

G *from the* **GROUND UP**



Arbor Acres



© 2012 Larry Lefever Photography

LANDMARK
We Build Confidence.

• **RLPS** •
Architects

LAMBERT
Architecture + Interiors

SPONSORED PUBLICATION

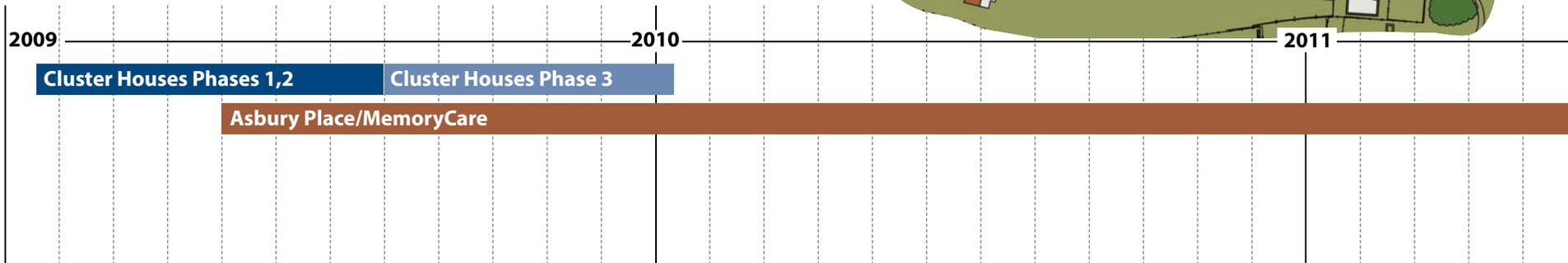
From the Owner's Perspective

Arbor Acres sprang to life in the late 1970s. Opening in 1980, Arbor Acres represents the collaborative effort of Triad area United Methodists to provide housing and health support for anyone left vulnerable by age and circumstance. These early beginnings fostered ground-shifting changes in the understanding of late life, and of environments conducive to healthy aging.

Since its earliest days, Arbor Acres has remained under construction. As the number of senior adults in the population has increased, as their economic circumstances have improved, Arbor Acres adapted to new visions of retirement living. In addition to modest and more affordable housing options, larger, well-appointed accommodations, from apartments to freestanding homes, became standard offerings within all continuums serving the elderly. Likewise facilities have been renovated, removed, and added in response to the evolving aspirations of each generation of residents.

The story contained in these pages speaks to Arbor Acres most recent evolution. Thankfully, over the years clinical environments for caring for residents with physical and/or cognitive impairments have been replaced by more home-like settings. Both Asbury Place and the MemoryCare addition described herein reveal the impact of this transition. Likewise, projects currently or about to get underway underscore the extent to which old housing and care continuums are morphing rapidly into centers for lively aging.

None of what appears in these pages could have happened without collaborators from wide-ranging fields, and the coordinated sharing of responsibilities between outstanding architectural firms, Reece, Lower, Patrick and Scott from Lancaster, PA, and Lambert Architecture + Interiors from Winston-Salem. Likewise, Landmark Builders delivered at the highest level on its promise of excellence in construction, cost projection, scheduling, and management of financial resources. Interior Solutions of Winston-Salem provided interior design services furnishing the icing for this multi-layered cake. Thus, from the owners' perspective, Arbor Acres continues to rise to new heights of beauty and grace. It does so as it has from the start, through collaborative efforts of individuals and firms sharing an abiding commitment to excellence, who, like Arbor Acres, believe that people at all the stages of aging should be able to live life fully.



“From the largest mall between Washington DC and Atlanta, to the smallest bathroom repair, Right Touch Interiors gives the same professional care to any and all of your flooring needs.

Whether its carpet, ceramic, wood, or vinyl, Right Touch can install it with its expert installers.

Tommy Adams, Vice President, is proud to partner with experts in the construction industry such as Landmark Builders.”



336-378-0033 • www.righttouchinteriors.com

CONGRATULATIONS

to Landmark Builders of the Triad and Arbor Acres on the Assisted Living and Memory Care Project!



Arbor Acres



336 765-0221 • www.salemelectriccoinc.com



PROJECTS/SITE INFO

Arbor Acres, located in the heart of Winston-Salem, offers houses and apartments of varying sizes and designs, and three distinct levels of care, all on 85 acres rich in natural beauty with aesthetically pleasing structures. Facilities pre-2010 are shown in terracotta. Those in yellow represent projects recently completed, currently under construction, or soon to be underway.

1. Cluster Houses
Efficient one- and two-bedroom homes, carefully designed and constructed to make them affordable.

2. Asbury Neighborhood
12 freestanding homes and 11 smaller-scale patio homes for active independent residents.

3. Asbury Place
60 spacious residential apartments; dining, recreation, therapy, and SPA facilities; 117,000 square feet supporting a state-of-the-art Assisted Living program.

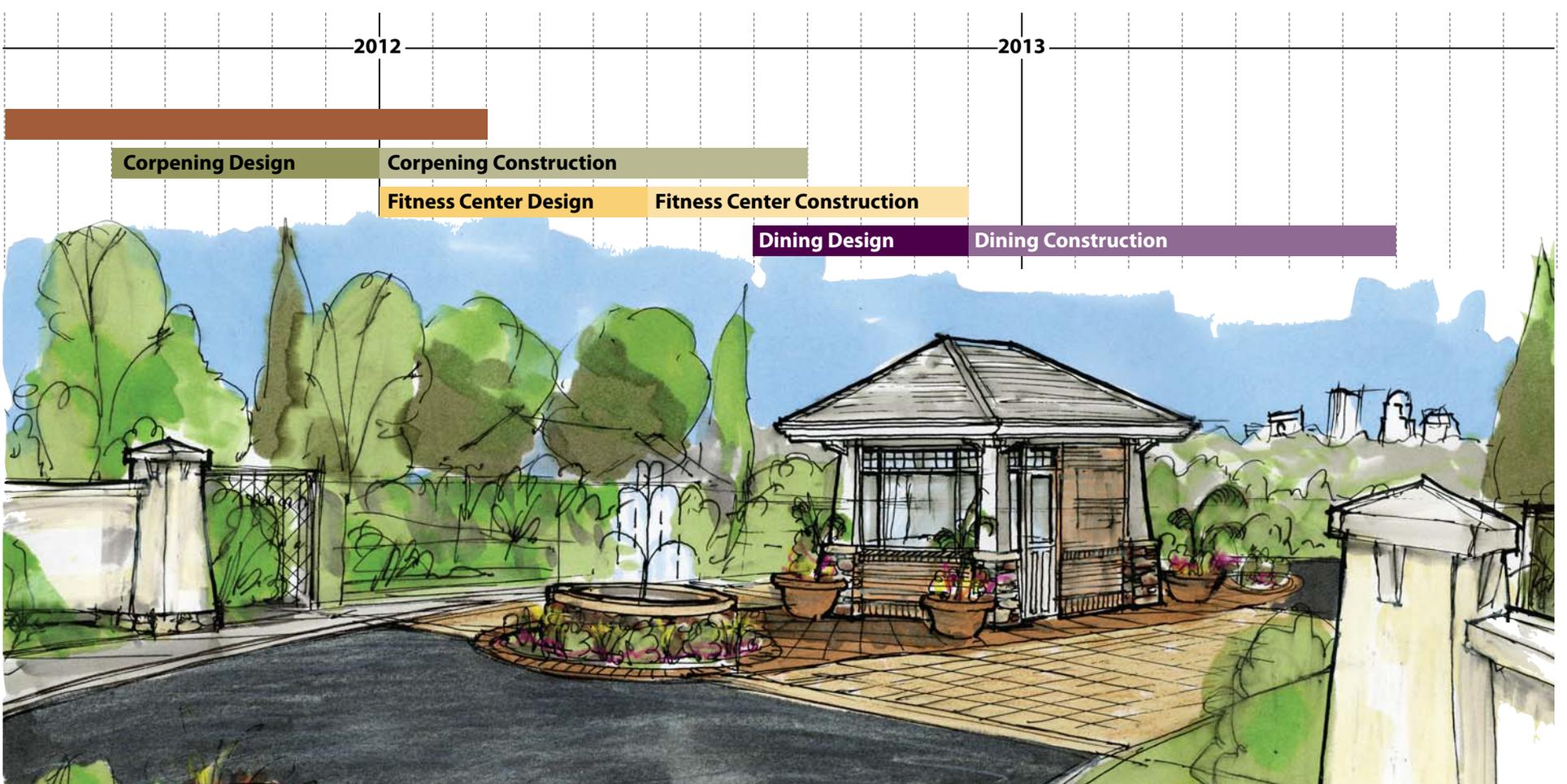
4. MemoryCare
A 12-bed addition to the existing 18-bed MemoryCare facility, serving residents with dementia through a highly specialized program.

5. Fitzgerald Health Center Renovation
A warm, home-like environment with 12 new skilled nursing rooms, yielding a total of 65 private rooms, now available for the frailest and most vulnerable residents.

6. Fitness Center
An addition to the existing pool building, designed to house in a single location a variety of exercise and fitness programs for independent living residents.

7. Corpening Apartments
20 one-bedroom, well-designed, lower-priced apartments for independent living residents.

8. Dining Expansion
Greatly enlarged dining facilities for independent residents including a clubroom with a full-service bar.



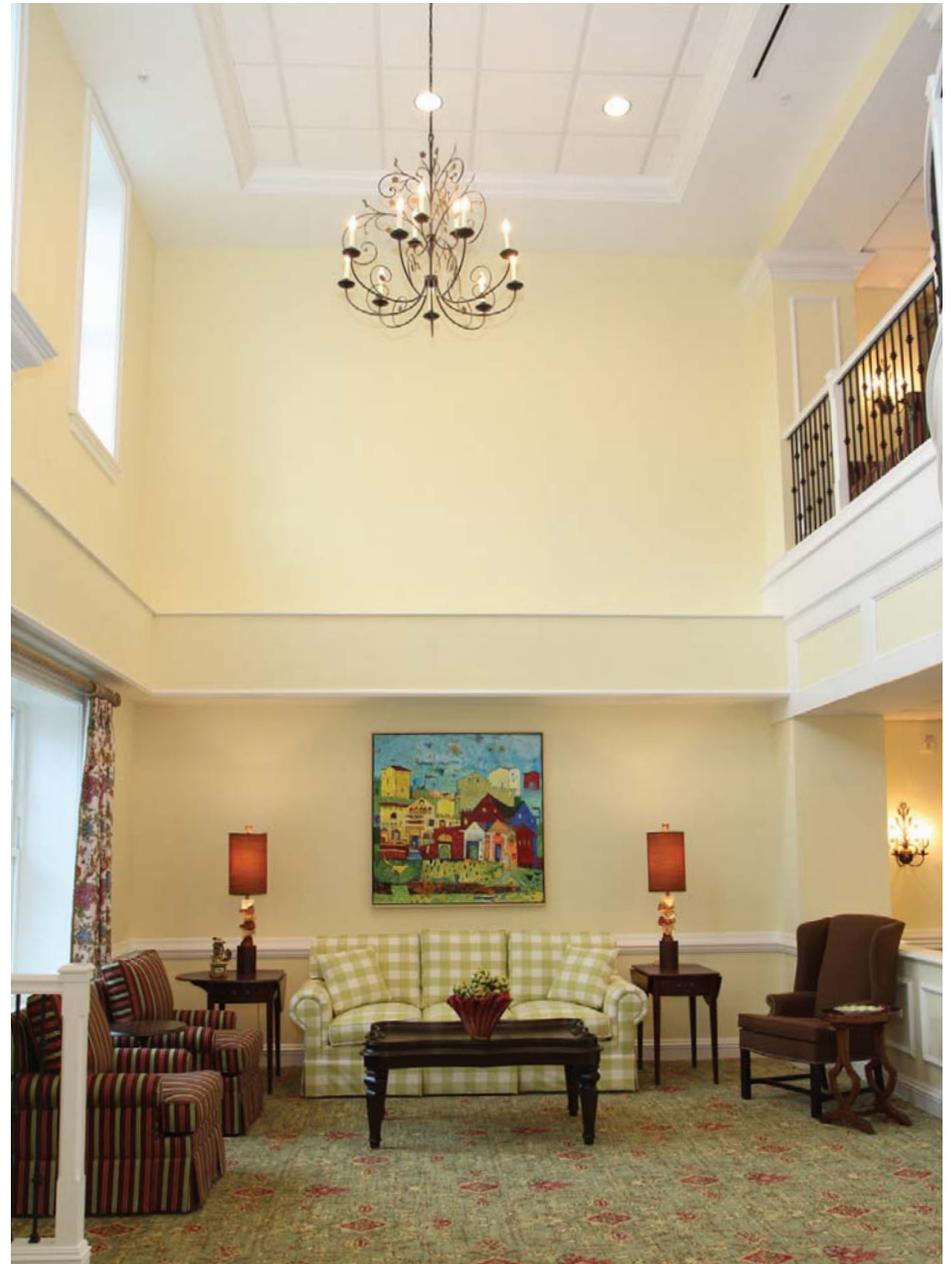


ASBURY PLACE

Clockwise starting at top right:

- 1 Soothing massage room
- 2 State-of-the-art therapy pool
- 3 Lobby under the balcony
- 4 Library/café at main entrance
- 5 Tranquil spa waiting area
- 6 Gracious atrium dining room

Images on this page (with the exception of lower right) courtesy of *Larry Lefever Photography*





Proposed exterior of renovated facility



Existing Facility

Corpening Apartments

Built in the late 1970s and opened in March of 1980, Corpening Building illustrates the manner in which Arbor Acres' facilities evolved and continue to evolve in response to changing needs. Originally, Corpening Building housed independent living residents in single room studio apartments, a few of which adjoined to form suites. Within five years, demand for Assisted Living had already risen sufficiently to warrant licensure of one floor of Corpening to permit delivery of personal care services. The trend continued, and by the early 1990s, Corpening had become a fully licensed Assisted Living facility.

With the opening of Asbury Place, the Corpening Building residents relocated to the new building's more spacious accommodations. Corpening's next transformation began immediately. Stewart Beason and Stuart McCormick with Lambert Architecture + Interiors performed the magic of morphing a 32-year-old dysfunctional structure into an attractive residence housing 20 cozy one-bedroom apartments for independent residents. The apartment design transforms compact space into a convenient floor plan with desirable amenities, yielding an overall feeling of spaciousness. Residents will customize interior finishes to create for themselves the experience of home.

With the Corpening Apartments, Arbor Acres will have within its continuum of facilities a new residency offering that will be marketable at a highly affordable price point. And the apartments will deliver one thing above all: location, location, location. Residents of the renovated Corpening Building will live within the easiest possible walking distance of the new Fitness Center, the Dining Rooms, the Post Office, the Beauty Parlor, and many other Arbor Acres amenities.

While the building is under renovation marketing efforts have begun, it's anticipated that the re-invented Corpening will open in the fall of 2012. For information, contact Lynn Ross at (336) 724-7921.



Enhanced Hallways



Bird's eye view of typical apartment



Proposed exterior of expanded facility

Fitness Center

The first residents of continuing care retirement communities came lured by the promise of care in the event of inevitable illness. Current generations of residents reject the notion of inevitable and inexorable decline in their health. They may go down, but their goal is to go down swinging.

As health conscious residents began knocking on the door of continuing care communities, a cultural shift occurred. No longer was it sufficient to have in place care during times of illness. Wellness became the operative word. Residents wanted resources to enable them to remain well longer, to keep their bodies active and healthy, to support and enhance fitness. Immediately communities like Arbor Acres morphed from care providers into promoters of healthy aging.

Arbor Acres fitness program includes swimming, stretchcize, walking, and a host of other offerings from Aerobics to Zumba. The Wellness Coordinator moves from venue to venue throughout the day encouraging, cajoling, and instructing. It is a program that spans the campus and therein lies its Achilles Heel.

RLPS Architects first conceived for Arbor Acres an expansion of the swimming pool building to allow for greater centralization of the exercise program. Lambert Architecture + Interiors expanded on those concepts, and today Arbor Acres is moving forward with construction of a first rate, state of the art Fitness Center.

Swimming and water exercise will remain centerpiece offerings in Arbor Acres' Fitness Center. Three pools are planned, one for water exercise, one for lap swimming, and the third a hot tub. Additionally, the Center will offer an exercise room furnished with equipment that residents can use to strengthen muscle and to improve their cardiovascular health. A large multipurpose room will house exercise classes, and a host of specialized offerings including Zumba, yoga, tai chi, and a range of other exercise offerings targeted to differing need and ability levels. Surrounding the whole will be a one-twentieth of a mile indoor track for warming up, cooling down, or engaging in the most popular exercise of all, walking. Options for tennis and volleyball are also under consideration.

Under the constant management and supervision of the Wellness Coordinator, the Fitness Center will enable residents to enjoy exercise with far greater efficiency, effectiveness, and safety. It is an investment calculated to yield a coveted return, enhanced resident well-being.



Existing Facility



New Exercise Area and Track



Aquatics Area

Lakeside Dining Expansion

At Arbor Acres, dining has always been lakeside. Residents from the earliest days have enjoyed meals adjacent to Arbor Acres' pristine pond. When comparing dining then to dining today, however, the location may be the sole point of comparison. In the beginning residents considered it sufficient to replicate school cafeteria days, a simple serving line with limited choices. Today, diners expect everything from heart-healthy selections, to restaurant-style fine dining. Arbor Acres has risen to these expectations.

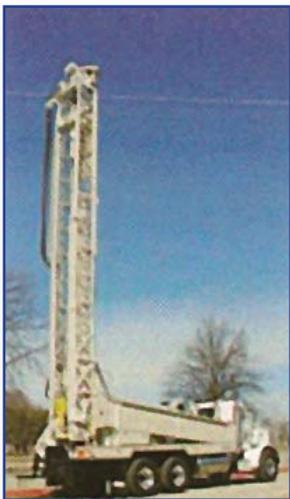
Arbor Acres today provides meals in multiple dining venues. Independent residents, still dining lakeside, can self-select a meal from an elaborate serving line. Or they may be seated and order from a menu that bears comparison to any in town. The Arbor Room, the most recent addition to the dining continuum, offers formal dining, its menus of gourmet cuisine, wine, and desserts supporting the overall tone of elegance. Private dining is also available.

Arbor Acres is growing and so must the space available to support the program that most impacts resident quality of life. Once again building on concepts devised by RLPS, Lambert Architecture + Interiors proposes to expand the informal "servery" in order to enhance the selections available to residents. Food preparation stations will allow for specialty cooking, while a brick oven yields fresh pizzas and cobblers. Additionally the less formal dining room will be greatly enlarged through construction of the Lakeside Pavillion, a structure within which residents may dine in even closer proximity to the lake. Lastly, a clubroom with a full-service bar will host residents in the evening, enhancing their dining through expanded opportunity for fellowship with friends.



Yadkin Well Co., Inc.

In Business Since 1964



Water Wells

Residential Commercial
Public Irrigation

Pumps

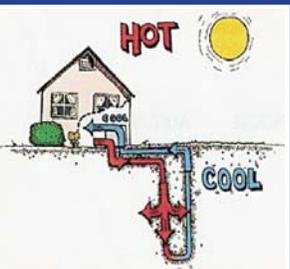
Hydro Fracturing

Down the Hole Camera

Your
Geo Thermal Drilling
Specialist

Drillers Licensed in N.C., S.C., Va., Tenn.
N.C. HVAC License H-1, H-2, H-3

Congratulations to Landmark Builders!



800.248.9355
336.468.4440
yadkinwell@yadtel.net
www.yadkinwell.com



Art at Arbor Acres

The collection of original artwork displayed throughout Arbor Acres plays a singular role in the lives of residents. Begun many years ago, the collection engages the eye, the mind and the spirit. Some works are easy to view, others happy and light-hearted, and still others challenging or even confrontational.

Original art brings with it the artist's soul, which renders art-rich spaces profoundly alive. Arbor Acres demonstrates this truth. Residents and visitors enter living spaces to discover graceful landscapes, whimsical worlds, and abstract portals to mystery. Residents react to the art in accordance with their tastes and the sensitivities of their own souls. Some see and appreciate while others walk away scratching their heads. Most depart awakened, enlivened by the encounter. By nature, art moves its audience.

With the opening of Asbury Place, the art collection has grown. The work there delivers not only beauty, but also cues to help residents find their way. A garden in front of Asbury Place features a circle of stone figures titled "The Counsel of Elders." Reaction to the work has been mixed. Some see ghoulish specters, others humanoid forms inviting them to contemplate nature's vast time frames. The figures represent physical, mental, emotional, social, vocational, and spiritual aspects of human wholeness, core components of life Arbor Acres strives to cultivate in those it serves. Here again, art at Arbor Acres is fulfilling its innate purposes, exciting the eye, inciting the mind, and enticing viewers to reach more deeply into their souls.



© 2012 Larry Lefever Photography



"Council of Elders" by sculpture artist Carl Peverall

From the Design Team's Perspective

RLPS Architects has been privileged to be part of the master planning and design team that not only envisioned the long term potential at Arbor Acres, but also helped to make those plans a reality. We have made senior living our life's work and remain passionate about providing appealing environments that quietly support the programs and mission of the organizations we serve. Founded in 1954, RLPS provides master planning, architecture and interior design services to clients throughout the United States. We value the relationships we have built over the years and particularly appreciate the opportunity to work with clients like Arbor Acres who continually challenge conventional wisdom in the pursuit of new and better models of senior living and care.

LAMBERT served two roles for Arbor Acres. First, the firm acted as the Program Manager for the three-year, \$42,000,000 Campus Improvements Program. Second, LAMBERT served as the Architect of Record for several of the projects undertaken.

One of the South's pre-eminent design firms, LAMBERT provides architecture, interiors, and planning services to clients in 11 states and 16 countries. LAMBERT serves the Senior Living, Health Care, Higher Education, Corporate, and Financial Markets.

PROJECT ARCHITECTS

ARCHITECT	PROJECT
RLPS/LAMBERT	\$22,500,000 New Asbury Place Assisted Living
RLPS/LAMBERT	\$2,300,000 Memory Care Addition
RLPS/LAMBERT	\$1,800,000 New Cluster Houses
LAMBERT/RLPS	\$3,600,000 Corpening Apartments Renovations
LAMBERT/RLPS	\$700,000 Fitzgerald Healthcare Center Renovations
LAMBERT/RLPS	\$1,500,000 Fitness Center Renovations and Addition (in design)
LAMBERT/RLPS	\$3,500,000 Dining Expansion (in design)
LAMBERT	\$350,000 New Campus Entrance
LAMBERT	\$2,800,000 New Asbury Neighborhood
LAMBERT	Program Manager for \$42 Million Construction Program



American Industrial Contractors is proud to have installed the HVAC System on this very unique totally "geothermal" project.

CONGRATULATIONS TO LANDMARK BUILDERS.

A **AMERICAN**
INDUSTRIAL CONTRACTORS, INC.

Greensboro, NC

(336)855-3301

From the Contractor's Perspective

When Paul Stephens founded Landmark in 1975, he did so with a determination to make his company "the preferred builder that consistently delivers what is promised." Paul's vision laid the foundation that Landmark is built upon today. His principles of integrity, dependability, and a disciplined work ethic paved the way for Landmark to become one of the most trusted and respected companies in the Carolinas. Today our business is based around long-term relationships with customers who share our values, and appreciate quality construction and the experience of partnering with Landmark.

In 2007 Landmark set out on a strategic effort to grow our senior living portfolio with an ultimate goal of finding like-minded partners we could service on a long-term basis. Early in this effort we identified Arbor Acres as a natural fit for Landmark, in large part due to our shared philosophy of providing exemplary service to our clients while maintaining high standards and quality product.

In 2009 we were selected by Arbor Acres to help them bring their strategic development to life. Arbor Acres had chosen a well-respected design team of RLPS and LAMBERT to develop a "purposeful and vibrant" campus. In a very short time we realized we had certainly joined a wonderful team and were working for a wonderful client.

Today, we are pleased to have helped complete two of these projects, Asbury Place and MemoryCare. Additionally, we are currently revitalizing the Corpening Building, and in pre-construction on a renovation and expansion of both the Fitness Center and Lakeside Dining buildings.

From a construction standpoint, Asbury Place and MemoryCare were interesting and challenging projects. Asbury Place was a ground-up construction of a 117,000 square foot "apartment style" assisted living facility. While a beautifully designed and decorated facility, it also has one of the largest geothermal heating and cooling systems in North Carolina. The system required 132 wells at an average depth of 400 feet. The well field acts as a giant heat exchanger to take advantage of the earth's relatively constant temperature to heat the water in the winter and cool the water in the summer, ultimately requiring less energy to heat and cool the buildings.

The MemoryCare addition, while much smaller in scale, involved a very high level of consideration and coordination due to the sensitivity of working in and around residents of the existing MemoryCare facility. One of the keys to success of this project was the engagement of our lead superintendent, Buddy Whaley and project manager, Rodney Cheek, at Arbor Acres monthly "What's Up Meetings." In these town hall format meetings, our team was able to explain our plans for the upcoming month, answer questions, and address any concerns expressed by the residents. Ultimately, these face-to-face encounters allowed Landmark to become engrained in the culture and accepted as part of the community at Arbor Acres.



FUN FACTS from Landmark Builders

1. Over 10,000 truckloads (or 100,000 cubic yards) of dirt were removed from the 10-acre site. That much dirt would fill half the historic RJ Reynolds Building or half of the football stadium at Wake Forest.
2. The geothermal system included 132 inter-connected wells at an average of 400 feet deep, totaling over 106,000 lineal feet of pipe. That is enough pipe to reach from downtown Winston-Salem to downtown High Point.
3. The Therapy Center in Asbury Place includes a rehabilitation pool with a high-tech floor that ascends and descends from zero to 4 feet for ease of entry and exit.
4. These projects included 2,200 cubic yards of concrete, which would equate to 8.5 miles of public sidewalks.
5. Best news of all - during one of the toughest economic climates the Triad has seen in years, the Asbury Place and MemoryCare projects required 200,000 man hours of resources, effectively funding 50 full-time jobs for two years. Thank you Arbor Acres!!

Lowder, Inc.
Site Development | Utility Construction | Recycled Aggregates

Your complete site development and utility contractor.

Lowder is a name you can trust.

CONGRATULATIONS
to
Landmark Builders
and **Arbor Acres**

- GPS Grade Control
- Demolition
- Erosion Control
- Clearing and Grubbing
- Grading
- Storm Drainage
- Sanitary Sewer
- Underground Retention Systems
- Bio Retention Systems
- Stone Placement

Lowder, Inc.
2810 Griffith Road • Winston-Salem, NC 27103
336-760-0477 • lowdergrading.com



Arbor Acres



© 2012 R H Wilson Photography

LANDMARK
We Build Confidence.

• **RLPS** •
Architects

LAMBERT
Architecture + Interiors

SPONSORED PUBLICATION