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Inclusive Designs

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Light Layering

As you are excitedly making plans for your bathroom remodeling project, do not allow lighting to be a last minute consideration. It is easy to get caught up in the thrill of choosing your exquisite glass tile and stylish cabinets, while lighting becomes an unimportant afterthought. In reality, it makes good sense to invest in a top-notch lighting plan for your bathroom. Lighting plays a vital role in maximizing the functionality of your bathroom, displaying its beauty to the greatest advantage, and promoting safety for anyone using the space.

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Three layers of light working together

Our New Logo!



Forest Glen Construction Company is pleased to announce the launch of its *new logo* and fully featured website at www.ForestGlenConstruction.com. The new site has extensive content including multiple photo galleries, customer testimonials, and search tools to help find Forest Glen in your neighborhood.

"Our new logo emphasizes our commitment to remodeling and gives us a fresh look after 13 years in the industry," says Tom Reidy, president and founder of Forest Glen Construction. "We wanted to revitalize our brand with the new website to provide better resources for our customers to get to know us and our work."

Forest Glen's website is designed to introduce the company's personality and allow potential customers to learn about the process of taking on a home remodeling project. The informational blog feature on the new website will keep homeowners informed about the recent trends in the remodeling industry and share details about Forest Glen's completed projects.

"We hope with the launch of our new brand that we will become more easily recognized and that our new website will help visitors get an understanding of who we are," says Tom Reidy.

Forest Glen Construction Company is a residential design build firm serving Chicago's north shore since 2000. Specializing in home additions, kitchen and bath remodeling, Forest Glen is an award winning firm in customer service. Call us today at **(847) 236-0895** for a complimentary design consultation and you too can "Build in good company with Forest Glen".

Inclusive Designs

Whether you are 8 or 80—or any number of years in between—you want to feel comfortable in your home. Not only should its appearance delight your senses, its functionality should empower your actions. A beautifully appointed kitchen and bath may impress your friends and neighbors when they visit, but the important thing is how the rooms work for you and your family on a daily basis. Do any of you experience difficulties using those spaces?

A teenager who injures his knee on the football field may struggle to use a standard bathtub. A pregnant mom may grow weary from standing at the kitchen counter preparing meals. An elderly person with limited hand mobility may not be able to manipulate toggle-style light switches or grasp doorknobs. When faced with the above difficulties, people often blame themselves for their struggles, but they are putting the blame in the wrong place. In reality, their homes are at fault because the homes are not designed to accommodate the ever-changing physical needs that all people have, regardless of their age or abilities.

As you remodel your kitchen and bath, you will be making some big decisions, such as what style of cabinets you prefer and which gorgeous countertop material really catches your eye. Ask yourself a few additional questions: How can my remodeled space be 1) Convenient, 2) Adaptable, 3) Accessible, and 4) Safe—for all my family's lifestyle needs in the future?

Designing spaces to provide these accommodations is often called "Inclusive Design" or "Universal Design." Good inclusive design can be practically invisible—only you will be aware that it was a strategic part of your planning process. Guests will simply notice that your newly remodeled space is lovely, and somehow at the same time it feels so comfortable.

Photos: Courtesy of Wellborn (www.wellborn.com)



This kitchen, with cabinetry from Wellborn's Active Living Collection, features an accessible cooktop and sink. Base cabinets provide an 8 1/2" toe kick.

Blind base corner cabinets with swingout shelves.



For example, the teenager recovering from a sports injury can enter a zero-threshold shower without difficulty, assisted by a grab bar that has the appearance of an elegant towel bar. The handheld shower spray puts the controls within easy reach as he reclines on the built-in shower bench.

The pregnant mom can sit down comfortably while she cooks, since the height of the cooktop and sink have been lowered to 34" and both areas offer open knee-space underneath. The elderly person is delighted to be able to turn on lights using rocker-style switches and open doors with lever handles.

Once you decide to follow the path of inclusive design for your remodeling project, you will be pleased to discover that manufacturers have already introduced products that can help fulfill your goals. A single-lever faucet handle that controls both the water temperature and flow rate is easy to use. Better yet, install a hands-free automatic faucet. In the kitchen, a high-arch faucet that includes a pull-down or pull-out spray simplifies the process of filling and rinsing deep pots. Pull-down shelving systems make items in the upper cabinets easier to reach. Full-extension pull-out drawers in the base cabinets bring all items to where they are visible and accessible.

Both ovens are set at waist height for easy accessibility.

BOLD & Dramatic

An exciting variety of sculptural wall panels were introduced at the Kitchen and Bath Industry Show (KBIS) this year. These panels featured simple, bold designs that were inspired by nature and reproduced in large-scale, three-dimensional formats. The examples on display included a diversity of materials, such as Corian solid surface by DuPont, porcelain tile from Ann Sacks, carved wood panels by Art for Everyday, and StrukArt textured

embossed panels from Richelieu. The wide assortment of materials and designs available can provide a luxurious backdrop for whatever room you have in mind.

These oversized textural surfaces make a dramatic statement in a room—just a few panels can have a major impact. So use them as an interesting, engaging accent piece, while keeping in mind that “less is more.”



StrukArt panels from Richelieu

Photo: Courtesy of Ann Sacks (www.annsacks.com)

Tidewater tile from Ann Sacks

IN TRANSITION

With the arrival of the cooler months, personal belongings really start to pile up in the entrances to our homes. Typically, these are items that we need as we go out the door, but we do not need inside the house: boots, jackets, umbrellas and backpacks. Every year when this happens, we resolve to find a solution to the disarray. Is this the year you will get things organized in your home?

In many homes, the doorway from the garage opens directly into the kitchen, and often the front entrance opens into a foyer with only a tiny coat closet. Neither option offers enough storage space for today’s families. What you need is a good, old-fashioned mudroom. Sometimes also called a “drop zone,” a mudroom is a transitioning area between the entryway and the rest of your home.

Depending on the makeup of your household, your ideal mudroom may look quite different from your neighbor’s. Families with children may be attracted to a mudroom with several open lockers, one designated for each child. Inside the lockers you can install multiple child-height coat hooks, making it easy for the children to hang up their jackets, backpacks and lunch boxes. Numerous open cubbies can hold smaller items, such as gloves and hats. Baskets, bins and small drawers come in handy for organizing a wide variety of even smaller items: sun screen and sunglasses, etc. Low built-in bench seating simplifies

the task of removing boots and shoes. Designate a waterproof area where shoes and boots can dry over a drip tray.

If you do not have children, you may not want the numerous open lockers. Perhaps a storage wall that includes a standard coat closet would be more to your liking, since coat hangers will keep your coats from stretching out of shape. You can close the closet door so your entryway looks neat and attractive. The remainder of the storage wall can be relegated to organizing the items you need for any of your favorite outdoor activities. Include space for organizing keys, purses, briefcases, and charging cell phones and iPods.

Start to imagine all kinds of other items you might want to store in your mudroom, in addition to outerwear. This is a good place to store sports equipment, pet care items and gardening supplies—anything that is needed outside, but not inside your home.

Obviously, your mudroom is going to get dirty. This is where you deposit all the wet and soiled outerwear that you do not want littered throughout your home. So, it is important that your mudroom has surfaces that resist the effects of constant moisture and dirt, and are durable enough to be scrubbed regularly. Slip-resistant tile, linoleum and concrete are great choices for mudroom flooring.



Photo: Courtesy of KraftMaid (www.kraftmaid.com)

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In Transition

DESIGN | BUILD | REMODEL



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Light Layering

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The lighting plan for bathrooms in most older homes was usually limited to one flush-mounted fixture at the ceiling and a light fixture installed above the vanity mirror. This is the scenario that many homeowners are accustomed to, and they are not aware of the more preferable arrangements. A single ceiling light fixture in the center of your bathroom creates unwelcome shadows that restrict your vision as you shower or dress. The fixture over the mirror creates shadows that make shaving or applying makeup a challenge.

Good lighting design is developed in unison with the rest of your bathroom remodeling plans. It takes into account the following three separate layers of light that work harmoniously to achieve the optimal lighting experience in your bathroom.

1. Ambient—This is the general illumination of your bathroom that allows you to see well enough to move around the room confidently and safely. Today, the most popular choices are multiple recessed ceiling cans and large surface-mounted fixtures. Chandeliers may also be used for ambient lighting.

2. Task—This is lighting that helps you perform tasks in your bathroom, such as brushing teeth and combing hair. For obvious reasons, when you are wielding a hot curling iron or a sharp razor, you want your work space sufficiently bright,

but free of glare so you can see clearly what you are doing. Task lighting is usually provided by wall-mounted sconces flanking the mirror or pendant lights over the vanity. To achieve even illumination of your entire face, task lighting should be placed on both sides of the mirror.

3. Accent—This is the lighting that adds depth and interest to the space by emphasizing the little architectural details that make your bathroom look exceptional. Task lighting can include toe-kick lighting under the vanity, or recessed cove lighting that creates visual interest on a ceiling.

As you are planning your bathroom lighting, take into account that highly reflective surfaces impact your lighting design. Avoid placing fixtures in a location where the light will reflect off your polished marble vanity top, causing an uncomfortable glare in your eyes.

It is also important to consider how your age, and the ages of others living in your home, may influence the amount of light necessary in your bathroom. In order to see clearly enough to apply makeup or read instructions on medicine bottles, most older adults need three to four times more light than they did when they were younger.



Ambient



Task



Accent

Photos: Courtesy of Kichler (www.kichler.com)