

*DATE: 2021 - NOVEMBER 10*

*TIME: 7 PM - 9 PM*

*LOCATION: MSC LOCATED AT 3600 TREMONT ROAD*

# **UACC**

## **OPEN HOUSE #2**



# UACC Community Open House Agenda

**Welcome**

**Team Introduction**

**UACC and Partner Mission & Goals**

**Multi-Purpose & Multi-Generational Spaces**

**Tonight's Activities**





Welcome and Introductions

The UACC must reflect the  
values and anticipate the future  
needs of Upper Arlington





## UACC Timeline

- Jan 2021** (CCFTF) determined UACC is feasible
- Jan 19, 2021** City Council approved legislation to bring the proposed UACC to a vote of the people
- May 4, 2021** UA voters approved the UACC Ballot Issue by approximately 80%
- Aug 30, 2021** City Council authorized the City to hire a team to commence the UACC design
- Sept 2021** UACC Team Design Team kickoff





# Team Introductions

## CLIENT



**City of Upper Arlington**  
Upper Arlington Community Center



**Pizzuti Solutions**  
Owner's Representative

## PROJECT TEAM



**Keith Hall**  
Principal in Charge



**Katie Freeland**  
Project Manager

**Michael Schuster**  
Design Principal

**Lindsey Peckinpaugh**  
Programming and Community  
Engagement Lead

**Bryan Schabel**  
Design Principal

**Sarah Engle**  
Interior Designer

**Amina Helstern**  
Sustainability Expert

**Katelyn Younger**  
Graphic Designer

## SUB CONSULTANTS



Landscape Architect



Civil Engineer



Structural/Envelope  
Specialty Consultant



THEATRE PLANNERS / LIGHTING DESIGNERS  
Lighting Consultant



Acoustics Consultant



Aquatics Consultant



# UACC and Partner Mission and Goals



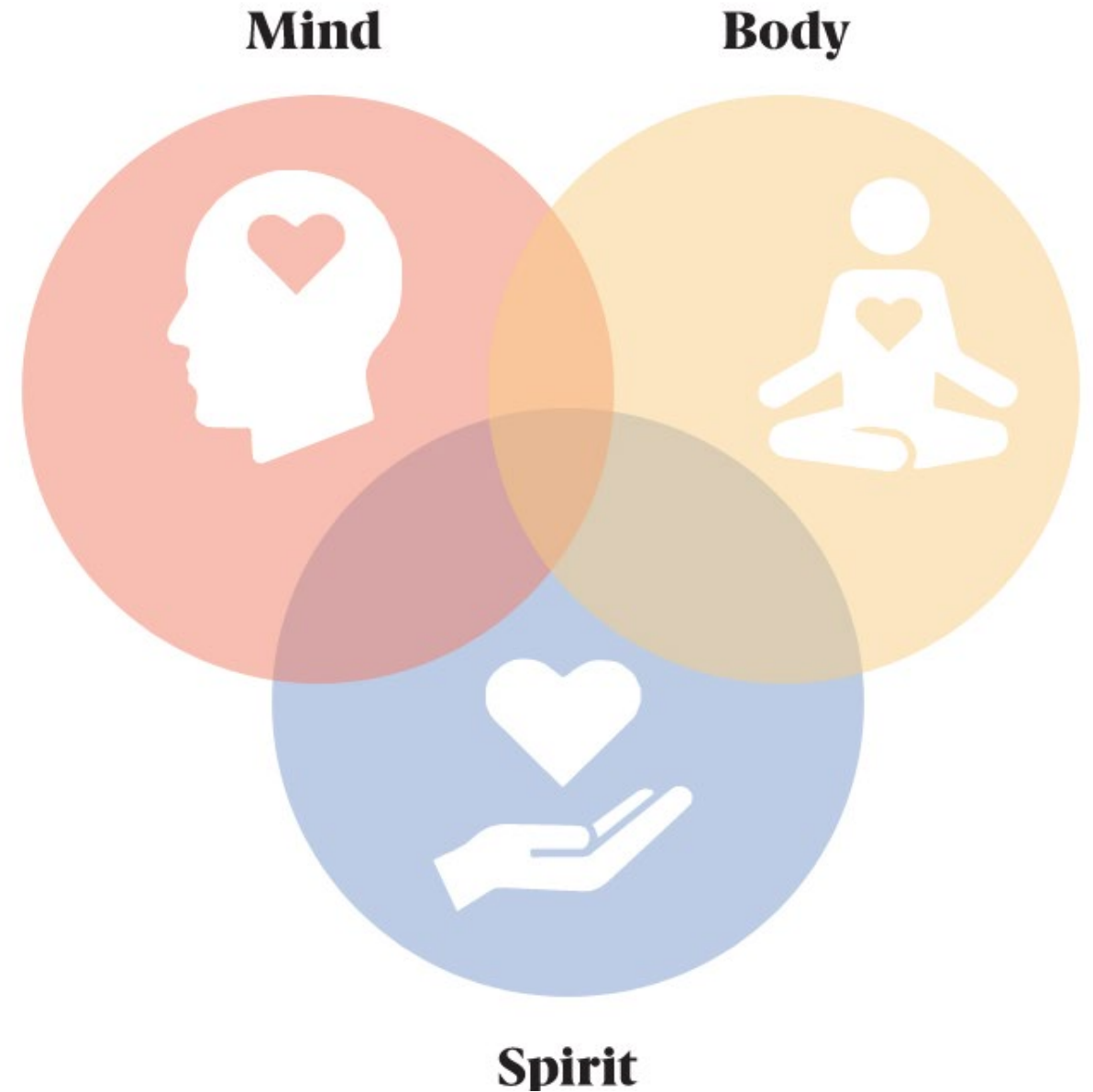
UPPER CALIFORNIA EDUCATION FOUNDATION  
BENEFIT REGULATION  
JULY 1, 1991

CC



## UACC and Partner Mission & Goals

**A true community center that promotes holistic well-being**



UACC and Partner Mission & Goals

**Across the entire age spectrum...**





## UACC and Partner Mission & Goals

**Welcoming**  
**Inclusive**  
**Functional**  
**Collaborative**  
**Visible**  
**Comfortable**  
**Flexible**  
**Adaptable**

**Accessible**  
**Durable**  
**Service Oriented**  
**Safe & Secure**  
**Connected to Nature**  
**Clinical/Therapeutic**  
**Instructional**



# Upper Arlington Community Center Partnership

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Jodi Kuri PT, MPT, OCS  
Ambulatory Director of Wellness



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER



# Ohio State Wexner Medical Center's integrated approach to helping Upper Arlington's residents live their healthiest and best life.

- Integrative Medicine
- Physical Therapy
- Survivorship Center
- Multigenerational programming
- Sports Recovery Lounge
- Integrated Programs



# Integrative Medicine

Dedicated to healing the whole person. Our approach combines both conventional and complementary therapies provided by practitioners who have the highest level of licensing and certification. Offerings will include: massage, wellness programming, preventative medicine, chiropractic services, acupuncture and specialty programming.





# Integrative Medicine Offerings



## Acupuncture:

3,000 year-old Chinese technique that stimulates precisely defined points on the skin using either a thin needle or massage and pressure. This treatment can relieve joint, neck and back pain; headaches; and fibromyalgia.



## Ayurveda:

Holistic approach to health care used to prevent disease, maintain optimal health and manage chronic disorders. It helps return the body to a natural, healthy balance through personalized dietary recommendations, lifestyle recommendations, herbal mixtures, yoga, breathing and meditation techniques.



## Chiropractic Care:

Focuses on the relationship between the body's structure – mainly the spine – and how it functions. Chiropractors make adjustments (manipulations) to the spine and other parts of the body to correct alignment problems, relieve pain, improve function and support the body's natural ability to heal. Chiropractic care may relieve lower back pain, chronic neck pain, headaches, joint pain and whiplash injuries.



## Integrative Medicine Consults:

Conventional and nontraditional treatments to heal the whole person, providing a personalized plan of care for specific diseases, conditions or symptoms including lifestyle medicine.



## Therapeutic Massage:

Personalized approach to whole body healing used to relieve pain, stress and anxiety while promoting well-being. Our experienced licensed massage therapists are committed to improving patients' lives by providing expert therapeutic massage services.



## Nutrition Counseling:

One of the primary pillars of good health and longevity, the right kind of food is medicine. Nutrients fuel our bodies to move, think, repair and detoxify. Likewise, the wrong kind of food can slow down metabolic processes and diminish health and vitality. Meeting with our nutritionist involves a detailed nutrition history, along with discussion about health concerns and current laboratory markers of health or disease to develop a plan for better health.

# Physical Therapy

**Orthopedic Physical Therapy Practice** – Physical therapy for all orthopedic needs and diagnoses from adolescence to geriatrics.

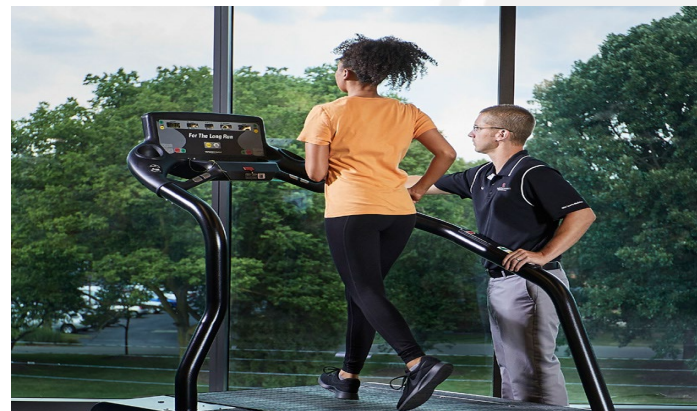
- **Geriatric Specialty Rehabilitation:** Specialty care for the older population performed by clinicians specifically trained to work with the physical needs of this population. This space will allow for improved access to physical therapy and innovation of geriatric programming and community living in place.
- **Vestibular Rehabilitation:** Treatment aimed at restoring function for individuals with complaints of dizziness and balance problems that affect their quality of life. Patients that may benefit from vestibular rehab range from athletes recovering from concussions to older adults with increasing falls.





# Physical Therapy

- **Pelvic Health Rehabilitation:** Treatment that focuses on the pelvic floor muscles, abdomen and hips helps with a variety of issues, including pelvic pain, incontinence and post hernia repair. It also benefits women who are pregnant or postpartum or anyone experiencing urinary or bowel issues.
- **Orthopedic Wellness Screening:** Opportunities for community members to work with licensed physical therapists to assess movement, strength, flexibility and endurance prior to initiating a wellness program at the Fitness Center. This assessment can help guide program development tailored to the individual when working with the fitness center staff.



# Survivorship Center

**Survivorship Center** – Survivorship services that encompass holistic assessments during and after cancer treatment

- **Oncology Rehabilitation:** addresses musculoskeletal effects from treatment by providing physical therapy, occupational therapy, integrative pain management and consultations for nerve impairment
- **Integrative Oncology:** services that may include therapeutic massage, acupuncture, reflexology and reiki





# Survivorship Center

- **Psychosocial Oncology:** provides individual psychotherapy for cancer survivors and caregivers with licensed psychologists and social workers as well as expressive arts (art and music therapy)
- **Sexual Health and Family Planning (Oncofertility), and the Adolescent and Young Adult (AYA) Program:** program that provides specialty support for those planning for families and cancer survivors aged 15 – 39
- **JamesCare for Life Programming:** experiential programming that includes Educational Conferences (i.e. disease specific conferences, career/vocational, Lunch & Learns); Monthly support groups; Family, Teens & Children programming; Introduction to exercise, (i.e. gentle stretching/movement, yoga, tango classes, aquatic aerobics); Mind/Body/Spirit Training (i.e. mindfulness, meditation, journaling); and a robust program on nutrition and cooking that also includes participation in the Garden of Hope



# Older Adult Programming will offer services designed to meet the needs of the older population utilizing an intergenerational approach





# Specialty Areas/Programming

**‘Exercise is Medicine’ (EIM) Program** – In 2007, the American College of Sports Medicine (ACSM) and the American Medical Association (AMA) co-launched Exercise is Medicine® (EIM)—a United States-based health initiative that has since been coordinated by ACSM. The purpose of EIM is to make physical activity assessment and promotion a standard in clinical care, connecting healthcare with evidence-based physical activity resources for people everywhere of all abilities. The scientifically proven benefits of physical activity remain indisputable, and they can be as powerful as any pharmaceutical in preventing and treating a range of chronic diseases and medical conditions.



# Specialty Areas/Programming

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**Sports Recovery Lounge** – Space dedicated to educate and offer cutting-edge recovery, athletic training and health practices to the community. Our goal is to empower our clients to take control of their health and well-being

**‘Mindfulness in Motion’ Program:** small-group sessions for stressed working adults to learn techniques in mindfulness and resiliency. The 8-week course provides: significant decreases in perceived stress, lower levels of stress and inflammation, plus increased resilience and work engagement. Course instruction includes practicing mindfulness and identifying stress triggers to help participants become more present in daily life utilizing relaxation techniques, effective sleep habits, gentle yoga and mindful eating techniques. (Eight 1-hour weekly sessions typically during breakfast, lunch or dinner, which can be provided)





**Thank you!!**



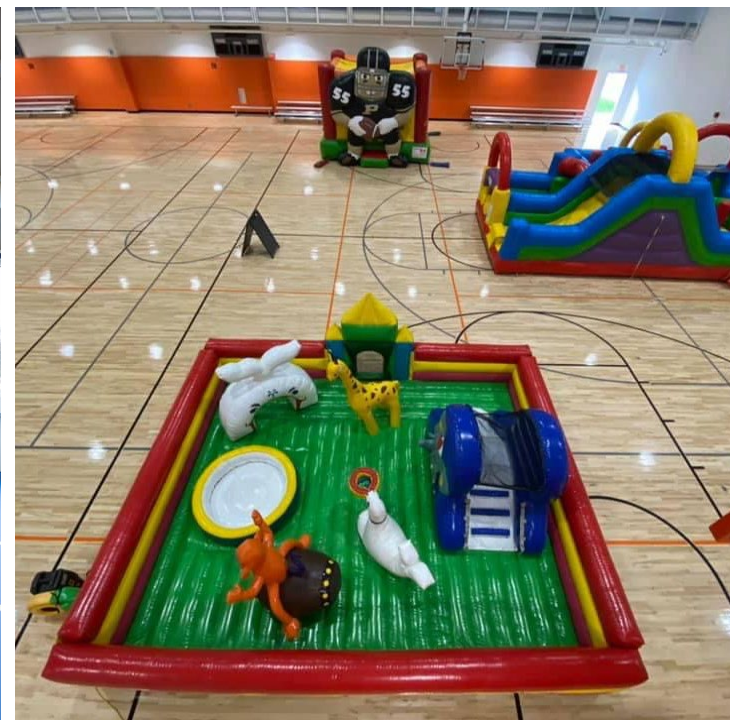


# Multi-Purpose & Multi-Generational Spaces

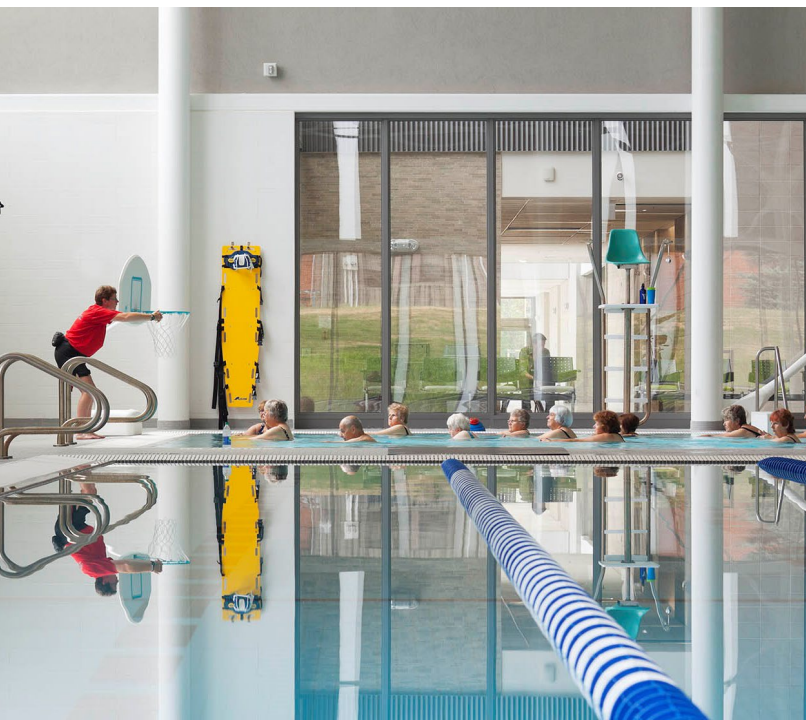




# Gyms









# Fitness





# Group Exercise





# Meeting Rooms





# Program Rooms





# Social/Lounge Spaces





# Tonight's Activities

- **Planning Strategy Stations**
- **Program Use Boards**
- **UACC Vision Wall**

## Next Steps

- Participate in tonight's activities
- Please sign-in/sign-up for Focus Groups at the general info table
- Sign up for updates at [www.uacommunitycenter.com](http://www.uacommunitycenter.com)
- Check website for recording and leave feedback
- Encourage your friends, family, etc. to come Co-Create!
- Save the date Community Meeting #3 – February 17, 2022

