

NORTHFIELD COMMUNITY RESOURCE CENTER

Space Needs Study & Expansion | December 20, 2019



Architecture
Engineering
Planning



lifespan
design studio
Quality of Life Architecture



FiftyNorth
Where Active Adults Gather.





December 20, 2019

1500 Highway 52 N.
Rochester, MN 55901
(507) 288-8155
TeamTSP.com

Ms. Lynne Pederson, Executive Director
FiftyNorth
1651 Jefferson Parkway
Northfield, MN 55057

Architecture
Engineering
Planning

RE: Northfield Community Resource Center Space Needs Study & Expansion

Dear Ms. Pederson and Selection Committee Members,

TSP is excited to submit our qualifications to provide professional planning and design services for FiftyNorth’s space study and proposed future project. We are especially pleased to partner again with Lifespan Design Studio, with whom we collaborated on the 125 LIVE Center for Active Adults in Rochester, MN.

Lifespan Design Studio’s nationally recognized experts, Doug and Ellen Gallow, specialize in planning and designing centers that support senior wellness and active lifestyles for mature adults. The information, perspective, and understanding they offer can be achieved only through decades of immersion in—and service to—your industry. Doug and Ellen will serve effectively and efficiently, applying methods they’ve honed on dozens of highly relevant projects of all sizes and descriptions.

Embarking on an expansion project such as this doesn’t happen often. It is critical that trust and transparency are embedded into everything that we do. We will engage your clients, staff, and community to embrace the unique identity that makes you, YOU. We will guide you through the process, expand your understanding of the space’s ultimate potential, and help you think differently as you look for new angles to approach the design challenges specific to your building and programming needs.

The TSP + LDS team believes that design is for people. Our proven process is highly collaborative and visual. We pride ourselves on designing with our clients, not for them. We’ll leverage our guiding principles of Teamwork, Service, and Passion to plan a facility that is uniquely FiftyNorth.

We are thrilled to submit this statement of qualifications and appreciate the opportunity to again work together for a Minnesota community. We look forward to continuing the conversation and discovering how best to bring your vision to reality.

TSP, Inc.

Von Petersen, AIA, LEED AP
Rochester Office Leader

Lifespan Design Studio

Doug Gallow, AIA
Senior Center Designer

Lifespan Design Studio

Ellen Gallow, CAPS
Senior Center Programmer



The Village at Cloud Peak Ranch, a TSP-designed Green House project for Alternative Elder Living in Sheridan, WY



**Proposal for Space Needs Study & Expansion
Qualifications to Provide Architectural,
Engineering, & Planning Services**

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TSP WHAT WE BELIEVE

THERE'S NO 'ME' IN DESIGN. IT'S ALL WE. AND IT CENTERS ON YOU.

TSP, Inc.

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Established: 1930

Office Locations: Rochester, MN;
Sioux Falls, Rapid City, & Watertown, SD;
Omaha, NE

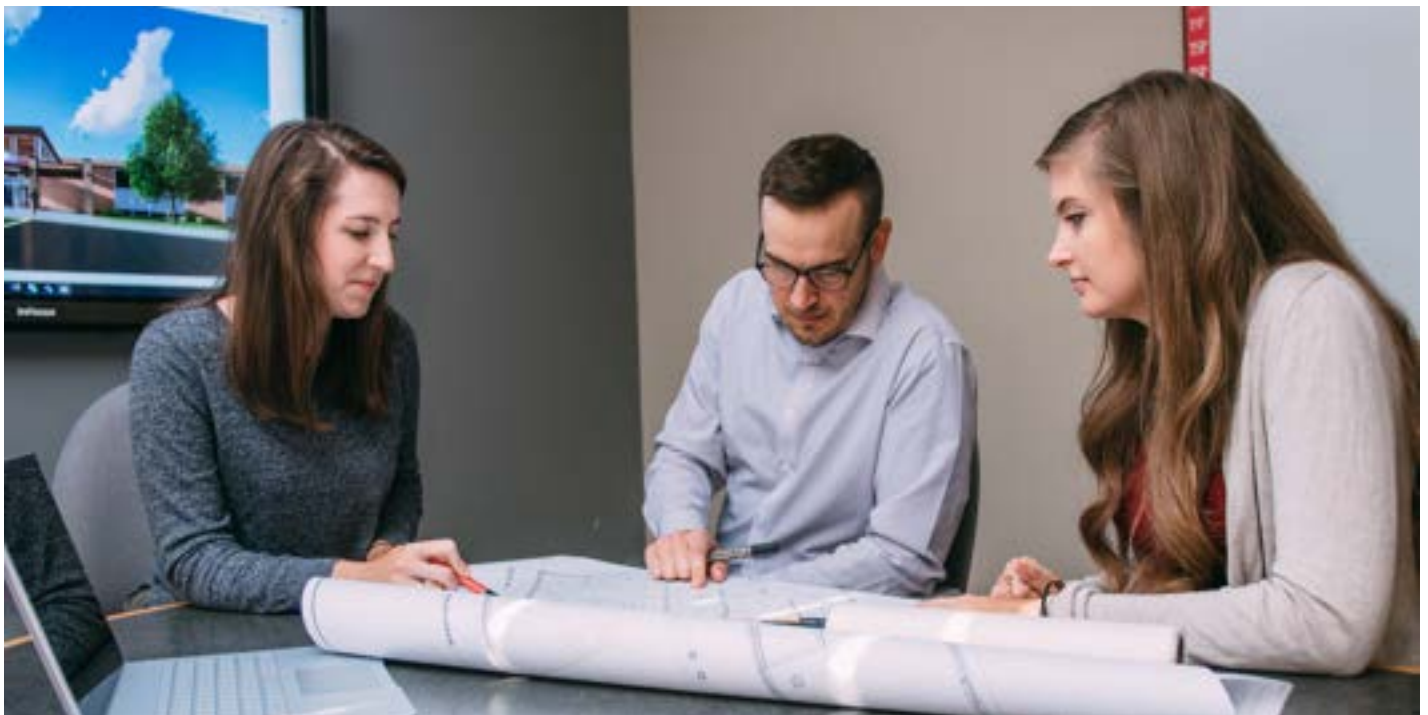
ABOUT TSP

As a company, we're built around a few beliefs that resonate with team members across the Upper Midwest—including those in our Rochester office. The heart of this philosophy stretches back to 1930 and founder Harold Spitznagel's credo to design it like we own it.

We've dedicated ourselves to pursuits that hold the greatest potential for communities: civic, wellness, healthcare, and education projects that uplift our quality of life. Focusing on the work we want to do gives us more time to understand each client's vision, study emerging opportunities, and expertly weigh the inherent risks. We find the greatest success when we use our skills and passion to develop the single best solution that meets a

client's needs. Our full-service, hands-on team ensures that spaces, systems, layouts, finishes, furniture, and technology function as a whole.

TSP's architects, engineers, planners, and interior designers are exceptionally talented people. But client needs come before our own desire for self expression. We believe our clients hold the keys to discover their designs and that we have the knowledge and skill to unlock those ideas. We seek out clients with complex projects that demand design expertise and reliability. These projects require comprehensive, integrated services and fully engaged stakeholders.





Bru2 Coffee Shop, a gathering place inside the TSP-designed First Dakota National Bank in Vermillion, SD

UNDERSTANDING YOUR 'WHY'

Through teamwork, service, and passion, our people listen and develop a deep understanding of your "why." We collaborate with you to build trust-based relationships and discover solutions that combine form, function, and economy. We plan and design legacy buildings that fit needs today and are flexible enough to serve campuses and communities well into the future.

Our full-service team builds on personalized service and regional expertise to bring you the most effective planning and design. Every project is unique. Our decades of design experience in community facilities and the depth of knowledge from our network of partner specialty consultants mean you can move forward with confidence.

COMPREHENSIVE IN-HOUSE EXPERTISE

TSP offers a complementary set of design, engineering, planning, and specialty services professionals who devote themselves to your success. Our experts work in concert to help you create an overarching plan and develop design concepts that get the most out of your square footage and what you can do within it—

- Architecture
- Mechanical Engineering
- Electrical Engineering
- Structural Engineering
- Technology & Security Planning
- Interior Design and FF&E Coordination
- Cost Estimating
- Total Project Cost Modeling
- Education Programming
- Facility Master Planning
- Site Planning & Design
- Sustainable Design
- Construction Documents
- Building and Life Safety Code Compliance
- Constructability Reviews
- Construction Administration
- Warranty Inspections & Reviews



A TRUE PARTNERSHIP

TEAMING PHILOSOPHY

ABOUT LDS

Lifespan Design Studio (LDS) is an architectural consulting firm specializing in the planning, design, and renovation of senior/active adult centers and other facilities that serve older adults.

Created by Doug Gallow, an architect, and Ellen Gallow, who studied gerontology and began her career as a senior center director, LDS has built a portfolio that includes more than six-dozen senior center planning and design projects in 27 states. Each design is approached with an uncompromising commitment to universal design principles. These coalesce to create environments that seamlessly support diversity and change in people's physical and cognitive abilities across the lifespan.

STUDIES AND PLANNING

LDS assists those who operate senior/active adult centers to determine the appropriate size, content, configuration and location of a new or improved facility to effectively accommodate current and emerging needs and interests.

DESIGN CONSULTATION

LDS works closely with the local architect of record to achieve an effective blend of senior center and design.

Doug's and Ellen's expertise on aging merges with local experience and responsiveness. They serve as integral members of the design team from site evaluation through programming and design. They also assure the team remains tightly focused on critical issues impacting the environment's appropriateness and effectiveness:

- Ease and safety of vehicular/pedestrian site navigation.
- Determination of how much (and what kind of) interior space is needed to effectively support the proposed functions and offer adaptability for inevitable change.
- Creation of floor plans that support 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.
- Aesthetic design that complements the local vernacular and inspires positive impressions of a vibrant community amenity.



125 LIVE Center for Active Adults, a TSP + LDS project for the City of Rochester, MN



UNIVERSAL/LIFESPAN KNOWLEDGE TOPICS & PRESENTATIONS

Active members of the National Institute of Senior Centers for more than 25 years, Doug and Ellen are in-demand presenters. They have an insider's understanding of emerging trends in senior/adult community center program delivery and the complex issues that impact facility-related needs.

- Reflections on Key Issues in Senior Center Design—American Society on Aging Annual Conference, 2019
- Senior Center Design Tips Illustrated—National Council on Aging/National Institute of Senior Centers, 2019
- A Path to the Future of Senior Services—National Institute of Senior Centers Conference, 2018
- Community Design for All: The Difference is in the Details—Board of Developmental Disabilities: “Speak Up for Yourself”, 2018
- Design for Aging in Community—American Society on Aging Annual Conference, 2018
- Key Issues in Senior Center Design—National Institute of Senior Centers Conference with National Association of Nutrition & Aging Services Programs, 2017
- Planning a Successful Senior Center Construction Project—American Society on Aging Annual Conference, 2016
- Senior Centers Summit: Buildings Boomers Want to Go To—American Society on Aging Annual Conference, 2015
- Senior Center Design Essentials: Things the ADA Doesn't Cover—National Institute of Senior Centers/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
- 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

A DIFFERENT APPROACH

BREAKING DOWN PROJECT NEEDS TO BUILD COMMUNITIES, BY DESIGN

YOUR DESIGN CHALLENGES: STRETCHING YOUR FOOTPRINT

Over the past 43 years, FiftyNorth has grown to become a popular location for older adults to gather, be active, socialize, and build community. As a result of successfully addressing the needs of older adults in the Northfield community and attracting and retaining more and more participants, FiftyNorth now is confronted with space deficiencies and inadequacies.

The current Northfield Community Resource Center (NCRC) supports many of the community's needs as its tenants offer services that make the city better. In August 2020, Northfield Public School Community Education will move to a new location, which on paper provides approximately 5,500 sf of potential additional space for FiftyNorth and/or other tenants. This creates an exciting opportunity to address your space needs challenges by envisioning what's possible, identifying and prioritizing needs and wants, and developing concept plans and budgets for the expansion of FiftyNorth to more fully address community needs today and into the future.

In the following pages, the TSP + Lifespan Design Studio team presents our approach to your project. We've outlined an inclusive engagement and design process that supports identifying specific space needs and developing an actionable vision to accommodate them. We'll work closely together, employing tested methods that will infuse the study outcomes with an empathetic understanding of the participants' experience.

We'll follow a methodical process to build consensus around the best design direction. We realize that many staff members who will be involved in these efforts have never before participated in facility-design work. Our highly visual process uses design models, diagrams, images, and even on-site observations.

Users can react to concrete examples and provide real-time feedback—so we can deliver real-time refinements to concepts. By the end of these workshops, project proponents will reach consensus on workable solutions. We find that participants typically feel energized by seeing how their input has contributed to the options as we progress through the different phases.





Coffee shop/movie theater lobby inside Dow Rummel Village, Sioux Falls, SD

YOUR OPPORTUNITY: DEFINING A NEW EXPERIENCE

During a recent walkthrough of FiftyNorth’s existing spaces, Executive Director Lynne Pederson asked our team’s Design Lead, Von Petersen, if he had heard of Mather’s in Chicago. He had not, but once he got back to the office and did his own research, he understood why Lynne had brought up this stellar nonprofit.

Von took it a step further, seeking out an experienced member of Mather’s own team. He talked with Kate Paz of Mather’s—More Than a Café. She’s been with Mather’s for 20 years and was the original café manager for the group’s first café, opened in 2001.

The Mather’s approach is uniquely simple: Food brings people together. Mather’s is first and foremost a café, but as the name suggests, its locations have evolved to be much more. Mather’s now offers other programs designed to engage the mind, body, and soul.

The Mather’s cafés are much smaller than FiftyNorth. Its largest property is about 5,000 sf. Mather’s success is tied to its development of **an experience that builds community, character, and well-being.**

When describing the conditions for a unique customer experience for older adults, Kate identified some especially important aspects of a unique community asset: acoustics, music, and colors; adaptable furniture that’s flexible and light but also sturdy; and daylighting and other touches that create a warm and inviting atmosphere (a fireplace is a must!). Specialists from Lifespan Design Studio will ensure that our comprehensive study carefully addresses these elements.

TSP team members are especially excited by your project’s capacity to build community. We’re driven to make communities better, by design. We’ll start with the idea that this facility is a place of unique social importance. Expanding those concepts to incorporate a well-rounded, holistic approach to wellness is nothing short of thrilling.

As you define these space needs and begin putting some “hard lines” to your vision, we’ll help generate community enthusiasm by communicating not only the programmatic challenges to be resolved but also a vision for the visitor experience. We look forward to painting the picture of your vision and helping propel you to the next phase.



Mini café inside Murray County Medical Center, Slayton, MN



Bistro inside Dakota Wesleyan University’s McGovern Museum & Library, Mitchell, SD



This page: TSP team's Master Plan & Expansion project for Hazelden Foundation Springbrook Campus, Newberg, OR



A COLLABORATIVE PROCESS

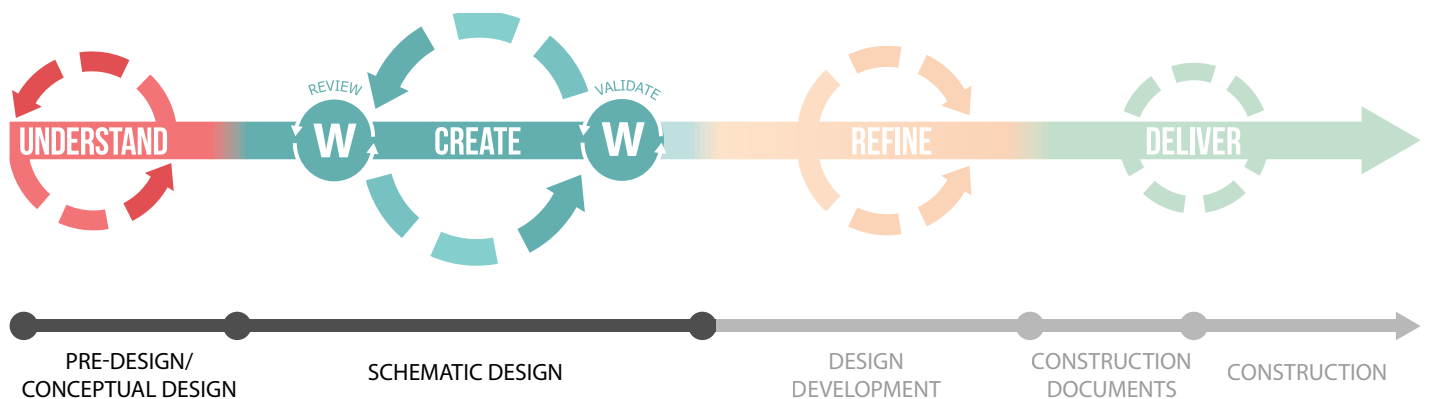
CUSTOMIZED SOLUTIONS FOR YOUR COMMUNITY

FRAMEWORK

The TSP + LDS team believes design is for people. That's why we propose a highly collaborative process that engages all key stakeholders, builds trust and transparency among project-team members, creates a clear understanding of the problems to be solved, and helps drive decision-making. We group the process' phases into several major stages: **Understand, Create, Refine, and Deliver.**

DEFINED SCOPE

Based on the needs described in your RFP, **we will focus on the first two stages (Understand and Create) for the purposes of the NCRC Space-Needs Study & Expansion.** We then will create a detailed work plan that breaks each stage into tasks that tactically address specific items. This includes floor-plan options with supporting narratives and cost projections for each. **Then, we'll press pause on the remaining stages (Refine and Deliver).** We've included the full process in the graphic below, so you can see our clear approach: Early-phase work supports later direction-setting and full development of your vision's tangible details.



OBJECTIVES BY PHASE

PRE-DESIGN / CONCEPTUAL DESIGN — *Understand*

Gain a clear understanding of the complex set of diverse "things" to be solved so we can judge our work within the appropriate context and eliminate any flawed solutions quickly and early. Then we can focus more time on making good stuff even better.

SCHEMATIC DESIGN — *Create*

Illuminate the issues, working through multiple iterations as we collaborate with you and your stakeholders to establish a unified expectation of what the design will be.

DESIGN DEVELOPMENT — *Refine*

Optimize the design solution and ensure a balanced approach to the project that allows us to meet the collective goals, objectives, and key results.

CONSTRUCTION DOCUMENTS, BIDDING, & CONSTRUCTION — *Deliver*

Shift our main focus from designing to producing clear drawings and specifications. These convey to your construction partners the design's intent—in actionable form that supports your vision.

UNDERSTAND: PRE-DESIGN & CONCEPTUAL DESIGN

During this stage, our main objective is to gain a clear understanding of the complex set of challenges to be solved. Your Phase 1 Report & Recommendation dated September 26, 2019, begins to lay out these challenges and identify priorities.

We will work closely with you to develop an understanding of the issues that are addressed in the report and to refine and add to the lists you developed as needed. We will spend a great deal of time asking questions, listening, documenting, and processing the information that you provide. We'll also study the building itself in necessary detail to identify apparent opportunities and limitations for its reconfiguration.

Another large part of this phase: discussing **the type of experience you want for your clients**. During Design Lead Von Petersen's tour of your facility, he felt its inviting, warm, and relaxed atmosphere. And he noted "moments of energy"—a fitness studio visible just off to one side, an art gallery, an inviting seating area, and small café. We'll build on your lounge concept and other successful components to optimize them in planning changes to the facility.



Concept sketch of fireplace lounge at Midco Aquatic Center, Sioux Falls, SD (see finished project on Page 12)

We will complete this stage through a combination of on-site observation; interviews and discussions with participants, staff, and activity leaders (to be determined with you); engagement with community members as desired; and data collection.

ON-SITE OBSERVATIONS

Our experience has taught us there's absolute value in taking time to sit back and watch. We will observe how people enter the building. We'll learn from how they interact with staff or volunteers at the front desk and with others throughout the building.

We'll pay attention to other aspects of the atmosphere, too: sights, sounds, even scents. We'll make notes on how different spaces function and run when programs are in session and how people socialize informally throughout the building. These patterns and trends lend incredible insight into how people use the space—after all, we're designing for them!

OFF-SITE OBSERVATIONS

This is a prime time to visit other facilities and gain a better understanding of what they are doing to meet the needs of active older adults. We understand you've also visited with staff at Mather's—More than a Café in the Chicago area and are intrigued by the concept.

This meshes with the mindset that Doug and Ellen Gallow of Lifespan Design Studio bring to your project. They've toured the Mather's facilities and been influenced by the group's innovative approach. We will discuss aspects of the Mather's concept that resonated most strongly with you. We'll also join you on visits to facilities closer to home that may offer useful points of reference in the visioning process.

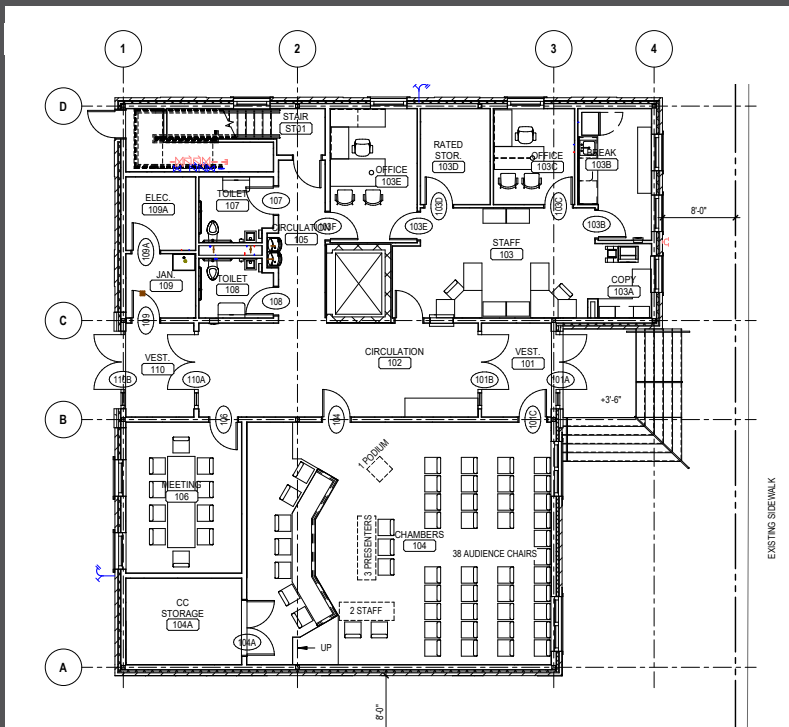
INTERVIEWS

It will be important to talk directly with staff, participants, instructors, and other stakeholders. We'll engage them in conversations about what they feel works, what doesn't work (and why!), and what they envision in the renovated/expanded FiftyNorth. Your fellow tenants in the Northfield Community Resource Center will offer important insights as well.

COMMUNITY ENGAGEMENT

Public involvement is a critical piece in the development of any project that has the potential to affect the community or other building tenants. These forums will provide an opportunity for discussion, feedback, and inclusion. It's our hope that ideas raised during

ADAPTABLE, FORWARD-THINKING DESIGN FOR USER GROUPS



The City of Dundas' municipal hall was undersized and outdated. Leaders turned to TSP for an efficient, expandable solution. The 3,382 sf first level will include City Council chambers and **public meeting rooms separated from quasi-private staff areas by a central circulation area and toilet rooms**. Security vestibules will help control foot traffic at both entrances and allow for **after-hours use by community groups** while City offices remain locked. The 1,520 sf upper floor will contain the mechanical room and **shell space for additional offices** in the future. The second level initially will be accessed by stairs, but an empty elevator core is ready to be outfitted with a cab when later phases commence.

public forums will become the topic of excited, positive conversation in your café! TSP + LDS team members have worked through various methods to gather public input, and we will discuss these options to create the best plan for FiftyNorth.

DATA COLLECTION

Our team will gather essential information to support the identification of feasible, responsive options. This includes the program schedule and much other information you've already provided. We'll also examine annual and monthly reports along with base site and building information such as building code, zoning, and related requirements or best-practice guidelines.

REPORT TO PROJECT TEAM

We will develop a report that documents our process and all the information we have gathered. We'll share and review this report with stakeholders to establish the foundation for the next stage: Create.

CREATE: SCHEMATIC DESIGN

To align with the Scope of Work described in FiftyNorth's RFP, we will provide an **abbreviated Schematic Design phase**. Our primary objective is to take the information that we have gathered; identify the synergies, opportunities, and challenges in the data; and get to work developing options that build on the concept plan.

We will use a collaborative workshop-based process to illuminate the issues and refine the work through multiple iterations. These workshops are highly engaging and require input from everyone included—most importantly, you! We offer senior-center design expertise, but you're the expert on your organization. Through these workshops, stakeholders take ownership of the project. **There's always an "aha!" moment**. This stage will help **expand your thinking on the project and define a new model** for delivering the services you provide.

1 | WHY TSP + LDS?

Working closely together, we will eliminate flawed solutions early and focus on making the ideas that work even better. There currently is no proposed budget for this building remodel or expansion. Our process will provide a basis of information for defining budget needs. We foresee developing three options:

- The grand vision.
- The absolute necessities.
- The in-between.

We'll define all three options as appropriate to balance scope with cost and enable the team to move forward.

We've found it's important to include "the grand vision" as one of our options. We don't want to limit any beliefs about what this facility should or can be. We give the group permission to dream.

Then, as we balance that grand vision with other issues, we start to right-size the project to what will eventually be the recommended option. We'll present an estimate of probable cost for each option we develop, drawing on the resources of TSP's in-house, full-time construction estimator as needed. These forecasts work in parallel with space programs, preliminary floor plans, and concept images to give you a full picture of the work at hand.

FIT PLANNING THAT MAXIMIZES EXISTING SPACE & ASSETS



Community groups, school districts, city leaders, and county officials all have trusted TSP to help them make the most of their building assets. We **deconstruct existing floor plans and find the best use of space** to program areas for new/emerging needs. We regularly conduct facility assessments for educational institutions as part of our master planning services to support pre-referendum efforts. We recently helped **Olmsted County** consider ways to fit up the 2122 Building for its Pollution Control Agency, and we also **reconfigured vacated space in the 2118 Building**. Team members are just getting started on a feasibility study to determine whether the former Longfellow Elementary School can be suitably repurposed to house the **City of Rochester's Parks & Forestry Operations**.

RELEVANT PROJECTS

FEATURES & FLEXIBILITY TO SUPPORT YOUR PROGRAMMING

ACTIVITIES ACROSS THE LIFESPAN

The TSP team offers FiftyNorth and the City of Northfield a known group of professionals with proven experience in your city and in wellness and recreation facilities for other communities. We bring innovative ideas and lessons learned from relevant project experience and a familiarity with the diverse functions and requirements contained in multigenerational civic centers. We cherish the shared responsibility we hold with local leaders to provide opportunities to be active, learn, and engage with neighbors across the lifespan. The following pages highlight several projects from our portfolio with elements very relevant to the proposed work at Northfield Community Resource Center.



This page: A variety of spaces within the Midco Aquatic Center in Sioux Falls, SD, makes this city-owned facility a draw for all ages. The warm-water pool with chair lift features a zero-depth ramped entry with perimeter handrails. The facility is set into a slight hill on the eastern edge of Spellerberg Park, minimizing its impact on outdoor spaces and preserving a popular winter sledding hill at the centrally located public space.

MULTI-GENERATIONAL COMMUNITY CAMPUS PARTNERSHIP | 125 LIVE CENTER FOR ACTIVE ADULTS + CITY OF ROCHESTER



LOCATION | Rochester, MN

SIZE | 99,020 sf total space

- 79,380 sf new construction/addition
- 19,640 sf remodel

CONSTRUCTION COST | \$21,108,069

COMPLETED | October 2016

CLIENT CONTACT | Dale McCamish, Director of Sports Facilities, Rochester Park & Recreation, (507) 328-2537 or dmccamish@rochestermn.gov

The TSP + Lifespan Design Studio team designed the 125 LIVE Center for Active Adults as an integrated part of an expansion at the city-owned recreation complex. This project's challenges included a tight budget (\$8 million was cut from request to award) and a uniquely difficult existing site: Built on landfill, the lot had significant grade changes and was surrounded by development.

The **design team explored many combinations of structures and building layouts** to create the best possible value. As a result, multiple stakeholder groups have realized their vision of creating a facility that brings generations together, across the community. The new 125 LIVE Center for Active Adults adjoins another TSP-designed gathering place, the Rochester Recreation Center.



**lifespan
design studio**
Quality of Life Architecture



125 LIVE offers state-of-the-art **amenities that meet the physical, recreational, creative, and social needs** of aging adults. Opportunities to socialize are particularly important for older adults, and 125 LIVE offers comfortable gathering places—providing numerous places to sit and converse with others.

A lounge is designed to display a fireplace at some point in the future. The **lower-level library** offers spaces for reading and shelves filled with books. The **dining room can be used for gatherings** such as wedding receptions and family reunions.

Classrooms give artists room to indulge their creative sides with separate **spaces for painting and ceramics**. The latter studio provides overhead electrical outlets for the artists' equipment; both rooms offer high acoustical ceilings. Rows of lockers give a secure location for storage of personal items for artists concentrating on their crafts. **Hearing loops embedded in the facility's floor make it easier for people using assistive devices** to understand instructors and join in conversations.



125 LIVE includes recreation areas within its programming as well. One large space is divided into two rooms: **a group fitness studio and a separate area filled with the latest in exercise equipment**. The latter allows people to cycle, walk, jog, and lift weights at their own pace. Internal corridors provide 125 LIVE members access to the Rec Center and its warm-water lap and exercise pool.

Locker rooms make it easy to reach both the exercise areas and the Rec Center's leisure pool. Carpeting and paint are specially treated to neutralize odors and prevent the spread of bacteria. The lower level includes **game rooms** for billiards and pool as well as those for cribbage and cards. A **computer classroom** will help members expand their horizons. **Space has been set aside for a bistro** when a tenant is found.



FAMILY HEALTH & WELLNESS CENTER PARTNERSHIP | COLUMBUS COMMUNITY HOSPITAL + COLUMBUS FAMILY YMCA



LOCATION | Columbus, NE

SIZE | 85,730 sf total space, all new construction

- 71,416 sf general/community wellness
- 14,314 sf therapy and hospital-related services

CONSTRUCTION COST | \$20,614,446

COMPLETED | October 2015

CLIENT CONTACT | Corey Briggs, CEO, Columbus Family YMCA, cbriggscfy@gmail.com or (402) 564-9477

Recognizing a need to complement healing with broad-based preventative healthcare, leaders from Columbus Community Hospital and the Columbus Family YMCA joined in a mission of **holistic personal wellness**. The new center integrates those features with **outpatient rehabilitation services, fitness programming, and childcare services**.

The inclusive design helps individuals transition from a medical setback through rehabilitation and into a sustained, healthier lifestyle. The center is **open to the community, giving residents of all ages and abilities access** to a facility that supports an improved quality of life.



With so many stakeholders, end-user groups, and moving pieces, CCH and the local YMCA needed a cohesive team to provide design, engineering, and construction management services. Working with trusted construction partners, TSP delivered a complete Design/Build package that assures quality, responsive solutions.

Adult rehabilitation services at the center include speech, occupational, and physical therapies. Specialized pediatric therapists are based in the Wiggles and Giggles suite, which is uniquely designed for children with special needs. There, medically based therapy maximizes each child's potential.



The facility features four aquatic offerings: a **clinical therapy pool with wide, shallow steps** for low-impact entry/exit; a recreational therapy pool; a spa with built-in bench level and numerous jets; and a six-lane lap swimming pool with a curving zero-depth entry ramp that is broad enough for beginner swimming lessons.

Also included are a **double gymnasium, a youth play room, an exercise equipment room** with weights, and a walking/jogging track. **Three exercise rooms** are environmentally designed for customized uses.

Separate locker rooms are reserved for men, women, boys, and girls, with **six family changing rooms** for visitors' convenience. A **multipurpose room is divided for specialty uses—and includes a teaching kitchen** where visitors can learn the basics of healthy eating and meal preparation.

FEASIBILITY STUDY & SPACE PROGRAM TO REPURPOSE EXISTING FACILITY CITY OF NORMAN UNITED SENIOR CENTER



LOCATION | Norman, OK

COMPLETED | 2015

CLIENT CONTACT | Jud Foster, Parks & Recreation
Director, jud.foster@normanok.gov or (405) 366-5472

Lifespan Design Studio worked with a local architect to study the feasibility and cost of renovating and adapting the Norman Public Library to serve as the new Norman Senior Center.

Collaborating closely with program staff, LDS led the development of an **architectural program and conceptual layout to accommodate current and projected future needs** of the senior center.

As the study continued, LDS guided the preliminary selection and application of finishes, fixtures, furnishings, and other details to be incorporated in cost estimating for the proposed construction.

Design challenges included neutralizing barriers to at-grade access at the preferred entrance location, adding windows, and improving restroom accommodations. LDS' design **arranged new spaces within the existing structural grid and generated a new identity for a facility that had long served other purposes.**

COMMUNITY RECREATION CENTER ADDITION/RENOVATION CITY OF DEADWOOD



Originally constructed in 1912, the Deadwood Recreation Center is truly the heart of its community. From project onset, numerous planning and design challenges were presented including historic, archaeological, site, building system, and cost constraints. TSP and our specialty aquatics consultant tackled those issues through meticulous coordination over an **intense, six-month planning process** with the City, State, historic preservation society, and community.

The historic **building was renovated to house refurbished recreation spaces**, while the addition is home to a new six-lane competition pool, zero-entry pool with slide and water features, and an **elevated walking track suspended from the structural joints** of the natatorium.

The track and swimming spaces feature **separate mechanical systems to provide appropriate temperature and humidity levels** for each area. The walking track is completely enclosed and tempered separately from the warmer pool environment, which is maintained by a 20,000 CFM heating/cooling Energy Recovery Unit.



LOCATION | Deadwood, SD

SIZE | 41,315 sf total space

- 24,256 sf addition
- 17,059 sf renovation

CONSTRUCTION COST | \$7,987,592

COMPLETED | July 2010

CLIENT CONTACT | J.R. Raysor, Former Public Works Director, (605) 920-0010



SPACE PROGRAM & INTERIOR REMODEL TO REPURPOSE EXISTING FACILITY UNITED SENIOR SERVICES



“Renovating—or should I say reinventing—an existing building was the right choice for our agency to remain connected to our neighborhood and the downtown. It is exciting ... to breathe new life into a well-worn downtown fixture.

— Maureen Fagans,
Executive Director, United Senior Services



Lifespan Design Studio (LDS) teamed with a local architect to renovate and adapt a former Eagles Lodge for United Senior Services.

Our programming **substantially reconfigured interior space** within the two-level building to serve as a senior community center and administrative/direct service offices for the agency. **Design objectives focused on effective senior center operations and creating a universally accessible environment.** These guiding principles gave early direction to the design process. LDS supported the effective implementation of these goals through project completion.

Key activity spaces include a **large multi-purpose assembly hall, production kitchen and café, classroom, conference room, art studio, billiards room, fitness rooms, and a small therapy pool.**

LOCATION | Springfield, OH

COMPLETED | September 2016

CLIENT CONTACT | Maureen Fagans, Executive Director,
mfagans@unitedseniorservices.org or (937) 323-4948

SENIOR LIVING COMMUNITY EXPANSION/RENOVATION DOW RUMMEL VILLAGE



Dow Rummel Village's leaders needed an update to the organization's Master Plan. The TSP team worked closely with Dow Rummel's staff to vet a "wish list" of capital improvement items and assign a budget figure to each. In the end, we helped Dow Rummel create **a road map for long-term growth** that uses land resources wisely.

During Phase 1 of the project, the TSP team added 30 new private Memory Care units and expanded the Assisted Living program. As part of the construction, **a guest kitchen on each level allows visitors to cook with their loved ones and share meals** in smaller, family-style dining rooms. Phase 2 of the project more than doubled the existing "Main Street" area and renovated transitional spaces. The facility's **primary gathering space has its own warming/serving kitchen** for community and resident use, while the main gathering room is served by a commercial-grade kitchen. **A movie theater, library rooms with fireplaces, hobby nook, game room, diner, chapel, and beauty salon** all are part of the finished complex.

Dow Rummel believed so strongly in TSP's team, leaders awarded the FF&E package as part of the initial design work. Our interior designers helped Dow Rummel staff select artwork and accessories designed to provide a homelike feel. They also used local landmarks to decorate the walls of the diner and even went so far as to personally place knick-knacks on the book shelves.



LOCATION | Sioux Falls, SD

SIZE | 100,500 sf total space

- 88,500 sf in additions
- 12,000 sf of renovations

CONSTRUCTION COST | \$28,000,000

COMPLETED | Phase 1 additions in January 2019; Phase 2 renovations in Fall 2019

CLIENT CONTACT | Darla Van Rosendale, CEO,
darlavanrosendale@dowrummel.com or (605) 575-0177



COMMUNITY CENTER/CITY HALL STUDY, PROGRAMMING, & DESIGN CITY OF BRYANT



A public/private partnership soon will expand a city-owned auditorium to create new spaces for a true community center and city hall offices.

In December 2017, the Parkview Care Center closed its skilled-nursing section. Soon after, the independent nonprofit's board of directors sold the Parkview Assisted Living & Apartments. Parkview board members decided to redirect those dollars to benefit residents through a community center.

Creating a flexible space that could be used for many purposes was key to success in this community of fewer than 500 people. TSP helped guide stakeholders through that process.

The end result is a space custom-fit to Bryant and its unique need for a public-private shared-use space. **TSP brought plans in line with the budget, prepared rendering and conceptual images for the community, and helped engage the public** at an open house and fund-raising kickoff.

TSP's design offers a balance with the existing metal-wrapped auditorium, which may be updated at a later date. Since the building is located on Main Street and serves as city hall, TSP's design makes it a prominent part of downtown. Raised clerestory windows over the entry can be seen while traveling down the street. An addition also now connects with the sidewalk.

The city hall will be finished with a stained-wood wall treatment. It will include an office for the mayor and a work space. **A 60-person meeting room in the addition will share a kitchen with the larger auditorium** space. The kitchen will be totally renovated with expanded electric services.

LOCATION | Bryant, SD

SIZE | 3,500 sf total space

- 2,860 sf addition
- 630 sf renovation

CONSTRUCTION COST | \$630,000 (estimated)

STATUS | Under construction

CLIENT CONTACT | Avis Welton, Chairwoman, Bryant Parkview Committee, weltonsinbryant@gmail.com or (605) 628-2128



COMMUNITY CENTER STUDY, PROGRAMMING, & CONCEPTS CITY OF BLAINE

COMMUNITY CENTER STUDY PROCESS



The City of Blaine established its Community Center Task Force in May 2014. The group of committed residents was charged with exploring the possibility of building additional indoor recreational facilities within the city. The task force met monthly, toured area facilities, and helped create a community survey to gauge interest in such a facility.

After receiving positive feedback from the survey, the City engaged an experienced consultant team that included TSP and other specialists. We began our work in earnest in July 2015. The TSP team provided a full range of interrelated services in our project leadership work to prepare a plan for a new community center. We conducted a **market and feasibility analysis**, assisted the task force in identifying potential building

sites, **estimated construction costs, and developed a community-engagement plan** to further educate and involve stakeholders. As part of our work to analyze operational expenses and forecast possible revenue streams, we **helped the task force qualify prospective project partners**.

LOCATION | Blaine, MN

SIZE | TBD

CONSTRUCTION COST | TBD

STATUS | Study completed August 2016

CLIENT CONTACT | Robert Therres, Public Services Manager, (763) 785-6123 or rtherres@ci.blaine.mn.us



TEAM STRUCTURE

READY TO WORK FOR YOU

TSP’s talented and hard-working in-house staff includes architects and engineers, planners, and interior designers—all dedicated to serving your community. We select the players best suited to your project’s scope. These team members have availability in their schedules, and we’ve blocked out time for this project to make sure this availability is reserved. The résumé pages that follow offer a snapshot of each person’s work background, which include shared experience on several of the relevant projects highlighted in this proposal.



VON PETERSEN
PROJECT MANAGER | DESIGN LEADER
TSP

ARCHITECTURE & PLANNING

GREG SCHOER
PROJECT ARCHITECT
TSP

DOUG GALLOW
SENIOR CENTER DESIGNER
LIFESPAN DESIGN STUDIO

LORETTA HAUGEN
INTERIOR DESIGNER
TSP

ELLEN GALLOW
SENIOR CENTER PROGRAMMER
LIFESPAN DESIGN STUDIO

ENGINEERING

LUCAS LORENZEN
STRUCTURAL ENGINEER
TSP

ROGER NIKOLAS
MECHANICAL ENGINEER
TSP

DARRELL BREN
ELECTRICAL & IT ENGINEER
TSP

SUPPORT

COST ESTIMATING | CIVIL ENGINEERING | LANDSCAPE ARCHITECTURE
FOODSERVICE DESIGN | AQUATIC DESIGN

RÉSUMÉS

EXPERIENCED IN-HOUSE PROFESSIONALS

TSP **VON PETERSEN, AIA, LEED AP**
Project Manager | Design Leader

REGISTERED MN, WI

EDUCATION Bachelor of Architecture, Iowa State University

EXPERIENCE 13 Years



Von's love for the region bordering the Mississippi River gives him a passion for creating buildings that will enhance the lives of those who also have chosen to live here. Technically skilled and detail-oriented, he has experience in a

wide variety of projects with TSP team members. From messy renovations to brand-new builds, Von understands that accuracy and attention to the smallest elements are critical to producing quality construction documents and assuring a project's success.

Von's eye for possibilities helped turn the new 125 LIVE Center for Active Adults into a striking and functional source of pride in Rochester. He's just getting started on space needs/planning studies for that community's City Hall and a potential repurposing of a former school to house Parks & Forestry Operations.

Von is experienced at facilitating discussions with various user groups. He's been particularly effective in engaging community members to reach consensus prior to school-bond referendum votes.

SELECTED EXPERIENCE

- City of Rochester, MN
 - » Recreation Center Addition/Renovation & New 125 LIVE Center for Active Adults
 - » City Hall Space Needs Study & Master Plan
 - » Parks & Forestry Operations Feasibility/Fit Study to Repurpose Former Longfellow Elementary School
 - » Public Works & Transit Operations Center Phase 6
 - » City Hall Security & Access Control Assessment & Upgrades



125 LIVE Center for Active Adults, Rochester, MN

- City of Blaine Community Center Planning Study & Concepts, Blaine, MN
- City of Dundas New City Hall, Dundas, MN
- Mayo Civic Center Expansion/Renovation, Rochester, MN
- Olmsted County, Rochester, MN
 - » Building 2118 Office Wing Remodel
 - » Building 2122 Pollution Control Agency Fit-Up Plan
 - » Human Resources & 2100 Office Building Renovation
- Rochester Public Utilities Lobby Customer-Service Station Modifications, Rochester, MN
- Brooklyn Center Community Schools, Brooklyn Center, MN
 - » Master Planning & Community Engagement/Pre-Referendum Support
 - » Brown Elementary Addition/Remodel
 - » Middle School & High School Additions/Remodels
- Kenyon-Wanamingo Public Schools, Wanamingo, MN
 - » Master Planning & Pre-Referendum Support
 - » District-Wide Additions/Renovations

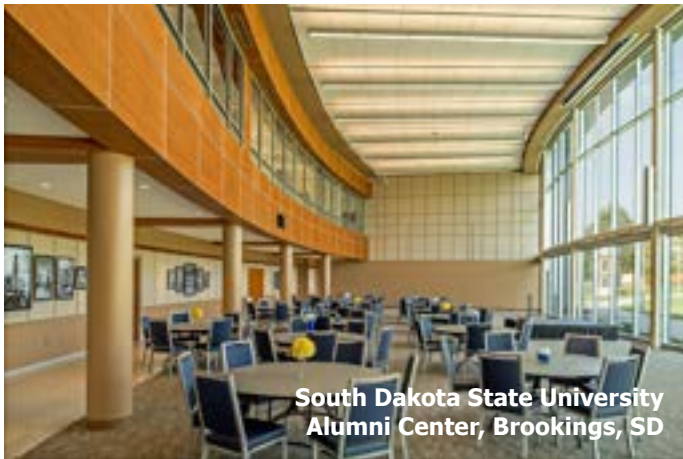


GREG SCHOER, AIA
Project Architect

REGISTERED MN, SD

EDUCATION Master of Architecture, Southern California Institute of Architecture
Bachelor of Arts, Art History, & Studio Arts, Augsburg University

EXPERIENCE 12 Years



**South Dakota State University
Alumni Center, Brookings, SD**



**Intermediate District 287 North
Education Center, New Hope, MN**



An architect who strongly values client relationships, Greg applies his connection to the community to all of his projects to create visually pleasing and long-lasting design solutions. Greg works to create energizing environments

that are a source of pride for the community. He is involved in all phases of a building's design.

SELECTED EXPERIENCE

- City of Northfield Municipal Liquor Store Study & Concepts, Northfield, MN
- City of Sioux Falls Midco Aquatic Center, Sioux Falls, SD
- City of Yankton Huether Family Aquatic Center, Yankton, SD
- Department of Veterans Affairs Michael J. Fitzmaurice State Veterans Home, Hot Springs, SD
- Boulder Estates Memory Care Center, Marshall, MN
- Perham-Dent Public Schools New High School Planning & Design, Perham, MN
- Intermediate District 287 North Education Center, New Hope, MN
- South Dakota School for the Blind & Visually Impaired Planning & New Campus Design, Aberdeen, SD
- South Dakota State University Alumni Center, Brookings, SD
- Lutheran Social Services Campus on Eastbank Space Programming & Design, Sioux Falls, SD
- Murray County Medical Center Addition/Renovation, Slayton, MN
- Sioux Falls Regional Airport Baggage Claim Expansion + Baggage-Handling System Replacement, Sioux Falls, SD



LORETTA HAUGEN, CID, NCIDQ

Interior Designer



Loretta is integrated within TSP's architecture discipline, so she is involved in the early planning stages of projects. Her experience in space planning ranges from community centers and administrative spaces to educational facilities

and healthcare systems. Loretta's designs for the 125 LIVE Center for Active Adults considered elements that can affect the experience for older users. This includes avoiding high-slip surfaces and floor or wall patterns that can create the illusion of movement, confusing the aging eye. Loretta has extensive experience in healthcare and wellness facilities, having completed more than 100 projects for the Mayo Clinic system alone.

REGISTERED: Certified Interior Designer, Minnesota Board of AELSGID; National Council for Interior Design Qualifications

EDUCATION: Bachelor of Fine Arts, Interior Design, University of Wisconsin-Stout

SELECTED EXPERIENCE

- City of Rochester, MN
 - » Recreation Center Addition/Renovation & New 125 LIVE Center for Active Adults
 - » Public Works & Transit Operations Center Phases 1-5
- Rochester Public Utilities Long-Range Facilities Master Plan Update, Rochester, MN
- Rochester Area Family YMCA Expansion/Remodel, Rochester, MN
- Mayo Civic Center Expansion/Renovation, Rochester, MN
- City of Cannon Falls New City Hall, Cannon Falls, MN
- Brooklyn Center Community Schools, Brooklyn Center, MN
 - » Brown Elementary Addition/Remodel
 - » Middle School & High School Additions/Remodels
- Kenyon-Wanamingo Public Schools District-Wide Additions/Renovations, Wanamingo, MN
- Department of Veterans Affairs Michael J. Fitzmaurice State Veterans Home, Hot Springs, SD
- South Dakota School for the Blind & Visually Impaired Planning & New Campus Design, Aberdeen, SD



Department of Veterans Affairs Michael J. Fitzmaurice State Veterans Home, Hot Springs, SD



DOUG GALLOW, AIA
Senior Center Designer



Doug has more than 30 years of experience in architectural design and project administration, with an extensive portfolio in planning and design for senior/active adult community centers. Doug actively pursues continuing

education and professional collaboration to support his interest in design for aging and universal design. He 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 at national conferences for designers and aging-services professionals.

REGISTERED: OH; National Council of Architectural Registration Boards

EDUCATION: Bachelor of Environmental Design, Miami University-Ohio; Certificate on Aging, Johns Hopkins University.



ELLEN GALLOW, CAPS
Senior Center Programmer



Ellen 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. 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 advocates for the thoughtful incorporation of layout concepts, design features, finishes, and products that support user-friendliness, safety, and occupant comfort.

CERTIFICATION: Certified Aging in Place Specialist, National Association of Home Builders

EDUCATION: Bachelor of Arts, Sociology/Gerontology, Miami University-Ohio; Graduate Coursework, Gerontology, Scripps Gerontology Center; Certificate on Universal Design, State University of New York-Buffalo

SHARED EXPERIENCE | LDS SPECIALISTS

Selected list of Doug and Ellen’s collaborations

- City of Rochester Recreation Center Addition/ Renovation & New 125 LIVE Center for Active Adults Programming & Design, Rochester, MN*
- United Senior Services Facility Programming & Repurposing/Remodel, Springfield, OH
- City of Norman United Senior Center Feasibility Study & Space Program for Repurposing/Remodel, Norman, OK
- Covenant Place New Senior Center/Housing/Café Facility, St. Louis, MO
- Gwinnett County Senior Services Center Addition/ Renovation Planning & Design, Gwinnett County, GA
- Oklahoma City Senior Health & Wellness Center #1 Planning & Design, Oklahoma City, OK
- Westlake Senior & Community Services Center Planning Study & New Center Design, Westlake, OH
- The Center at Belvedere Planning Studies & New Facility Design, Charlottesville, VA
- South Hadley Senior Center Planning & New Facility Design, South Hadley, MA
- Lake Oswego Adult Community Center Facility Evaluation/Planning for Renovations, Lake Oswego, OR
- Lexington Senior Center Planning Studies to Explore Expansion/Renovation/Replacement Options, Lexington, KY.
- Oak Harbor-North Whidbey Island Adult Activity Support Center & Daybreak Adult Day Care New Facility Preliminary Design and Cost Analysis, Oak Harbor, WA
- Amarillo Senior Services Needs Assessment & Facility Feasibility Study, Amarillo, TX
- Kingsport Senior Center Facility Assessment & Space Needs Study, Kingsport, TN
- Munson Center Addition/Renovation Programming & Preliminary Design, Las Cruces, NM
- Rio Rancho Senior Services New Center Site Selection Support/Programming/Space Planning, Rio Rancho, NM
- Senior Center at Journey’s Way Programming & Preliminary Design for Adaptive Reuse of a Church and Warehouse, Philadelphia, PA
- Orient Heights Senior Center Planning Study for Adaptive Use of a Former Library, Boston, MA
- The Center at Belvedere New Facility Site Evaluation/ Programming/Design, Charlottesville, VA
- Winchester Senior Center & Rock City Lofts Planning Study for Renovations and Tenant Fit-out of Satellite Facility, Wabash, IN

*Teamed with TSP



Dow Rummel Village, Sioux Falls, SD



LUCAS LORENZEN, PE

Structural Engineer



Lucas is an accomplished structural specialist with focused experience in steel-frame design. He's worked with HSS truss systems, welded and bolted connections, and cold-formed materials. Along with his technical skills,

Lucas has a strong background in project management for complex designs and product-development projects. He believes that clear, open communication with clients produces the best results and enables him to add the greatest value to their design needs.

PROFESSIONAL ENGINEER: SD, MN, IA, NE

EDUCATION: Bachelor of Science, Civil Engineering with Structural Engineering Concentration, South Dakota State University

SELECTED EXPERIENCE

- Dow Rummel Village Memory Care/Assisted Living Expansion + Facility Remodel, Sioux Falls, SD
- Touchmark At All Saints Memory Care Renovation, Sioux Falls, SD
- Sioux Falls Regional Airport, Sioux Falls, SD
 - » Security Checkpoint Expansion/Lobby Remodel
 - » Baggage Claim Expansion & Baggage-Handling System Replacement
- Capital Services New Office Building, Sioux Falls, SD
- Sanford Health, Sioux Falls, SD
 - » Summit League Office & Acute Care/Orthopedic Fast Track Clinic
 - » Wellness Center Addition/Remodel
- Dakota State University Beacom Institute of Technology, Madison, SD
- South Dakota State University Alumni Center, Brookings, SD



Sanford Health Wellness Center Addition/Remodel, Sioux Falls, SD

TSP **ROGER NIKOLAS, PE, LEED AP**
Mechanical Engineer



Roger develops mechanical designs that improve operational efficiency and enhance occupant comfort. He has extensive experience in project scheduling and project management for complex, multifaceted projects. Roger's experience

includes leading the mechanical engineering for a wide variety of project types, including community centers and wellness facilities. He has designed systems for fire protection, temperature control, building automation, hydronic and steam heat, direct expansion and hydronic cooling, and geothermal and conventional water-source heat pumps.

PROFESSIONAL ENGINEER: MN, SD, IA, NE, ND

CERTIFICATIONS: LEED Accredited Professional

EDUCATION: Bachelor of Science, Mechanical Engineering, University of Minnesota

SELECTED EXPERIENCE

- City of Bryant City Hall & Community Center, Bryant, SD
- City of North Platte Recreation Center Master Planning, North Platte, ND
- Aberdeen Recreational & Cultural Center, Aberdeen, SD
- City of Aberdeen/Aberdeen YMCA/Avera Health Northeast Regional Health & Fitness Center, Aberdeen, SD
- City of Sioux Falls Midco Aquatic Center, Sioux Falls, SD
- Brooklyn Center Community Schools Middle & High School Additions/Remodels, Brooklyn Center, MN
- Intermediate District 287 North Education Center, New Hope, MN
- South Dakota State University Alumni Center, Brookings, SD
- Sioux Falls Regional Airport, Sioux Falls, SD
 - » Security Checkpoint Expansion/Lobby Remodel
 - » Baggage Claim Expansion & Baggage-Handling System Replacement

TSP **DARRELL BREN, PE, LEED AP, RCDD**
Electrical Engineer



Darrell contributes seasoned design skills and knowledge to the team. His extensive experience includes design for specialized pieces of equipment, unique power requirements, high-quality lighting, and

electrical issues regarding system flexibility. He serves as director of mechanical and electrical engineering, overseeing both disciplines. Darrell also specializes in the electrical design of technology systems and their related infrastructure. He will help you realize project goals and match your facility's electrical systems to your needs while incorporating sustainable strategies.

PROFESSIONAL ENGINEER: MN, SD, IA, NE, ND

CERTIFICATIONS: LEED Accredited Professional; Registered Communication Distribution Designer

EDUCATION: Bachelor of Science, Electrical Engineering, South Dakota State University

SELECTED EXPERIENCE

- City of Bryant City Hall & Community Center, Bryant, SD
- City of Deadwood Recreation Center Addition/Renovation, Deadwood,
- Dow Rummel Village Memory Care/Assisted Living Expansion + Facility Remodel, Sioux Falls, SD
- Touchmark At All Saints Memory Care Renovation, Sioux Falls, SD
- City of Sioux Falls Midco Aquatic Center, Sioux Falls, SD
- City of Rochester, MN
 - » Public Works & Transit Operations Center Phases 1-6
 - » City Hall Security & Access Control Assessment & Upgrades
- City of Marshall/Lyon County, Marshall, MN
 - » New Public Library
 - » Public Library Children's Wing Planning & Design
- Mayo Civic Center Expansion/Renovation, Rochester, MN

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