisa. “Chuck and Jim (Chuck Wiesneth, Stowell’s project manager and Jim Frawley, Stowell’s on-site superintendent) are able to get things done with the minimum amount of hassle and the final product is always top quality. Also, knowing that they are always sensitive to the safety of our residents during construction is so reassuring.”

Rehab Center

“I wanted something that felt spacious and inviting for our therapy patients while challenging them to meet their rehab goals,” is the way Anna-Liisa describes what she told her interior designer about the new rehab center.

Lona Massong came through with exactly that. Starting with a sectionalized floor that turns out not to be a puzzle but a pleasing way to define functional space and to





- vary walking surfaces, the mood was set. A bathroom-shower, model pantry area for building basic motor skills, tables with adjustable heights and stairs and parallel bars are just some of the components available.

“With a large team of therapists and a stream of patients wanting to get their mobility back as quick and as well as they can, this rehab center is a major feature of our facility,” explained Anna-Liisa. “That it showcases our high quality rehabilitation program and the clinical care that Lieberman Centre is known for is a bonus.”

No Room for error

For Anna-Liisa, Stowell is more than a good contractor. “It’s not just that I can rely on everything being done well, it’s that Stowell is always thinking through a job, such as suggesting vinyl-coated ceiling tiles, to reduce dust, and additional lighting because of the activities. That is how I would define professionalism.”

Suffice to say, residents have been getting back their strength, flexibility and dexterity confident that their surroundings are as safe and supportive as the staff they cherish.

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Never Finished

Upgrading is a constant process at Lieberman as reflected in the Washrooms and the Beauty Salon as shown here. Stowell is pleased and proud to contribute to the living experience of Lieberman residents whose smiles and energy deny their years. ●

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Knox Building Lobby

Making sure that the public access is always available and safe when you are renovating in a high traffic area is enough of a distraction. When you have those extra concerns associated with a medical facility such as ambulatory devices, walking aids or wheel-chairs, it can get quite complicated.

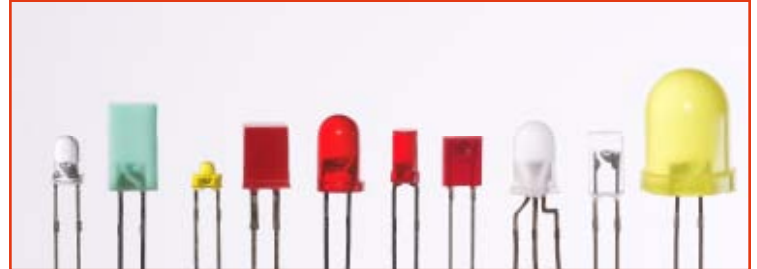
This recent project for Rush North Shore Medical Center was no exception. In essence it was very straight-forward; just build this brand new lobby and entrance for the Knox Building. Still, “working in traffic” made installing a revolving door and entry way, an ADA toilet room, a vending area, floors and wall finishes quite a construction challenge but one we enjoyed.

We think you will agree that our efforts and the patience of the tenants and visitors were rewarded with a very attractive space. ●





The battle of the light fantastic, LED versus CFL



Last issue we told you about the great features of Compact Fluorescent Lights (CFLs) but that is not the only revolution going on in lighting. Light-emitting diodes (LEDs) are turning their sliver of the lighting market into a healthy slice.

Their claim to fame overlaps the CFL story in many ways: last longer, use less energy, give off less heat. Where they diverge is, for now, in applications. In contrast to CFLs, non-fragile LED lighting has an even longer life-span (typically ten years), a vivid and large color gamut, instant turn-on, and high light to low-voltage ratios that is perfect for traffic lights, camera flashes, monitors and televisions, flashlights and entertainment venues.

In time, experts are suggesting less than a decade, LED lighting will make the jump from specialty applications to just about every lighting need. The hurdle is the complexity and cost of the power supply. Driven by sustainability concerns as much as market potential, someone, perhaps GE or, maybe, Philips, will make the necessary technological breakthrough. With longer lives and less hazardous components, LED will be the next big LEED breakthrough. ●

LEED (Leadership in Energy and Environmental Design – US Green Building Council)

The use of CFLs is just one of the technologies endorsed under the LEED program as a means to make our construction industry environmentally responsible.