

# A Second Chance to Serve

## Designing the Community Hospital of the Monterey Peninsula, Peninsula Wellness Center

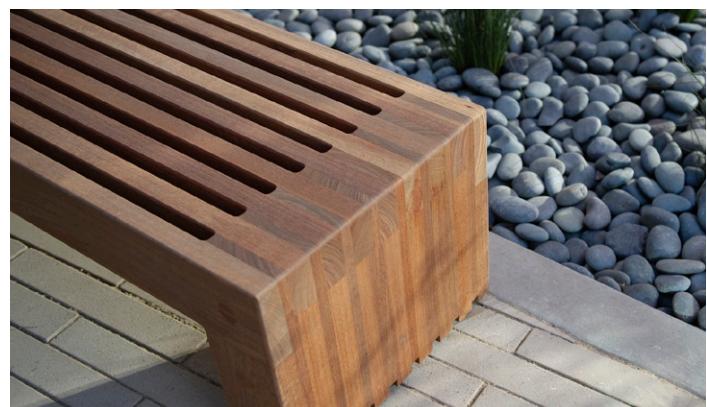
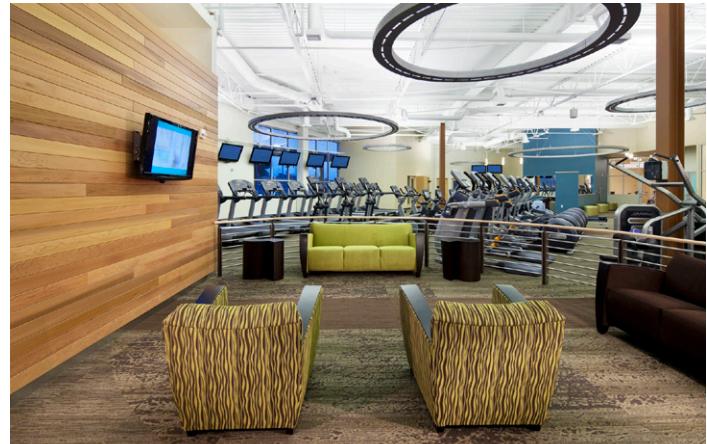
Established in 1917 as a training and staging facility for the infantry, Fort Ord has been a significant part of Monterey County for nearly a century. Its official closure in 1994 brought both economic loss and opportunity to the seaside community. Through the base closure process, Community Hospital of the Monterey Peninsula secured 13.4 acres of prime commercial property, allowing the only local health provider in the area to significantly expand outpatient medical and wellness services to the restructuring community.

The official Base Reuse Plan, as amended after a Sierra Club legal challenge in 1998, reserves more than two-thirds of the former base for open space and habitat and limits the development to reflect the available potable water supply. A designated Superfund site, the land is also required by Federal law to be remediated prior to transfer of title of any property. Recognizing environmental responsibility as an underlying community concern, Community Hospital of the Monterey Peninsula chose to adopt the Leadership in Energy and Environmental Design (LEED) rating system as tool for gauging the new facility's performance. This commitment eventually led to formal documentation, and LEED Silver certification.

For the development of the Peninsula Wellness Center, Community Hospital envisioned an integrated form of healthcare that would blend traditional medical services with fitness, rehabilitation, and wellness programs. This holistic approach to "preventative care," rather than "curative care" is aimed at helping people within the surrounding neighborhoods develop and sustain healthy lifestyles, and to reframe the way that healthcare is viewed by those who experience it firsthand.

Boulder Associates was selected to design the new campus, which is situated just off the Monterey Bay Coastal Bike path a quarter-mile from the Pacific Ocean. The first phase of a three-part master plan integrates clinical health services with a medically-based fitness center that caters to individuals with physical therapy and cardiac rehabilitation needs. Connecting the two modalities via shared entrance allows for visibility of clinical services that may be useful to retail fitness customers, as well as ease of flow between them.

Some of the sustainable features on the campus are immediately noticeable to visitors. Priority parking spaces give the handicapped, carpools and low-emitting/fuel efficient vehicles preference and a



bicycle path connecting over 20 miles of trails runs directly across the project site. To encourage bicyclists, exterior bike racks are available outside each entry, and a locked indoor bicycle storage room, showers, and changing rooms encourage staff to take advantage of the bicycle network to commute or exercise midday.

Other features make a quiet statement, acting as a metaphor for the healthcare facility's focus on creating life-long behavioral change. One such example is the use of 90.2% Forest Stewardship Council (FSC) wood, a certification developed to transform the forest products marketplace in the interest of a sustainable future. Multi-directional Western Red Cedar siding set against vertical channel glass, geometric ceramic tile, and textured stucco bring life to the façade and welcome patrons with energy and movement. In the aerobics/yoga studios, patrons directly interact with the material - even lying upon it at the end of yoga practice.

---

The project used 90.2%  
FSC-Certified Wood, a certification  
developed to transform the forest  
products marketplace.

---

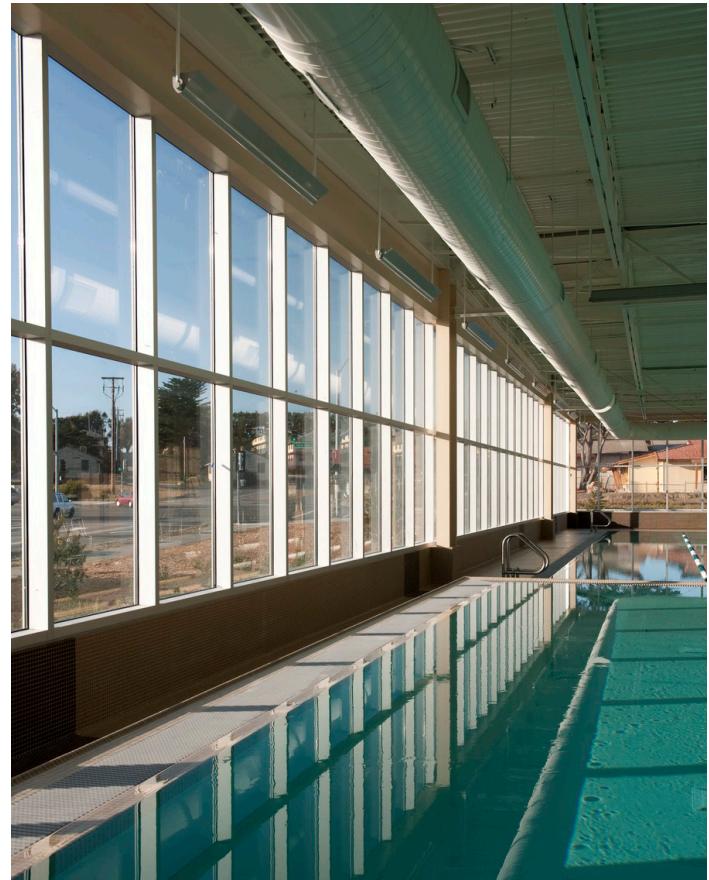




Meanwhile, many of the water management elements are completely concealed from all but the most curious of observers. An underground storm chamber bed with a capacity of 25,000 cubic feet ensures that storm water flows from the developed site are in line with pre-development flows. Climate-appropriate plantings will be irrigated by the municipal non-potable water line (once it becomes active), and carefully selected indoor plumbing fixtures will further reduce potable water use. The waterless urinals make the only obvious statement, in a facility that will eliminate potable water use for irrigation and reduce plumbing fixture water usage by over 34%.

Another hidden feature of the project is located on the roof. The dehumidification system which serves the natatorium does more than just control the moisture in the air. It also provides continuous energy recovery for pool water heating! All-in-all, the project is anticipated to save the hospital 19% on energy bills.

Local materials constitute 22% of the building products used. Local wood, gabion rock fill, river rock and boulders help tie the building into the surrounding landscape, while recycled asphalt and concrete from the base closure project found new life as support material for the driving surfaces. Reinforcing bars made largely from post-consumer waste such as used oil filters, steel cans, confiscated firearms, and shredded automobiles help strengthen



the concrete, while colored mulch made from recycled lumber lines the planting beds to help conserve moisture. Over \$200,000 worth of materials for the facility were sourced from within just 25 miles of the project site.

Many products used on the project have achieved certifications well-beyond the traditional single sustainable attribute focus. For example, the carpet tiles have all obtained a minimum of NSF-140 Gold certification (some are Platinum), the linoleum was one of the first products to be granted SMaRT Platinum certification, and the sheet flooring is certified NSF 332 Gold . These voluntary programs evaluate products holistically, based on life-cycle assessment principles. Products such as the wood-look sheet flooring were manufactured by facilities meeting the ISO 14001 – Environmental Manufacturing Standard, which requires the use of an environmental management system to continually improve environmental performance of the company through a systemic approach. These types of initiatives are catapulting the building products industry forward, helping them to examine their true impact and implement continuous improvement.

---

Community Hospital envisioned an integrated form of healthcare that would blend traditional medical services with fitness, rehabilitation, and wellness programs.

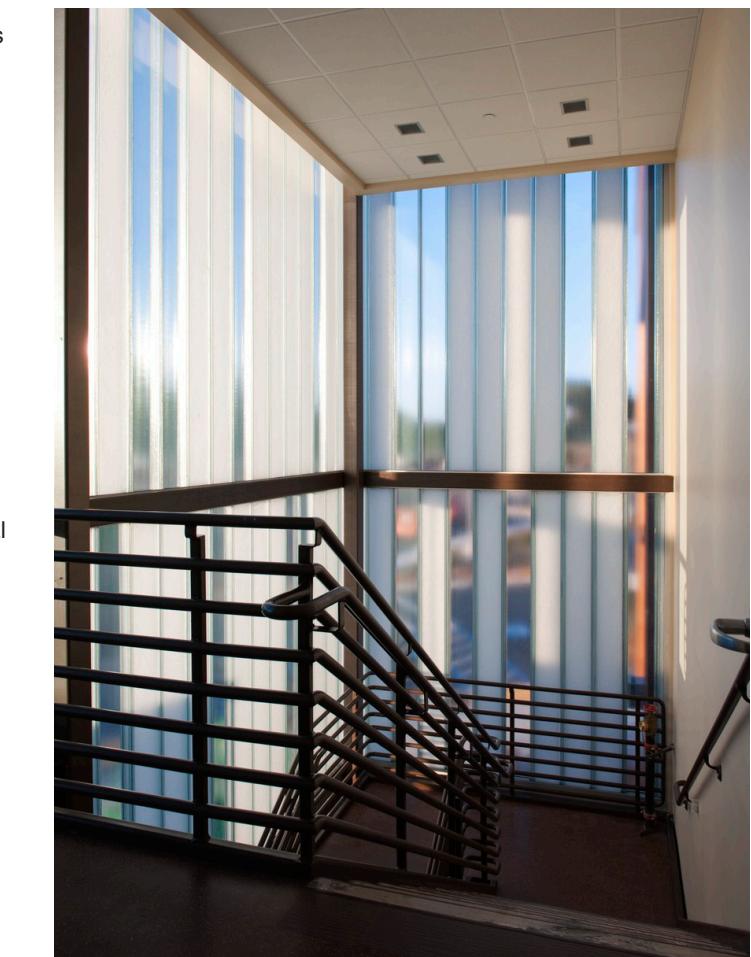
---

Community Hospital took this concept to heart as well, ensuring that sustainable initiatives were not limited to the bricks and mortar construction project or to the construction period. They carried their sustainable commitment into multiple policies for operation of the building, including green cleaning, integrated pest management and exterior building maintenance. The project team also worked to extend their influence beyond the project at hand, actively participating in the Pilot Credit program to help advance the LEED rating systems' development of new credits.

Community Hospital's new Peninsula Wellness Center is reaching out to heal both the land and the community, renewing the historic site's role as a training ground for success.

## PROJECT TEAM

BOULDER ASSOCIATES ARCHITECTS – Architects  
BOULDER ASSOCIATES ARCHITECTS – Interior Designers  
WHITSON ENGINEERS – Civil Engineers  
NEXUS ENGINEERS – Mechanical/Plumbing Engineers  
AURUM CONSULTING ENGINEERS – Electrical Engineers



BELLINGER FOSTER STEINMETZ – Landscape Architect  
MIYAMOTO INTERNATIONAL – Structural Engineer  
INTERFACE ENGINEERING – Commissioning Agent  
BOULDER ASSOCIATES ARCHITECTS – LEED Coordination