

July 9th and 15th, 2021

STURBRIDGE AGELESS COMMUNITY PROGRAM NEEDS & FEASIBILITY



INTRODUCTION



- Today in attendance are:
 - Jeff Bridges, Town Administrator
 - Leslie Wong, Council on Aging Director
 - Robyn Chrabascz, Facilities Coordinator
- BARGMANN HENDRIE + ARCHETYPE TEAM:
 - Rachel Young, BH+A
 - Lance Hill, PARE Corporation

HOW WE GOT HERE

- In 2015, the Council on Aging formed the Senior Center Study Committee
- Completed community survey for needs analysis
- 2017 - Completed program needs study of current Senior Center programs and review of current facility to meet program needs
 - Determined that current facility has approximately 7,600 SF and the program space required is approximately 12,500 SF
 - Current building is inventoried on the Massachusetts Historical Commission Inventory of Historic Places as the Snellville School
- 2020 – Town appropriated funds for complete feasibility study of 480 Main Street, and 2 other sites (80 Haynes/Route 15 and 70 Cedar Street) as options for new construction for a new aging community building



Sturbridge's senior population is projected to increase from 2,695 to 3,081 in 2025 and grow to 3,350 in 2030 (according to the Central MA Regional Planning Commission which is based on the Census).

Foundations of your Program



Volunteering

Assistance with services & operations and bringing new users



Lifelong Learning & the Arts

Intellectual stimulation, learning, personal growth



Wellness

Healthy active living for different senior age groups



Information

Information and service delivery



Socialization

Casual opportunities for social interaction

Building Program

Space	Proposed Area	Notes
LOBBY	350	
GIFT SHOP	120	
MULTIPURPOSE ROOM	2,000	2,000 SF + subdividable additional 2 spaces. Currently serving 60 people, potential to 75. 6 tables set up always.
COMMERCIAL KITCHEN / MEALS ON WHEELS	550	450 sf plus 50 sf Dry Goods plus 50 sf walk-in cooler
EXERCISE/TAI CHI/YOGA	1,500	subdividable into two spaces
WORKOUT ROOM	300	
GAME ROOM	400	one pool table only
SMALL MEETING ROOM	250	
FLEX ROOM/PROFESSIONAL OFFICE	200	S.H.I.N.E./Veterans/Program Assistant use
DIRECTOR OFFICE	120	
OUTREACH COORDINATOR OFFICE	120	
CHEF'S DESK	120	(was Tri-Valley)
VETERANS AFFAIRS OFFICE	120	
HEALTH AND WELLNESS OFFICE	120	
COPY, SUPPLIES, COLLATING & MAILING	150	
PUBLIC RESTROOMS	520	on both floor levels
COMPANION ACCESSIBLE RESTROOM	80	
STAFF ACCESSIBLE RESTROOM	80	
STAFF BREAKROOM	100	Refrig, micro, etc. for patron allergy separation
MECHANICAL ROOM	250	
ELECTRICAL ROOM	150	
WATER SERVICE SPRINKLER & PUMP ROOM	250	
FIRE STAIRS	800	Existing SC entry stair is larger
ELEVATOR & ELEVATOR MACHINE ROOM	320	
DURABLE MEDICAL EQUIPMENT STORAGE	150	
GENERAL STORAGE	800	
SUBTOTAL	9,920	
GROSSING FACTOR @ 27%	2,732	need to include area for existing oversized stair, circulation, masonry wall thickness at existing building and interior walls
TOTAL	12,652	compare to original program 12,515 sf

Set Up, Take Down & Program Space Implications



Divisible Multi-Purpose Room



Storage Needed for Successful Multi-Purpose Rooms



Different Ways of Looking at your Kitchen Design



Fitness: Senior Age Groups & Different Needs



Flexible Versus Purpose-Built Activity Room



Multi-Use Lobby and Meeting Spaces



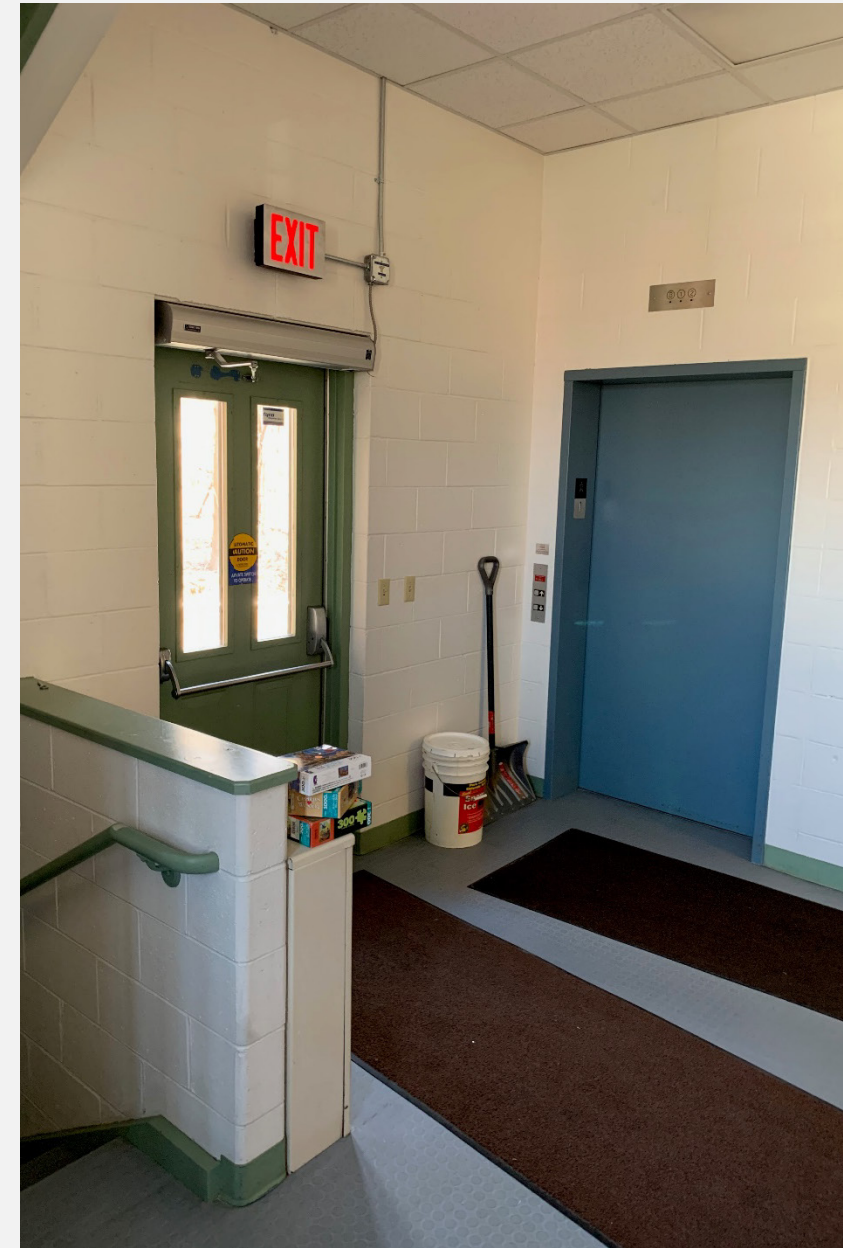
Evaluating Your Existing Building at 480 Main Street



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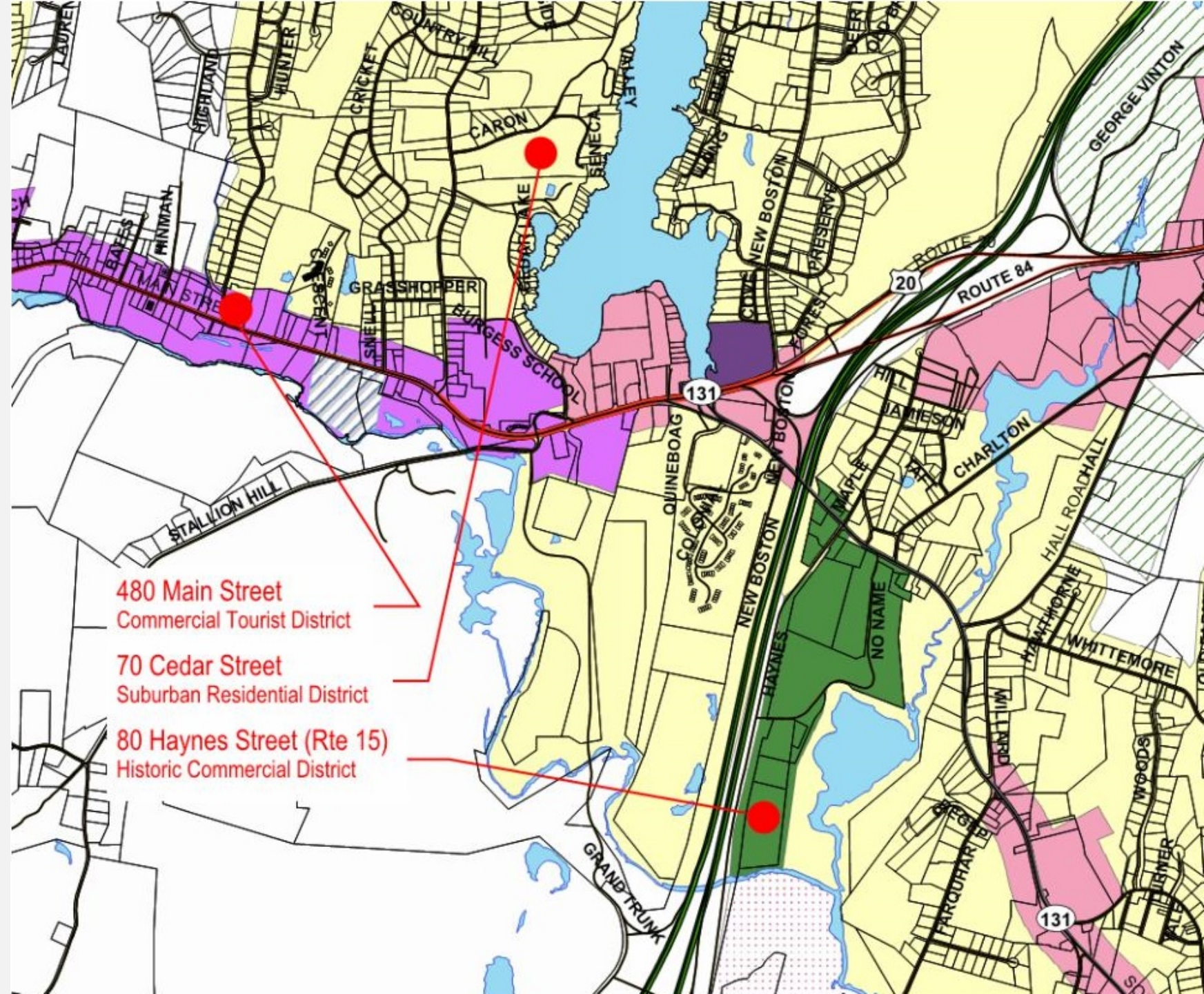


Evaluating locations for a New Facility at 70 Cedar & 80 Haynes Streets



Zoning Regulations

- All 3 town owned sites allow for a Senior Center to be built.
- Proposed work at 480 Main Street and 70 Cedar Street complies with all applicable zoning requirements.
- 80 Haynes Street as proposed in this study due to topographical and environmental restrictions **will require site plan review** and possible waiver for parking in front of the building (Zoning Chapter 21) and design review for the more restrictive architectural design requirements outlined in Zoning Chapter 13.



Factors Analyzed for Each Option by A/E Team

Zoning & Dimensional Criteria

Soil Conditions

Hazardous Materials

Permitting

Access for the Physically Disabled

Egress

Left Turn Difficulty

Emergency Vehicle Access

Parking Capacity

Parking Location

Utilities (or lack thereof)

Expansion

Abutters

Impact on existing buildings

FEMA Flood Plain

Conservation criteria

Outdoor Space

Community Use (Center)

Operational Cost

Additional Resources Required

Constructability

Cost

Applicable Codes

- 780 CMR: Massachusetts Building Code (9th Edition)
- (2015 International Building Code, amended)
- (2015 International Existing Building Code, amended)
- (2015 International Energy Conservation Code, amended)
- 527 CMR: Massachusetts Fire Prevention Regulations
- (2015 NFPA-1)
- 521 CMR: Massachusetts Architectural Access Board Regulations (2006)
- ADA: Americans with Disabilities Act (2010 ADAAG)
- 527 CMR 12.00: Massachusetts Electrical Code (2017 National Electrical Code, amended)
- 2015 International Mechanical Code
- 248 CMR: Massachusetts Plumbing Code (2017)
- 524 CMR: Massachusetts Elevator Code (2018) (for 480 Main Street)
(2013 ASME A17.1, amended)

480 Main Street Special Considerations

Type 3B Construction

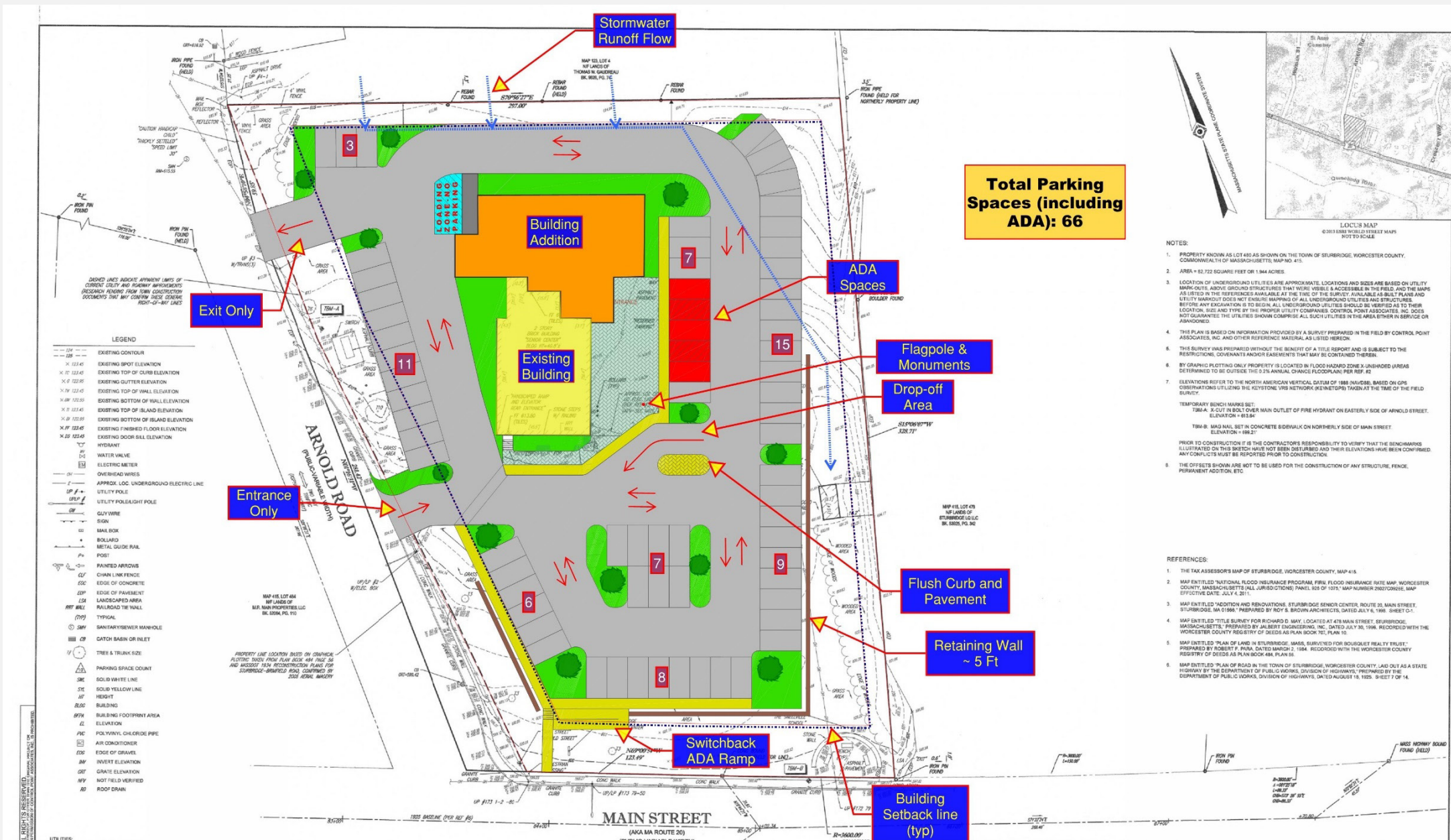
- Load-bearing masonry walls
- Wood interior framing

Required Code Improvements to 480 Main Street

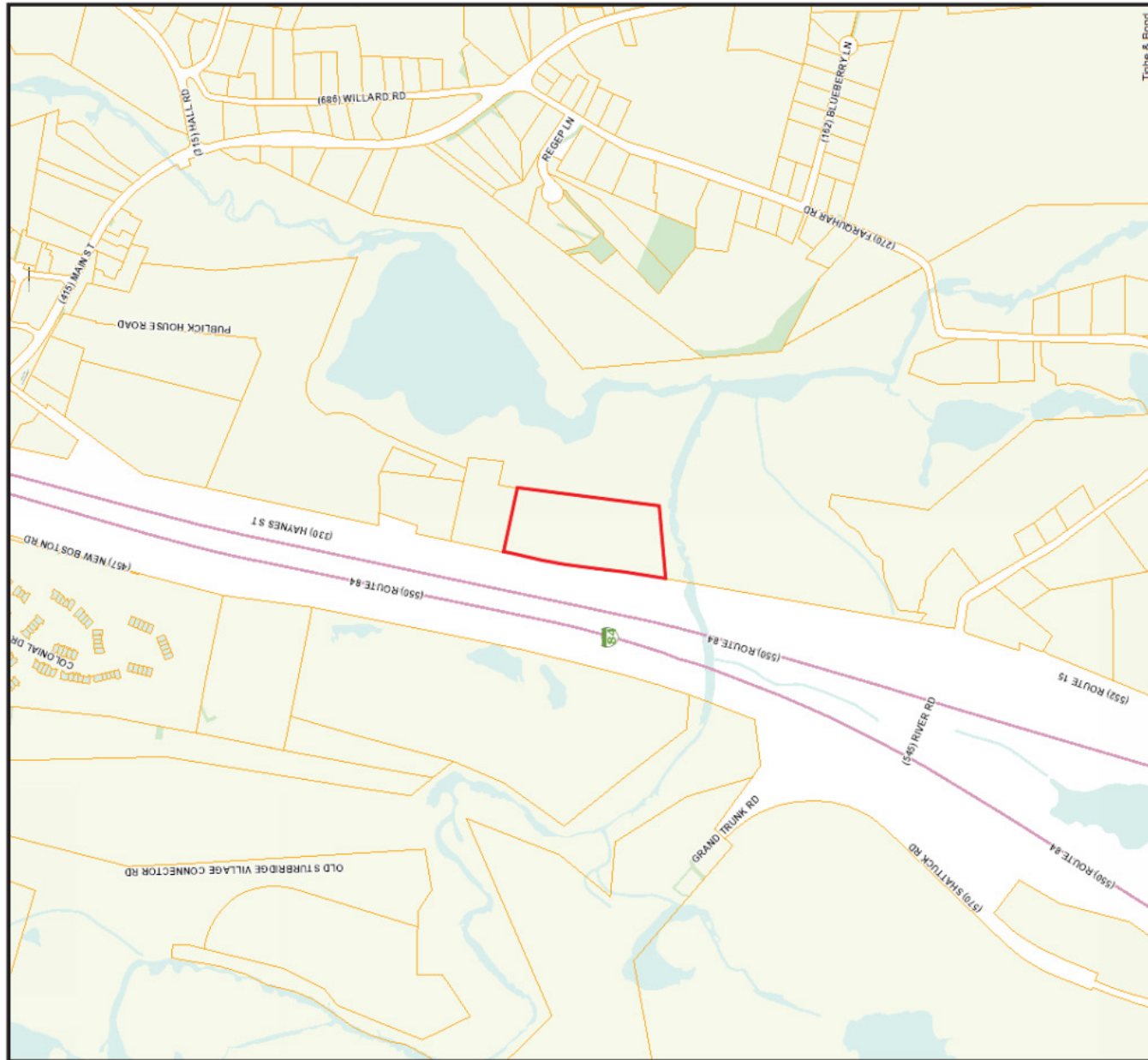
Chapter 34: Alterations greater than 50% require Level 3 compliance

- ADA and MAAB Accessibility compliance
- Automatic Building Sprinkler system
- Building Fire alarm system
- Energy Code compliance
- Structural upgrades for Seismic

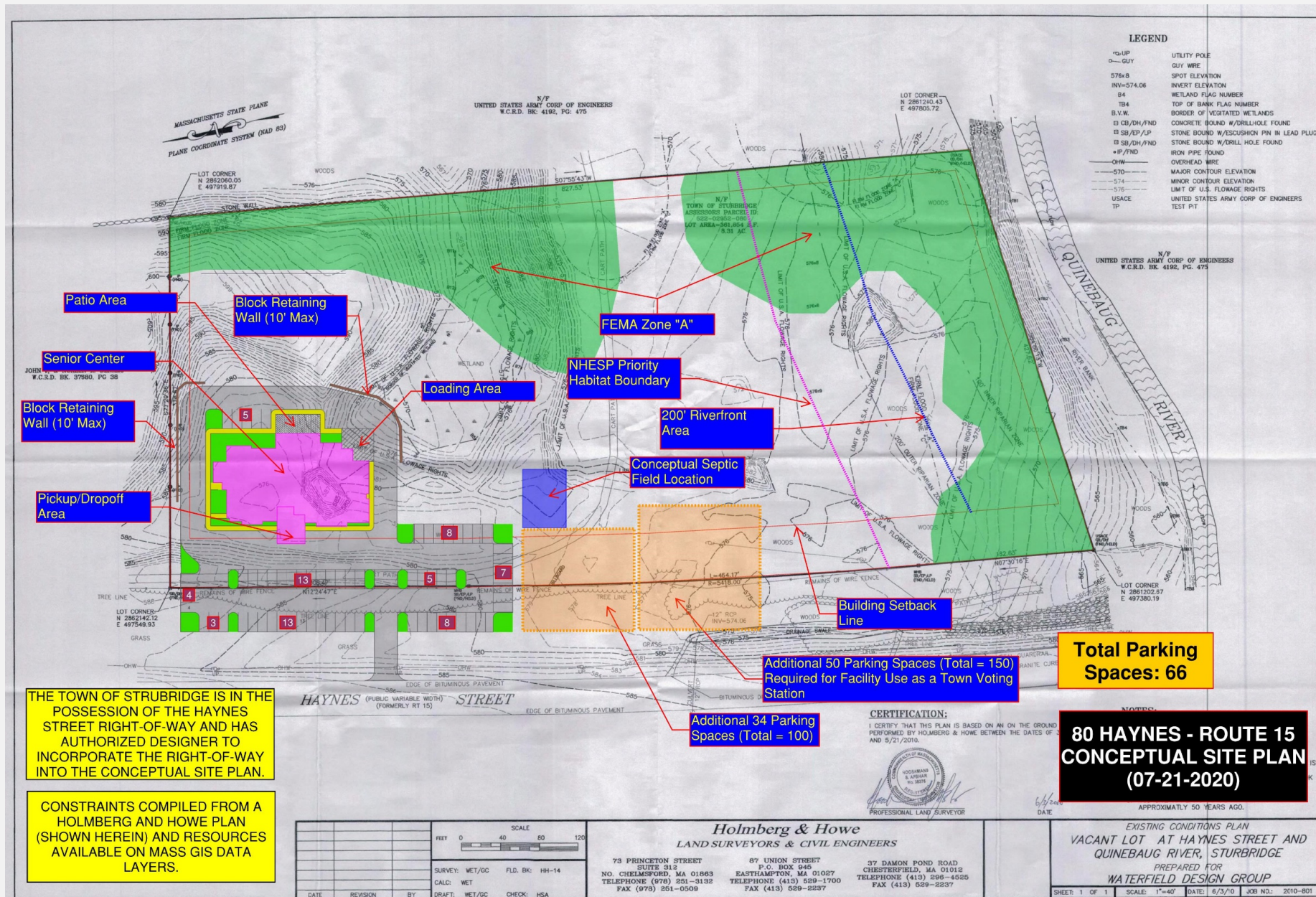
480 Main Street: Maximum Parking 66 Spaces



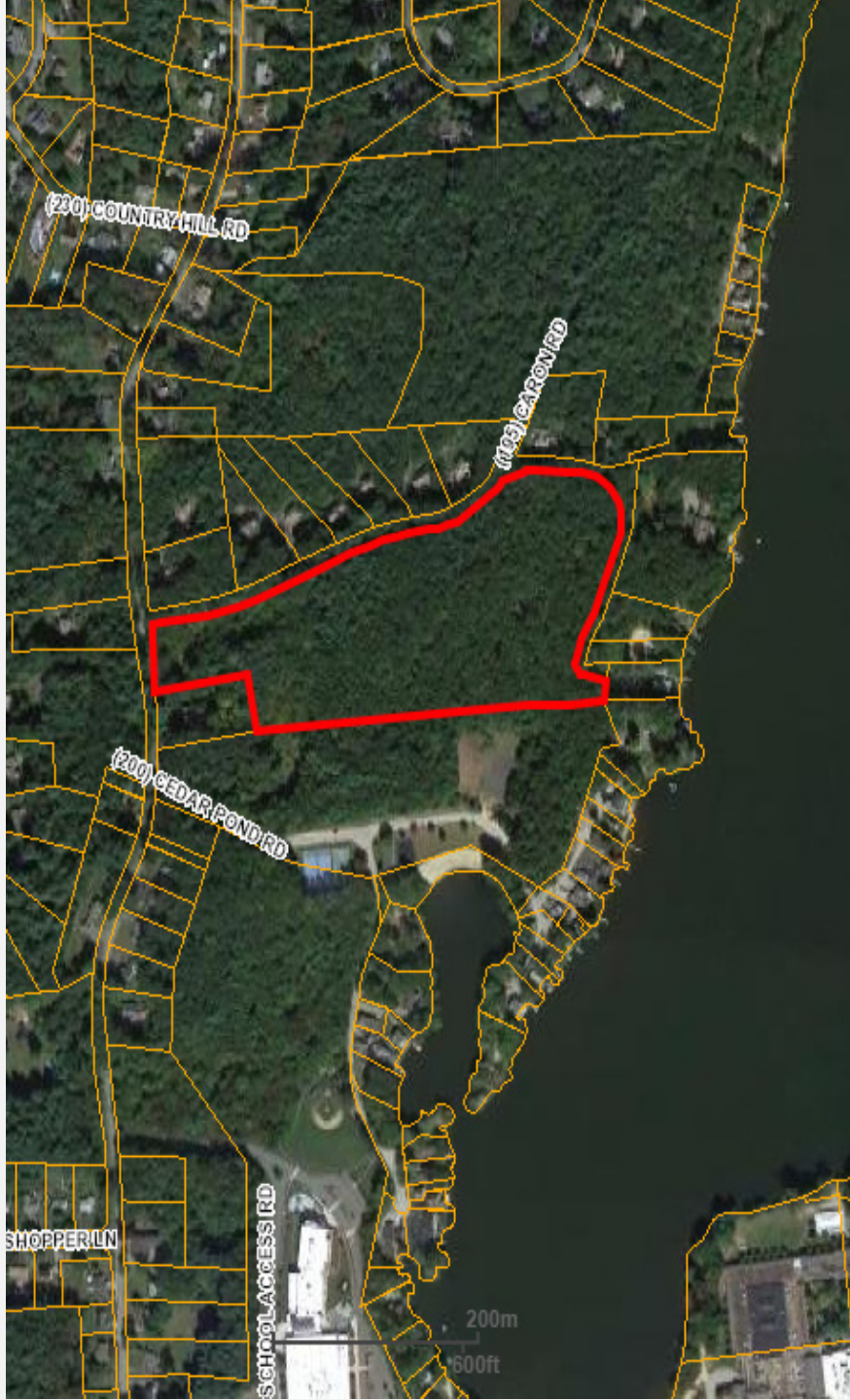
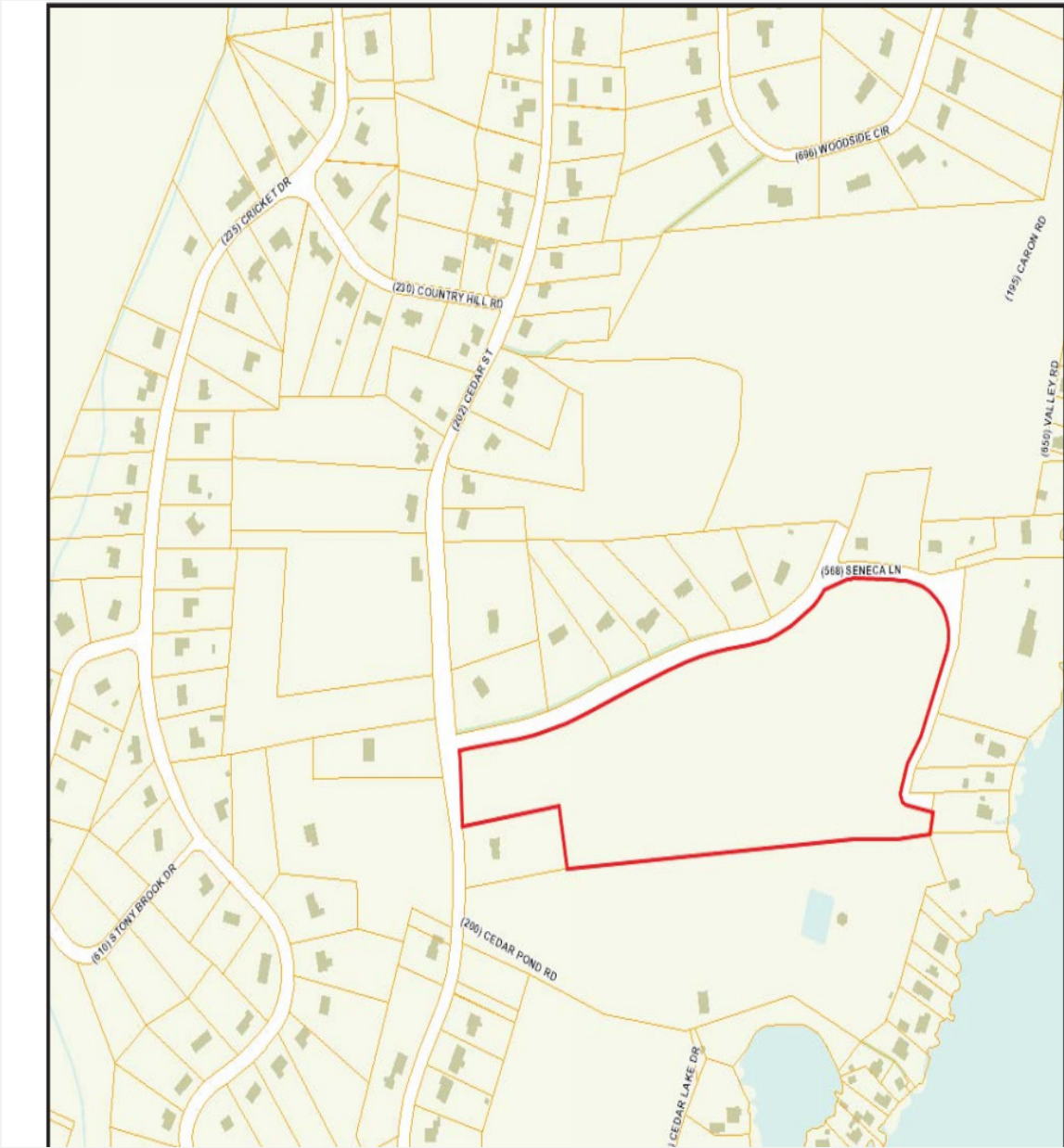
80 Haynes Road / Route 15



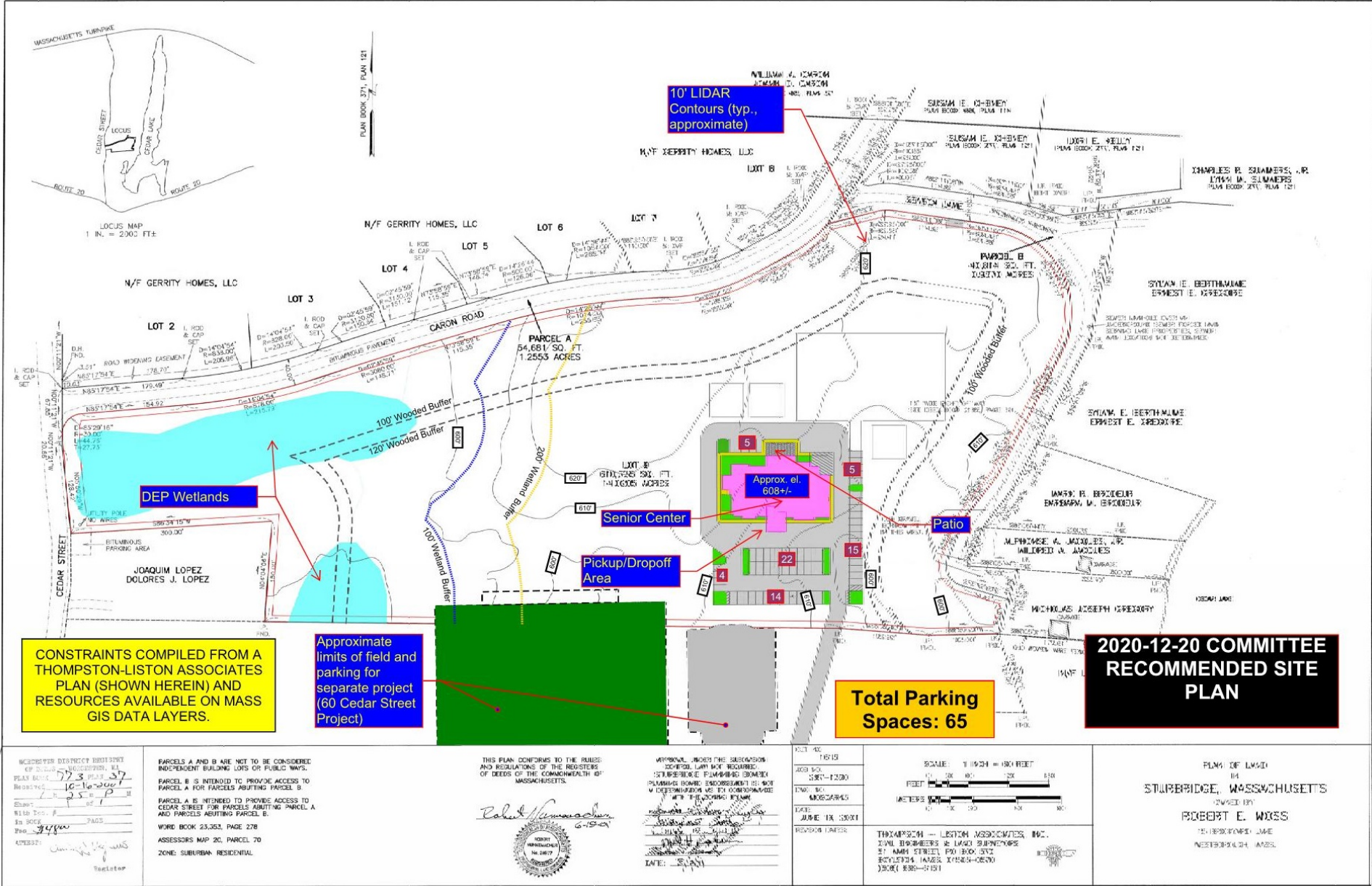
80 Haynes Road / Route 15



70 Cedar Street



70 Cedar Street: Committee Recommendation



Traffic Study

- Peak demand could be up to 88 spaces if all users drive themselves
- Main Street could reduce demand to 73 spaces due to location and other modes of transportation being available
- Acceptable site turning distances at each site
- None of the Sites require mitigation for safety considerations
- Availability of Elder Bus to Cedar Street and Haynes Road to be determined
- Only Main Street has pedestrian accommodations

480 Main Street

- Best location for proximity to pedestrian accommodations and bicycle friendly roadway
- Elderbus service to site
- No trends or severities of incidents in vicinity of site that cause concern for patrons
- Will allow for continued overflow parking on west side of Arnold Road
- Difficulty in expanding existing site to accommodate additional parking
- Conflicts in repurposing the site while maintaining current

70 Cedar Street

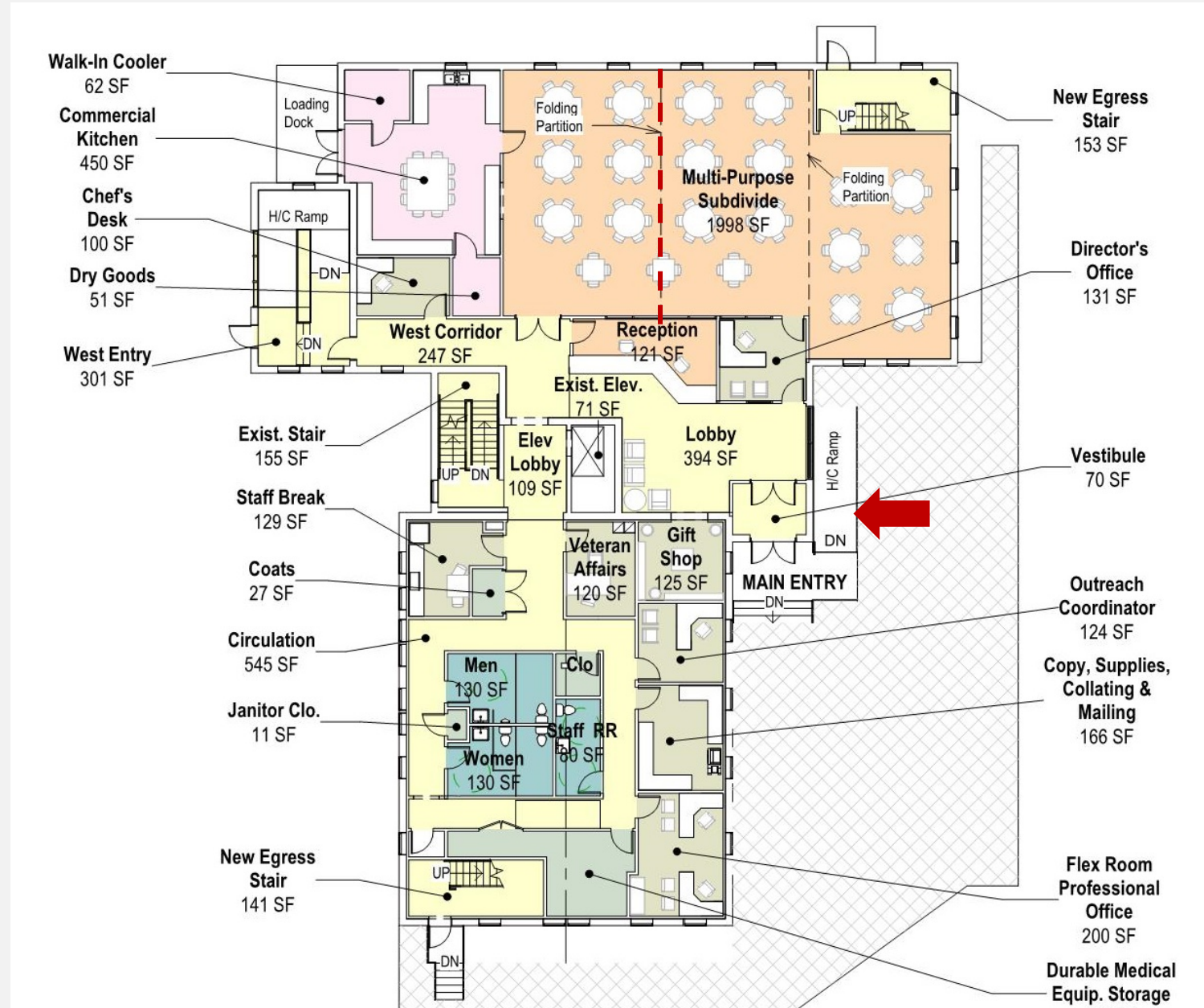
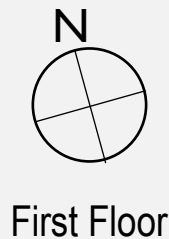
- No Pedestrian accommodation
- Curving roadway may be challenging for Elderbus service
- Adequate sight distances
- No trend of severe incidents in the vicinity of the site
- Large property will allow for ample parking
- No nearby options for overflow parking will require a larger parking lot
- Currently unoccupied property will not interrupt current CoA operation during construction

80 Haynes, Route 15

- No Pedestrian accommodation but roadway appropriate for Elderbus
- Speeds along Route 15 are higher than at existing facility
- Adequate sight distances in both directions
- No trend of severe incidents in the vicinity of the site
- Large property allows ample parking, Lack of overflow parking requires a larger lot
- Unoccupied property will not interrupt current CoA operation during construction

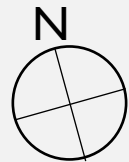
480 Main Street Conceptual Reuse

- Commercial Kitchen
- Chef's Desk
- Accessible Restrooms
- Multi-Purpose (Subdividable) Seating for 114 Shown
- Director's Office Centrally Positioned
- Gift Shop off Lobby & Reception
- Offices, Staff RR

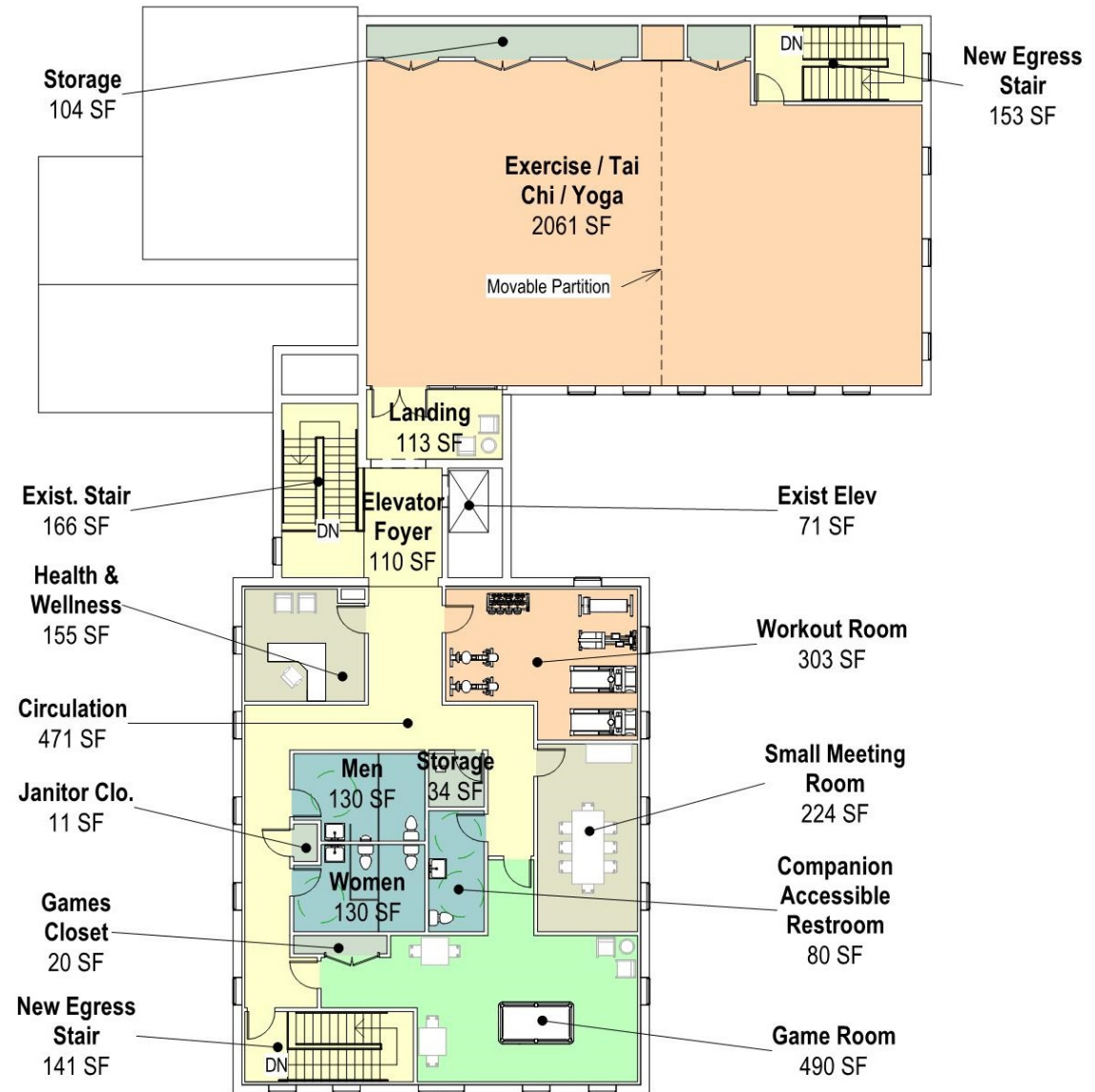


480 Main Street Conceptual Reuse

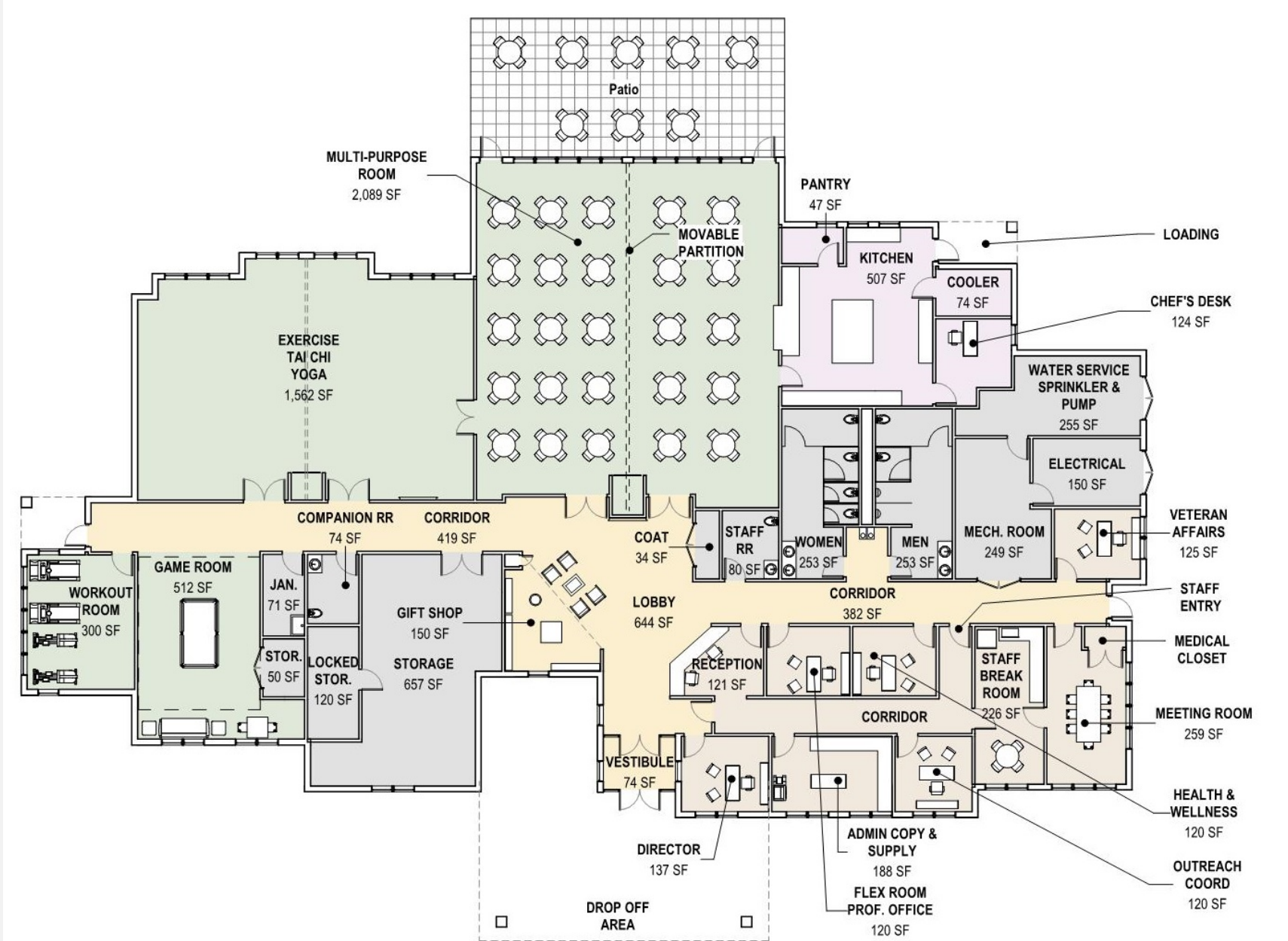
- Exercise, Tai Chi, Yoga
- Workout Room
- Game Room
- Health & Wellness
- Companion RR
- Small Meeting Room
- Accessible Restrooms



Second Floor



New Construction Floor Plan



Cost Estimates

70 Cedar Street Summary

Construction Cost	\$7,823,195
Utility Charge	\$15,000
FF&E	\$492,500
Soft & Other Costs	\$1,218,247
Contingency	\$484,447
Total Base Project	\$10,026,389

Discretionary Items

High Speed Fiber	\$20,000
Center Site Location	\$120,000
TOTAL PROJECT	\$10,173,389

TOTAL CONSTRUCTION RELATED PROJECT COSTS		480 Main St	70 Cedar St	80 Haynes St
HARD COST				
General Contractor	Construction Cost Estimate w/escalation	7,700,682	7,823,195	7,474,122
	Utility Company Backcharge for transformer		15,000	15,000
Furniture, Fixtures & Equipment				
	Furniture	200,000	200,000	200,000
	Audio Visual Equipment for Program Rooms	10,000	10,000	10,000
	Multi-Purpose Room Broadcast Ready (lights, cameras, sound, equip)	100,000	100,000	100,000
	Office Equipment (computers, copiers)	40,000	40,000	40,000
	Kitchen Placewares, Utensils, Cooking Supplies	10,000	10,000	10,000
	VOIP Phone system	10,000	10,000	10,000
	Fitness Equipment	20,000	20,000	20,000
	Office supplies, drawer dividers, waste baskets, etc.	2,500	2,500	2,500
	Audio Visual Equipment	100,000	100,000	100,000
Hard Cost Subtotal		\$8,193,182	\$8,330,695	\$7,981,622
SOFT COST				
Permits & Approvals				
	Building Permit	waived by Town	waived by Town	waived by Town
	Peer Review of Site Plan Submission	5,000	5,000	5,000
Architecture & Engineering				
	Architect & Engineer (% of construction cost) 10%	770,068	782,320	747,412
	Traffic & Parking Engineer for site plan review	7,500	7,500	7,500
	PCB Testing, Analysis & Hazardous Materials Construction Monitoring	25,000	-	-
	Furniture Selection, Specification, Oversight 10%	20,000	20,000	20,000
	Audio Visual Design	20,000	20,000	20,000
	Geotechnical Engineer	15,000	20,000	20,000
	Survey & Layout for Construction (layout only at Main Street)	3,000	7,500	14,250
Testing & Inspections		15,000	15,000	15,000
Project Management				
	Owner's Clerk of the Works 2%	154,014	156,464	149,482
	Owner's Project Manager 2%	154,014	156,464	149,482
	Owner's Commissioning Agent	18,000	18,000	18,000
Moving	Rental cost at temporary site during 480 Main Renovation	-	-	-
	Relocate from 480 Main Street to temporary site & Back	15,000	-	-
	Relocate from 480 Main Street to New Building	-	5,000	5,000
Advertising & Bidding		5,000	5,000	5,000
Legal	Contracts	ni	ni	ni
	Conservation Restriction	-	-	50,000
Other	Bonding Costs	ni	ni	ni
Soft Cost Subtotal		\$1,226,595	\$1,218,247	\$1,226,127
CONTINGENCY				
	Owner's Contingency on Hard & Soft Costs 5%	470,989	477,447	460,387
Project Total		\$9,890,766	\$10,026,389	\$9,668,137

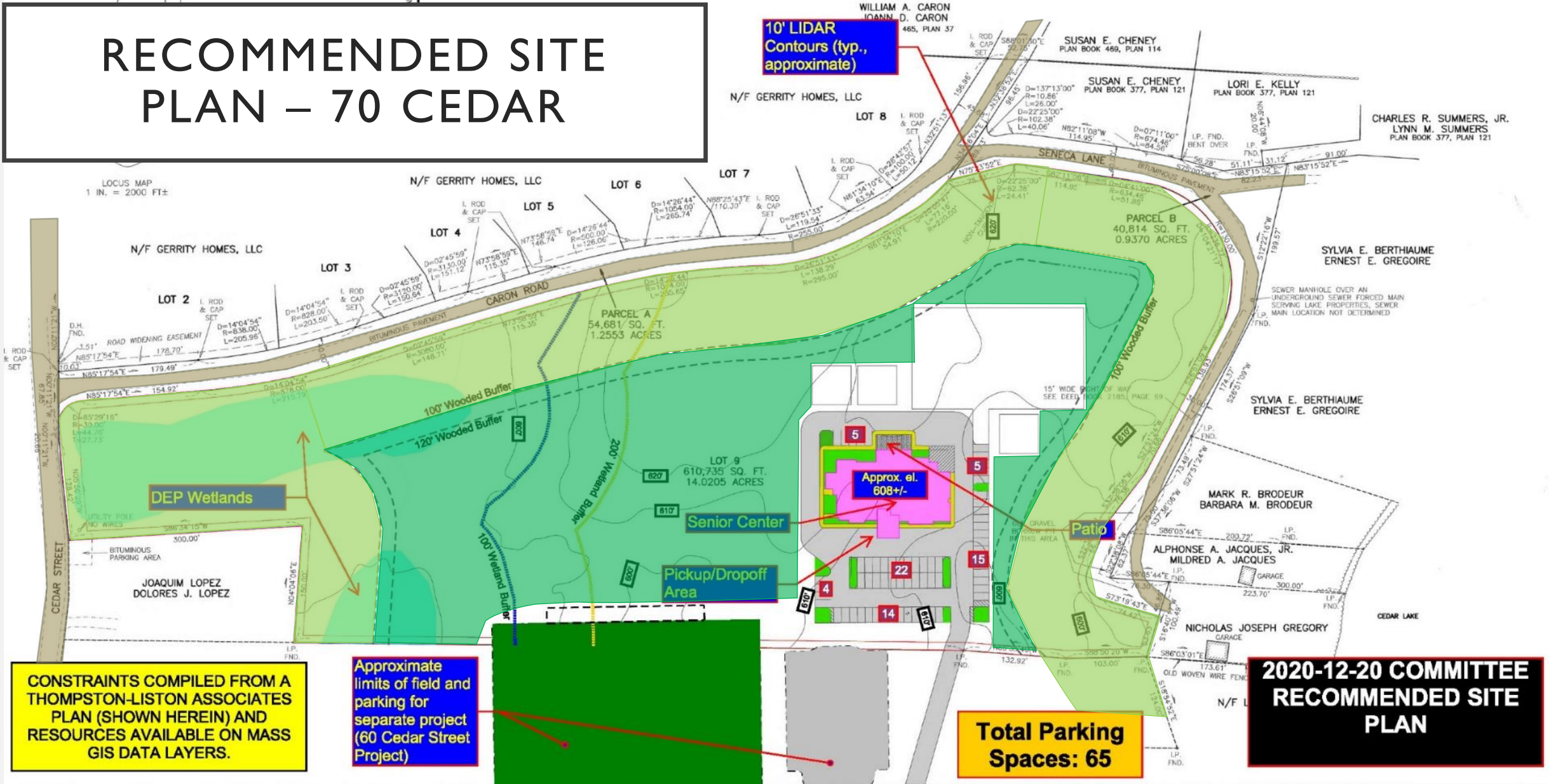
COMMITTEE'S RECOMMENDATION

- The Study Committee's goals:
 - Site provided 12,000 square feet of useable space
 - at least 65 parking spaces
 - user friendly and safe environment for our growing senior population and the community.
- Evaluated the 3 options in the study for Program Goals, Building Goals, and Community Benefits.



- Committee concluded that 70 Cedar Street would be an ideal location to support the present and future senior population
- Allows us to fulfill our opportunity to promote the Town of Sturbridge as an “age-in-place” community with a conveniently located Center, or Aging Community Building.

RECOMMENDED SITE
PLAN – 70 CEDAR



STURBRIDGE'S AGING COMMUNITY NEEDS

- Population Increase – increase in residents to be served
- Increase in homeless and struggling residents and families; Increase in Fuel Assistance services, SNAP benefits, and social services
- Improve lunches to serve more in need
- Requests for more programs to remain active and social – crafting, ballroom dancing...
- COVID related – had increase in residents served, of all ages
 - Need safe outdoor spaces
 - Need additional online and distance learning capabilities
 - Need food “pantry”

CURRENT LIMITATIONS

- Lack of adequate parking, small site limits expansion and options
- Cooking restrictions; cannot cook on site
- Lack of room capacity, Outgrown 1998 stair addition
- Requests for programs and services exceeds the current building capacity, limiting offerings and attendance of educational, recreational and wellness programs.
- Basement has no air circulation, and is not a legally habitable space by code for program use and will not be able to reopen – loss of usable space
- Issues will only exacerbated by the continued growth of the older population in town.

OPPORTUNITIES & THE FUTURE

- Emergency Shelter/ Heating/Cooling Center
- Ability to serve >1000 residents
- Space for the next several generations (40+)
- Cedar provides outdoor programming options
- Shared use of Rec Area
- Multigenerational opportunities
- Large space, televised, to accommodate town meeting or voting or ???
- Preserve 480 Main Historic Building without a major building addition

The new design and site will create an inclusive atmosphere to enable the growing older population to age in place in Sturbridge. Many older adults are seeking to stay in their home and stay connected in their community. 70 Cedar will allow them to lead an independent and rewarding lives through offering them both physical and emotional support from the COA and the Town.

It is time to invest in our growing older community.

