Lymes' Senior Center

BUILDING PROJECT
INFORMATION PACKAGE

Overview

Building Committee

For Old Lyme:
Jeri Baker – Chair
Arthur "Skip" Beebe
Bennet J. Bernblum
Ken Biega
Dr. Richard Goulding

For Lyme:
John Kiker – Co-chair
Russell Learned
Alan Sheiness
Mary Stone

Ex officio:
Timothy Griswold
Steve Mattson
Stephanie Gould

- The Lymes' Senior Center is a municipal agency that is part of the towns of Old Lyme and Lyme and serves both retired and working members of the community 55 and better. It also houses the local VFW post, town nurse and is the respite center during weather emergencies/power outages.
- The center was built in 1995-96, with HVAC upgrades accomplished in 2016. Both towns are responsible for the building and grounds with a 75/25 split in funding.
- All programs and activities offered at the center are funded solely by membership dues and donations.
- The building committee was charged by the towns to look at renovation and reconfiguration of the center in response to increasing challenges meeting the needs of its membership.

Considerations and Challenges

Physical

(-) Roof and siding have deteriorated over time

(-) Covered overhang is small and emergency vehicles cannot fit under the overhang

(-) Flow is confusing, accessibility to certain areas is limited

(+) Bones and internal mechanicals considered to be sound

(+) HVAC is no more than five years old

Program

(-) The space is too small for the number of programs being offered

(-) Unable to conduct simultaneous programs even though the demand is there

(-) Flooring is not suitable for dance, exercise and yoga programs

(-) Wait lists have become common due to space constraints

Membership and Usage

- LSC currently has 969 members
  - Out-of-town membership 143; cross-town usage is a common phenomena in our regional area.
  - Out-of-town members are charged $10 membership dues (vs $5 for residents).
- Pre-pandemic, membership peaked at 1006 members. Membership dropped to a low of 554 during the COVID closure, and has been steadily recuperating since the center re-opened.
- At peak, LSC had over 27,000 annual visits. That was over 15 visits per year per member, almost 500 visits per week, over 100 visits per day.
- The Lymes' Senior Center is a vital component of the two towns' social services for the elderly, needy, and those with limited resources and mobility.

Active Memberships

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
2020	*879*	*898*	*942*	*969*	*964*	*963*	*969*	*977*	*1000*	*1006*	*973*	*946*
2021	*585*	*569*	*566*	*554*	*556*	*584*	*596*	*637*	*677*	*701*	*727*	*773*
2022	*879*	*963*	*967*	*969*								

Active memberships dropped almost in half during the pandemic but have largely recovered.

Monthly Activity - Usage volumes

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
2019	*1795*	*1965*	*2298*	*2354*	*2645*	*1998*	*2965*	*2166*	*2157*	*3034*	*2392*	*1867*	***27636***
2020	*2658*	*2296*	*1087*	*124*	*46*	*21*	*508*	*594*	*229*	*306*	*281*	*342*	***8492***
2021	*162*	*269*	*390*	*166*	*494*	*605*	*562*	*782*	*1083*	*1356*	*1438*	*1197*	***8504***
2022	*1144*	*1348*	*1437*						*March 2022 annualized -->*				*17244*

LSC offered 2,863 program-sessions in the year before the pandemic, 11 per day. LSC offered 1,187 program-sessions in the last 11 months- avg of 5 per day- but exit rate is at/near same 11 per day.

Programs and Services - Types

Social Services

- Meals
  - Meals on Wheels*
  - To-Go meal pick ups*
  - In-person congregate luncheons
- Wellness programs
- Personal services
- Vital products drive-thru

Activities

- Exercise programs (yoga, aerobics, t'ai chi)
- Tap and line dance classes
- Card games, Wii, bridge
- Art groups, Craft groups, and Classes
- Entertainment (ie, movies, theater, music)
- Day and overnight trips

** LSC hosts Meals on Wheels and To Go Meals. The programs are funded by the Estuary Council.*

Other Programs and Services

- Annual summer outdoor concerts
- Annual Memorial Garden
- Annual Luncheons
- Rental of facility for private function
- Musical entertainment [to accompany luncheons and other separate events]

Point One

Point One conducted workshops to gather and document comprehensive input from stakeholders.

Describe, with three words....

how you currently feel about your existing space

- Small - Cramped
- Out Dated
- Inflexible

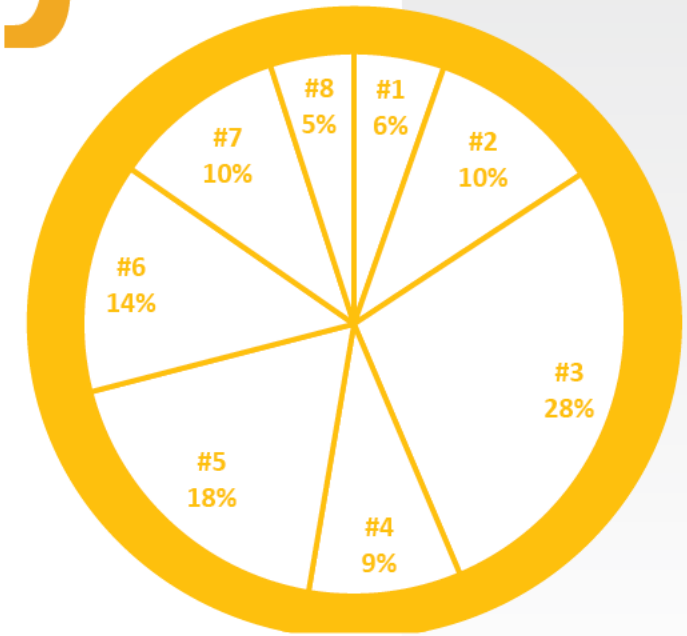
Statement:

You believe the space is not current not sized and configured appropriately to accommodate your programs. The current finishes feel outdated and do not reflect the energy of your 55 + Better community.

28	adding more space with an addition
18	separate/flexible open space
14	quiet rooms/space
10	energy efficiency
10	technology upgrades
9	upgrade interior finishes
5	curb appeal
5	outdoor improvements
100%	

top 3
60%

ranked spending priorities



Lymes' Senior Center

Point One Architects

Additional Critical Feedback

Worries:

- Slippery flooring when we have dance classes
- Size and privacy of the activity/exercise/bowling area
- Condition of the porch and blinds
- The location of the porch. I would love to enjoy a porch that was a visible and easily accessible front porch, rather than a hard to get to back porch (need to go through an exercise, dance, bowling, lunch event to get to it from inside the building) Also it would be great if it was a sunny 3/all season type room.
- Lack of storage - for center equipment
- Lack of storage for members coats, shoes, ... during exercise classes. Right now members put coats on lunch tables, which during certain times interferes with lunch setup.
- Lack of private space for staff.

Additional Critical Feedback

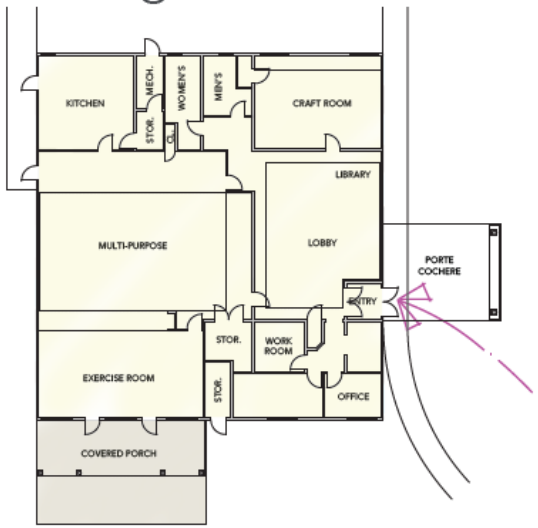
If you could change only one thing at the Center what would it be?

- Renovations to the building - I think some of the space could be reconfigured to make better use. More storage, cubbies for people's belongings during classes (instead of all over the tables), user friendly flooring in the main room. Seperate dining area for daily lunches - give it a cafe feeling.
- Bigger exercise room!
- The activities room is too cramped, more space and privacy (not setting up for lunch or another activity while an activity is in session).
- If I could change one thing right now it would be the slippery floor.
- Do something with the porch. Right now it makes the center look sad and unkempt.

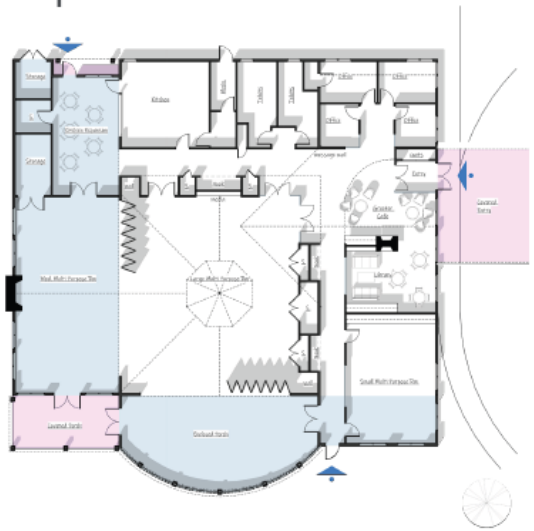
Program Comparison

Lymes' Senior Center			
	Existing	Option 1	Option 2
Covered Drop Off	485 sf	905 sf	950 sf
Lobby	938 sf	689 sf	713 sf
Craft Room	539 sf		
Closet / Storage	250 sf	273 sf	276 sf
Offices	426 sf	460 sf	460 sf
Kitchen	410 sf	834 sf	410 sf
Large Multi-Purpose Room	2261 sf	1866 sf	1866 sf
Patio	350 sf		
Covered Porch	409 sf	293 sf	937 sf
Enclosed Porch		851 sf	778 sf
Medium Multi-Purpose Room		1034 sf	1374 sf
Small Multi-Purpose Room		625 sf	710 sf
	5800sf	*8600sf*	*9900sf*
		*$3.4 M**	*$3.7 M**

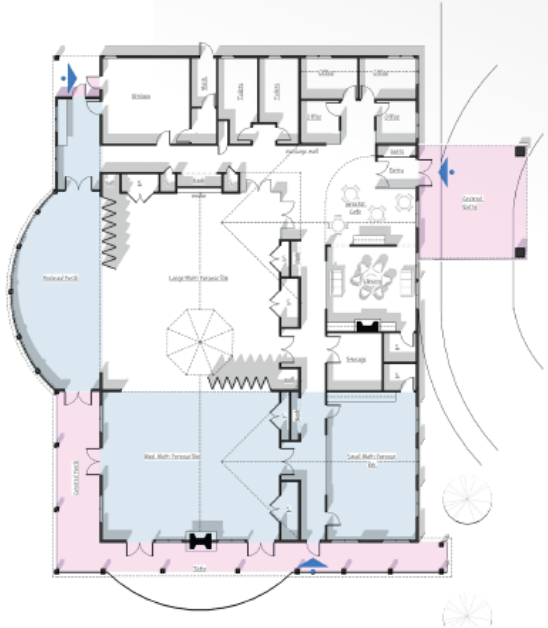
existing



option one



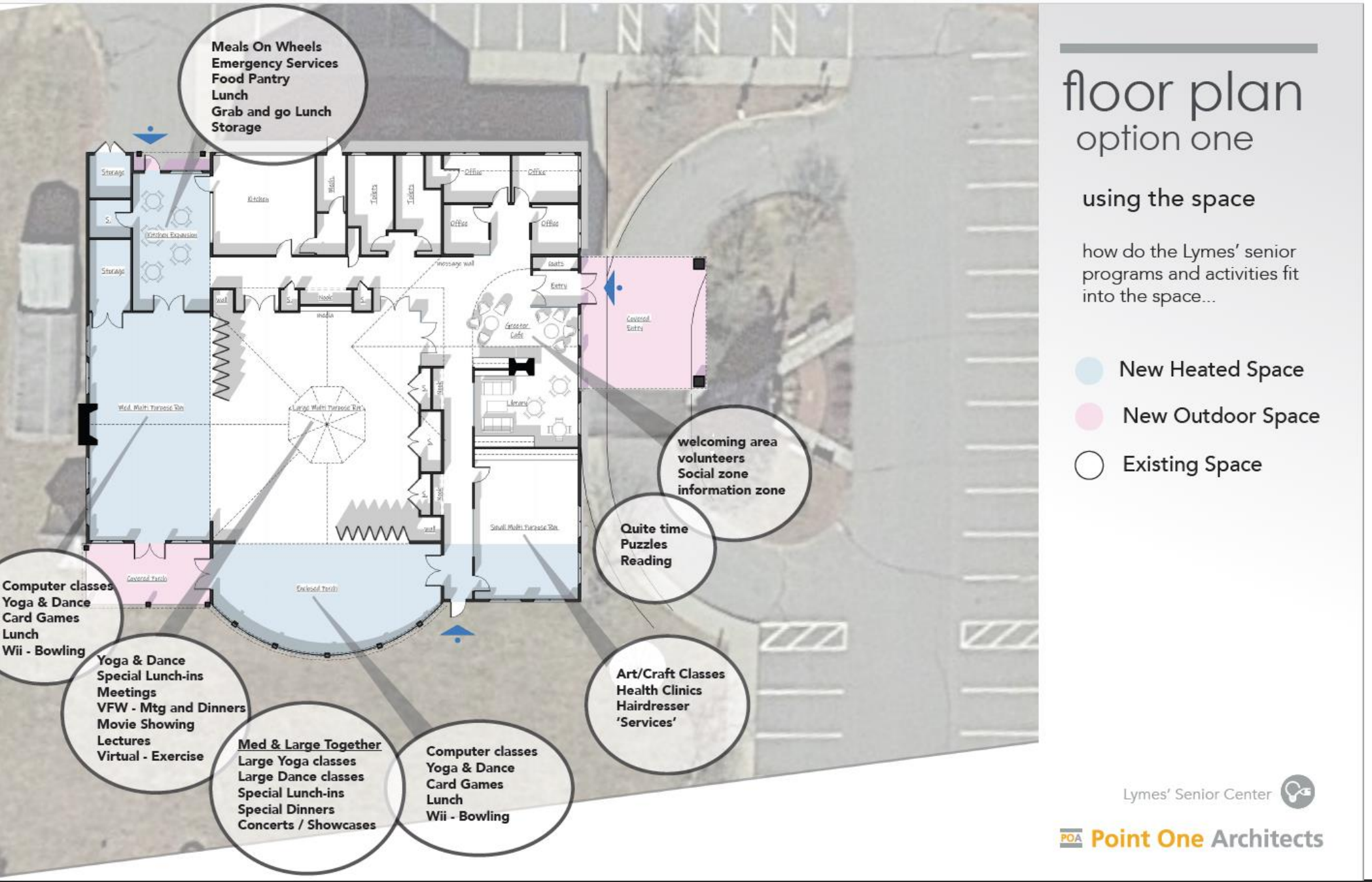
option two



Option One

Addresses most of LSC's needs... with a lower cost... and smaller footprint... and retains the highly valued and greatly needed additional dining space.

** Nominal numbers not adjusted for inflation*



<u>Option One</u>
Essential design features:

- *More space*
- *Dedicated dining space*
- *Flexible room configurations*
- *Welcome area and drop-down space*
- *Easy flow from area to area*
- *Improved access including covered porch*

The project was costed out both as a new build and a renovation:

Build New

- Projected Cost: $4,818,000*
  - Marginal exterior benefits or economies
  - Disruption to vital social services, activities and programs
  - Demolition of essentially sound infrastructure including relatively new HVAC systems

Renovate In Place

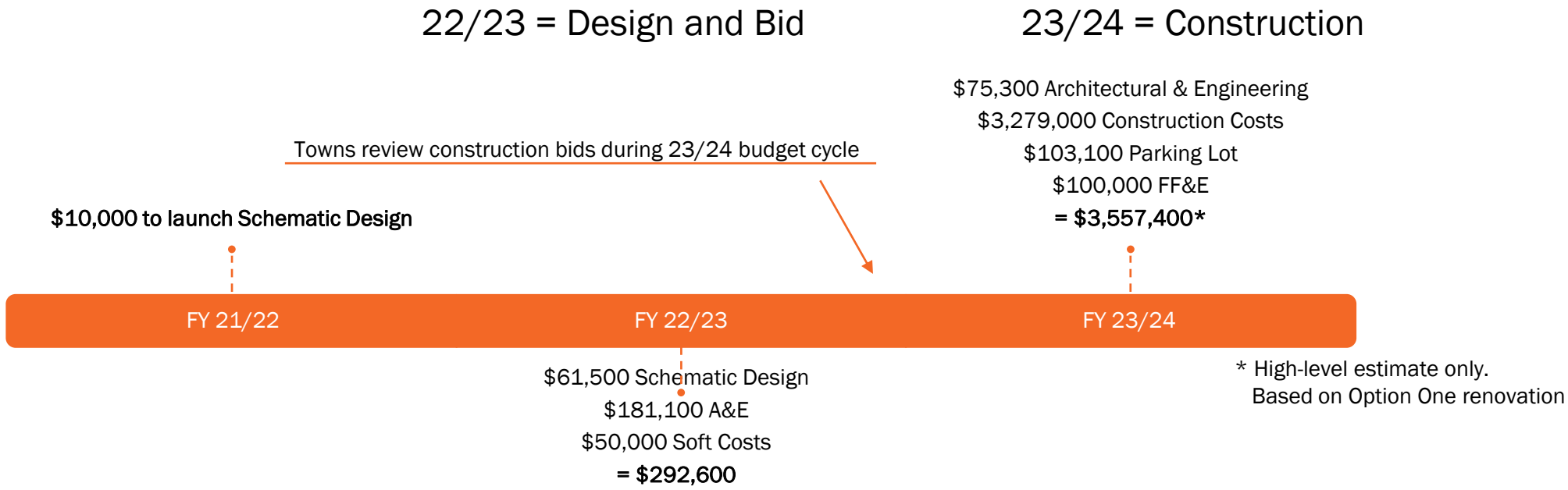
- Projected Cost: $3,860,000*
  - Option One internal design
  - Obtain all the functional needs for less cost
  - Preserve essentially sound ‘bones’
  - Retain recently upgraded HVAC systems

The option to demolish and build new over the same footprint was explored. Very little measurable functional improvement would be obtained, but the costs would rise by almost $1 million. Based on this, the project is recommended as a renovation with expansion.

** Adjusted for an inflation factor over the timeline horizon*

Project Timeline

Inflation factors applied



Lyme Share*	*included within 21/22 Budget*	$73,150	$889,350
Old Lyme Share*	*included within 21/22 Budget*	$219,450	$2,668,050

** Based upon existing written agreements that govern capital cost-sharing at 25%/75%.*