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FALL, 2009

New Orthopedic Center Built In Shelbyville

From state-of-the-art radiology to wind turbines powering equipment, the new \$7 million ReNovo Orthopedic Center, built in Shelbyville for Major Health Partners, now offers a high-tech comprehensive line of orthopedic, diagnostic, and therapeutic services to patients in the area.

The new 25,000 square foot technologically advanced facility was designed by Ratio Architects in Indianapolis. From the ground up to the finished facility, the design represents the very best technology and integrated services in orthopedic care. The new facility, built by Runnebohm Construction Company, also includes numerous "green" environmentally friendly features, such as wind turbines, pervious concrete, and the capturing of natural sunlight.

Using "Green" Technology

The parking lot uses pervious concrete, which is an innovative building material that allows valuable storm water to be captured and later used. The lot is designed so that water will drain from the asphalt into the pervious concrete area where it will be collected and used for irrigation at a later time.

Other environmentally friendly features include the use of wind spires, that will generate enough electricity to power the rehabilitation equipment,

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"Green" Technology used when designing the facility by capturing the use of natural light.

*State-of-the-Art
Orthopedic Center
built for Major
Health Partners
by Runnebohm
Construction
Company.*



Putting The Spotlight On Bulbs

Creatively applied lighting can add beauty or drama to a room. It can accent a particular object or area, enhance a room's ability to stimulate or relax, make a small space seem open and airy, or make a large room feel intimate and cozy. The right use of lighting can also maximize employee productivity.

There are three primary types of lighting:

- General or ambient lighting provides overall illumination. Delivered through ceiling or wall-mounted fixtures, general lighting offers a comfortable level of brightness for seeing and moving around safely.
- Task lighting provides illumination for detail work such as reading. The goal is to eliminate glare and shadows while providing enough light to prevent eyestrain. Task lighting is usually generated by track and pendant (fixtures that hang from the ceiling) sources, as well as portable lamps.
- Accent lighting adds visual interest to a room by highlighting a particular area or object such as a painting, sculpture, or plant. The focal point is spotlighted with at least three times as much light as the general lighting in the area, using track, recessed, or wall-mounted fixtures. Decorators rely on this form of lighting.

In order to achieve any one of these types of lighting, the correct light bulb must be carefully chosen. Different

light bulbs produce different lighting effects based on its wattage, lumens and foot-candles. Wattage refers to how much electricity the bulb uses. Lumens is a measure of the amount of light that the bulb produces, while foot-candles describe how much light reaches a viewer.

Standard incandescent bulbs consist of two types: general service and reflectorized. General service bulbs are inexpensive and come in many shapes, sizes and wattages. They produce a yellow-white light. Reflectorized bulbs have a reflective coating on the inside to increase the lumens. Reflector bulbs nearly double the amount of light produced by a service bulb of the same wattage. Parabolic reflectors produce almost four times as much light as a comparable service bulb.

Tungsten-Halogen bulbs have a longer life and produce more light per watt than standard incandescent bulbs. They deliver a bright, white light and are available in high (120 volts) and low (12 volts) voltage.

Fluorescent lighting is most commonly found in commercial settings. These bulbs use about 25-35 percent less electricity than incandescent bulbs with the same lumens ratings and last up to 20 times longer.

High-intensity discharge bulbs have a longer life and deliver more light per watt than any other light source. The bulbs are available in mercury vapor, metal halide and low-pressure sodium styles.

The right light bulbs can make employees and customers see your business in a whole new light.

FOOTING NOTES

A wythe is a single layer of brick. Walls are built with two or more wythes.

R-value is a measure of heat resistance. The higher the number, the more effective is the insulation capability of a material.

A drill is classified by the largest bit it will chuck.

Book size is the height and width of a door before pre-fitting.

"Failure is the condiment that gives success its flavor," said Truman Capote.

A drainage ditch containing loose stone covered with earth is known as a "French drain."

Any material that holds masonry together is known as a tie.

Approximately five percent of the earth's surface is composed of iron. However, iron is not found in pure form. It is mixed with rock, sand, gravel, clay and other materials.

In areas where earthquakes are prevalent, buildings and bridges can be equipped with "shock absorbers," called seismic base isolation systems, which are designed to protect structures from the dangerous effects of strong ground shaking.



Enhance Your Business By Enhancing Your Building

Is your building interfering with the productivity of your business? Does your business environment enhance or detract from the company's professional image? You may never have considered these questions. However, by exploring what your building is doing to your bottom line, you could improve your cash flow, operational efficiency and profitability.

Look around and see where physical improvements could be made to save money or increase output. Contact your building professional to help you get a handle on the financial impact of changing, expanding, updating or consolidating your business arena.

Consider the efficiency of your energy system. Even simple things such as switching from incandescent to fluorescent lighting can save significantly on one of the costliest aspects of building upkeep.

Cramped work areas can waste hundreds of man hours each year. Redefining space divisions, adding new



or converting existing areas, and finding new uses for empty or under-utilized rooms can pay enormous benefits in terms of morale and productivity.

Are you getting the most for your money when it comes to such overlooked business expenses as storage, waste disposal, water consumption, and plumbing? Creative storage solutions, recycling, automatic faucets and one-gallon flush toilets offer proven money-saving benefits.

Exterior improvements such as reworking your building's façade will

enhance the appearance of your business. Similarly, interior design upgrades will impact how your customers see you. Even something as simple as applying a fresh coat of paint or replacing worn carpeting positively impacts your community profile.

With today's economic pressures, no company can afford to make changes just for the sake of change. Talk with your builder about finding ways to improve the performance of your building in ways that will enhance your business.

Take A Positive View Of Window Replacement

When it's time to install a new window, the first decision is whether to select a prime window or replacement window. Prime windows include a window along with the jamb in which it is encased. Replacement windows are set into an existing jamb. A professional builder can help you decide

which type you need.

Replacement windows are made from wood, vinyl, aluminum, or vinyl-clad aluminum. For most large commercial jobs, aluminum windows are the preferred choice. Unlike wood or vinyl, aluminum windows conduct heat and cold unless they have a thermal break. This feature separates two panes so the glass in front

doesn't touch the glass in back. A thermal break reduces the transfer of heat or cold from the outside to the inside of the building.

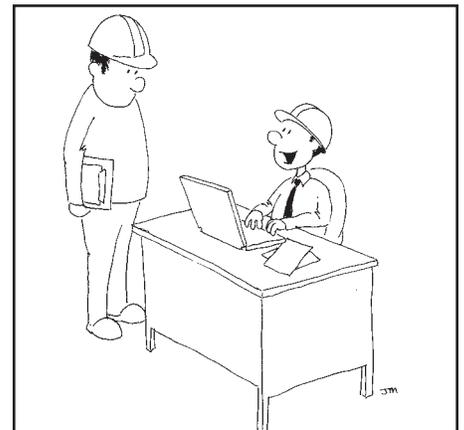
Windows come in six different styles: double-hung, which move vertically; casement styles, which swing out from the side; awning windows, which swing out from the top; bay windows; circle head windows; and clad fixed frame windows. When choosing the most appropriate style for your application, keep these points in mind:

- What kind of glazing (glass) best fits the requirements of the building? This decision will be based on energy efficiency needs as well as the need to protect against severe weather.
- Is the climate harsh enough to warrant protective hardware coating?
- How difficult will it be to maintain the windows?
- Do the windows allow for airtight weather stripping and/or glazing sealant?

Keep in mind that even the most expensive window will suffer if the installation is inadequate. For example,

a structural problem such as wall decay might need to be corrected before putting in the new window. Don't forget the aesthetic and maintenance considerations of window-finishing details. If the window is made of wood, you'll want to know if painting is included in the installation. Vinyl and aluminum windows are easier to maintain over a long period of time.

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*Project Profile:
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and natural lighting that will be used instead of the artificial lighting on the inside of the facility, when it is available.

Revive-Renew-Restore

The ReNovo Center, a name which is adapted from a French word that means “revive, renew, restore,” also features a state-of-the-art computer-assisted hydrotherapy pool with a treadmill floor that can be lowered to a six foot depth and operated at a

speed of 8.5 miles per hour. Similar hydrotherapy pools have been installed in facilities for professional sports teams to accelerate recovery from severe sprains and other injuries.

The Center is also linked to Major Hospital and other regional health-care facilities through high-speed fiber-optic that enables surgeons and physicians to transmit secure high-resolution images to facilitate treatment and diagnosis.

Runnebohm Construction Company is very pleased to have been chosen as the general contractor on the

building of this advanced medical facility that was specifically designed to promote excellence in orthopedic and rehabilitation care.

If you are planning a new medical facility, call Runnebohm Construction Company to help you through the planning and building process at 317-398-4722.



Pervious concrete allows storm water to be captured and used later.



The new medical facility was designed to promote excellence in orthopedic and rehabilitation care.