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design studio**

Quality of Life Architecture

**Norman Senior Citizens Center  
Proposed Scope of Services**

June 2, 2015

We appreciate the opportunity to offer this proposal to work with The McKinney Partnership Architects (TMP) on the feasibility assessment and design of the Norman Senior Citizens Center. As senior center and universal design specialists, Lifespan Design Studio (LDS) will be an integral part of the design team from launch of the pre-design assessment through bidding and construction, with varying levels of involvement from phase to phase as described below.

**A. PROPOSED SERVICES**

1. Phase 1: Pre-Design

Fee: Hourly, not to exceed of \$30,000. Plus expenses

a. Feasibility Assessment:

During Pre-design Lifespan Design Studio will:

- i. Attend a project launch meeting, tour the existing senior center, the proposed library & site, and other facilities as requested.
- ii. Lead the development of the architectural program for the Senior Center.
- iii. Provide information on Universal/Senior Center design to the design team and client.
- iv. Participate in discussions of site utilization/layout issues and options with applicable members of the design and client team.
- v. Develop, present, and fine-tune "program fit" (preliminary design floor plans) to be used by TMP as the basis of design.
- vi. Provide senior center operations and design-for-aging focused input to support thorough and effective cost estimating.
- vii. Participate in formal presentation/s as required.
- viii. Up to three visits to Norman are included during this phase.

2. Phase 2: Design and Construction

Fee: Stipulated Sum of \$50,000. Plus expenses

a. Schematic Design

During Schematic Design Lifespan Design Studio will:

- i. Convey AutoCAD files for the approved preliminary design floor plans for use by TMP in developing the schematic design documents.

- ii. Provide senior center operations- and client-focused input and review to support development of the Schematic Design floor plans, site plan, elevations, etc. by TMP.
- iii. Coordinate with the client to identify specific locations, types, and parameters for storage solutions and miscellaneous built-ins (including closets, stock and custom casework/millwork, etc.) to be incorporated in the design for the Senior Center.
- iv. Provide input to support the preliminary identification of appropriate product types to support cost estimating.
- v. Coordinate preliminary discussions with the food service consultant (if applicable) and applicable members of the client and design team.
- vi. Participate in the presentation and discussion of the Schematic Design for the Senior Center and site with the client team.
- vii. Participate in formal presentation/s as required.
- viii. Up to three visits to Norman are included during this phase.

b. Design Development (DD)

During Design Development Lifespan Design Studio will:

- i. Provide input and review to support the development of the design development documents by other members of the design team (including but not limited to refinements to the floor plans, issues impacting the sound, lighting, and temperature environments, the selection and specification of products of particular concern such as plumbing fixtures and trim, door hardware, lighting fixtures, control devices, etc.).
- ii. Work closely with the interior designer in the development of color schemes and preliminary selection of finishes. Samples and/or cut sheets should be provided for our use. Participate in the first presentation/discussion of finishes with the interior designer and client.
- iii. Work closely with the interior designer in the selection of furniture.
- iv. Provide input and review to TMP in the design of signage for the building and site (actual phase to be determined).
- v. Participate in formal presentation/s as required.
- vi. Conduct a formal review of all documents for the Senior Center and site at approximately 95% of completion of design development. A written report will be submitted. Hard-copy documents should be conveyed for our use for this review.
- vii. Up to three visits to Norman are included during this phase.

c. Construction Documents (CD)

During Construction Documents Lifespan Design Studio will:

- i. Continue to provide support and review by responding to questions, attending phone/Skype meetings, and reviewing product information or other documents.
- ii. Continue to work closely with the interior designer and client in the finalization of the finish schedule and furniture selections.
- iii. Conduct a formal review of all documents for the Senior Center and site at approximately 95% of completion of construction documents. A written report will be submitted. Hard-copy documents should be conveyed for our use for this review.
- iv. One visit to Norman is included during this phase.

d. Bidding and Construction

a. During Bidding and Construction Lifespan Design Studio will:

- i. Provide input and review of issues impacting senior center operations- and client-related issues upon request.
- ii. Review product substitution requests to determine their appropriateness for the intended uses and users.
- iii. No site visits are included during this phase.





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## ABOUT LIFESPAN DESIGN STUDIO

Lifespan Design Studio (LDS) is an architectural consulting firm specializing in the planning and design of senior centers and other facilities for older adults nationwide. Created by Doug Gallow, an architect, and Ellen Gallow, who began her career as a senior center director, LDS' portfolio includes more than five-dozen senior center planning, design, and renovation projects in 20 states. Each design is approached with an uncompromising commitment to universal design principles, for the creation of environments that seamlessly support diversity and inevitable change in people's physical and cognitive abilities across the lifespan. The scope of services for these projects has ranged from needs assessments, site evaluations, and renovation/additions, to planning, programming, and design for new state-of-the-art facilities. This project experience is enhanced by intensive involvement with the American Society on Aging, National Council on Aging, and National Institute of Senior Centers, through which they both observe and participate in the ongoing discussion of emerging trends and compelling issues in senior center planning and administration.

As consulting specialists, LDS works closely with local design teams for an effective blend of design for aging expertise and local experience and responsiveness. They serve as an integral member of the design team from site evaluation and programming through all phases of design and construction. Through this process, the team remains tightly focused on critical issues impacting the appropriateness and effectiveness of the constructed environment, including, but not limited to:

- The ease and safety of vehicular and pedestrian site navigation and orientation
- The development of an architectural program to effectively support the proposed functions and offer adaptability for inevitable change
- The creation of a floor plan that supports operations and intuitive ease-of-use in equal measure
- Effective, comfortable lighting, sound, and temperature environments
- Fixtures, equipment, devices, and furniture that can be used independently and effectively by people with different abilities
- Finishes that are attractive, durable, and appropriately applied for the proposed uses and participants
- An aesthetic design that complements the local vernacular and inspires positive impressions of a vibrant community amenity





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#### **References for Lifespan Design Studio**

**Susan Shapiro**

Executive Director  
Wayne Senior Center  
108 Station Road  
Wayne, PA 19087  
(610) 688-6246  
susan\_wsc@yahoo.com  
Re: various studies and design services for renovations and new facility

**John Urbanski**

Former Executive Director, Hancock County Agency on Aging  
President & CEO, United Way of Hancock County, OH  
245 Stanford Parkway  
Findlay, OH 45840  
(419) 423-1432  
john.urbanski@uwhancock.org  
Re: senior center planning study, site evaluation, and design consultation

**Sandra Lapollo**

Director, Chicopee Council on Aging  
7 Valley View Court  
Chicopee, MA 01020  
(413) 534-3698  
slapollo@chicopeema.gov  
Re: design consultation for new senior center



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**Douglas J. Gallow Jr., AIA, NCARB**

Doug Gallow has more than thirty years of experience in architectural design and project administration, with an extensive project resume in the planning, renovation, and design of facilities that serve older adults. He has conducted more than five-dozen senior center projects in 20 states, and consulted in the planning and design of numerous senior housing projects.

Mr. Gallow actively pursues continuing education and professional collaboration to support his interest in design for aging and universal design. He completed Johns Hopkins University's Certificate on Aging program and is an active member of the American Society on Aging and National Council on Aging/National Institute of Senior Centers. Doug frequently presents workshops and seminars on topics in universal/lifespan design and senior center design at national and state conferences for aging services and design professionals and students.

**Education**

Bachelor of Environmental Design: Miami University, Oxford, OH  
Certificate on Aging, Johns Hopkins University

**Licensure**

Ohio, several other states (NCARB)

**Representative Project Experience (Studies and Design)**

- RiverMills Center, Chicopee, MA (with edm architects)
- Neptune Township Senior Center, Neptune, NJ (with Cornerstone Architectural Group)
- Senior Center at Journey's Way, Philadelphia, PA
- Munday Activity Center, Owensboro, KY (with Brandstetter Carroll)
- Muskingum County Center for Seniors, Zanesville, OH (with ADV)
- Hancock County Agency on Aging/Senior Center, Findlay, OH
- Rochester Senior and Recreation Center, Rochester, MN (with TSP)
- Oklahoma City Senior Health & Wellness Center #1, Oklahoma City, OK (with GSB Architects)
- Raleigh Centers for Active Adults, Raleigh, NC (with HH Architecture)
- Lexington Senior Center (expansion/renovation study with Brandstetter Carroll)
- Gwinnett County, GA: Multiple senior center planning and design projects with various architects of record
- Laurel-Beltsville Senior Activity Center, Laurel, MD (with Waldon Studios)
- Senior Center, Inc., Charlottesville, VA (with Bushman-Dreyfus)



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### **Ellen R. Gallow, CAPS**

Ellen Gallow brings an educational background in gerontology and universal design, and professional experience as a senior center director to her role as an active member of the programming and design team. In addition to degree work in sociology/gerontology, Ellen has completed certificate programs in Universal Design through the Center for Inclusive Design and Environmental Access (IDEA) at the State University of New York at Buffalo, and lifespan residential design through the National Association of Home Builders.

Ellen's involvement begins at the earliest stages of the planning and programming process, with the discussion of functional objectives and the diverse needs, interests, preferences, and capacities of the target population. She continues to play a role throughout the project, advocating for the thoughtful incorporation of layout concepts, design features, finishes, and products that support the functional effectiveness, broad-based market appeal, user-friendliness, safety, and comfort of the constructed environment.

### **Education**

Bachelor of Arts, Sociology/Gerontology, Miami University  
Graduate coursework, Gerontology, Scripps Gerontology Center  
Certificate on Universal Design, SUNY at Buffalo, IDEA Center  
Certified Aging in Place Specialist (CAPS): National Assn. of Home Builders

### **Memberships**

National Council on Aging; National Institute of Senior Centers, National Council on Aging, American Society on Aging

### **Representative Project Experience (Studies and Design)**

- RiverMills Center, Chicopee, MA (with edm architects)
- Neptune Township Senior Center, Neptune, NJ (with Cornerstone Architectural Group)
- Munday Activity Center, Owensboro, KY (with Brandstetter Carroll)
- Oklahoma City Senior Health & Wellness Center #1, Oklahoma City, OK (with GSB Architects)
- Muskingum County Center for Seniors, Zanesville, OH (with ADV)
- Raleigh Centers for Active Adults, Raleigh, NC (with HH Architecture)
- Lexington Senior Center (expansion/renovation study with Brandstetter Carroll)
- Rochester Senior Center, Rochester, MN (with TSP)
- Gwinnett County, GA: Multiple senior center planning and design projects with various architects of record





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## **Representative Project Experience: Senior Center Programming & Design**

### **Completed or ongoing, 2006-present**

- RiverMills Center, Chicopee, MA: programming and design consultation for a new senior community center (with EDM Architects)
- Wayne Senior Center, Wayne, PA: feasibility study and design for renovations – multiple projects
- Neptune Township Senior Center and Department of Aging, Neptune, NJ: study for improvements of existing facility; design consultation for adaptation/renovation of a former pharmacy for use as a senior center (with Cornerstone Architectural Group)
- Senior Center at Journey's Way, Philadelphia, PA: programming and preliminary design for adaptive reuse of a church and warehouse
- Munday Activity Center, Owensboro, KY: design for a new senior center (with Brandstetter Carroll) – current project
- United Senior Services, Springfield, OH: programming and design consultation for adaptive reuse of a 40,000 sq. ft. building as a senior center and administrative offices – current project
- Rochester Senior and Recreation Center, Rochester, MI: programming and design consultation for a new senior center and improvements to the adjacent Rochester Recreation Center (with TSP)
- Hancock County Agency on Aging & Senior Center, Findlay, OH: needs/interests assessment, programming, and cost analysis for a new facility; design consultation for adaptive reuse (with RCM Architects)
- Winchester Senior Center, Wabash, IN: planning study for renovations and additions – current project
- Lexington Senior Center, Lexington, KY: planning study for senior center expansion/renovation/replacement (with Brandstetter Carroll)
- Oklahoma City Senior Health & Wellness Center #1: Planning and design consultation for a new facility (with GSB Architects)
- Munson Center, Las Cruces, NM: programming and preliminary design consultation for extensive renovations and additions (with Huitt-Zollars)
- Lake Oswego Adult Activity Center, Lake Oswego, OR: facility evaluation and planning for phased renovations
- Muskingum County Center for Seniors, Zanesville, OH: programming and design consultation for a new senior center (with ADV) – current project

- Rio Rancho Senior Services, Rio Rancho, NM: programming, space planning, site selection support, and design consultation for a new senior center (with Kells & Craig Architecture)
- Gwinnett County Senior Services, Gwinnett County, GA: planning and design consultation for multiple senior center projects
- Five Points Center for Active Adults, Raleigh, NC: design consultation for a new facility (with HH Architecture)
- Anne Gordon Center for Active Adults, Raleigh, NC: design consultation for a new facility (with HH Architecture)
- Whistlestop Senior Center, San Rafael, CA: Design consultation for a new senior housing building with senior center (for Eden Housing)
- Sturgis Senior Center, Sturgis, MI: Site evaluation study for a new center
- Three Rivers Senior Center, Three Rivers, MI: Site evaluation study for a new center
- Yellow Springs Senior Center, Yellow Springs, OH: planning study, site evaluation, and architectural programming for a new facility
- Senior Center, Inc., Charlottesville, VA: programming, site evaluation, and design consultation services for a new facility (with Bushman Dreyfus Architects)
- Laurel Beltsville Senior Activity Center, Laurel, MD: design consultation for new a facility (with Waldon Studio Architects)
- Oak Harbor-North Whidbey Island Adult Activity Support Center and Daybreak Adult Day Care, Oak Harbor, WA: preliminary design and cost analysis for a new facility
- 5800 Third St. Senior Center, San Francisco, CA: design consultation for a new senior center in a senior apartment community (design-build project by McCormack Baron Salazar Development, Inc.)
- PEAK Center, Lansdale, PA: feasibility study, design, and design consultation for a new facility (multiple projects)
- Care Connection for Aging Services, Warrensburg, MO: programming and design consultation for new multipurpose facility
- Crawford County Commission on Aging, Grayling, MI: programming and site evaluation study for a new senior center
- Normal Township Seniors Program, Normal, IL: architectural programming, site selection, and cost analysis study for a new facility
- Waynesburg Senior Center and Elder Care, Waynesburg, PA: programming and design consultation for a new senior center and adult day care facility (with McKinley & Associates Architects)

- Titusville Community Center, Titusville, PA: study, programming, and preliminary design for renovations
- Neptune Township Senior Center, Neptune, NJ: programming and design consultation for an addition and renovations (with Cornerstone Architectural Group)
- Friendship Circle Senior Center, Darby, PA, Schoolhouse Senior Center, Folsom, PA: furniture layout design and selection review
- Gaithersburg UpCounty Senior Center, Gaithersburg, MD: study/consultation (with Colimore Thoemke Architects)





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**Presentations and Workshops  
on Senior Center Design and Design for Aging Adults**

Presented by Douglas J. Gallow Jr., AIA, NCARB  
and/or Ellen R. Gallow, CAPS

**Buildings Boomers Want to Go To**

American Society on Aging Annual Conference 2015

**Senior Center Design Essentials: Things the ADA Doesn't Cover**

NISC/Florida Council on Aging Annual Conference 2014

**Senior Center Design Tips Illustrated**

American Society on Aging Annual Conference 2013

**Three Communities, Three Approaches to Senior Center Design  
& Construction**

American Society on Aging Annual Conference 2012

**Independence by Design**

Southeast Ohio Aging & Disabilities Resource Network, 2012

**Why Universal Design Must Be The Next Big Thing**

American Society on Aging Annual Conference, 2011

**Senior Center Studies, Design & Renovations**

Missouri Summit for Professionals in Aging Services, 2010

**Eight Essential Features of Aging-Friendly Design**

Annual Conference of the National Council on Aging and American  
Society on Aging, 2010

Pennsylvania Association of Senior Centers Conference, 2010

**Redesigning Your Senior Center for Today and Tomorrow**

New Jersey League of Municipalities Annual Conference, 2008

**Senior Center Design and Renovations**

Joint Conference of the American Society on Aging and National  
Council on Aging, 2008

**Baby Boomer Generation: Impact on the Architecture, Engineering, and  
Construction Industries**

Society for Marketing Professional Services, 2007

**Architecture 101 for Senior Center Professionals**

Michigan Association of Senior Centers Annual Conference, 2007

**10 Ways to Make Your Home a Better Place to Live and Grow Older**  
Cass County Council on Aging Senior Safety Day, 2007

**Creating a User-friendly Senior Center for Today and Tomorrow**  
Ohio Association of Senior Centers Annual Conference, 2007

**Let's Rethink Design: Invitation to a Revolution**  
Joint Conference of the American Society on Aging and National Council on Aging, 2007

**Senior Centers on the Move: Strategies for the 21<sup>st</sup> Century**  
Joint Conference of the American Society on Aging and National Council on Aging, 2007

**Teaching Young Designers How to Design for Aging**  
Joint Conference of the American Society on Aging and National Council on Aging, 2007

**Universal Design for Aging in Place**  
Public and Private Programs for the Elderly (course)  
Johns Hopkins University Odyssey Certificate on Aging Program

**Home Design in an Aging World: Building on Architecture and Gerontology**  
Special Considerations in Design For Aging: Senior Centered Design, The Annual Scientific Meeting of the Gerontological Society of America, 2005

**Senior Center Design Studio for Interior Design Students**  
Interactive session for third year interior design students  
Miami University, Oxford Ohio, 2005

**Eyes Wide Open Architecture: Proactive Design for all of us**  
World of Possibilities Disabilities Expo, Timonium, MD, 2005

**Universal Design**  
Workshop 2005, Maryland Aging Network

**Your Objectives, Your Facility—Can You Make Them Work Together?**  
Joint Conference of the American Society on Aging and the National Council on Aging, 2005

**Special Considerations in Design for Aging**  
Scripps Gerontology Center Colloquium for faculty, students, and professionals, Miami University, Oxford, Ohio, 2005

**Pro-seminar on Design for Aging**

Interactive session for master's level gerontology students and  
instructors  
Miami University, Oxford, Ohio, 2005

**Special Considerations in Design for Aging**

Towson University, Towson, Maryland, 2004

**Prototypes and Possibilities: Designing for Comfort in Senior Centers**

Aging by Design, presented by Hofstra University's Gerontology  
Program and the School of Continuing Education, 2004

**Looking At Your Center With New Eyes: The Difference is in the Details**

Joint Conference of the American Society on Aging and National  
Council on Aging, 2003

**You Can Afford a Quality Senior Center**

Annual Conference, New Jersey State League of Municipalities, 2002

**The Difference is in the Details**

Annual Conference, Pennsylvania Association of Senior Centers,  
2001

**The Age Boom & Your Healthcare Organization**

Chesapeake Area Society of Healthcare Engineers, 2001

**Home Sweet Home: Creating Senior-friendly Living Environments**

Workshop 2001, Maryland Aging Network

**Programs & Places: The Changing Face of the Senior Center**

Joint Conference, American Society on Aging and National Council  
on Aging, 2001

**Define Before Design: The Many Faces of a Senior Center**

Workshop 1999, Maryland Aging Network

**So You Want to Build (or Renovate) Your Dream Facility?**

Annual Conference, National Council on Aging, 1998



## **RiverMills Center**

Chicopee, MA

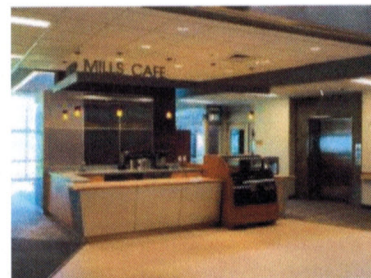
**Owner:** City of Chicopee, MA

**Completed:** Autumn 2014

**LEED:** Silver (projected)

Lifespan Design Studio (LDS) served with architect of record EDM Architects for the design of a new **21,000 square foot** senior center on a challenging hillside site in a former riverside industrial district. LDS led a comprehensive programming effort with Center staff, partners, participants, and community input; and worked closely with EDM throughout all phases of design. Construction was completed in the autumn of 2014. This project will be LEED certified silver or higher.

The state-of-the-art facility incorporates a lobby café, exercise studio and equipped fitness room, classrooms, art studio, and other spaces to support a broad spectrum of programmed activities, social and health services, and drop-in use amenities for participants of diverse ages and abilities. Parking and entrances were developed on two levels, with an open lobby area uniting the two-story structure. The facility and site were laid out to accommodate proposed future additions with minimal disruption to center operations during construction.



## Five Points Center for Active Adults

Raleigh, NC

**Owner:** City of Raleigh, NC

**Completed:** Summer 2012

**LEED:** Gold

Lifespan Design Studio (LDS) led an in-depth programming phase and preliminary design for a new two-story **20,000 square foot** senior center to accommodate a broad variety of social, recreational, and educational programs and services for the City's rapidly growing senior population. Also accommodated in the building are administrative offices and direct service spaces for social services administered on-site by partner agencies. The building exterior was designed to complement an historic structure with which it shares its site, and to meet historic district architectural guidelines. LDS continued to work closely with the architect of record, project engineers, interior designer, and others to oversee the effective implementation of the programmed design intent and aging-appropriate features, systems, finishes, and furniture throughout the building and site. LDS served as a consultant to the architect of record, HH Architecture, Raleigh, NC. This project was certified LEED gold.







## The Center at Journey's Way

Philadelphia, PA

**Client:** Intercommunity Action, Inc.

**Project/facility type:** Study/preliminary design for adaptive reuse of existing structures

**Size:** 14,500 SF

This private, non-profit social service agency retained Lifespan Design Studio to assist in the analysis of two adjacent buildings for use as a senior center and administrative offices. The goals of the project included identifying options for adapting the existing church and warehouse to meet functional and operational requirements, and projecting the cost to complete the necessary renovations.

Current and proposed programs, administrative functions, target groups, and promotional objectives were identified and analyzed in order to generate a list of appropriately sized dedicated and mixed-use spaces required to support the Agency's goals. An architectural program defining a target list of rooms and spaces (with associated square footage requirements) was developed. Program-fit layout schemes demonstrated various options for accommodating the architectural program to the greatest extent achievable within the existing structures.

Selected schemes were fine-tuned for cost analysis: one incorporating both structures, and another projecting renovation of the church only. The Agency decided to proceed with the renovation of both structures, which were connected via an enclosed walkway. Design was completed by Studio Torres, based upon the programming and preliminary design developed by Lifespan Design Studio.



Existing structures proposed for adaptive reuse



Renovations under construction