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2022 AIA Fellowship

Candidate Douglas J. Gallow Jr.
Organization Lifespan Design Studio, LLC
Location Loveland, Ohio
Chapter AIA Ohio; AIA Cincinnati

Category of Nomination

Object 2 > Practice (Technical Advancement)

Summary Statement

Doug Gallow has elevated Senior Community Centers nationwide through pioneering advances in design shared openly with senior services professionals, architects, and other design professionals yielding exponential benefits to the senior center industry and society.

Education

Johns Hopkins University, School of Professional Studies in Business and Education, Baltimore, Maryland
Course work completed from Fall 2004 - Spring 2006
Capstone Project completed Fall 2009
Certificate on Aging

Miami University, School of Architecture, Oxford, Ohio
Fall 1973 - Spring 1977, 4 years
Bachelor of Environmental Design

Licensed in:

Ohio
Maryland
Illinois
Indiana
Michigan
Missouri

Employment

Lifespan Design Studio, LLC, Loveland, Ohio
05/15/2006 to present, 15+ years

Colimore Gallow Architects (AKA Colimore Clarke Associates prior to name change), Baltimore, Maryland
02/1985 - 04/2006, 21 years 3 months

Meyers and D'Aleo Architects, Baltimore, Maryland
09/1983 - 01/1985, 1 year 4 months

Shafor/Johnson Architects, Dayton, Ohio
09/1982 - 09/1983, 2 years

Levin, Porter, Smith, Inc, Dayton, Ohio
07/1978 - 08/1982, 3 years

Dunker & Schioler, Inc., Dayton, Ohio
07/1977 - 06/1978, 1 year

Steven Spurlock, FAIA
Chair, Jury of Fellows
The American Institute of Architects
1735 New York Ave NW
Washington, DC 20006-5292

October 1, 2021

Dear Mr. Spurlock and Members of the Jury,

Doug Gallow deserves to be a Fellow of the American Institute of Architects!


Perhaps no one is more suited than I to sponsor him, because, like me, he has devoted his entire career to the design of environments for older adults. While that may not seem unique, unlike me and others like me who design Retirement Communities, Doug's area of very specific expertise is the design of Senior Community Centers.

Doug has literally "set the bar" in this very important area of expertise. As an architect who, like Doug, is well acquainted with the wide array of environmental challenges faced by older adults about which many architects are unaware, I admire and appreciate his commitment to this issue. There is a myriad of highly detailed areas of concern to be addressed in creating an appropriate place where aging community members can gather in comfort and safety. Doug has proven that a well- designed Senior Community Center is a place to which people will want to return again and again. Truly, its positive impact on the lives of its participants, and the community, is immeasurable.

While Doug is a master of all above, he also believes that Senior Community Centers are indeed community focal points, and their design should be a source of community pride. That is why several design projects that he has strongly influenced have won design awards, including "The People's Choice."

Perhaps the most persuasive reason for his elevation to Fellowship is that, while his small firm is located in Ohio, his work spans the entire nation. And he does so in close collaboration with local architectural firms who have sought out Doug to be their associate architect in the design of a new or renovated senior community center. Through these collaborations, Doug shares his knowledge of the appropriate design strategies with his associated design team, thereby enhancing their awareness of design features that affect all older adults, regardless of the building type. His letters of reference clearly attest to his profound impact on design professionals, senior centers, and communities nationwide. Indeed, Doug Gallow deserves to be a member of the College of Fellows.

Yours Very Truly,



Glen A. Tipton, FAIA

Retired

1

SUMMARY

Doug Gallow has elevated Senior Community Centers nationwide through pioneering advances in design shared openly with senior services professionals, architects, and other design professionals yielding exponential benefits to the senior center industry and society.

Overview

Doug Gallow has profoundly influenced the successful transformation of the senior community center during a transitional time in the senior services industry as a whole. Over the past forty years “senior centers” have evolved from generic social *halls* where older adults gathered, to intentionally designed fitness, lifelong learning, arts, and social *hubs* for active adults ages 50 and beyond. With Doug’s guidance, the over-sized multi-purpose room that once dominated the design of these facilities has been replaced with a mix of appropriately sized and appointed spaces to accommodate diverse rosters of professional-caliber experiences. Just as importantly, critical issues in design-for-aging have been seamlessly incorporated to create environments that are welcoming and user-friendly for participants of all ages and abilities. Reflecting his influence, today’s senior community center is thriving and effective in its role as a vital resource for supporting healthy, independent aging-in-community.

The Challenge and Response

The mismatch between the buildings that senior centers occupied and the industry’s rapidly changing objectives was felt but largely misunderstood when Doug first encountered them as a center director’s spouse in the early 1980’s. Inspired to seek the knowledge and perspective that would allow him to help his clients envision a facility that would be a better fit, he joined the National Institute of Senior Centers (NISC) and became immersed in the emerging conversation about the industry’s future. Doug’s active involvement with the international community of senior center professionals paired with continuing education focused on aging has yielded a relationship with the senior center industry that is grounded in mutual understanding and respect—and highly effective outcomes.

Service to the Senior Center Industry

Doug has been entrusted with the planning and design of senior centers in scores of communities nationwide and recognized by generations of industry leaders for his expertise and contributions. He has guided the analysis of needs, priorities, resources and options that is essential to launching a successful project for **63** senior center planning and feasibility studies. He has led the early design effort including architectural programming, space planning and concept design for **55** senior center design and renovation projects, and then directed the application of details in the site, building systems, and interiors that are essential to creating an aging-friendly environment in which senior center programs, services, and patrons can thrive.

Advocacy through Education

Doug has worked closely with **42** Architects of Record in the role of Senior Center Design Specialist, sharing valuable information across all disciplines included in the design team. Widely recognized for his expertise and portfolio, he has been invited to present **52** lectures, workshops, and seminars at local, state, regional, national and international conferences including the National Council on Aging, National Institute of Senior Centers, American Society on Aging, Gerontological Society of America, and International Council on Active Aging; numerous university architecture, interior design, and gerontology programs; and the American Institute of Architects. Doug has published two periodical info-letters: Senior Centered Design and Lifespan Perspective continuously since 2000, with a list of subscribers that includes over **500** senior center and aging services professionals, architects, and facility managers across the country.

2 ACCOMPLISHMENTS

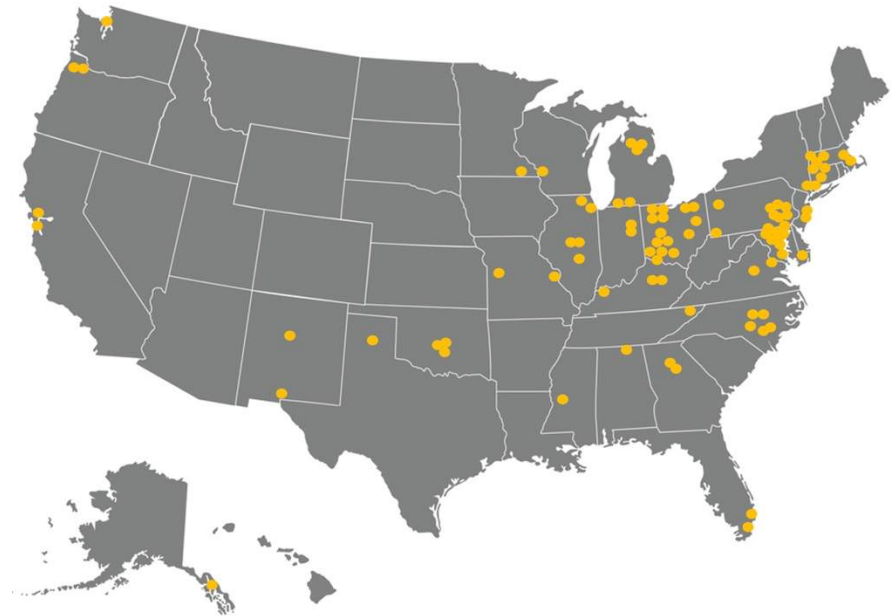
2.1 Significant Work - Prologue

For decades senior centers in the US evolved organically, with little attention paid to the ways that the constructed environment impacted their efforts. Through design innovation, leadership, and an unflinching commitment to the senior center industry's mission and patrons for nearly 40 years, Doug Gallow has elevated the performance of its facilities to a transformational level.

What is a Senior Center?

It has long been acknowledged (even by their operators) that the term "senior center" is widely misunderstood. As the industry grew out of senior citizens clubs attached to churches and local rec departments during the 1940s and 50s, the label was generically applied when a specific place in the community became associated with a cluster of **non-residential** programs and services for older adults. Although nearly 11,000 facilities in the US can be grouped under this label today, many people still don't know what the term actually refers to. The nursing home and senior housing industries tend to "borrow" the label, and the mass media is understandably confused. **Nobody lives at a senior center.** In fact, the senior center industry today is slowly stripping the label out of the names by which its facilities are known, seeking to leave the confusion behind.

Appropriately applied, the term "senior center" refers to a *third place* in the lives of many older adults (usually age 50 and above) – neither their residence nor workplace. It is a unique venue where they go to socialize, exercise, play, learn something new, be creative, volunteer, and/or connect with essential services. Many are publicly owned and operated, some are private non-profit, and public-private partnerships are increasingly common. Their significant contributions to the well-being of active older adults in the community is indisputable, as is Doug Gallow's role in the successful evolution of their facilities.



Doug has completed 118 senior center planning studies and design projects in 28 states



2.1 Significant Work – Prologue

Transforming an Industry Through Design

1945

The first senior centers in the US were housed in shared spaces in buildings that were not designed for their use, especially church basements, old schools and town halls. For decades, the industry “made do” with what it could get.



1970

By the 1970s purpose-built facilities began to emerge. Centers constructed during this era were larger, but the programs upon which they were based were overly generic, and any appreciation for the constructed environment’s impact on the facility’s *users* was still notably absent. Older cohorts at the time were largely accepting of the unnecessary challenges and inconveniences that were designed into the public places they visited, including their local senior center.



1985

As senior center professionals anticipated the approaching wave of savvy Baby Boomer consumers, they knew their facilities would have to change. It was at that threshold that Doug Gallow first engaged with the industry. He was quickly embraced by a national network of senior center professionals desperately in need of support for tackling this challenge. **As Doug led two-dozen senior center planning and design projects in the mid-Atlantic region between 1985 and 2005, he pioneered practices in senior center programming, space planning and design that quickly formed a new paradigm for the industry nationwide.**



2006

As the industry entered the new millennium it embraced an ambitious new vision for facilities that include amenities like gyms, pools and cafes, and tenant space to create critical revenue streams. **Doug’s leadership during this transitional time has resulted in an industry-wide appreciation for the importance of seamless universal design in its facilities.** Since forming Lifespan Design Studio to focus almost exclusively on senior centers in 2006 he has completed senior center planning and design projects in **28 states**, presented dozens of workshops to senior center and design professionals, and published widely on the subject.



2021

2.1 Significant Work – Planning Studies

Doug Gallow has led 63 Senior Center Planning Studies since 1995. Many were completed as a Senior Center Design Specialist in association with a **local Architect of Record (AOR)**. Representative examples describing his role and impact are highlighted here.

Ateaze Senior Center Planning Study, Dundalk, MD 1995
Fleming Senior Center Planning Study, Dundalk, MD 1996
Bowie Senior Center Planning Study Bowie, MD 1996
Bykota Senior Center Space Use Study Towson, MD 1997
Southwest Center Planning Study, Baltimore, MD 2001
Community Center, Havre De Grace, MD 2001
Senior Center Renovation Study, Red Lion PA 2002
Senior Center Planning Study, Rosedale, MD 2002
No. Carroll Senior Center Study, Westminster, MD 2005
Hancock St. Senior Center Study, Lansdale, PA 2006
PEAK Center Programming Study, Lansdale, PA 2006
PEAK Center Renovation Study, Lansdale, PA 2006
Beltsville-Laurel Planning Study, Laurel, MD 2006
Oak Harbor Senior Center Study, Oak Harbor, WA 2007
Titusville Center Renovation Study, Titusville, PA 2007
Journey's Way Feasibility Study, Philadelphia, PA 2008
Hancock Co. Senior Center Study, Findlay, OH 2008
Waynesburg Senior Center Study, Waynesburg, PA 2008
AOR: McKinley & Associates
Normal Township Planning Study, Normal, IL 2008
Lexington Senior Center Study, Lexington, KY 2008
AOR: Brandstetter Carroll
Friendship Circle Renovation Study, Darby, PA 2008
Schoolhouse Center Renovation Study, Folsom, PA 2008
Council on Aging Planning Study, Grayling, MI 2008
Grayling Senior Center Study, Grayling, MI 2009

Center at Journey's Way – Feasibility Study

Philadelphia, PA
Architect of Record: Lifespan Design Studio
Nominee's Role: Principal in Charge, Project Lead
Completed: 2007

Doug led the evaluation of opportunities and limitations associated with the adaptive reuse of an existing church and adjacent warehouse to accommodate a senior center and senior services offices.

He guided development of an architectural program to meet the organization's functional goals and developed program fit plans demonstrating essential modifications to the structures to neutralize challenges to accessibility and ease of use. The preferred concept became the basis of the renovation design.



PEAK Center Planning Studies

Lansdale, PA
Architect of Record: Lifespan Design Studio
Nominee's Role: Principal in Charge, Project Lead
Completed: 2006-2010

The Executive Director and Board of this non-profit agency relied heavily on Doug's industry-specific experience and insights in the analysis of multiple options for upgrading or replacing their facility to address emerging needs.

Several studies completed for the PEAK Center under Doug's leadership between 2006 and 2010 generated preliminary designs and analyzed opportunities, limitations and costs associated with various sites and partnering opportunities.



2.1 Significant Work – Planning Studies

PEAK Center Pre-design Study, Lansdale, PA 2010
Care Connections Planning Study, Warrensburg, MO 2010
Senior Center, Inc. Programming, Charlottesville, VA 2012
Community Center Evaluation, Lake Oswego, OR 2011
Meadowlark Renovations Study, Rio Rancho, NM 2011
Senior Center Study, Yellow Springs, OH 2011
Adaptive Reuse Study, Yellow Springs, OH 2011
Adaptive Reuse Feasibility Study, Charlottesville, VA 2012
Wayne Senior Center Renovation Study, Wayne, PA 2013
Sturgis Site Evaluation Study, Sturgis, MI 2013
Three Rivers Site Evaluation Study, Three Rivers, MI 2013
Whistlestop Renovation Study, San Rafael, CA 2013
AOR: Forsher & Guthrie
Wayne Senior Center Fitout Study, Wayne, PA 2014
AOR: Gate 17 Architecture
Senior Center Facility Evaluation, Greenwich, CT 2015
Dallas Winchester Planning Study, Wabash, IN 2015
Norman Center Space Needs Study, Norman, OK 2015
AOR: The McKinney Partnership Architects
Westlake Center Planning Study, Westlake, OH 2015
AOR: Brandstetter Carroll
Winchester Center Renovation Study, Wabash, IN 2016
Westlake Site Evaluations Study, Westlake, OH 2016
AOR: Brandstetter Carroll
Renaissance Space & Site Study, Kingsport, TN 2016
J. Frank Troy Center Facility Evaluation, Toledo, OH 2016
Miami Springs Planning Study, Miami Springs, FL 2016
Hunt Center Facility Evaluation, Toledo, OH 2016

Adult Community Center Facility Evaluation

Lake Oswego, OR
Study completed by: Lifespan Design Studio
Nominee's Role: Principal in Charge, Project Lead
Completed: 2011

This well-established senior adult community center near Portland sought Doug's expertise for the evaluation of current conditions of its facility and recommendations for modifications to better position it to support future needs.

The detailed report generated through the evaluation study was utilized to build public support for comprehensive renovations (later designed by Doug with AOR Polymath Studio), currently under construction.



Miami Springs Senior Center Planning Study

Miami Springs, FL
Study completed by: Lifespan Design Studio
Nominee's Role: Principal in Charge, Project Lead
Completed: 2016

The City of Miami Springs asked Doug to conduct a study to inform design for the replacement of their existing senior center with a new facility on the same site. He led a detailed programming effort focused on identifying space requirements associated with the programs and services that the City planned to provide in their new, larger facility.

Doug developed multiple single-and two-story options for laying out the desired rooms and spaces in a functional configuration. He continued to serve as Senior Center Design Specialist as the effort progressed through formal design and construction under AOR Bermello-Ajamil and Partners in 2019 and 2020.



2.1 Significant Work – Planning Studies

Renaissance Center Study, Kingsport, TN 2016

Zablocki Facility Evaluation, Toledo, OH 2017

South Hadley Center Study, South Hadley, MA 2017

AOR: EDM

Kent Senior/Community Center Study, Kent, OH 2017

AOR: Brandstetter Carroll

Amarillo Active Adult Center Study, Amarillo, TX 2018

AOR: GSB, Inc.

First Choice Senior/Adult Day Study, Yazoo, MS 2018

Fayetteville/FSU Planning Study, Fayetteville, NC 2018

AOR: HH Architecture

Grayling Adaptive Reuse Study, Grayling, MI 2019

East Boston Senior Center Study, Boston, MA 2019

AOR: Fennick McCredie Architecture

YMCA Senior Center Study, Lebanon, OH 2019

With SHP

LaCrosse Center-Library Study, LaCrosse, WI 2019

AOR: MSR Design

Decatur Adaptive Reuse Study, Decatur, IL 2020

Hampden Center Expansion Study, Hampden, MA 2020

AOR: EDM

Madison Center Adaptive Reuse Study, Madison, AL 2021

Arlington Heights Study, Arlington Heights, IL 2021

AOR: BKV Group

Troy Senior Center Renovation Study, Toledo, OH 2021

Crawford County Agency on Aging-Grayling Senior Center Feasibility Studies

Grayling, MI

Architect of Record: Lifespan Design Studio

Nominee's Role: Principal in Charge, Project Lead

Completed: 2008, 2009, 2012, 2019

The Executive Director and Board of this non-profit senior service agency entrusted Doug to guide evaluations of multiple options for replacing their existing center before proceeding into design (with Doug's leadership) in 2020.

Options reviewed in detail included site evaluations and the potential adaptive reuse of an historic fish hatchery and manufacturing facility. The ease and cost of adapting the building to incorporate the desired architectural program, create a new identity for the building, and accommodate patrons comfortably were considered.



Hampden Senior Center Expansion Study

Hampden, MA

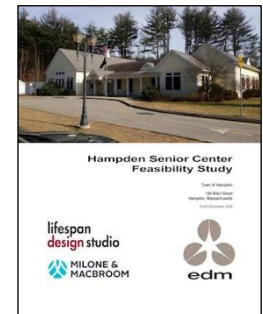
Architect of Record: EDM

Nominee's Role: Senior Center Design Specialist

Completed: 2020

Doug led program development and prepared space plan options to support planning and cost estimating for the renovation and expansion of a vibrant senior center in western Massachusetts.

The Center Director and staff were interviewed in depth to provide the study team with an appropriately detailed understanding of space needs associated with the organization's unique approach to service delivery.



2.1 Significant Work – Design for New Facilities, Renovations & Additions

Doug Gallow has completed 55 **Senior Center** design projects in 28 states since 1989. He served as a Senior Center Design Specialist in association with the **local Architect of Record (AOR)** for many of these projects. Representative examples describing his role and impact are highlighted.

Lansdowne Senior Center, Baltimore County, MD 1989

Overlea-Fullerton Senior Center, Baltimore, MD 1989

Victory Villa Senior Center, Baltimore, MD 1990

Seven Oaks Senior Center, Nottingham, MD 1991

Rye Brook Senior Center, Rye Brook, NY 1994

Westminster Senior Center, Westminster, MD 1995

Arnold Senior Center, Annapolis, MD 1995

Loudoun County Senior Center, Loudoun CO, VA 1996

Bowie Senior Center, Bowie, MD 1998

Essex Senior Center, Essex, MD 1999

North Beach Senior Center, North Beach, MD 2001

Red Lion Senior Center, Red Lion, PA 2002

Senior Center of Bethlehem, Bethlehem, PA 2003

Edgemere Senior Center, Sparrows Point, MD 2004

Parkville Senior Center, Parkville, MD 2005

Upcounty Senior Center, Gaithersburg, MD 2006

AOR: Colimore Thoemke Architects

The Center at Journey's Way, Philadelphia, PA 2008

AOR: Studio Torres

Titusville Community Center, Titusville, PA, 2009

Munson Center, Las Cruces, NM 2009

AOR: Huitt-Zollars

Beltsville-Laurel Senior Center, Laurel, MD 2010

AOR: Waldon Studio Architects

Hancock County Senior Center, Findlay, OH 2010

AOR: RCM Architects

Lansdowne-Baltimore Highlands Senior Center

Baltimore, MD

Architect of Record: Colimore Clarke Associates

Nominee's Role: Associate in Charge, Project Manager

Completed: 1989

Doug led programming and design for a 6,500 square foot center to accommodate a new neighborhood-based approach to activity and service delivery for the Baltimore County Department of Aging.

Doug adapted the innovative floor plan to meet community-specific needs in Overlea-Fullerton, Victory Villa and Seven Oaks (pictured). All four centers continue to serve their community effectively today.



Five Points Center for Active Adults

Raleigh, NC

Architect of Record: HH Architecture

Nominee's Role: Senior center Design Specialist

Completed: 2012

Doug led programming and preliminary design for the City of Raleigh's first senior center to accommodate a unique partnership for collocated services forged with Wake County and a non-profit agency. Intensive program-phase interviews and on-site observation of activities in action resulted in a program and space plan for a 20,000 sq. ft. center that effectively combines shared- and dedicated-use spaces for optimal service coordination.

Doug concurrently led programming and preliminary design for the 4,500 square foot Anne Gordon Center for Active Adults, a satellite of the Five Points Center.



2.1 Significant Work – Design for New Facilities, Renovations & Additions

Senior Center at Harbor Village, Warsaw, MO 2010

AOR: JPS & Associates

PEAK Center, Lansdale, PA, 2011

AOR: KCBA Architects

Neptune Township Senior Center, Neptune, NJ 2011

AOR: Cornerstone Architectural Group

Anne Gordon Center for Active Adults, Five Points Center for Active Adults, Raleigh, NC 2012

AOR: HH Architecture

Meadowlark Senior Center, Rio Rancho, NM 2012

AOR: Kells + Craig Architects

RiverMills Senior Center, Chicopee, PA 2014

AOR: EDM

125 LIVE! Rochester Center, Rochester, MN 2015

AOR: TSP

Owensboro Senior Center, Owensboro, KY 2015

AOR: Brandstetter Carroll

Muskingum CO Center for Seniors, Cambridge, OH 2015

AOR: Brian Addis Architects

Normal Senior Center, Normal, IL 2015

AOR: Farnsworth Group

Davis Senior Center & Housing, San Francisco, CA 2016

AOR: David Baker Architects

Lawrenceville Senior Center, Lawrenceville, GA 2016

AOR: Precision Planning, Inc.

United Senior Services, Springfield, OH 2016

AOR: MCF Architecture

Senior Health & Wellness Center #s 1 & 4, Oklahoma City, OK 2016 & 2022

AOR: GSB, Inc.

Covenant Place II, St. Louis, MO 2016

AOR: Lawrence Group

RiverMills Senior Center

Chicopee, MA

Architect of Record: EDM

Nominee's Role: Senior Center Design Specialist

Completed: 2014

Doug guided the conscientious implementation of universal design features throughout this new 21,000 square foot senior center on a challenging hillside site in a revitalized industrial district. Parking and entrances were developed on two levels, with an open lobby area uniting the two-story structure and simplifying way-finding.

He provided oversight in design decisions focused on the successful pursuit of **LEED Silver Certification** to protect against unintentional challenges to the end users' experience.



Dr. George Davis Senior Housing & Senior Center

San Francisco, CA

Architect of Record: David Baker Architects

Nominee's Role: Senior Center Design Specialist

Completed: 2016

Doug served at the client's request to guide the effective incorporation of leading-edge advancements in the composition and design of the ground-level senior center, and universal design throughout the residential and public components of the building and site.

This state-of-the-art senior housing community and public senior center received the **AIA California Council's Award of Merit for 2017**.



2.1 Significant Work – Design for New Facilities, Renovations & Additions

Centerville Senior Center, Snellville, GA 2017

AOR: Lord Aeck Sargent

Skagway Senior Center & Housing, Skagway, AL 2017

AOR: MRV Architects

Hadley Senior Center, Hadley, MA 2017

AOR: EDM

Hunt Senior Center-PACE Expansion, Toledo, OH 2018

AOR: Architects Design Group

Living Well in Wabash County: Downtown, 2019

The Center at Belvedere, Charlottesville, VA 2020

AOR: Bushman Dreyfus Architects

Miami Springs Center, Miami Springs, FL 2021

AOR: Bermello Ajamil & Partners

Fayetteville Senior Center West, Fayetteville, NC 2021

AOR: HH Architecture

East Boston Senior Center, Boston, MA 2021

AOR: Fennick McCredie Architecture

Pompano Beach Senior Center, Pompano Beach, FL 2021

AOR: Bermello Ajamil & Partners

South Hadley Senior Center, South Hadley, MA 2021

AOR: EDM

Westlake Community Services, Westlake, OH 2021

AOR: DS Architecture and Richard Fleischman

Lake Oswego Active Adult Ctr, Lake Oswego, OR 2021

AOR: Polymath Studio with Nossa Norman Design

Grayling Senior Center, Grayling, MI 2022

AOR: James S. Bates Architect

Arlington Heights Senior Ctr, Arlington Heights, IL 2022

AOR: BKV Group

Community & Senior Center, Fuquay-Varina, NC 2023

AOR: HH Architecture

South Hadley Senior Center

South Hadley, MA

Architect of Record: EDM

Nominee's Role: Senior Center Design Specialist

Completed: 2021

Doug oversaw the evaluation of options for placement of this new center on its small, irregularly shaped site to optimize parking count, pedestrian safety and ease of vehicular navigation.

With an exterior designed to resemble a cluster of small buildings to harmonize with surrounding residential and commercial structures, Doug developed the space plan for the center's 16,000 square feet of interior space in a simple, intuitive circulation pattern.



Lake Oswego Active Adult Center

Lake Oswego, OR

Architect of Record: Polymath Studio

Nominee's Role: Senior Center Design Specialist

Completed: 2021 (under construction)

Following up on an evaluation of the existing facility that he had completed several years before, Doug guided development an architectural program and led preliminary design for the comprehensive renovation of this popular community amenity.

Doug facilitated detailed discussions of current patterns of use, anticipated changes in consumer demand, and options for updating and upgrading the building to effectively accommodate advancements in the industry and the Center's vision for the future.



2.1 Significant Work - Presentations

Doug Gallow has been sought out to present lectures and workshops on senior center design and related topics for international, national, regional, state, and local associations of senior services professionals, design professionals, gerontology students, design students and others since 1990.



What's Trending in Senior Center Design?
National Council on Aging Annual Conference, 2021



Perspectives on Making Your Home More Accessible
HOME Accessibility, Design & Construction Summit, 2021



How Fitness & Wellness are Transforming the Senior Center Industry
The International Council on Active Aging Annual Conference, 2020



Our Journey to Main Street
National Council on Aging Annual Conference, 2020



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



Aging in Place & Overall Building Wellness
AIA Ohio Valley Regional Convention, 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 NANASP, 2017

United Senior Services – A Revitalization Story
National Institute of Senior Centers Annual conference, 2016

Planning a Successful Senior Center Construction Project
American Society on Aging Annual Conference, 2016

Senior Center Design for Today and Tomorrow
Pitman Institute SEEK Conference, 2015

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
NISC/Florida Council on Aging Annual Conference, 2014

Senior Center Design Tips Illustrated
American Society on Aging Annual Conference, 2013

Independence by Design
SE Ohio Aging & Disability Network Summit, 2012

Three Approaches to Senior Center Design & Construction
American Society on Aging Annual Conference, 2012

Why Universal Design Must Be The Next Big Thing
National Council on Aging Annual Conference, 2011

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

Senior Center Studies, Design & Renovations
Missouri Summit for Professionals in Aging, 2010

The New Raleigh Senior Centers
Ann Johnson Institute Conference, 2009

Redesigning Your Senior Center for Today and Tomorrow
New Jersey League of Municipalities Annual Conference, 2008

Senior Center Design and Renovations
Joint Conference of the American Society on Aging and National Council on Aging, 2008

Baby Boomer Generation: Impact on the Architecture, Engineering, and Construction Industries
Society for Marketing Professional Services, 2007

2.1 Significant Work - Presentations



Architecture 101 for Senior Center Professionals
Michigan Association of Senior Centers Annual Conference, 2007



10 Ways to Make Your Home a Better Place to Live and Grow Older
Cass County Council on Aging Senior Safety Day, 2007



Creating a User-friendly Senior Center for Today and Tomorrow
Ohio Association of Senior Centers Annual Conference, 2007



Let's Rethink Design: Invitation to a Revolution
Joint Conference of the American Society on Aging and National Council on Aging, 2007



Senior Centers on the Move: Strategies for the 21st Century
Joint Conference of the American Society on Aging and National Council on Aging, 2007



Teaching Young Designers How to Design for Aging
Joint Conference of the American Society on Aging and National Council on Aging, 2007



Universal Design for Aging in Place
Johns Hopkins University Odyssey Certificate on Aging Program, 2006



Home Design in an Aging World: Building on Architecture and Gerontology
Special Considerations in Design for Aging: Senior Centered Design, The Annual Scientific Meeting of the Gerontological Society of America, 2005



Senior Center Design Studio for Interior Design Students
Interactive session for third year interior design students
Miami University, Oxford Ohio, 2005

Eyes Wide Open Architecture: Proactive Design for all of us
World of Possibilities Disabilities Expo, Timonium, MD, 2005

Universal Design
Workshop 2005, Maryland Aging Network

Your Objectives, Your Facility—Can You Make Them Work Together?

Joint Conference of the American Society on Aging and the National Council on Aging, 2005

Special Considerations in Design for Aging

Scripps Gerontology Center Colloquium for faculty, students, and professionals, Miami University, Oxford, Ohio, 2005

Pro-seminar on Design for Aging

Interactive session for master's gerontology students & instructors, Miami University, Oxford, Ohio, 2005

Special Considerations in Design for Aging

Towson University, Towson, Maryland, 2004

Prototypes and Possibilities: Designing for Comfort in Senior Centers

Aging by Design, presented by Hofstra University's Gerontology Program and the School of Continuing Education, 2004

Architecture Design Studio: Senior Center Design

Guest instructor, Morgan State University, 2004

Looking At Your Center With New Eyes: The Difference is in the Details

Joint Conference of the American Society on Aging and National Council on Aging, 2003

You Can Afford a Quality Senior Center

Annual Conference, New Jersey League of Municipalities, 2002

The Difference is in the Details

Annual Conference, PAAssociation of Senior Centers, 2001

The Age Boom & Your Healthcare Organization

Chesapeake Area Society of Healthcare Engineers, 2001

Home Sweet Home: Creating Senior-friendly Living Environments

Workshop 2001, Maryland Aging Network

2.1 Significant Work - Presentations



Programs & Places: The Changing Face of the Senior Center
Joint Conference, American Society on Aging and National Council on Aging, 2001



Define Before Design: The Many Faces of a Senior Center
Workshop 1999, Maryland Aging Network



So You Want to Build (or Renovate) Your Dream Facility?
Annual Conference, National Council on Aging, 1998

Senior Center Accreditation – Facilities
National Council on Aging Annual Conference, 1990



Service to the Community and the Profession



- Baltimore County Architectural Review Board 1987-2006
- AIA Maryland Board 1996-2002
- AIA Maryland Political Action Committee Treasurer 1996-2002
- AIA (National) Legislative Minuteman 1985-2005
- AIA Baltimore Mentorship Program 1985-2006
- Main Street Lebanon (OH) Design Committee 2007-present
- Countryside YMCA Building & Grounds Committee 2011-present
- AIA Cincinnati Advocacy Committee 2013-present
- AIA Ohio A117.1 Task Force 2021
- AARP Age-friendly Cincinnati Advisory Board 2021-2024



COUNTRYSIDE YMCA



Above: The spacious building and patios at the recently opened Center at Belvedere in Charlottesville, VA made it possible for members to gather in safety as pandemic restrictions lightened this spring.

2.2 Awards

An active participant and leader on AIA committees since 1997, Doug has been recognized on several occasions for his service to the Institute and community. Several projects on which he served as Senior Center Design Specialist with a local architect of record have received awards from the AIA and other organizations.



Awards and Recognitions for Design Excellence



AIA Oklahoma People's Choice Award 2019

MAPS 3 Senior Health & Wellness Center
Oklahoma City, OK

Architect of Record: GSB

Nominee's role: Senior Center Design Specialist



AIA California Council Award of Merit 2019

Dr. George Davis Senior Housing & Senior Center
San Francisco, CA

Architect of Record: David Baker Architects

Nominee's role: Senior Center & Universal Design Specialist



National Association of County Parks & Recreation Organizations Best New Facility 2000

Loudoun County Senior Center at Cascades

Architect of Record: Colimore Gallow Architects

Nominee's role: Principle in Charge



Awards and Recognitions for Service to the AIA and the Community

AIA Cincinnati Citizen Architect May 2021

Recognized for contributions as a member of the City of Cincinnati AARP Network of Aging Friendly Communities Advisory Council

AIA Baltimore Distinguished Service Award 2002

Recognized for service to the profession through leadership in the Maryland Society/AIA on behalf of AIA Baltimore and members throughout the state.

AIA Maryland Recognition Award, 2001

Recognized for support of Maryland architects and interest in maintaining strict standards of professional service.

AIA Maryland Presidential Citation 2000

Recognized for leadership in legislative initiatives insuring the highest levels of integrity, competence, and professionalism in the practice of architecture.

AIA Maryland Award of Gratitude 2000

Recognized for many contributions to the Maryland Society AIA.

2.3 Publications



Architectural Record

ncoe
national council on aging

Doug shares the knowledge and insight he has gained in service to the senior center industry through publications conveyed free-of-charge to more than 500 subscribers, including senior center/senior services professionals, design professionals, and students.

Senior-Centered Design

2001 - 2006

- Senior Center Safety: Reducing Risks by Design
- Common Pitfalls & Unforeseen Expenses in Senior Facility Renovation
- Small Changes Can Make a Big Difference
- Your Mission...Your Building
- The Multi-Generational Senior Center
- The Difference is in the Details
- Should We Renovate or Start from Scratch?
- The Overlooked Essential: Comfort is Not a Luxury in Senior Center Design
- Programs & Places: The Changing Face of the Senior Center
- Proactive Design for All of Us
- Sounds Good, But Is It *Feasible*

National Council on Aging: Ask the Architect

Doug responded to questions posed by senior center professionals across the country on the online forum of the National Institute of Senior Centers (National Council on Aging – NCOA/NISC) in May 2006.

His responses were published as an article **Fundamental Issues in Senior Center Design and Renovation** that remained in continuous publication on the NCOA/NISC website (with periodic updates) for a decade.

Lifespan Perspective

2006 - 2021

- Senior Center Reimagined
- Trending Now in Senior Center Design
- Design for Aging in Community
- United Senior Services: A Revitalization Story
- Planning a Successful Design Project
- Buildings Boomers Want to Go To
- Your Mission, Your Building
- Senior Center Design & Renovation Projects
- Emerging Trends in Senior Center Design
- Your New Used Facility
- The Wrong Finishes Can Derail the Best Designs
- Design on a Dime or Extreme Makeover?
- Design for Falls Prevention

Architectural Record

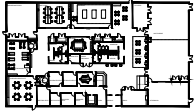
Designing for All, June 2019
(Article co-authored with Marvin Windows & Doors), published again by Architectural Record in a collection titled **Designing for Homeowner Well-being**.

Home Design in an Aging World

Aging Friendly Makeover for a Lakeside Retreat
Case study included in the book by Jeffrey Rosenfeld & Wid Chapman, Fairchild Books, 2008.

3

EXHIBITS CONTENTS



- 1** Establishing Best Practices for Programming
Programming a Better Experience



- 2** Setting Design Standards for an Evolving Industry
Promoting Participation through Design



- 3** Imagining a New Wellness-focused Model
MAPS Senior Health & Wellness Center #1



- 4** Designing for Long-term Sustainability
The Center at Belvedere



- 5** Making Smart Use of Limited Space
Miami Springs Adult Community Center



- 6** Giving Form to a New Identity
125 LIVE



- 7** Designing an Informed Planning Process
Amarillo Active Adult Center Planning Study



- 8** Balancing Public and Private Space
The Mirowitz Center and HJ's Cafe



- 9** Spreading the Word About Universal Design
Westlake Senior & Community Services Center

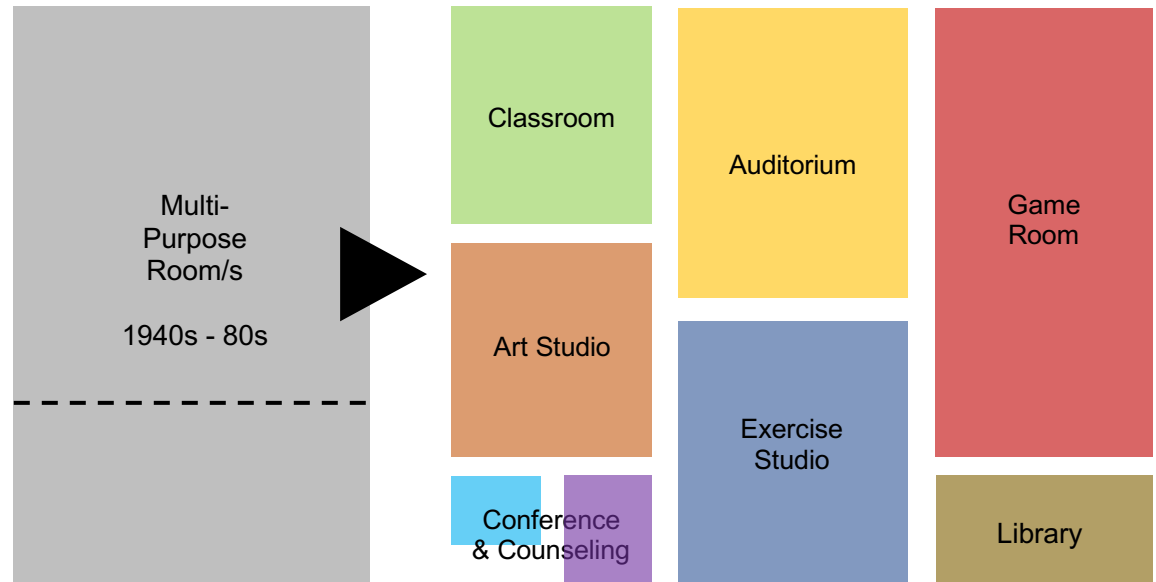
Breaking with an Outdated Paradigm

Many of the facility-related problems that plagued the senior center industry when Doug first encountered it in the mid 1980s were rooted in ineffective architectural programming. With little precedent to refer to, architects looked to their clients to tell them what they needed. Lacking new models to aspire to, clients simply requested bigger facilities based on the old paradigm: large generic multi-purpose rooms had always seemed like a logical approach for accommodating a broad and dynamic slate of activities. The every-room-fits-all approach was rarely questioned, and persisted for decades.

Through Doug’s leadership in promoting an intensive interview- and observation-based process for senior center programming, clients’ expectations were reversed from “just give us more space and we’ll be set” to “this is what we want to do in the building”... and a universe of new possibilities was revealed.

“I am a senior center director, not an architect, engineer or designer. Working with Doug has been very educational. He asked excellent questions to guide the process and design a center that is state of the art, pleasing, and most all functional.”

Lydia Gadd
Director of Senior & Community Services
City of Westlake, OH



Programming a better experience

Doug’s enhanced programming methods guided the industry toward facilities that are composed of appropriate mixes of *right-sized* rooms and spaces customized to accommodate each organization’s unique mix of activities and services, and deliver professional caliber experiences.

Sharing a meal has always been a big part of the senior center experience. Formerly served mess-hall style in a multi-purpose room (below), today food is enjoyed in spaces that feel like neighborhood eateries, often welcoming customers of all ages.



Empowering clients to succeed

Doug recognized that enabling senior center clients to more effectively articulate their needs and visualize the proposed accommodations is critical to successful outcomes. In addition to generating a written program describing the proposed uses and content of each room or space in detail, he diagrams them as well, effectively supporting the needs of both visual and verbal learners.

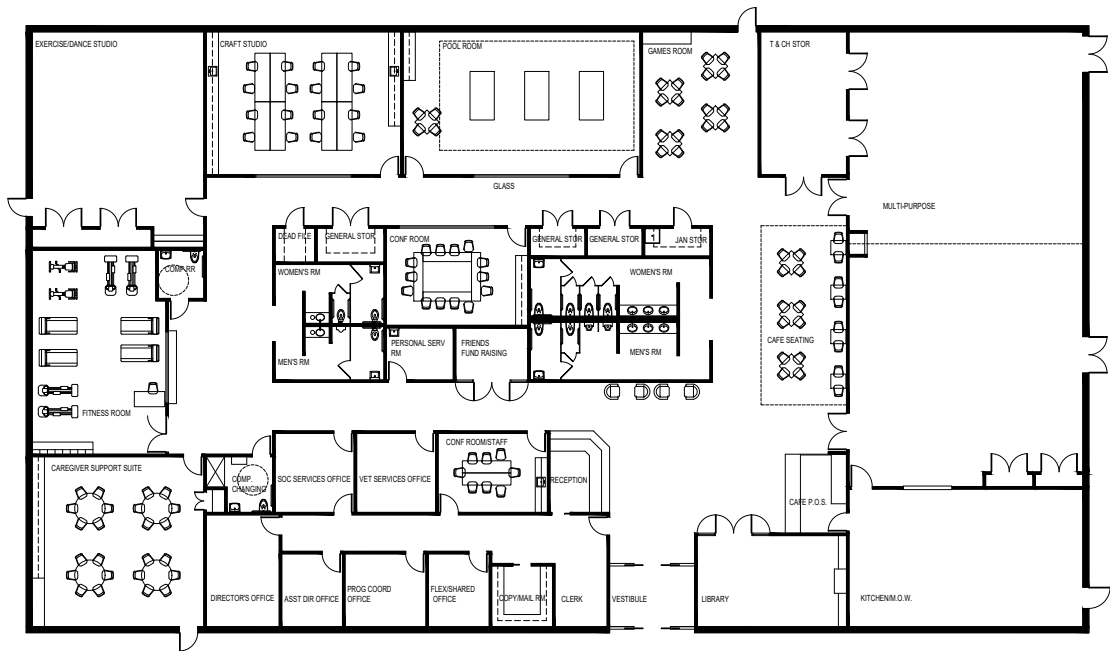
But the process isn't complete until essential relationships, adjacencies and separations have been explored with the client team and documented as part of the program. Through a deliberately literal "program fit" process, the room diagrams for the programmed spaces are arranged in preliminary design floor plans to support the analysis of options with the client. Appropriately wide corridors and other spaces typically lumped into efficiency allowances during programming are included in the program fit plans to support reliable projections of actual square footage needs and construction costs.

The approved program fit plan serves as a visual representation of the program and establishes firm parameters for room sizing, configuration, and relationships that are maintained throughout all phases of design.

DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee's responsibility for this exhibit. That responsibility included: improved methodology for senior center programming and design.

Tim Eagles, AIA, Principal/Director of Architecture, EDM Principal-in-Charge, multiple projects



Program fit plan prepared by Doug Gallow for South Hadley, MA

Program fit plans

The early "program fit" plan prepared for the South Hadley Senior Center allowed the client to grasp how the proposed rooms, open spaces, and layout would function—and communicate effectively with Doug to fine tune them. **He has taken the mystery out of programming and preliminary design for senior center professionals, resulting in facilities that are a better fit for their mission, staff, and patrons.**

Right: Information focused on training senior center professionals to function proactively and effectively as design clients are a staple in Doug's presentations to and publications for the industry.

lifespan perspective
A different way of looking at design

Senior Center Design & Renovations Projects
3 Tips for Achieving Better Results

It's totally understandable that most clients of architectural services enter into the project wanting to believe that they can entrust the outcome to the design professionals. This isn't entirely true. If the desired outcome is an environment that can effectively facilitate your programs and services, accommodate members and staff, and support your efforts to attract future participants, the design team can't be expected to hit a home run without your full participation. In fact, you are its most important member.

A good architect or senior designer will spend a good deal of time at the beginning of a project getting to know your organization and goals. The more they know about what you will do and those you will serve in your new or improved facility, the more on-target the design will be. Depending on their level of familiarity with this type of organization and facility, they may or may not know at the right questions to ask.

Tip #1
Think about the questions that don't get asked, and bring that information to the attention of the design team before they start designing. Some of the most commonly overlooked and neglected senior center design considerations in senior center design include:

- the diverse physical, mental, and sensory capacities of the center's target population
- the design-related implications of specific activities that need to be accommodated
- storage needs.

Many designers don't understand that Americans with Disabilities Act (ADA) compliance only scratches the surface of design considerations required to create a truly aging-friendly environment. To assure that your designer is made aware of the actual level of need for handicapped accessible parking, conveniently located senior-friendly restrooms, and other accommodations that may not be adequately addressed when it was determined that the handicapped parking space count should be tripled to meet the anticipated demand. To consistently accommodate various forms of mobility support, ranging from taking someone's arm to wheelchair and scooter use, the width of corridors, doors, and sidewalks may need to be adjusted well beyond the legal minimum.

The design team can't be expected to hit a home run without your full participation...in fact, you are its most important member.

If the designer doesn't seem to have a functional understanding of the things you need to be able to do in every room and space within the new or improved facility, tell them. The size, configuration, and layout of the rooms and spaces should be dictated by the ways in which they will be used. Issues often overlooked in design include sound transference between spaces, privacy protection, and appropriate adjacencies and separations of various activity spaces, public spaces, restrooms, and offices.

Finally, it's important to discuss storage solutions for program supplies and equipment, office and janitorial supplies, short- and long-term files, seasonal and out-of-season items,

Who is the most important member of your senior center design team?

A. Architect
B. Structural engineer
C. Interior designer
D. All of the above
E. None of the above

Answer: E - None of the above

lifespan design studio
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please recycle! © 2011

Doug's front-line observations at the senior center that his wife directed early in his career strongly influenced his professional values. This front row view of ordinary older adults engaged in everyday pursuits offered an eye-opening perspective on the constructed environment's impact on the quality of experience. An engaging 90 year-old lecturer was forced to ring a doorbell for assistance because she lacked the upper body strength to open the front door. People would stack up in the narrow corridor behind a 60 year-old gentleman who moved slowly after a knee replacement. The ladies' room would have to be temporarily cleared so that the husband of a woman who required assistance could accompany her.

Doug came to understand that the challenges that he was observing were not necessarily age-related, they were environmentally imposed. Although some were indeed reflective of changes associated with normal human aging, some were permanent manifestations of conditions the individual had lived with their whole life, and others were temporary results of accidents or acute conditions. The point was that everyone is or will become vulnerable to challenges in the constructed environment at some point in life. **In the decades that followed, Doug has opened the eyes of senior center professionals and the design professionals he works with to the importance of facility design that effectively supports diversity in the abilities of those who interact with it.**



Standards for Excellence in Senior Center Design

The primary goal and arguably most significant role of senior centers is to combat social isolation (a leading contributor to physical and mental decline in older adults). Doug recognized that the ADA only scratches at the surface of issues in the constructed environment that may discourage senior center participation. **He has defined a long list of design parameters addressing these issues that have come to be regarded as standards for excellence in senior center design.**



The Center at Belvedere, Charlottesville, VA, Bushman Dreyfus, Architects, AOR
Douglas Gallow, Senior Center Design Specialist

1. Parking Lot Safety

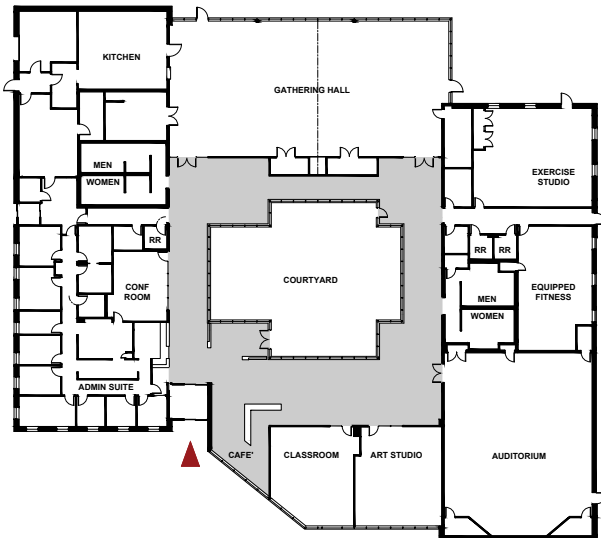
The Challenge

- Space count and stormwater management typically drive parking lot design: it is widely accepted that pedestrians and moving cars will mix in parking lot driveways.
- Significant numbers of otherwise ambulatory older adults are unable to climb a single step without use of a handrail. 80% of falls on steps in public places occur during descent, especially when no handrail is available, as in stepping down off a curb.
- Fear of injury drives many older adults to avoid public places, contributing to social isolation.

Design Response

Doug provides design parameters and guides the civil and landscape team to create curb-free parking lots configured to optimize pedestrian safety. Parking spaces are arranged parallel to the face of the building with walkways between nose-to-nose rows of cars, so everyone can exit their car and proceed toward the entrance without stepping up a curb or walking in the roadway.

Below: The arrangement of activity spaces around a central courtyard with minimal branching makes it hard to get lost in the new Westlake Community & Senior Services Center. Primary destinations are color coded and marked with supergraphics easily viewable from a distance to support independent wayfinding.



2. Intuitive Wayfinding

The Challenge

- The mounting demand for complex slates of activities, services and amenities has yielded larger, more complex senior center facilities and grounds.
- Declining wayfinding abilities are common in some older adults who are otherwise capable of participating fully in senior center activities. Fear of becoming disoriented or embarrassment over having to ask for assistance creates mental discomfort and may cause someone to choose not to return to the center.

Design Response

Simple, intuitive layouts and abundant site/exterior and interior signage are used along with color coding, graphics and other cues to **enable people of varying cognitive abilities to find their way around the site and building independently**. Reception desks are immediately accessible to offer support as guests enter the building.

Photo and floor plan: Westlake Community & Senior Services Center, Westlake, OH: DS Architecture, Architect of Record; Douglas Gallow, Senior Center Design Specialist

3. Ease of Navigation

The Challenge

- Senior centers serve people with a full spectrum of mobility-related abilities and issues. Navigation-related design features can pose insurmountable obstacles for those who lack stamina or balance, walk with a shuffle, or use assistive devices like canes, walkers, wheelchairs or scooters. Common issues include challenging travel distances, crowded corridors, and inappropriate flooring/walking surfaces.

Design Response

Doug guides the development of site and floor plans that minimize travel distances between key destinations as much as possible. Walkways and corridors are generously wide, with thoughtfully positioned handholds and resting spots. All walking surfaces are appropriately slip- and trip-free, and firm enough to avoid assistive device drag. **Obstacles to easy, stress-free navigation not addressed effectively in the ADA are neutralized.**



Hadley Senior Center, Hadley, MA: EDM Architects, AOR; Doug Gallow, Senior Center Design Specialist

4. Life Stage-Appropriate Lighting

The Challenge

- With normal aging, everyone’s eyes become more sensitive to glare and stark lighting transitions and require significantly brighter illumination levels to see well. Numerous chronic eye conditions common with advancing age exacerbate these issues.
- Any compromise to someone’s ability to perceive visual cues may compromise their ability to function effectively in the built environment, and cause mental discomfort.

Design Response

Doug provides design parameters and guides the lighting engineer in applying recommendations developed by the Illuminating Engineering Society for adults 65 and over. Natural light is monitored in design and managed as necessary to avoid abrupt transitions, disruptive glare and shadows. Task lighting is provided wherever additional illumination may be needed to complete specific tasks. **The resulting light environment is effective for people with varying degrees of visual impairment.**



5. Sound Environment & Hearing Support

The Challenge

25% of people between 65 and 74, and 50% of people 75+ report difficulty hearing. Studies show clear links between hearing difficulties, depression and social disengagement.

Design Response

The sound environment is closely monitored in the design of every space within the center, with careful attention paid to white noise generated by systems and equipment, activity-generated noise, and sound transfer between adjacent spaces. Sound-absorptive finishes are applied to floors, walls, and ceilings as needed to create **a comfortable environment in which to hear and be heard.** Hearing loop is provided wherever it could be beneficial to patrons.

Left: Westlake Community & Senior Services Center, Westlake, OH: DS Architecture, Architect of Record; Douglas Gallow, Senior Center Design Specialist



Above: The Center at Belvedere, Charlottesville, VA: Bushman Dreyfus, Architect of Record; Doug Gallow, Senior Center Design Specialist

6. Temperature Environment

The Challenge

- Senior centers deliver a diverse mix of sedentary and active programs to individuals who may express a spectrum of preferences in the temperature environment.

Design Response

Doug works with the mechanical engineer to be sure that HVAC systems are zoned as needed to effectively support the anticipated uses of specific rooms and open spaces. Local control by staff is provided to enable prompt adjustments as needed.



7. Finishes and Color

The Challenge

Although tied to a broad spectrum of issues, the inappropriate selection and/or application of finishes and color in senior centers may most profoundly impact participants who live with vision, hearing, cognitive, and/or mobility challenges. The significance of this issue is frequently overlooked during design, with significant consequences for some participants.

Design Response

Doug provides the design and client team with important information on changes in vision and cognition as they relate to the selection and application of colors and patterns. Color contrast is employed effectively to clearly define edges, transitions, objects and controls, and in all signage. Busy patterns that may simulate movement or can be visually disorienting are avoided – especially on walls and floors.

Careful consideration is given to the overall sound environment as flooring selections are made and appropriate STC values are determined for acoustic ceilings. Acoustic wall panels and clouds, upholstered furniture and other sound absorptive materials are incorporated as needed in spaces with a lot of hard surfaces.

Doug works closely with the interior designer in the review of flooring options focused on critical issues like the ease and safety of navigation, impact on the sound environment, appropriateness of the pattern, and ease of maintenance. Outdoor walking surface materials, colors, and lighting considerations are also addressed to provide a safe navigable experience as guests approach the building and make use of site amenities. **Details in the designed environment that could compromise or derail an otherwise positive experience are effectively managed.**



8. Furniture

The Challenge

Inappropriate furniture selections and layout may significantly compromise the quality of experience or limit access for senior center participants who live with various physical issues.

Design Response

Furniture is an important part of Doug's focus as a senior center design specialist. He provides user- and function-focused guidelines for seating and table selections, and parameters for clearances around furniture that provide equitable access *throughout the space* by participants of various sizes and abilities, including those who use assistive mobility devices.

9. Patron-sensitive restroom design

The Challenge

According to a CDC report, nearly 51% of people aged 65 and older living at home reported bladder and/or bowel incontinence. This issue may have significant emotional and social impacts in their daily lives, including a tendency to withdraw from situations where their needs can't be managed discretely.

The Response

Recognizing that issues associated with restroom use may strongly impact a patron's physical and mental comfort—and their ability or willingness to attend a senior center at all—fixture needs are carefully calculated under Doug's guidance (often in excess of code minimums). Restrooms are then thoughtfully distributed throughout the center for ease of access from all activity spaces. Both multi-fixture and private/companion assisted options are provided in multiple locations as needed.

Design considerations exceeding ADA requirements are incorporated without compromise to create facilities in which everyone can participate without worrying about this issue.

DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee's responsibility for this exhibit. That responsibility included: improved methodology for senior center programming and design.

Tim Eagles, AIA, Principal/Director of Architecture, EDM
Principal-in-Charge, multiple projects



Essential Restroom Design Considerations

Doug has raised expectations for senior center restroom design with features that enhance the ease, dignity and safety with which they can be used by people of all ages and abilities.

- Doorless (hands-free) access, carefully configured without site lines into the room
- Standard stalls generously sized at 36" wide clear, with sloped grab bars and out-swinging doors (meeting the needs of the vast majority of most centers' patrons)
- Accessible toilet stalls over-sized to allow for front approach with wheelchair (more likely than side approach among older adults); sink in stall for extra privacy
- Left- and right-handed use accessible stalls provided to accommodate people who may have limited use of one side of their body
- Stall-type urinals provided for universal ease of use
- Soap, paper towels and trash receptacles within reach from every sink for ease and efficiency and to keep soap and water off the floor
- Paper towels in lieu of hand dryers (more hygienic, less uncomfortable noise)
- Appropriately sized "companion"/private restrooms also provided

Imagining a New Wellness-Focused Model

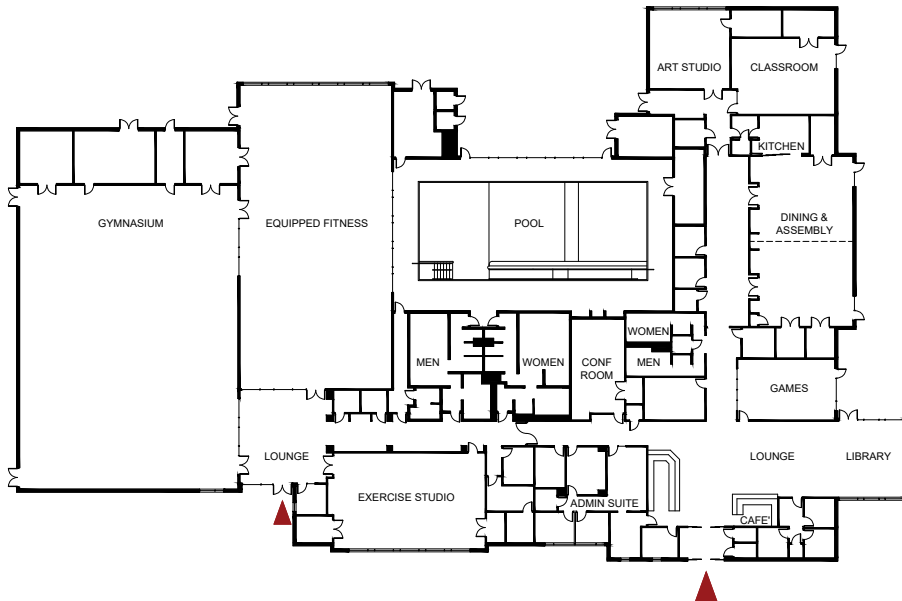
EXHIBIT 3

MAPS Senior Health & Wellness Center #1, City of Oklahoma City, OK

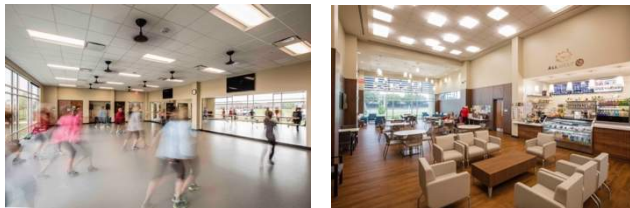
Architectural Firm of Record: GSB, Inc., Oklahoma City, OK

Completion: 2017

Role of Nominee: Senior Center Design Specialist



Half of the 42,000 square foot building is fitness focused (gymnasium with track, hybrid fitness pool, equipped fitness area, aerobics studio, locker rooms, fitness lounge and office). The remaining space accommodates a spectrum of drop-in uses, lifelong learning and arts programs, and health services to round out the Center's multi-dimensional/holistic approach to wellness. The fitness amenities were clustered and secured separately with their own entrance to operate on a separate schedule.



AIA Oklahoma People's Choice Award, 2019

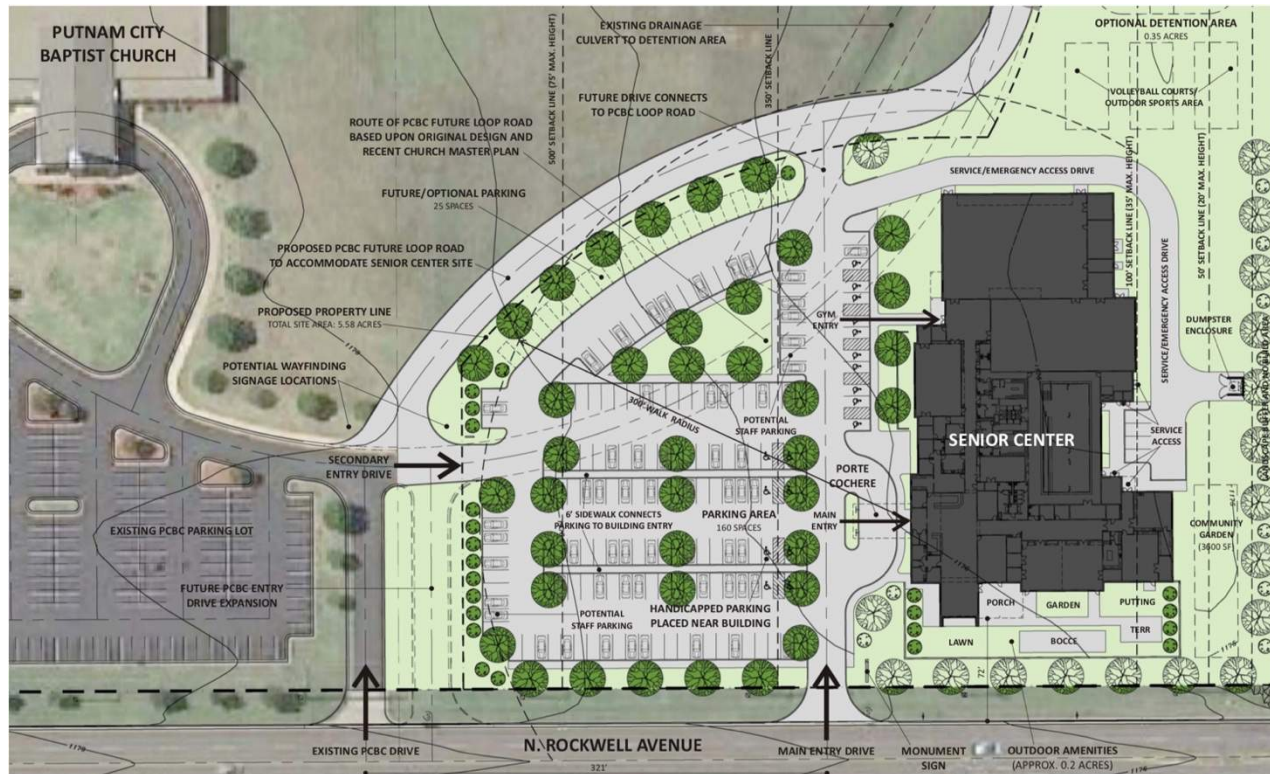
In the mid 2010's Oklahoma City launched an initiative to address rampant obesity and associated health issues among older adults in the community through development of several Senior Health and Wellness Centers. Each center was to be operated by an independent partner selected through a competitive proposal process.

Doug brought essential knowledge and insight to the GSB-led team on which he served as Senior Center Design Specialist for the planning and design of the first of the new facilities. He assisted the City in development of the RFP for operating partners and evaluating the submitted proposals which included not only programmatic and operational plans, but also the operator's preferred location for the facility. Doug developed site evaluation criteria to support this important part of the proposal review process.

Since neither the City or the selected operating partner had ever operated a facility of this type, **Doug's knowledge of leading-edge practices in senior center-based program and service delivery was pivotal to the successful development of the vision for the facility.**

Doug translated the City and operating partner's goals into an architectural program for a new facility that effectively blends extensive fitness amenities with more traditional senior center components that are equally important in a multi-dimensional, holistic approach to wellness.

As the project continued into design, a significant part of Doug’s role was to educate the City’s team, the operating partner, and the design team on key issues in both senior center design and design for aging that were fundamental to the successful pursuit of the new facility’s mission. **All of these contributions were foundational as the City went on to develop additional Senior Health & Wellness Centers. Doug served again with GSB for the design of the fourth center, which is currently under construction.**



Site Planning for the new Center included thoughtful placement of a long list of desired site amenities; creation of a driveway and parking lot layout that safely accommodates vehicular and pedestrian navigation; and planning for future expansion of the building and parking lot. Doug established site layout parameters, monitored key issues, and guided the analysis of the appropriate number of standard and handicap accessible parking spaces to support the proposed uses and users of the building.

Exceeding Expectations

Target enrollment (2 years): 2,000
Actual after 18 months: **5,500**

“As operators of the MAPS Senior Health & Wellness Center we’ve been overwhelmed with the success of the facility and its endorsement by the community.”

Jefferson Kilgore, Executive Director
Healthy Living, Inc.

DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee’s responsibility for this exhibit. That responsibility included: senior center design specialist.

Ryan Eshelman, AIA, Principal, GSB, Inc.
Principal-in-Charge



Published:
Athletic Business, June 2018
31st Annual Architectural Showcase

Designing for Long-Term Sustainability

EXHIBIT 4

The Center at Belvedere, Charlottesville, VA

Architectural Firm of Record: Bushman-Dreyfus Architects

Completion: 2020

Role of Nominee: Senior Center Design Specialist

Senior Center, Inc. (The Center) in Charlottesville, VA has been respected and emulated as an industry leader for decades. When changing demographics and emerging trends inspired the trailblazing non-profit to reframe its approach to service delivery and its concept of facility in 2009, Doug became part of the team that would see that vision to fruition. He worked closely with The Center leadership and the architect of record in the development of Guiding Principles for the design of the facility that would house its new vision for decades to come. The Principles, which became the design team's north star, formalized a commitment to universal/aging-friendly and environmentally-conscious design.

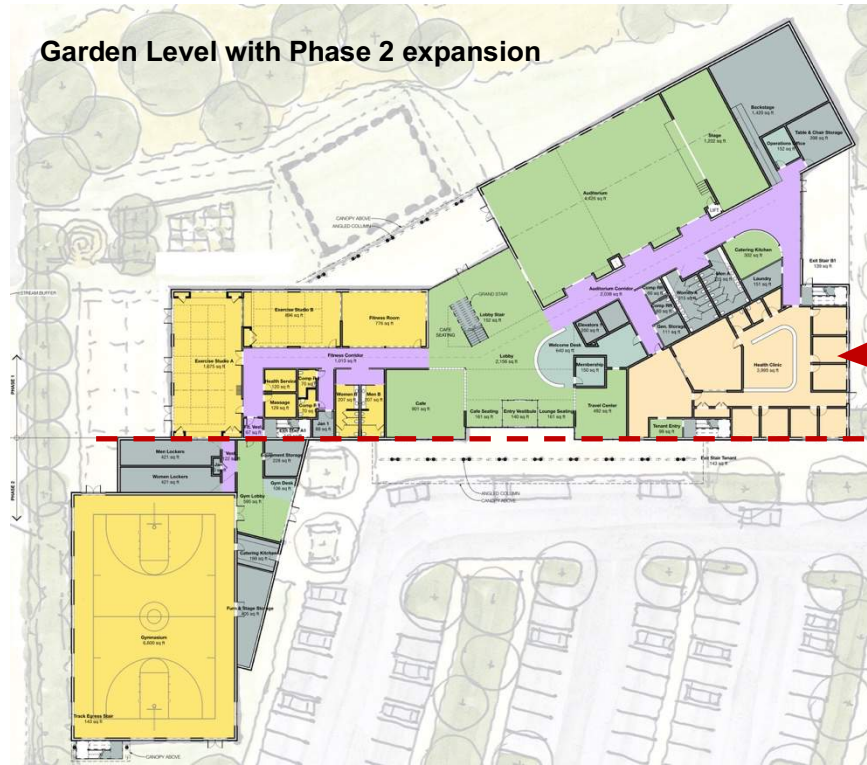
For the next decade, Doug's role as Senior Center Design Specialist strongly impacted all aspects of the project from site selection and planning to the design of the building and interiors, furniture and equipment selection, and more. At project launch, he presented an overview of key concepts and details to the client and design teams, allowing them to learn and understand underlying issues, and commit to their effective implementation. This proactive initiative empowered Senior Center, Inc. to speak authoritatively about universal, aging-friendly design when describing the new facility in a multi-year fundraising campaign that yielded \$16,500,000 in private philanthropy and capital investments for construction of the 48,000 square foot center.

Re-branded "The Center at Belvedere," the highly anticipated new facility welcomed the Charlottesville community to sample its gracious lounges, café, fitness amenities and expansive slate of programs to rave reviews in 2020.

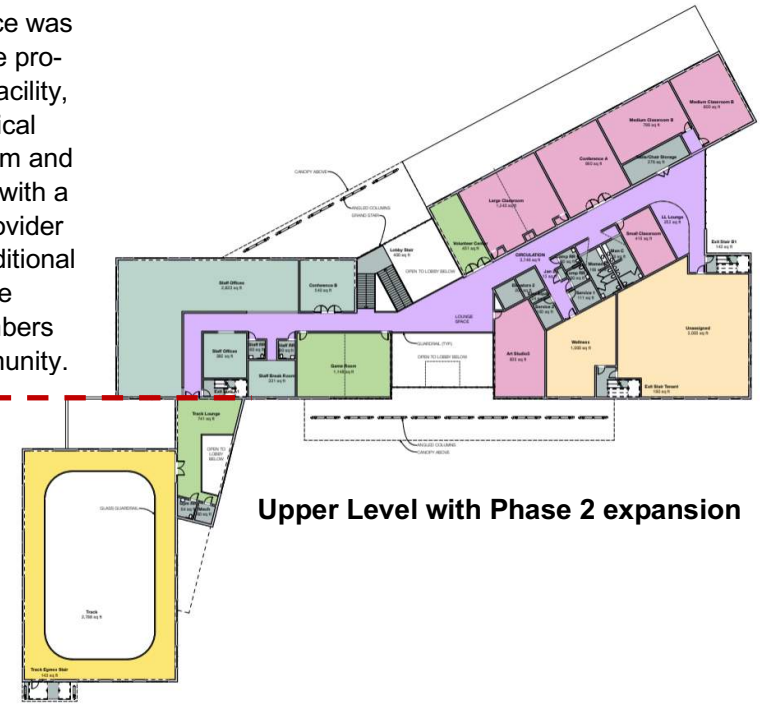
The trailblazing center was featured in two presentations at the 2021 conference of the National Council on Aging and National Institute of Senior Centers, launching a new industry standard for excellence.



The Center's expansive atrium lounges and commercial eatery are emblematic of a quantum shift in its approach to engaging the entire community. Drop-in socialization and scheduled activities were assigned equal importance in an architectural program developed under Doug's guidance that pairs state-of-the-art fitness amenities and classrooms with generous public space to create your own experience.



4,000 square feet of tenant space was included in the program for the facility, creating a critical revenue stream and a partnership with a healthcare provider that offers additional benefits to The Center's members and the community.



Upper Level with Phase 2 expansion

Advocating for Site Plan Essentials

With a master plan that included the addition of a gymnasium, elevated walking track and locker rooms, it was essential to plan from the start for future construction that could be completed without damaging disruption to The Center or its partners' operations. Doug proactively participated with the civil engineer and landscape architect in a site design process that incorporated appropriate Phase 2 construction staging space and adequate parking to serve the expanded facility.

Outdoor activity spaces including a pond-view patio, activity lawn, labyrinth, pickleball courts, garden and garden shed with restroom were appropriately placed in the master plan for site construction.



Notable Publications

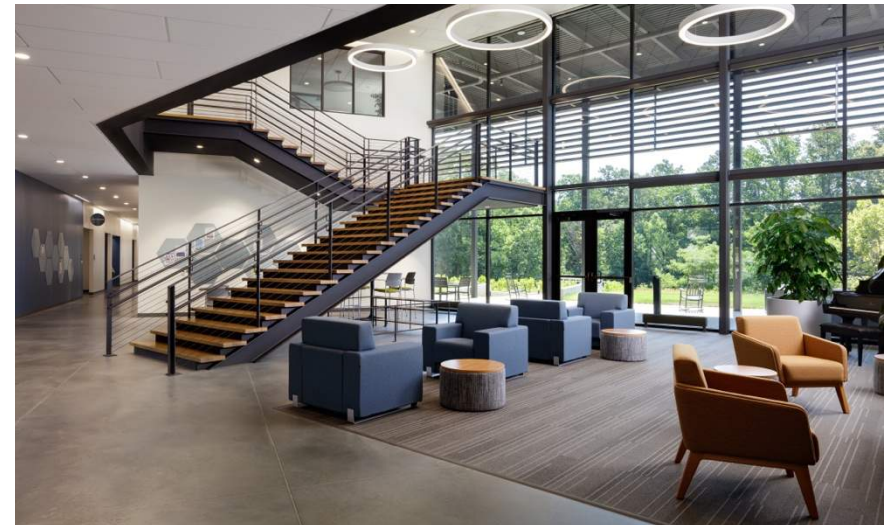
The International Council on Active Aging

The Journal on Active Aging
January 2019

Groundbreaking heralds 'new era for active aging and community health' in Virginia



Above: Doug advocated for a prime location and application of a commercial look and feel for the space that accommodates the Center’s robust travel program – a significant source of revenue.



Above, right: Safe, convenient vertical circulation is essential to the success of a multi-level senior center. This monumental staircase features 6-inch risers, 13-inch treads, a generous landing, and hand-rails at two heights in addition to the guardrail for the comfort of those who prefer to walk up rather than ride one of two elevators.



Right: Flexible, adaptable design, generously sized indoor and outdoor spaces, and leading-edge technology enabled The Center to remain engaged with members and begin to engage with its new community despite opening its doors for the first time during the pandemic in 2020.



“With opportunities for pursuing good health, seniors increase their social and economic participation in our community while reducing healthcare costs.”

The Center at Belvedere
Charlottesville, VA

DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee’s responsibility for this exhibit. That responsibility included: Senior Center Design Specialist

Peter Thompson, Executive Director
Senior Center, Inc.

Making Smart Use of Limited Space

EXHIBIT 5

Miami Springs Adult Community Center, Miami Springs, FL

Architectural Firm of Record: Bermello-Ajamil & Partners

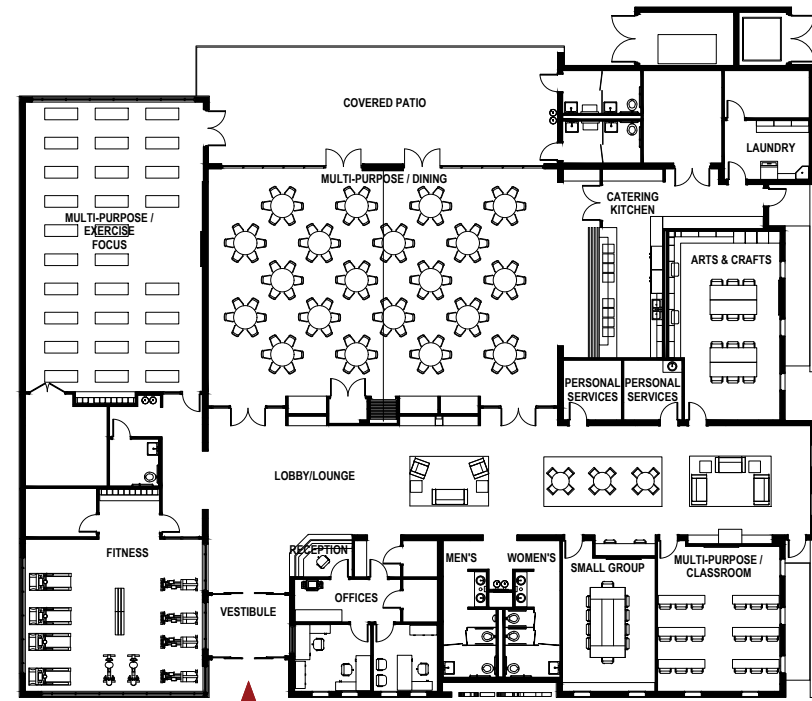
Completion: 2020

Role of Nominee: Senior Center Design Specialist

For four decades the City of Miami Springs provided limited senior services out of a converted park pavilion on a tight site. In 2016 they reached out to Doug to study options for constructing a larger, state-of-the-art replacement facility to accommodate significant expansion of services for its rapidly growing senior population.

Doug developed a program that offered flexibility and adaptability to support a diverse roster of activities without sacrificing essential details that effectively match specific programs and services with *program space*. He presented multiple layout options with appropriately scaled and spaced furniture and equipment in place to give the client team an accurate understanding of group sizes that could be accommodated for various activity types.

The architectural program and conceptual site and space plans developed through that study became the basis of design as the project moved forward. Doug continued as Senior Center Design Specialist to the project under contract with the City through design and construction. **His role was proactive and educational, providing both the client and design teams with an essential understanding of key issues in successful senior center design, facilitating the informed discussion of details and options at all stages of project completion.**



DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee's responsibility for this exhibit. That responsibility included: senior center design specialist.

Tammy Romero, Assistant City Manager
City of Miami Springs, FL
Client team leader

Doug organized the programmed spaces for the 11,000 square foot building around a central lounge for operational efficiency. This area serves effectively as breakout space for the large multi-purpose room that houses a daily luncheon program for 200+ participants who also enjoy the option of covered patio seating. Restrooms are centrally located for easy access, with a private option that doubles as a changing room adjacent to the exercise rooms.



Giving Form to a New Identity

125 LIVE, Rochester, MN

Architectural Firm of Record: TSP

Completion: 2016

Role of Nominee: Senior Center & Universal Design Specialist

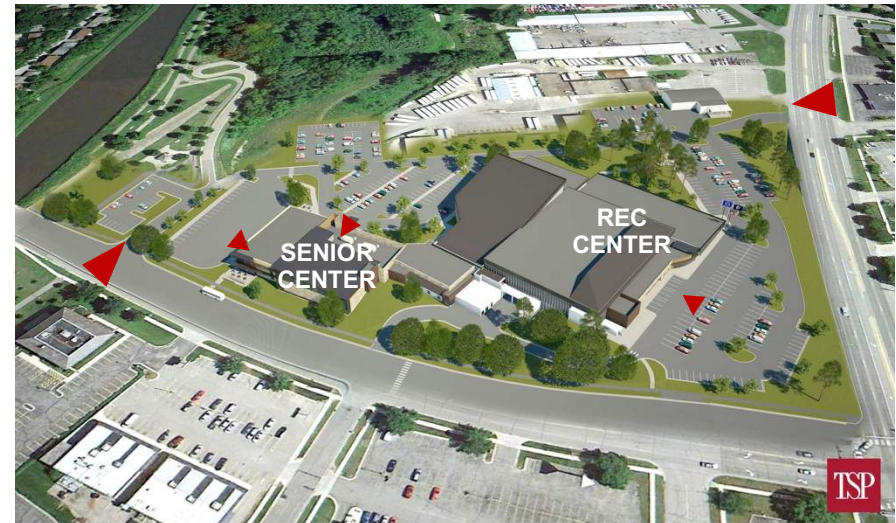
Reinventing the Rochester Senior Center

As the (non-profit) Rochester Senior Center moved into the new millennium it was increasingly burdened by an outdated facility that was a poor fit for its future vision. In a unique public-private partnership the City of Rochester agreed to build a new Senior Center (for the non-profit to operate) as an addition to the existing Rochester Recreation Center. Composed of two ice sheets, a gym, and a competition pool, the Rec Center would also be updated as part of the design team's efforts. A new warm water exercise and lap pool would link and be shared by the conjoined facilities. **Doug's pivotal role focused on all aspects of senior center programming and design, and the effective implementation of universal design in the Rec Center upgrades.**

Site navigation, safety and parking were especially significant concerns for a senior center that would share its site with Rec Center events involving hundreds of vehicles and people of all ages. Doug worked closely with the site design team in the review of options for separating senior center drivers/vehicles, pedestrians, and parking from other Recreation Center-bound participants as much as possible. The slope of the site lent itself well to creation of a two-story senior center with at-grade entrances on different sides of the building, each with its own parking lot. The main entrance to the north is supported by a large senior-friendly parking lot, while the "lower" entrance offers direct access to a café operated by a commercial partner within the senior center on a separate schedule.

From the 125 LIVE website: *The state-of-the-art facility has the amenities and space needed to grow new and innovative programming. It enables us to develop multi-generational programs with the City's Parks & Recreation Department and host other community partners with an interest in enriching the lives of adults.*

EXHIBIT 6



The Senior Center adopted a new name and identity as it moved into its beautiful new building in a high-profile location. The sleek contemporary design captures the interest of community members of all ages, with some programming and membership privileges now extended to adults over 18.

Delivering a Professional Caliber Experience

Doug spearheaded a movement away from over-dependence on generic multi-purpose spaces that fail to deliver the professional caliber experiences that increasingly discerning consumers of fitness, arts, and lifelong programs and amenities expect.

Dedicated exercise studios with adjustable lighting and temperature environments, joint-friendly flooring, mirrors, and plenty of storage space for equipment have become staples in most new centers today. Art studios are designed with the specific media to be taught there in mind, leading many organizations to include two: one for “cleaner” arts and crafts and another for “messier” media that generate dust or require special clean-up accommodations. The warm water pool at 125 LIVE (an amenity high on the wish list but less often in the budget for new centers today) was envisioned with Doug’s input to create a stigma-free environment in which adults of all ages and abilities could function seamlessly.

A large, flex-use assembly and dining space remains an important part of the formula for a complete senior center so that sizeable groups can gather for socialization and entertainment-focused functions. To optimize usefulness of the space on a day-to-day basis, Doug often incorporates (motorized) acoustic partitions so the space can be divided into smaller sections. Windows offering attractive views at 125 LIVE (below) deliver character and ambiance to spaces that are used for a broad cross-section of activities.



DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee’s responsibility for this exhibit. That responsibility included: senior center design specialist.

Steven Sorensen, AIA, Principal (retired), TSP
Principal-in-Charge

Designing an Informed Planning Process

EXHIBIT 7

Active Adult Center Planning Study, City of Amarillo, TX

Architectural Firm of Record: Lifespan Design Studio, LLC

Sub-Consultants: Jill Jackson-Ledford, MSW, Senior Services Specialist, GSB, Inc., elevations, renderings and cost estimating

Completion: 2019

Role of Nominee: Principal in Charge, Senior Center Design Specialist

In 2018 the City of Amarillo Texas conducted a nationwide search for qualified professionals to determine and analyze emerging needs and interests of its growing 50+ population and envision a new approach for accommodating senior services and amenities. A multi-disciplinary team assembled and led by Doug Gallow was selected to complete the two-phase effort that yielded a comprehensive community needs assessment report with recommendations; architectural program for a new 49,000 square foot Active Adult Center bringing multiple service providers together under one roof; preliminary site plan, floor plan, elevations and renderings; a proposed systems narrative and detailed project cost analysis. A site evaluation matrix to support review of potential locations for the proposed facility also was provided. **This extraordinarily deep dive into needs and options analysis provided the City with a valuable tool for addressing service and facility planning in a highly effective coordinated process.**



Doug guided development of the vision for a leading-edge active adult center that combines extensive recreation, fitness and leisure amenities to be offered through Parks & Recreation with lifelong learning, arts, health & wellness programs and services to be provided by multiple public and private sector partner agencies.

DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee's responsibility for this exhibit. That responsibility included: senior center design specialist.

Linda Pitner, Senior Services Coordinator
City of Amarillo, TX
Client team leader

"Doug provided exceptional foundational work as the City tackled its first planning efforts regarding services and facilities to address the needs of the City's senior population."

Linda Pitner, Coordinator

Balancing Public & Private Space

EXHIBIT 8

The Mirowitz Center and HJ's Café at Covenant Place II, St. Louis, MO

Architectural Firm of Record: Lawrence Group

Completion: 2020

Role of Nominee: Senior Center & Universal Design Specialist



*“The Center was quickly embraced by the greater community. **Participation has grown with over 4,500 individuals involved in the first year.**”*

- Joan Denison, President & CEO, Covenant Place

Doug approached each challenge from a perspective that effectively balanced customer service, operational efficiency, and key issues in universal aging-friendly design that impact the quality of the end-users' experience. **The new facility effectively demonstrates an emerging approach to the integration of senior center services into the fabric of the community that is widely regarded as the leading edge in the senior center industry today.**

Developing a successful colocation concept

The owner of Covenant Place II recognized the unique challenges in designing a four-story building with low-income senior housing on the upper levels and a multi-service senior center that would be open to residents *and* the surrounding community at street level. **Doug was brought in to work closely with the owner, developer, and design team to oversee critical issues in programming and design for the senior center, and universal design for the entire project.**

Key challenges that he addressed with the project team included:

- Creating distinct identities for the housing community, senior center, professional services and commercial café contained within the building.
- Effectively balancing residents' privacy with ease of access to the life-enriching onsite amenities.
- Making it simple for non-resident patrons of the senior center and on-site professional services to identify the appropriate entrance, park, and make their way into the building without confusion.



Although the senior center and building residents share a common entrance and reception desk, a strategically located pinch point signals the transition from public space to private and positions the receptionist to control access. A fireplace adds warmth to the lobby and invites people to gather informally. Interior glass etched for semi-privacy offers enticing glimpses of activity in adjacent activity rooms as you enter the building.



Strategic planning for storage accommodations in this multi-purpose room keep furniture, equipment and supplies used for a variety of activities ranging from religious services to arts programs, movies and receptions secure and out of the way when not in use.

“Doug brings his collaborative passion for creating spaces that are safe, engaging, responsive, and beautiful to every design challenge based on his lifetime of dedicated experience and authentic understanding of how we all live, work, and play as we age. Through his expansive portfolio of work that includes numerous state of the art design solutions, including the Dr. George Davis Residences/Senior Center and Covenant Place Phase II, he has expressed the most successful strategies that he has honed to help his clients achieve their unique visions.”

Randy Rhoads, Project Manager
McCormack, Baron, Salazar, Developer



HJ's Café welcomes the general public via its prominently positioned entrance easily spotted as vehicles enter the site. Customers enjoy the vibrant contemporary décor without realizing that the flooring, lighting and sound environments, furnishings and other details were all carefully selected in keeping with guidelines that Doug provided for the safety and comfort of people of all ages and abilities. Meals offered through the Older Americans Act funded Senior Nutrition Program are enjoyed in style and without stigma along with other items from the eatery's Kosher and non-Kosher menus.

DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee's responsibility for this exhibit. That responsibility included: senior center and universal design specialist.

Randy Rhoads, Project Manager
McCormack Baron Salazar, Developer

Spreading the Word About Universal Design

EXHIBIT 9

Westlake Senior & Community Services Center, Westlake, OH

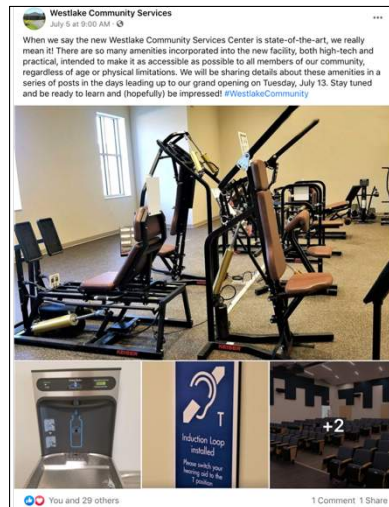
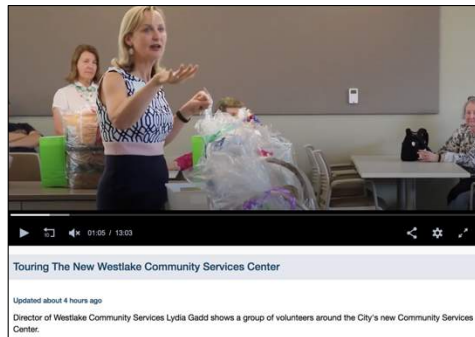
Architectural Firm of Record: DS Architecture

Completion: 2021

Role of Nominee: Senior Center Design Specialist

A Director with a Mission

The story of this project offers a perfect summation of Doug's far-reaching impact as a senior center design specialist. Tasked with overseeing design for a new facility, Community Services Director Lydia Gadd traveled to a conference of the National Council on Aging to attend Doug's presentation on **Buildings Boomers Want to Go To**. The relationship they forged that day launched a process that spanned program needs analysis, an extensive site search, a meticulous design process, and construction. The process continues today as Lydia conducts dozens of tours with patrons, curious community members of all ages, and her peers from other centers. While the beautiful building is the star of the tour, Lydia keeps the focus on the details in the design that make all the difference in the quality of experience the center's patrons enjoy. She has also recorded a series of videos on YouTube and the center's Facebook page showcasing user-friendly details throughout the building.



A Room with a View

The site selected for the new center was nestled within a lush park. Doug recognized that the opportunity to offer views of the gorgeous landscape also brought the challenge of managing natural light effectively for patron safety and comfort. Electronic shades allow large masses of glass in the art and assembly rooms below to be uncovered most of the time or covered with the push of a button to block the sun or darken the room as needed. Window sills are low for easy views when seated.





The central courtyard at the core of the building offers yet another reminder of the center's natural setting. The corridors that surround it are infused with conscientiously managed natural light, while views across the courtyard and super-sized room signage enable everyone to maintain their bearings wherever they are in the building. Interior lighting levels are balanced with the abundant natural light sources to avoid disorientation that can occur when older eyes are challenged by harsh lighting transitions.

DECLARATION OF RESPONSIBILITY

I have personal knowledge of the nominee's responsibility for this exhibit. That responsibility included: multiple pre-design studies and senior center design specialist during design.

Lydia Gadd, Director of Community Services
City of Westlake, OH

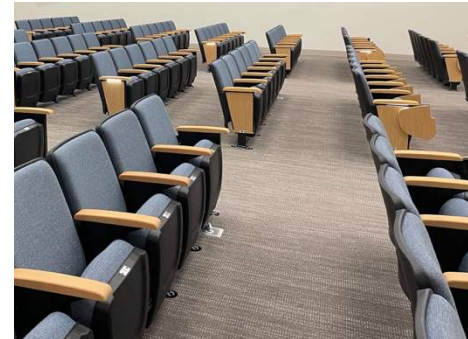
The Difference is in the Details

"We conduct a minimum of six tour groups per week. Our 'tourists' are amazed and impressed at the level of thought that went into every detail of this project."

Lydia Gadd, Director of Community Services



The process of getting from your car, through the door, and to your destination within the center was an important part of Doug's focus. The northeast Ohio climate called for heated sidewalks to protect against snow and ice. Walk-off carpet that extends from the generously sized vestibule to the reception desk ensures that water and salt are shed before guests continue on to their destination activity.



Under Doug's direction rows of seating in the auditorium were intentionally kept short and widely spaced to allow people to pass with ease. The outer arms of several aisle seats fold up to allow for transfer from a wheelchair, and folding tablet arms facilitate note taking.