



Steven Winter
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WinterGreen is a monthly publication from **Steven Winter Associates** designed to keep you updated on the latest news and information regarding energy efficiency, sustainability, and high performance buildings.

EAST RIDGE RETIREMENT VILLAGE

For many of the seniors who call Three Palms at East Ridge Retirement Village their home, words like efficiency and waste-reduction harken back to childhoods when frugality and conservation defined the ethos of post-WWII America. Steven Winter Associates, Inc. was happy to support the mission for sustainable design and construction of the new facility, and the end result is a LEED for Homes® Platinum™ certified facility that residents are extremely proud of.



SantaFe Senior Living expanded its retirement community on its existing South Miami campus with a new building of 90 assisted living units, 31 memory care rooms, and 62 skilled nursing rooms. The facility offers multiple restaurant-style dining venues and a fitness center with wellness programs and therapeutic pools. Palm lined courtyards provide a calming respite and are home to the many peacocks that roam the campus.

As is typical for the South Florida hot and humid climate, block and plank construction with slab on-grade was chosen for durability and material efficiency. The building has R5 continuous XPS on interior walls behind steel studs, R20 EPS on flat roofs and R30 open cell foam in sloped roofs. Careful attention was paid to air sealing to keep warm, humid air from infiltrating the structure. Cooling and heating is provided by chillers and high efficiency boilers via water source heat pumps in the three story assisted living wing, while variable refrigerant fan coils distribute HVAC in the remaining wings. Domestic hot water is provided by high efficiency central Lochinvar boilers, and plumbing fixtures were chosen for both resident comfort and water savings. Those savings were carried from the interior, including low-flow toilets and water conserving dish washers and clothes washers to the exterior landscaping. Interior water savings come from low-flow bath fixtures and appliances, while exterior water savings come from native and drought tolerant plantings and are an efficient irrigation system. Finishes, flooring, and furnishings are durable and low emitting. Indoor air quality is further enhanced with balanced, filtered ventilation systems, a rigorous green cleaning protocol, and no smoking policies. SWA acted as the sustainability consultant and certification specialist supporting the LEED for Homes certification.



For interest in the project or SWA services, contact SWA Senior Sustainability Consultant Karla Butterfield at kbutterfield@swinter.com.

MULTIFAMILY RETROFITS

There is no single retrofit that is a panacea for all multifamily buildings. There are myriad options and permutations for upgrades, the efficacy of which is defined by the operational needs, budget, and goals set by the owner. With that in mind, we will examine six retrofits popular with SWA clients, which can be viewed in their entirety in a two-part series on our Party Walls blog.

Advanced Control (Electrically Heated Buildings)

The concept behind this measure is to reduce heating and cooling loads by tightening the building envelope, and then implement smarter controls. To begin, cracks and holes around electrical outlets, windowsills, air conditioner sleeves, and drywall need to be sealed. Aging insulation should be replaced where possible (behind electric baseboards, under exposed concrete slabs, etc.) with high-density R-value alternatives such as polyurethane spray foam. Wall mounted thermostats installed to replace inefficient in-unit bimetal coil thermostats, allow for more accurate temperature readings in living spaces.

As high-performance thermostats are capable of receiving and transmitting data, they provide expanded control that can be adjusted on a unit-by-unit basis to account for unique variables. As high-performance thermostats are capable of receiving and transmitting data, they provide expanded control that can be adjusted on a unit-by-unit basis to account for unique variables. To counteract the energy drain caused by tenants opening windows in overheated conditions, windows are fitted with low-cost sensors tied into the thermostat system that regulate maximum heating unit output when windows are open. In SWA's Roosevelt Landings project, similar measures to those above yielded 20% energy savings and netted over \$500,000 in annual cost savings.

To view the complete list of SWA's popular multifamily retrofits, head to Party Walls [here](#).

POWER DOWN DC

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A Multifamily Energy & Water Challenge

In partnership with the District of Columbia's Department of Energy & Environment (DOEE) and the Institute for Better Communities (IFBC), SWA is conducting DC's first apartment building energy and water reduction challenge.

POWER DOWN DC is a voluntary building-to-building education series and competition currently in pilot in seven apartment buildings in the District. The challenge is for residents and staff to reduce building energy and water use by a minimum of 5% over a four-month period. Every building that achieves the 5% target will win, with an overall winner to be selected based on greatest total reductions. The program will encourage behavior change through education, group and individual activities, and regular reminders about using (and wasting) less energy and water.

The basic concept is simple: bring people together for friendly competition to encourage meaningful action. By joining the competition, participants try to reduce their own energy and water use and help members of their apartment community do the same. Residents will be encouraged to take simple steps every day that collectively will have a big payoff. Actions such as turning off lights, fixing a leak, and taking shorter showers multiplied across dozens of apartment units can be significant.

POWER DOWN DC will continue its pilot through 2016 and will expand in future years to support all interested multifamily properties in the District.

For more information, visit powerdowndc.com or email info@powerdowndc.com, and follow us on [Facebook](#) and [Twitter](#). #POWERDOWNDC #EnergyandWaterChallenge



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