

Outlook

"Your project. Our passion."

CAPE CORAL HOSPITAL SHAPING A HEALTHIER COMMUNITY

Lee Memorial Health System Cape Coral Hospital has embarked on a new wellness initiative that goes beyond just treating patients; the goal is to build a strong community by providing an environment that helps patients, hospital staff, and the community live a healthier lifestyle.

If there's one thing we've learned throughout the last few decades, it's that living a healthy active lifestyle through nutrition and exercise lowers your risk of chronic disease. Rather than simply being reactive and treating symptoms to help cure illness, we've discovered that measures to prevent diseases are more effective.

As part of their overall system strategy for health, wellness, and well-being, Lee Memorial Health System (LMHS) has decided to implement a wellness initiative, which focuses on the patient's overall well-being. The Samueli Institute in Virginia developed a program referred to as an Optimal Healing Environment (OHE) and chose LMHS Cape Coral Hospital as one of three recipients of a grant funded by the Department of Defense to study the benefits of OHE.



Cape Coral Hospital has begun transforming their conventional style hospital into an active arena where healthy lifestyles are abundant.

Cape Coral Hospital administrators believe in this initiative and understand that providing an environment that supports and promotes wellness, truly benefits patient healing through medicine as well as physical, psychological, spiritual behavior, and social support. The measurable benefits of implementing this OHE will be studied by the Samueli Institute.

As part of this OHE, our landscape architecture team has begun working with the hospital to establish the vision for enhancing the campus, which will include visually inspiring connecting pathways for walking, running, and biking. Appropriately named the Pathway

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Pathway to
Discovery



Horizontal
Directional
Drilling



Johnson
Engineering
Voted Best
Engineering Firm



FGCU's Newest
Place to Dunk



PEOPLE & PROJECTS: ON THE MOVE



Ricardo Acosta, P.E.
recently became a Certified Floodplain Manager (CFM) through the Association of State Floodplain Managers (ASFPM) Program.



John Glenn, E.I.
has earned his State of Florida Engineering Intern (E.I.) certification. John is a graduate of FGCU's engineering program and is pursuing his P.E. license.



Ryan Bell, P.E., PTOE
Director of our Transportation team has been elected as the Chairman of the City of Fort Myers Bike and Pedestrian Advisory Group.

to Discovery, these pathways lined with shade trees and picturesque landscaping will wind around the Heart Healthy Pond and throughout the entire campus. An assortment of exercise stations will be constructed along the pathway to encourage various trainings and workouts.

A beautifully landscaped Healing Garden has been designed just outside the Women's Care and Birthing Suites, providing a space for new and expecting parents to sit or stroll through tranquil gardens.

Another piece of this healthy campus theme includes a Wellness Education Park, which will be clinically integrated next to the fitness center and outpatient rehabilitation for therapy patients. The winding pathways are designed to include varying surface elevations and textures to provide a realistic setting for therapeutic rehabilitation. As a bonus to the community, the park will also be open to the public for their use and enjoyment.

In addition to the tangible modifications outside the building, the interior will showcase the hospital's initiative as well. Modifications such as painted and redesigned stairwells have helped to promote the Stair Wellness exercise program. Various wellness programs have been implemented in an effort to tackle obesity.

The desire to be healthy is not just for the patients, but for the hospital staff as well. Employee fitness challenges have resulted in improvements in their weight, cholesterol, AIC levels, and BMI.

Reaching out to the people of Southwest Florida, the hospital is enhancing traditional programs by training members of the community to teach nutrition, including plate size, portioning, and how to read labels. Being that the hospital is located next to Caloosa Elementary and Middle School, this overall wellness initiative also opens endless possibilities towards working together to educate children.

The institutional hospital image is a thing of the past. Today, overall well-being and healing starts with an inviting atmosphere to promote both mental and physical healing, as well as physical activity.

There are various components to this healthy puzzle that work together to form an overall wellness environment. Small changes lead to large results, and implementing this endeavor needs community support. With your support, we can continue implementing this wellness initiative and lead our community down the Pathway to Discovery of health and wellness.

If you'd like to help support this initiative and help build a healthier community, contact Christin Collins at LMHS Foundation at 239.343.6062 or christin.collins@leememorial.org. ■

"Through the work with Johnson Engineering and connecting with the community, our wellness vision will help us reach our full potential of infinite possibilities."

Scott J. Kashman

Chief Administrative Officer for Cape Coral Hospital



CONSIDER HORIZONTAL DIRECTIONAL DRILLING FOR UTILITY INSTALLATIONS

Utility installation through congested right-of-ways (ROWs) or inaccessible terrain can be difficult using traditional construction methods. Under these conditions, installation by horizontal directional drilling (HDD) warrants serious consideration. HDD allows for pipeline installation at a greater depth than typical methods, which can help avoid conflicts with existing utilities. Construction impacts can be minimized with HDD by avoiding the need for trenching along the entire pipeline alignment. By avoiding trenching, HDD can allow for installation through sensitive land use areas (i.e. wetlands, preserves, bodies of water), reduce the need for maintenance of traffic (MOT) when crossing major roadways, and reduce land restoration costs. Additionally, the use of seamless high-density polyethylene (HDPE) pipe for HDD installations can increase pipeline integrity relative to jointed pipe (i.e. PVC or DIP) and reduce future maintenance needs.

Designing safe, efficient, and effective HDD installations is more complex than typical open-cut construction. Factors that must be considered for HDD designs include the purpose of the pipeline, geotechnical conditions, alignment geometry, installation constraints, and pipe strength rating. The pipe strength rating is a particularly important consideration due to the potential for generating significant tensile forces during the pullback installation procedure. In addition, properly selected pipe material can reduce the risk of collapse due to the effects of long-term deflection (creep). Proper consideration of these factors results in an HDD design that is a safe, robust, and cost effective.

Over the years, Johnson Engineering has designed HDD pipelines that range from four to 42-inches in diameter and cross major roads (including I-75) and large bodies of water (including the Imperial River and Boca Grande Pass). We approach HDD projects with a broad perspective that takes into account current material design parameters and construction methods as well as the current and future needs of our clients. In addition,

our close relationship with local HDD contractors provides us with unique insights into the advantages and limitations of HDD construction. Prior experience is a key asset that should be considered for HDD projects, and Johnson Engineering has the experience and expertise to ensure that these projects are successful.

For more details contact Mike Dickey, P.E. at 239.461.2455 or mdickey@johnsoneng.com. ■



READERS' CHOICE - BEST ENGINEERING FIRM

The readers of Gulfshore Business Magazine have voted Johnson Engineering, Inc. as the Best Engineering Firm in Southwest Florida. Nearly 4,000 readers replied to the Best of Business 2013 poll issued by the magazine in April, which ranked Johnson Engineering as their number one write-in choice for best engineering firm. The purpose of this annual readers' choice award is to showcase local businesses and their impact on our community.

For more information on this poll, visit the Gulfshore Business website at www.gulfshorebusiness.com. ■



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FGCU STUDENTS NOW HAVE A NEW PLACE TO DUNK

Florida Gulf Coast University (FGCU) may have gotten their Dunk City nickname from their NCAA March Madness Final Four run, but now students have a new place to dunk...at the pool!

The newly constructed 5,000 square foot recreational pool opened in August at the campus' South Village. The new pool located just outside Osprey Hall student housing, includes a water-volleyball net, water basketball hoops, and even a beach style zero-entry. The large seating area promotes the University's Residence Life program whose goal is to enhance on-campus living to help students meet, form lasting friendships, and become involved in campus activities.

The pool is heated in the winter and cooled in the summer by two geothermal wells designed by our engineers. The process involves withdrawing water from one well and injecting it into another well. The near constant temperature withdrawn water is pumped through a heat exchanger that transfers energy with the circulated pool water before it is injected back into the aquifer. Geothermal power is cost-effective and environmentally friendly, staying in line with FGCU's commitment to environmental sustainability.

For more information, contact Dana Hume, P.E. at 239.461.2471 or dhume@johnsoneng.com. ■



Photos courtesy of FGCU.