



## **CASE FOR SUPPORT**

Emerson Hospital operates with a stated vision to “optimize health and wellness by creating an efficient and effective coordinated system that provides a continuum of care.” With this goal in mind, the Hospital created the Emerson Wellness Center for Mind and Body in 2011 (Health and wellness programs have actually been offered since the late 70s though not in a dedicated location). Since the Center’s founding, demand has consistently increased. Last year, total program participation grew by 15% with a projected growth rate of 36% over the next two years. By 2020, it is anticipated that 20% of the population in Emerson Hospital’s service area (300,000 people), will be over age 65. As the population ages, more than 1 in 10 people in this service area will be living with two or more chronic diseases. Currently, the Wellness Center serves 4,500 students per year with demand for programming on the rise. (see chart on page 7)

To insure the continuity of high quality wellness programming and to meet the growing health demands within our community, Emerson plans to relocate the existing Wellness Center to a larger space within 310 Baker Avenue. The new 6,200 square foot facility will provide our students with a far superior setting (over three times the size of the current location) and ample free parking. Instruction will be led by experienced professionals all of whom are certified in their specialty area.

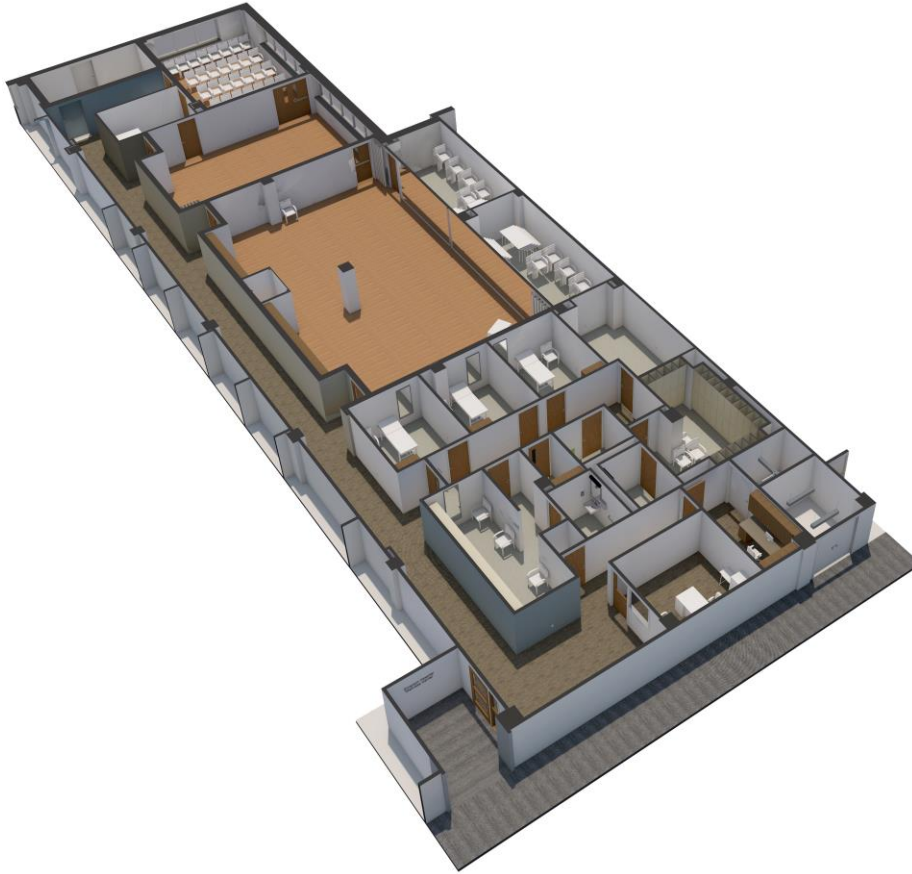
Over 100 classes and unique programs are offered for all ages, from newborns to seniors. This wide range of classes and programs gives Emerson the flexibility to customize its offerings and target the diverse needs of the community. The Wellness Center focuses particularly on serving students suffering from chronic conditions, e.g Parkinson’s disease, diabetes or arthritis. While many of the classes offered complement the care students already receive from their physicians, other programs are designed more broadly to keep our community healthy – to neutralize stress, get fit or gain a new skill, learn more about healthy cooking and eating, the connection between nutrition and weight loss and much more.

Project elements for expansion of the Wellness Center include:

- Expanded studio, classroom and locker room space to meet the diverse needs of our students.
- Addition of individual treatment rooms for Massage Therapy, Acupuncture and Reiki treatments.

- Dedicated space for socializing to encourage community building.
- Ample, free parking

3-D image delineates many new spaces including three treatment rooms for massage, Reiki, acupuncture and other one-on-one services; men's and women's locker rooms, large flexible studio.



LEVI+WONG LWDA  
DESIGN ASSOCIATES

## EXPANDED SPACE

At present, The Emerson Wellness Center for Mind and Body has limited space. Although the one existing studio can be altered to create two smaller spaces and one small classroom, the current layout only allows for one studio class and one class in the classroom to be offered simultaneously. Noise is also an issue. There is no sound proofing and when classes occur at the same time, there is considerable distraction. Additional and larger spaces will allow for more concurrent class offerings as well as allow for private and semi-private classes, providing our students more variety and flexibility in scheduling.

### Mother /Daughter Kick Boxing Classes:



Privacy is also an issue. The limited space does not allow for a locker room for the storage of personal items nor is there an adequate changing area. Only one single stall restroom currently serves both men and women. The expanded space will include spacious locker rooms and bathroom facilities for men and women. With the expansion, we will be able to install a demonstration kitchen where students enrolled in nutrition classes can learn life-altering dietary

practices and view firsthand how to prepare foods in a healthier manner. Instructors will teach recipes designed for students coping with specific diseases or health conditions.



Students in the *Parkinson's Movement* class

Because of space constraints, one of our most popular classes, *Parkinson's Movement*, can only be offered on Thursday mornings. With a growing population of those affected with Parkinson's in our service area, this is a prime example of a class we would like to offer more than once per week. This debilitating disease leaves many with Parkinson's homebound and feeling isolated. Several of our students have remarked how much they look forward to attending the class; it provides them a reason to leave the house and enjoy the company of others. The addition of classroom space will make it possible to have multiple offerings of *Parkinson's Movement*.

## **TREATMENT ROOMS**

The new space will allow for the Wellness Center to have three private treatment rooms. This will enable us to offer services such as Massage Therapy, Acupuncture, Reiki, Cupping, Rolfing and other one-on-one services. These treatments are known to increase the emotional and physical well being, alleviate muscle and joint pain, reduce stress and promote healing. For people with diabetes, arthritis, cancer, chronic obstructive pulmonary disease, congestive heart failure, Parkinson's disease, multiple sclerosis and other chronic illnesses, alternative therapies have proven to be a positive complement to traditional medical care.



Rendering of yoga class



Working with Parkinson's patient



## Students in popular Tai Chi class

### **SOCIAL SUPPORT**

Among the added benefits associated with the Wellness Center are the organic friendships and support systems forged between students and teachers. Unlike commercial health clubs, the Wellness Center has a distinctive, holistic ambiance that breeds camaraderie and support. For example, this past summer, students in the *Parkinson's Movement* class were invited to their instructor's home for a barbeque luncheon, and members of the Friday morning yoga class have a pot luck lunch at the end of every six-week session. To foster this supportive environment, the larger space will incorporate a waiting room where students can socialize comfortably before and after class.

The chart below shows that the aging population in Emerson's service area coincides with increases in chronic disease:

Chronic Disease	2015 Outpatient Volume; Age 45+	5-Year Growth	10-Year Growth
Non-specific Back and Neck Pain	243,000	17%	24%
Cancer	158,000	17%	26%
Diabetes Mellitus	83,000	24%	35%
Osteoarthritis	71,000	28%	38%
Chronic Obstructive Pulmonary Disease	28,000	27%	32%
Parkinson's and Movement Disorders	2,000	28%	44%
Congestive Heart Failure	20,000	29%	45%

Most patients live within a 10 - 25 minute drive:

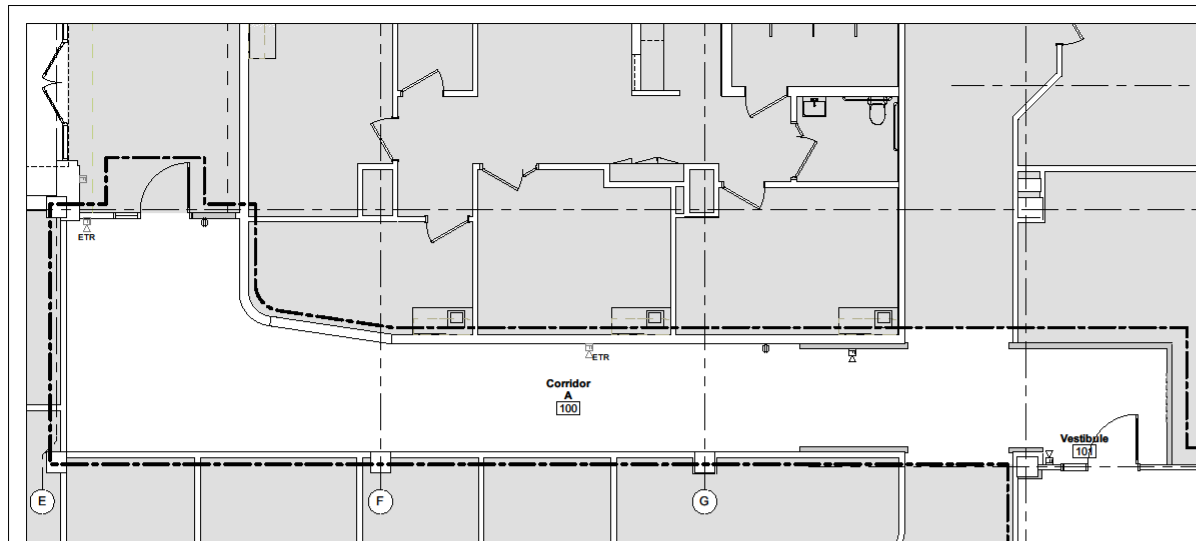
<u>Town</u>	<u># of Participants</u>	<u>% of Total</u>
Concord	177	16%
Acton	103	9%
Maynard	65	6%
Westford	63	6%
Sudbury	57	5%
Lincoln	45	4%
Bedford	33	3%
Carlisle	31	3%
Stow	31	3%
Boxborough	21	2%
Littleton	20	2%
Harvard	12	1%
Unknown	231	21%
All Other	206	19%
	1,095	100%

Entrance to the Clough Center for Rehabilitative and Sports Therapies will become the new entry for the Wellness Center for Mind and Body:









2 Equipment & Furniture Plan  
A1.31 Scale: 3/16" = 1'-0"

**Equipment & Furniture Plan Legend**

- Limit of project work area.
- All furniture and equipment supplied and installed by owner unless noted otherwise. Shown for coordination use only. Refer to schedule.
- Privacy curtain and ceiling mounted track.
- 44 New normal power duplex electrical receptacle. Number indicates mounting height AFF. 18" AFF if no number.
- 44 New normal power quad electrical receptacle. Number indicates mounting height AFF. 18" AFF if no number.
- 44 New emergency power duplex electrical receptacle. Number indicates mounting height AFF. 18" AFF if no number.
- 44 New emergency power quad electrical receptacle. Number indicates mounting height AFF. 18" AFF if no number.
- ETR Existing duplex electrical receptacle.
- ETR Existing quad electrical receptacle.
- 44 New telldata outlet. Number indicates mounting height AFF. 18" AFF if no number.
- ▽ New wall mounted telephone jack at 54" AFF.
- EQ Equipment and furniture key ID number.
- Fire alarm pull station.
- Fire alarm horn and strobe.
- Fire alarm strobe only.
- Television jack.
- CH Clothes/coat hook x2, mounted at 64" & 48" AFF.
- Thermostat.

**Equipment & Furniture Plan Notes**

- Refer to General Notes on Drawing A1.01 for additional information.
- All electrical & telldata outlets to be mounted at 18" AFF unless otherwise noted.
- Unless otherwise noted, all furniture and equipment supplied by Owner and is shown for informational and coordination purposes only. Refer to key for more information.

**Equipment Key**

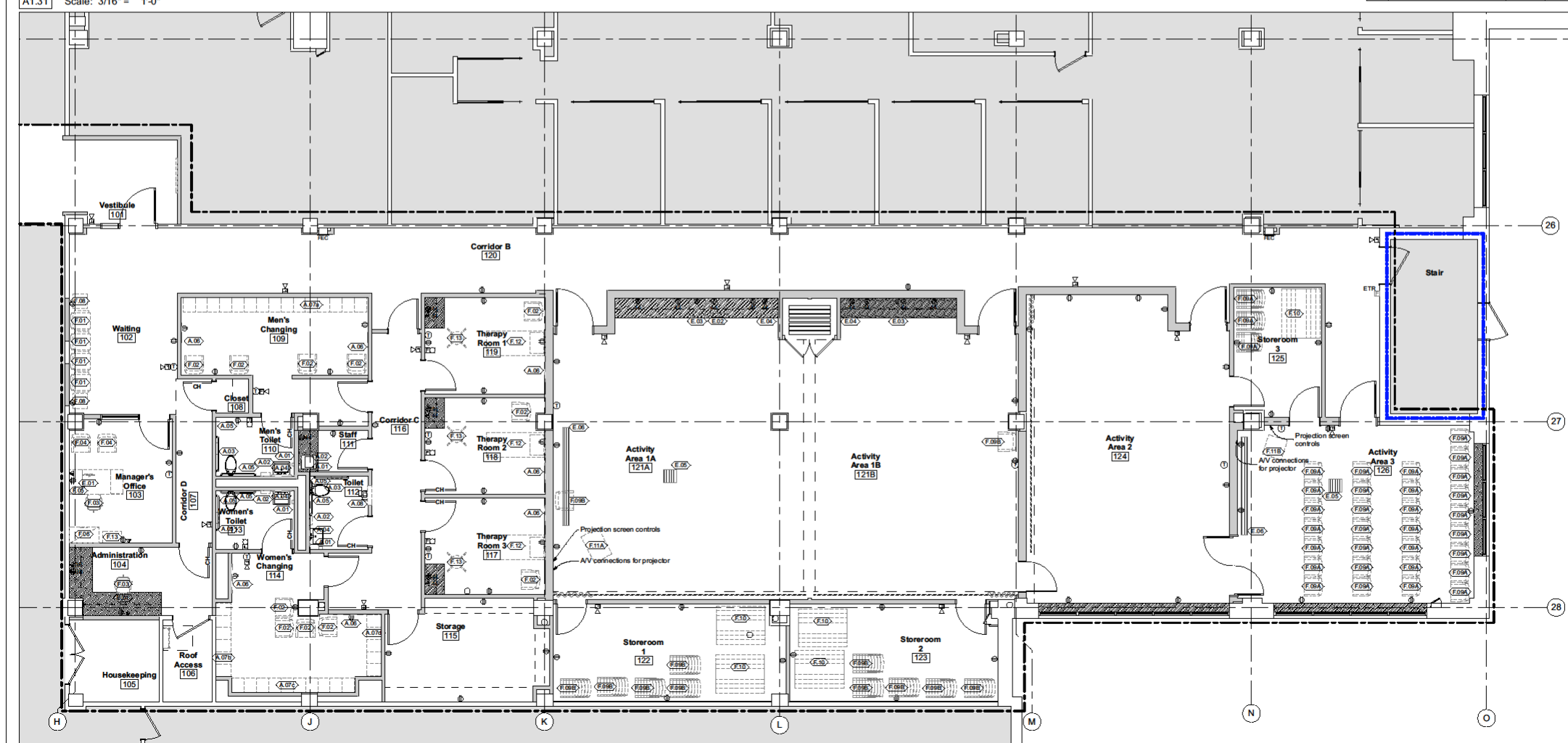
Key	Item	Provided By	Qty
E01	CPU monitor, keyboard	Owner	2
E02	Microwave	Owner	1
E03	Undercounter Refrigerator	Owner	2
E04	Countertop Water Cooler	Owner	2
E05	Ceiling Mounted Projector	Owner	2
E06	Recessed Projection Screen	Owner	2

**Accessories Key**

Key	Item	Provided By	Qty
A01	Soap Dispenser	QCFC	4
A02	Paper Towel Dispenser	QCFC	4
A03	Toilet Paper Dispenser	QCFC	3
A04	Toilet Room Mirrors	GC	3
A05	42" Grab Bars	GC	6
A06	Changing Mirrors	GC	7
A07a	2 Tier Lockers (15)	GC	1
A07b	2 Tier Lockers (6)	GC	1
A07c	2 Tier Lockers (10)	GC	1
A07d	2 Tier Lockers (5)	GC	1
A08	Baby Changing Station	GC	1

**Furniture Key**

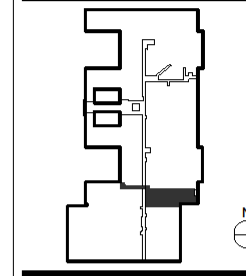
Key	Item	Provided By	Qty
F01	Waiting Chair	Owner	4
F02	Locker Room Chair	Owner	11
F03	Desk Chair	Owner	2
F04	Guest Chair	Owner	2
F05	Desk	Owner	1
F06	Lateral File 24w	Owner	1
F07	Grid Table	Owner	2
F08A	Nesting Chairs	Owner	44
F08B	Stacking Chairs	Owner	52
F10	Tables	Owner	20
F11A	Mobile Lectern 36" w	Owner	1
F11B	Mobile Lectern 25" w	Owner	1
F12	Therapy Table	Owner	3
F13	Planer Stand	Owner	1
F13	Stool	Owner	3



1 Equipment & Furniture Plan  
A1.31 Scale: 3/16" = 1'-0"



**New Wellness Center**  
Concord Meadows  
First Floor  
318 Baker Avenue  
Concord, MA 01742

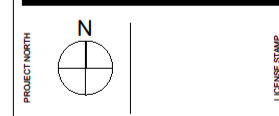


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REVISION	DATE	DESCRIPTION

**Equipment & Furniture Plan**

PROJECT: 15043  
PROJECT DATE: May 5, 2017  
PROJECT PHASE: For Construction  
PROJECT LEADER: lab  
SCALE: As Noted

**A1.31**

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## **LEADERSHIP**

The fundraising initiatives for the Wellness Center for Mind and Body expansion are guided by Chris Schuster, President and CEO of Emerson Hospital and Karl Kussin, Vice President of Development and Chief Philanthropy Officer with the support of the Emerson Health Care Foundation Board of Directors:

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## NAMING OPPORTUNITIES

The new Wellness Center for Mind and Body is a \$1,300,000 project and will be funded by a combination of philanthropy and the hospital's capital budget. Named gifts demonstrate a donor's commitment to outstanding healthcare, provides essential financial support, and inspires others to ensure Emerson Hospital remains the region's premier center for primary and secondary acute care services.

In addition to specific named gifts, Emerson Hospital will recognize all donors to this effort who contribute \$5,000 or above. Their names will appear on a special campaign plaque that will be prominently displayed inside the Center.

- Wellness Center Naming \$500,000 committed
- Waiting Area \$150,000
- Activity Room 1 \$100,000
- Activity Room 2 and 3 \$75,000 (each)
- Locker Room (2) \$50,000 (each)
- Therapy Room (3) \$ 25,000 (two committed)

If you are interested in learning more about this initiative, or you would like to make a gift, please contact Karl Kussin, at: (978) 287-3081 or [kkussin@emersonhosp.org](mailto:kkussin@emersonhosp.org) or Melissa Saalfield, at: (978) 287-3583 or [msaalfield@emersonhosp.org](mailto:msaalfield@emersonhosp.org). Gifts may be made as outright cash donations, gifts of stock, or pledged over five years. Thank you for your consideration. Your tax deductible gift will advance Emerson Hospital's efforts to provide students of the Wellness Center a more spacious facility capable of accommodating more diverse programming options that address the needs of the community we serve.