

COLUMNS

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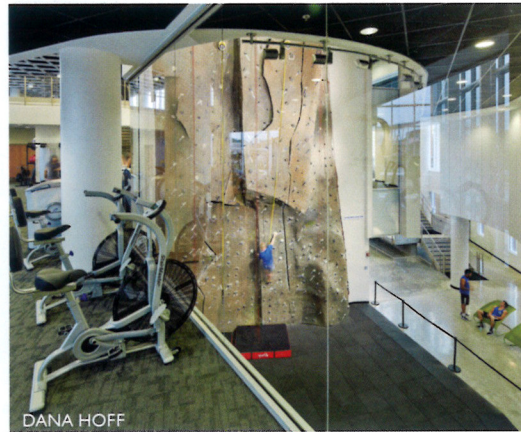
- Keep or Crush I-345?
- + Urban Farming
- Zoning Decisions Improve Life
- Buildings Promote Wellness

EXIT 285

Well-Being

EXIT ↓ ONLY

BUILDINGS THAT PROMOTE WELL-BEING



How does the sensory experience of buildings contribute to well-being and productivity? This was a topic explored in the 7th Windsor Conference in the UK, where the participants considered the changing context of comfort in an unpredictable world. Their discussions affirmed that an improved understanding of the interaction between humans and their environments offers a chance to add increased depth to building design and make better buildings. They contend that well-being, productivity, and the sensory experience are fundamental and universal concepts concerning the relationship between buildings and occupants. Some of the highlights outlined in the proceedings offer keen insight. For example:

1. Design improves when the building engineer or architect becomes more of a psychologist and less of a technologist. This allows the thought process to move from an understanding how the building affects our physiology to an appreciation of human psychology. This human-centered perspective may be complemented by a fuller understanding of the sensory experience.

2. Well-being is not wholly a technical issue it will always have deeply personal and moral perspectives and these should not be overlooked.
3. Any buildings and its systems can be designed with well-being in mind even when that is not its primary purpose.
4. The science of well-being provides a perspective for designing different sensory interventions.
5. Understanding the relationship between a building and its inhabitants can result in a wider spectrum of design possibilities and outcomes.
6. From an improved understanding of well-being and productivity new design opportunities emerge.

The following Gallery pages provide some insightful designs from Dallas architects that exemplify how well-being has been thoughtfully integrated into buildings whose actual purpose is to enhance and invigorate personal quality of life. Enjoy!



CRAIG BLACKMON, FAIA

CLIENT: City of Dallas Park and Recreation
Department
PROJECT TEAM: Robert Meckfessel, FAIA; Emily
Harrold, Assoc. AIA; and Pat Meckfessel

Civil and Structural Engineer: JQ
LANDSCAPE ARCHITECT: Mesa Design Group
MEP CONSULTANT: Meza Engineering

CONSTRUCTION COST ESTIMATING: McCaslin
Associates
SPECS: IntroSpec
GENERAL CONTRACTOR: Speed Fab-Crete

CHURCHILL RECREATION CENTER Dallas, TX

DSGN Associates

The original Churchill Recreation Center was a well-used and well-liked workout and meeting facility in north Dallas. The program for the 4,480-square-foot expansion called for additional multipurpose rooms, a larger workout center, and new locker facilities. In addition to the required spaces, DSGN expanded an outdoor courtyard and improved views to the wooded surroundings. The expansion is oriented for generous natural light and views, and shaded by steel

sunscreens and trellises. Selected materials and patterns of the existing building were reinterpreted and carried into the addition so as to respect the character of the original, award-winning 1998 building while establishing a unique identity for the expansion. The project was completed 14% below budget, and the center remained open throughout construction.