

North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan



Prepared for The Health Foundation, Inc.

May 2016

ACKNOWLEDGMENTS



SOUTHERN GROUP
OF STATE FORESTERS

Project funding provided by the NC Forest Service
Urban and Community Forestry Program

North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

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The Community Design Assistance Center (CDAC) is an outreach center in the College of Architecture and Urban Studies at Virginia Tech that assists communities, neighborhood groups, and non-profit organizations in improving their natural and built environments. Assistance is provided in the areas of landscape architecture, architecture, planning, and interior design. Working with communities, the conceptual planning and design provides communities with a graphic vision of their project that can then be used for grant applications and fundraising for the next steps toward implementation.

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ACKNOWLEDGMENTS

The CDAC team would like to acknowledge the following individuals for their contributions throughout the project.

Heather Murphy
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Chris Smith
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Jenn Wages
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Holly Norman
Health Foundation Development Associate/Executive Assistant

2016 Board of Directors
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Town Residents

West Park Medical Complex Business Owners

**All those who volunteered time for the betterment of the
North Wilkesboro community**

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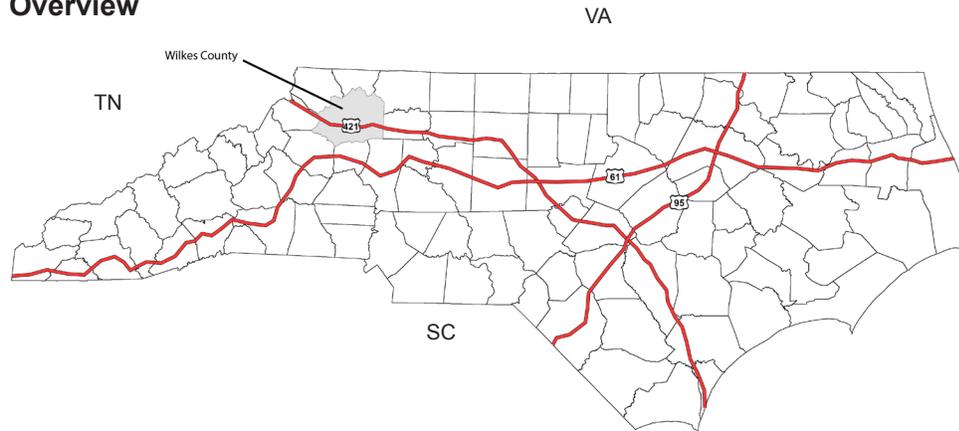
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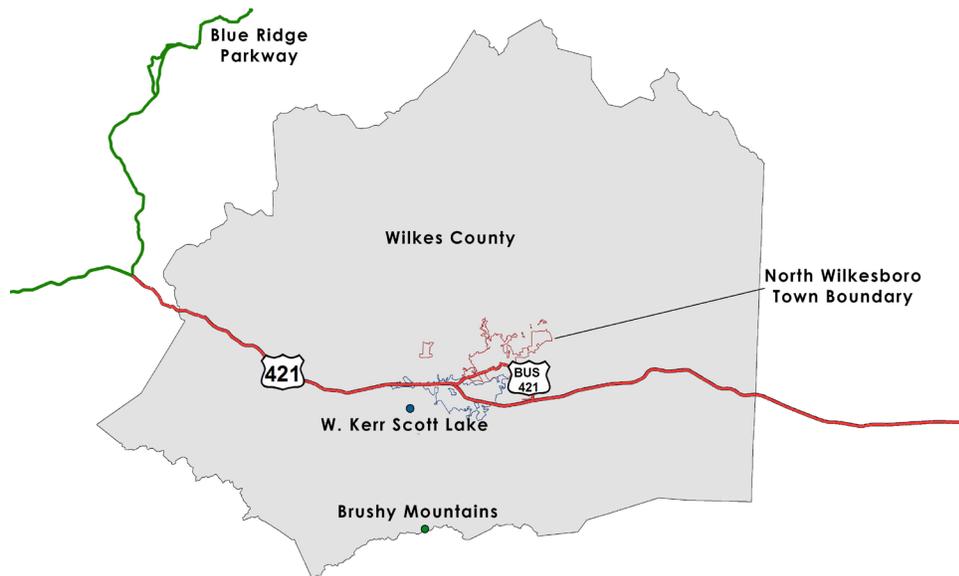
North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

PROJECT DESCRIPTION

Overview



North Carolina state map noting major highway connections to Wilkes County, highlighted in gray.



Wilkes County, noting major Highway 421 and Business Route 421 into North Wilkesboro, highlighted in red.

Established in 1991, The Health Foundation is leading a community-wide, cross-sector initiative helping to ensure that all of the nearly 70,000 Wilkes County residents grow up healthy and active. In 1996, The Health Foundation, a 501(c)(3) dedicated to improving the health and well-being of residents in Wilkes County, purchased a declining strip shopping center in North Wilkesboro that rests on 28.29 acres and converted it into a medical park; West Park Medical Complex. The shopping center had become a community eyesore, that The Health Foundation sought to improve. Conveniently located just one-quarter mile from the regional hospital, it is now home to a synergistic array of services promoting health and wellness.

PROJECT DESCRIPTION

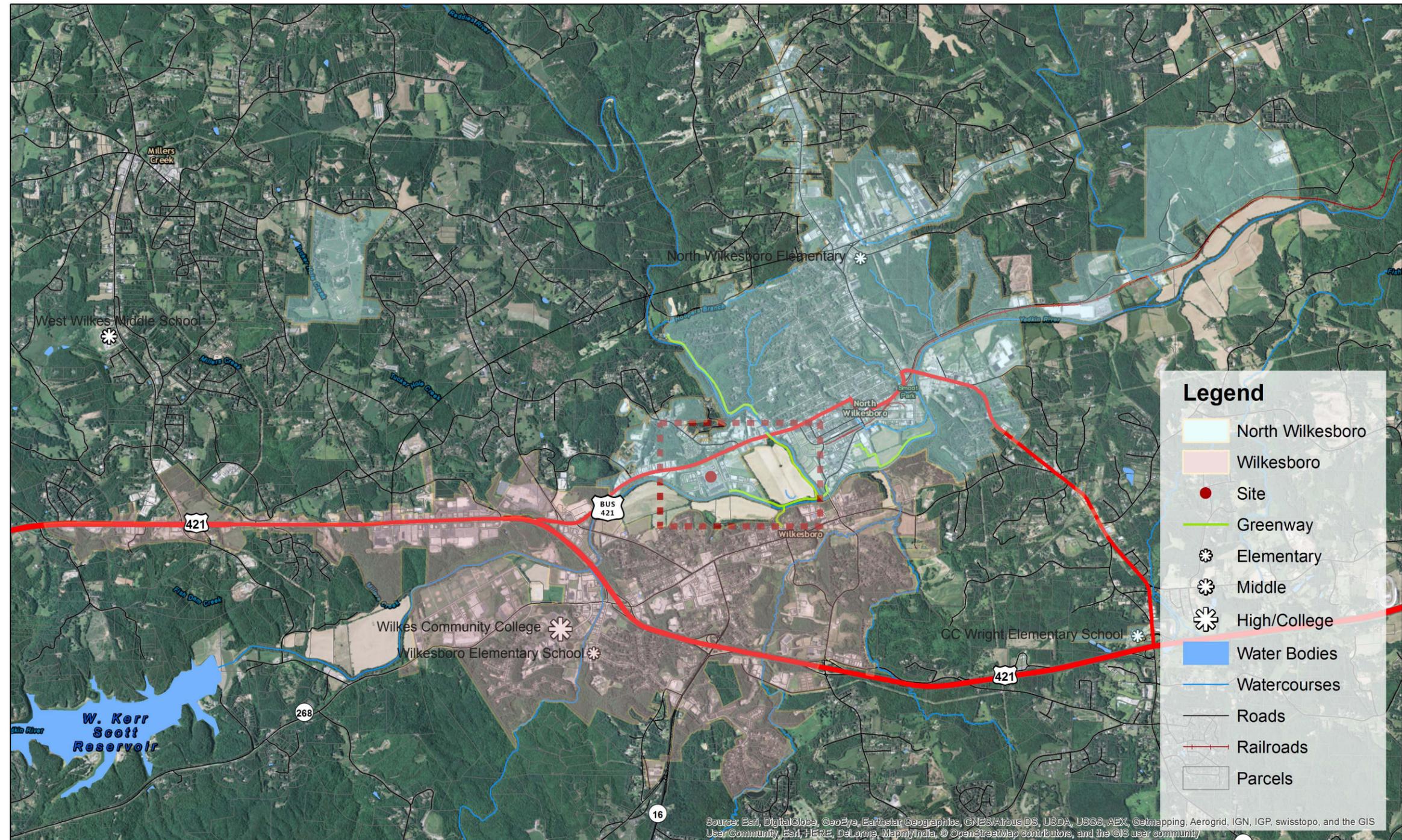
The West Park Medical Complex is located west of North Wilkesboro in a bottom-land on the north bank of the Yadkin River. Programs currently housed at the complex include an Express YMCA, pre-school age public playground, outpatient rehab services, oncology services, primary care medical services, urgent care services, an imaging center, pediatrics, an adult day healthcare center complete with a therapeutic garden, and a public health dental clinic serving both adults and children. Adjacent medical offices include mental health services and obstetrics, making the park and its environs the destination of choice for medical services spanning the human life cycle and condition.

The health complex also serves as a destination for active and passive recreation. The trailhead for the Yadkin River Greenway, a pedestrian/cycling connector between the towns of Wilkesboro and North Wilkesboro is located within the West Park Medical Complex. This greenway creates connections for the community to a variety of natural and cultural interests in the region. There are also possible future connections to the town of Wilkesboro and more regionally, W. Kerr Scott Lake, the Blue Ridge Parkway, Stone Mountain State Park, and Brushy Mountains.

The Health Foundation was seeking innovative ways to make the property flourish as a place of healing. They envision the West Park Medical Complex as a model landscape that expresses healthy eating and healthy living. Open space, trails, and signage would transform the parking lot and surrounding landscape into a site that encourages healthy choices and active living programs. These amenities would be available to patients, visitors, employees, and the community's residents. The Health Foundation further envisions a place that fosters community building and exemplifies how urban landscapes can be optimally designed to be environmentally conscious, minimize pollutant run-off, and be bird friendly.

The property, which is bounded by Route 421 to the north, West Park Drive to the east, the Yadkin River to the south, and an office park to the west, also exists within a flood plain (see maps on following pages). Currently, the majority of the site's businesses are at the perimeter of the property. A large asphalt parking lot services the buildings and provides an excess of 250 parking spaces. The Health Foundation is open to seeing how to reclaim approximately 25% of the existing parking by removing asphalt and replacing it with open space, paths, planting for the visitors' comfort, and vegetation.

REGIONAL/TOWN
Map



North Wilkesboro, NC
Town Scale

PROJECT DESCRIPTION
Locator Map



PROJECT DESCRIPTION

Over the years, The Health Foundation made streetscape improvements by installing curbs, tree islands, picnic tables, a bike rack, and lighting within the parking lot to help beautify the property. A large (240' x 155') grassy area was also sited in the middle of parking lot. This gathering space acts as a trailhead, hosting events and organizations. The foundation seeks to improve this grassy area while considering the flexibility of the space's program.

A steep embankment exists adjacent to U.S. Route 421 along the north property line. The Health Foundation considers the embankment an unsightly area and challenging design problem because of its excessive slope, kudzu growth, and associated maintenance issues. Furthermore, several locations within the parking lot reveal stormwater runoff issues where there may be opportunities for bioretention and rain gardens.

Also desired for the site design are adult exercise programs; quiet, reflective spaces; edible landscaping; native plant species; and educational signage to distinguish the site as a place to care for the body, mind, and soul.

The Community Design Assistance Center's (CDAC) conceptual design work was funded by the North Carolina Forest Service Urban & Community Forestry Program through a "Restoring Environmental Quality and Economic Vitality in Appalachian Communities" (REQ) grant award. The goal of this funding is to foster a healthier community through open spaces, greenways, and natural resource enhancement. In summary, CDAC was asked to examine the following:

Streetscapes: Improve the park's safety, functionality, ambience, and wayfinding.

Greenways/Trails: Establish a strong connection to the Yadkin River Greenway by providing amenities for trail users such as walking paths, which could accommodate various fitness levels; benches; a water fountain; sheltered/ shaded areas; outdoor fitness equipment; and public restroom facilities.

Streamside/Riparian Areas: Consider a pedestrian and/or visual connection to river while remaining mindful of the sensitive riparian zone.

PROJECT DESCRIPTION

Parks or Open/Green Spaces: Provide trailhead design solutions for the large grassy site while considering its use as an event space. This space could become a gathering for community fitness groups, therefore would benefit from having public restroom facilities. The Health Foundation is open to locating a 3,500 SF office facility within the complex. A portion of the green was identified as a potential location for the office.

Erosion/Runoff Reduction: Provide design solutions for the slope that fits with the site's overarching mission. Restore and protect the Yadkin Riparian Zone.

Additional Site Structure: Accommodate a 4- 5,000 square foot structure, which would house The Health Foundation. It would include public restroom facilities and an outdoor pavilion to accommodate as many as 125-150 people.

DESIGN PROCESS

The design process began with an initial site visit to North Wilkesboro in January 2016. The CDAC team met with project stakeholders at an empty office within the West Park Medical Complex who described their vision for West Park as a center for healthy living looking specifically at promoting greenspace, fitness, and healing while also incorporating the placement of the new Health Foundation office building. The team then gathered mapping information about the site, documented existing conditions for all areas of the site, and took photographs and measurements, which helped the team to understand the opportunities and constraints of each area around the site. This background information influenced the preliminary conceptual designs. Preliminary conceptual designs, analysis, and ideas from similar projects were presented to the stakeholders and community members in a meeting in February 2016.

During the preliminary design presentation, the CDAC team documented community feedback related to the two conceptual design options. The team consolidated the initial concepts into a final concept for the site. The final drawings included the program map, concept map, master plan, diagram of amenities, signage plan, and supporting sketches and renderings. These final documents were presented to the town of North Wilkesboro and The Health Foundation at a public community meeting in March, 2016. Comments and suggestions were incorporated into the final designs.

Following in Part I is a description of each of the final concepts. Part II includes inventory and analysis information, along with initial design concepts.



Community leaders, Health Foundation staff, and CDAC team members discuss ideas at the initial stakeholders meeting.



CDAC staff present two conceptual designs at the preliminary design presentation in February 2016.



Community members view the final design concepts in March 2016.

Part I: Final Conceptual Designs

WEST PARK MEDICAL COMPLEX

Analysis

Strengths:

The greatest strengths of the site are its existing connections to the surroundings. With the connecting Yadkin River Greenway, there is an active pedestrian network already in place to tie to the vision of healthy active greenspace for the site. In addition, the site is currently the medical center for the county, making it already recognizable as a health promoting epicenter. The site is also placed conveniently between North Wilkesboro and Wilkesboro, making it an important link between both towns.

Weaknesses:

The major weaknesses on site currently revolve around a lack of pedestrian priority when it comes to moving around the site. The site is organized for ample parking with little clear direction for the driver to navigate. Pedestrians have some designated walkways with “stop” markings, however, these walkways are inconvenient and dangerous. It is also difficult to use the site as a handicapped patient. There are no covered drop off areas and some sidewalks are fully curbed making wheelchair accessibility difficult.

The lack of adequate lighting is also an issue for those accessing or using the site during the early or late hours. Early morning exercisers who frequent the YMCA, cleaning staff, and those using the adjacent greenway struggle to see their surroundings and feel safe while using the site.

Another key issue on the site is the unappealing embankment separating the site from US 421 Business. The major grade change is both unsightly and may erode over time from runoff, so addressing the slope should be a top priority.

WEST PARK MEDICAL COMPLEX

Analysis (cont.)

Opportunities:

With so many people frequenting the site for work, appointments, or recreation, there is a great opportunity to create a system of easily understandable signage to help visitors navigate the site. Between finding a particular office, the greenway trailhead, or knowing when to stop at pedestrian crossings, signage is crucial to helping individuals understand the site. While the site already acts as a medical hub to Wilkes County, the site should be more active in promoting a healthy lifestyle. To those passing by, the site should be a beacon for health education for all ages. West Park should allow outdoor opportunities for varying degrees of physical abilities, as well as teaching all visitors about the necessity of healthy living.

Threats:

One of the biggest challenges for West Park to transform into an attractive medical complex is to place priority in the pedestrian users of the site. Currently, the site allows drivers to maneuver throughout the site with endless parking opportunities and few design or signage that would caution drivers to slow down for pedestrians. Those driving throughout the site need to have fewer choices when it comes to thoroughfares within the site, as well visual cues to slow or stop for pedestrians. Pedestrian ways should be highlighted regarding the pedestrian friendly environment and in the site making it clear to both pedestrians and drivers regarding the pedestrian friendly environment and that people will be crossing. Another challenge is connecting the site to the adjacent towns through pedestrian ways. While the site is connected to the Yadkin River Greenway, the site lacks safe walkways and bikeways connecting to the adjacent downtown North Wilkesboro. The site also needs to create a healing environment to those visiting the site for medical appointments. Currently, the site offers few comforting outdoor walkways and spaces for those attending appointments, waiting for results, or waiting on family members. By offering places for patients or families to engage in, the site will seem more comfortable and much less clinical.

WEST PARK MEDICAL COMPLEX

Design Description

The Health Foundation and the community are strongly committed to making the site pedestrian-friendly, while still keeping the car close to the office fronts. The community appreciated both conceptual designs presented and both were helpful feedback before next steps for the final design.

The community was in favor of rerouting the entrances into the site to slow traffic, while pulling traffic away or slowing traffic down at the main pedestrian crossings on the site. Other transportation changes included slowing traffic down on West Park Drive by narrowing vision sight-lines, adding bike lanes throughout the site, and possibly moving the main traffic loop closer to the center green. An additional thought was looking at how narrow the back parking lot aisle is and what could be done design wise to allow two cars to pass each other more comfortably. A major concern regarding transportation was allowing delivery and emergency vehicles to travel throughout the site, including to and from the main entrances.

Both The Health Foundation and the community stressed the importance of healthy living and active lifestyles. This included being in favor of a greenway extension, community gardens, walking trails, an outdoor fitness station, and a children's playground and splashpad area.

Central Green:

The center greenspace is recognized as the focal point and where many community activities happen. The Health Foundation and the community would like to see the new Health Foundation building, community gardens, an outdoor fitness station, open greens for recreation, the flag pole(s), and a children's playground including a splashpad, within the center green. The community imagines the center green becoming larger and extending towards the YMCA Express building or the embankment.

Healing Garden:

Patients should have opportunities for quiet, meditation, and separation from the hustle and bustle of the surrounding medical complex. Many comments were made by the stakeholders about patients to the complex needing a space to de-stress rather than driving home distracted after a difficult appointment.

WEST PARK MEDICAL COMPLEX

Design Description (cont.)

Walking Routes:

The site should incorporate pedestrian ways throughout the site that cater to differing ages and levels of physical abilities. While bikers and runners can be encouraged into the site through connecting lanes and pathways from the nearby downtown North Wilkesboro to the adjacent greenway, there should also be more localized pathways onsite for gentle walkers and the handicapped. Beginning walkers or those afraid of walking too far should have opportunities like a loop trail around the site to allow the walker to always be near their car or doctor's office. Even through the greenway offers great recreation opportunities, the walker must decide when he or she should turn around to return to their car. Also, the greenway is more secluded than a walkway that could exist on site surrounded by offices, perhaps making it a more difficult area to navigate for those who struggle to walk on their own.

Wayfinding:

The final concerns for the site included a navigational signage system for wayfinding throughout the site. It would compliment the architecture of the buildings, augment pedestrian safety, and site aesthetics. Lighting fixtures would further augment wayfinding as well as complement the architecture and signage.

Water Runoff:

The site has issues with water pooling in low points on the site, creating issues for parking, driving, and walking through these areas during times of heavy rain. These low points are currently serviced by drains eventually leading to the Yadkin River. Instead of sending runoff from the busy parking lot directly into the river, there should be a series of bioretention areas to clean and hold water during heavy rains, as well as adding to the natural landscape desired throughout the site.

WEST PARK MEDICAL COMPLEX

Design Description (cont.)

Edible and Educational Gardens:

Potentially acting as a field trip destination for school-aged children, the site should incorporate edible plantings and signage to teach visitors about edible plants and how those fruits and vegetables are beneficial to their daily diets. The surrounding high school FFA programs are strong and could be incorporated into the management of these edible plantings while also learning about healthy eating choices. The site should be transformed into a natural landscape to allow relief from the surrounding hardscapes. The natural landscape should provide a healing environment for patients, families, and doctors to be separated from the medical stresses they are going through. In addition the greenspaces should provide opportunities for outdoor recreation to encourage an active and healthy lifestyle.

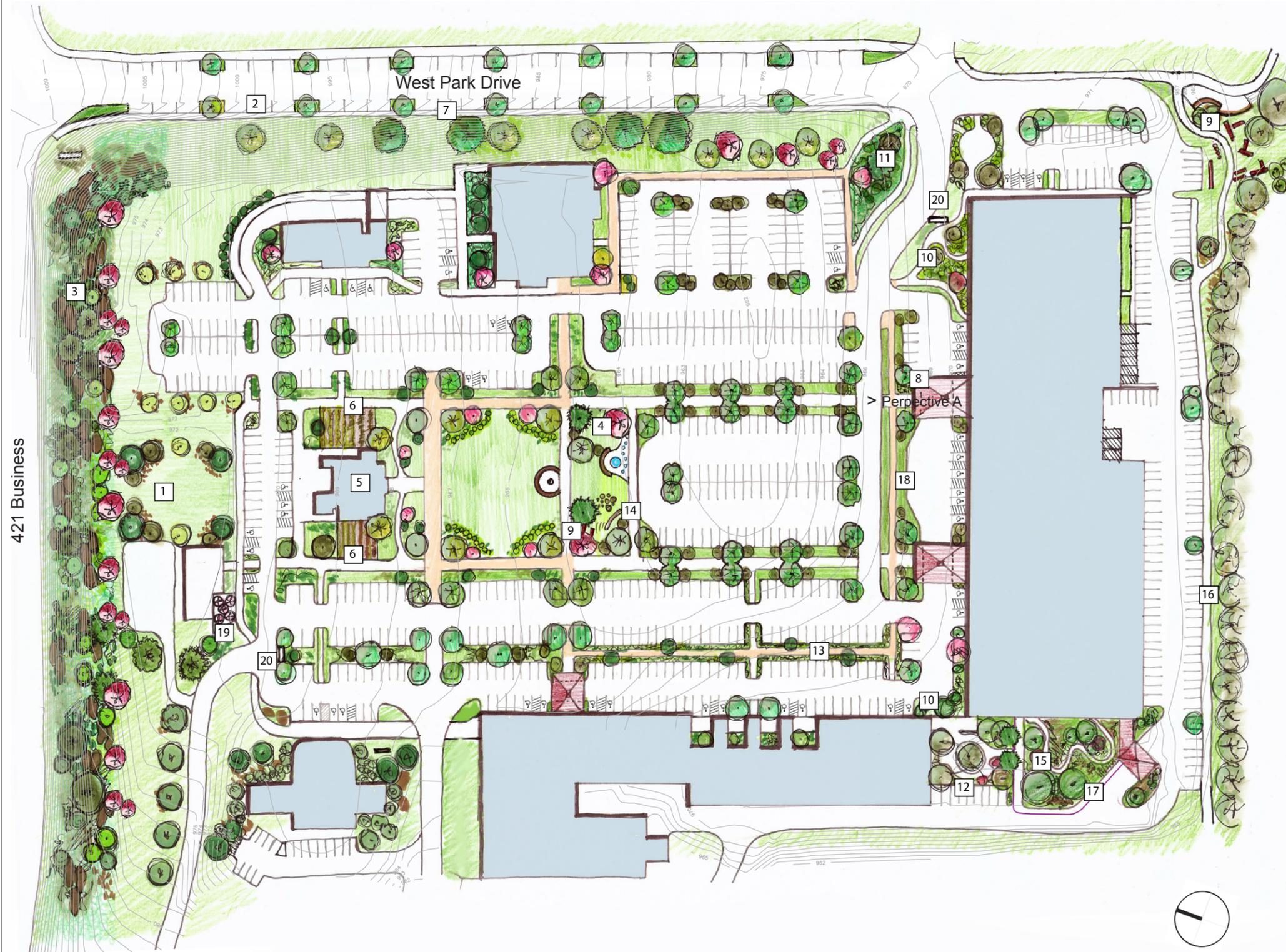
It is critical to the functionality of the site to make clear designated pedestrian ways throughout the site. Currently the vehicular routes and number of parking spaces throughout the site are abundant, creating confusion for drivers. With many vehicular choices, pedestrians are given no priority throughout the site. Pedestrians and drivers alike need visibly clear walkways through the site, complete with visual cues to drivers to slow and stop where pedestrians are walking. In addition, safety should be improved by adding more lighting to illuminate the site during early and late night hours.

The following pages include the West Park Medical Complex Conceptual Master Plan, including the central green, healing garden, central play space, streetscapes, outdoor fitness areas, walking routes, the proposed Health Foundation office location, and wayfinding.

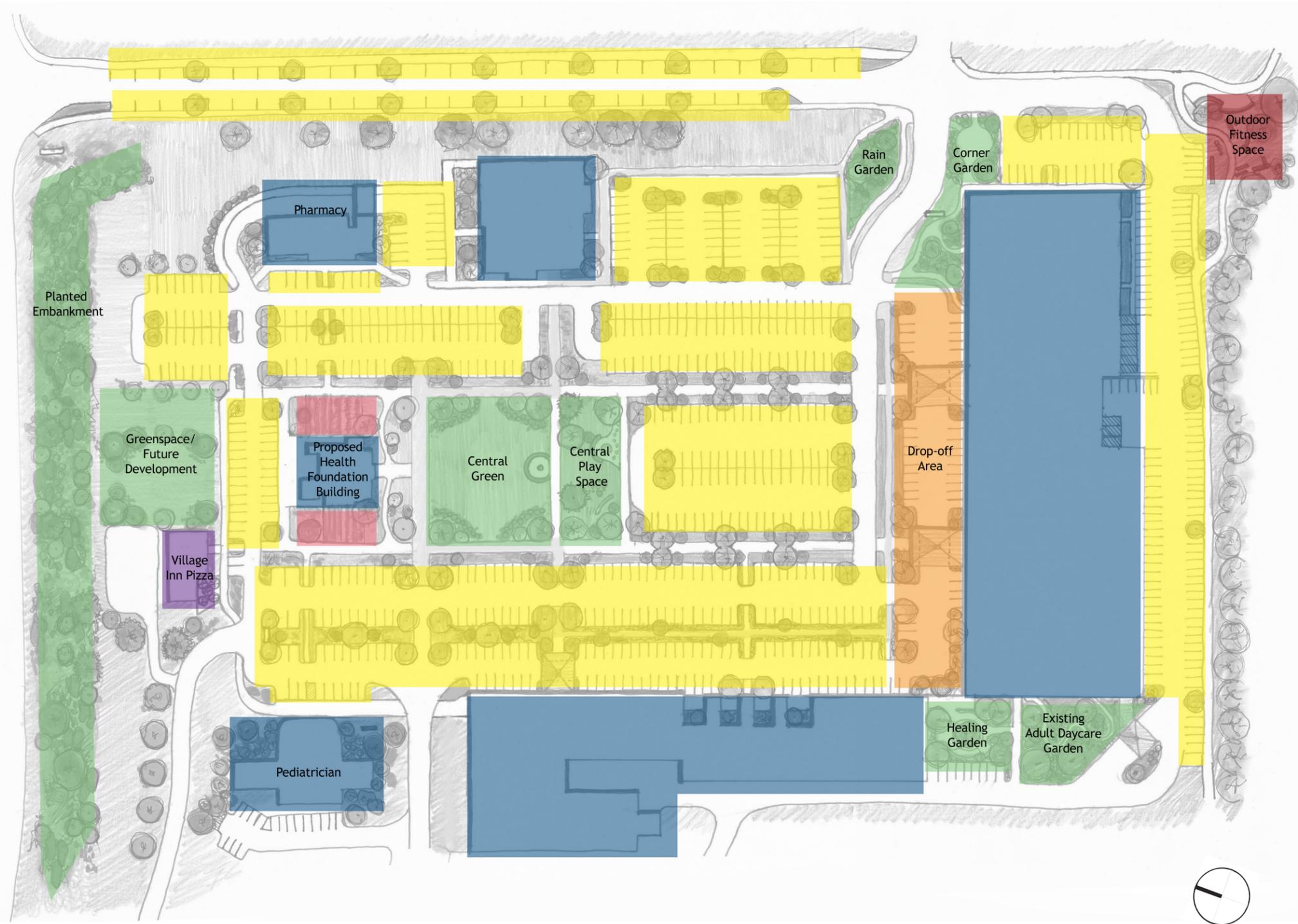
WEST PARK MEDICAL COMPLEX Conceptual Master Plan

Conceptual Master Plan Callouts

- 1 Open Greenspace
- 2 Parallel Parking
- 3 Planted Embankment
- 4 Splash Pad
- 5 Proposed Health Foundation Building
- 6 Edible Gardens
- 7 West Park Drive Pedestrian Way
- 8 Portico Drop-off Structures
- 9 Outdoor Fitness Area
- 10 Low-planted Gardens
- 11 Rain Garden
- 12 Healing Garden
- 13 Active Walk
- 14 Natural Play Space
- 15 Adult Daycare Garden
- 16 Greenway Extension
- 17 Colored Walk
- 18 Drop-Off
- 19 Outdoor Seating
- 20 Signage



WEST PARK MEDICAL COMPLEX Program Diagram



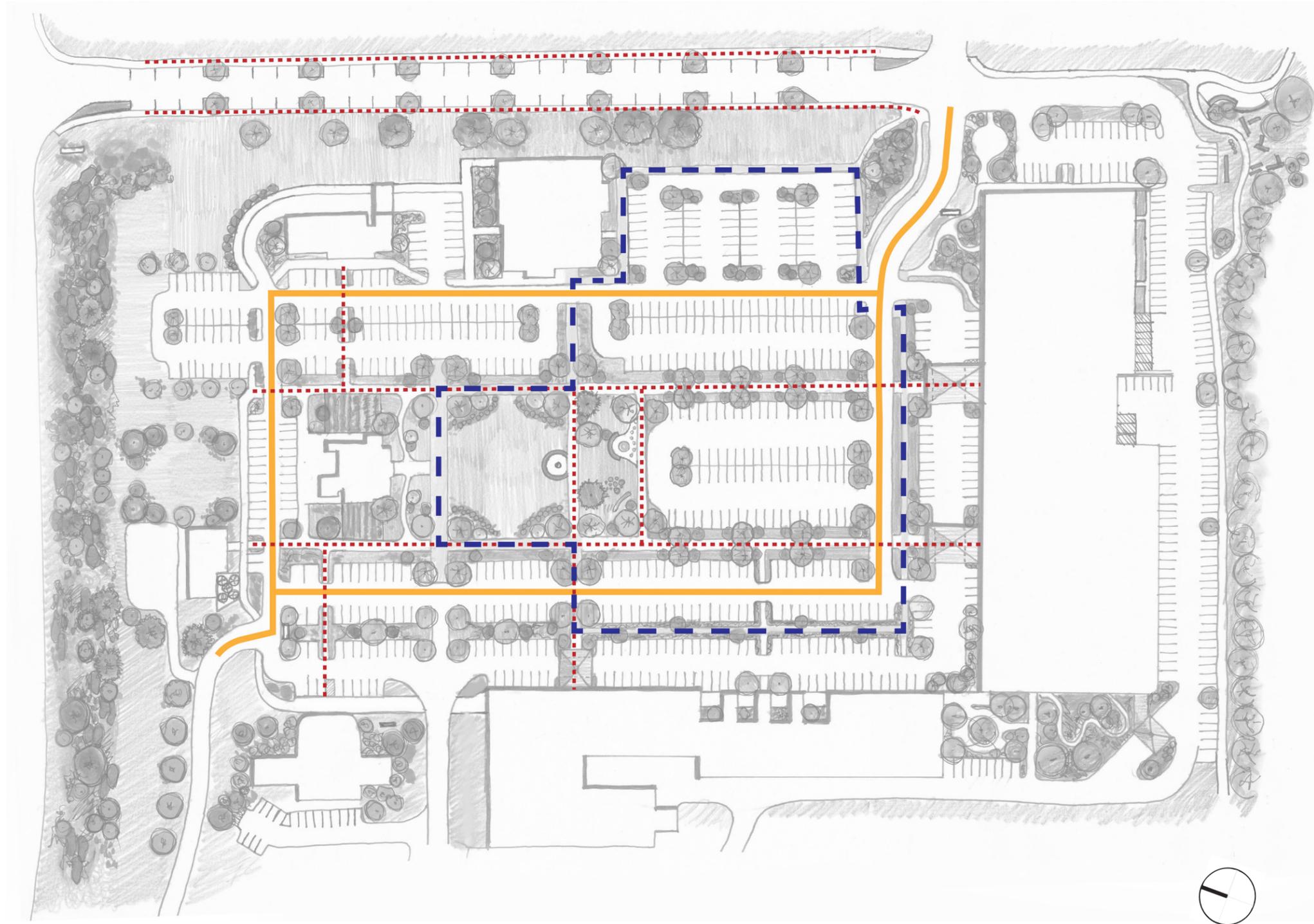
Program Goals

The proposed program's primary goal is to move the main loop of traffic away from the medical offices' front facades. In addition, green pedestrian ways act to separate areas of parking and provide safe connections for those walking around the site. Many greenspaces have been created on site including the grand center green and the center natural play space.

Legend

- Parking
- Medical use
- Commercial use
- Drop-off
- Greenspace
- Public gardens
- Fitness

WEST PARK MEDICAL COMPLEX Concept Diagram



Design Concept

Shown in the concept diagram are the various ways of travel throughout the site. Shown in a thick orange line, the main vehicular route has been shifted from the front building entrances. Shown in a small red dashed line, the main pedestrian ways through the site connect those walking to the main entrances while minimizing intersections with vehicles. In blue, the quarter mile active loop provides an alternative fitness route.

Legend

-  Vehicular Traffic
-  Pedestrian Walks
-  1/4 mile Active Loop

WEST PARK MEDICAL COMPLEX Site Amenities Map

Amenities on Site

This diagram highlights each type of amenity within the proposed design and notes its location. Mapping outdoor fitness areas, picnic areas, benches, bike racks, water fountains, and restrooms, the diagram proposes specific features that tailor to the desires of those using the site for recreation or as part of their daily routine.



-  Outdoor Fitness
-  Picnic Area
-  Bench
-  Bike Rack
-  Water Fountain
-  Restrooms

Perspective A illustrates the vision for the West Park Medical Complex. Looking down one of the pedestrian corridors and into the center green, the image shows the active life of the proposed design. By improving the safety and experience of the pedestrian walks, the proposed design works to prioritize pedestrians. The perspective also shows The Health Foundation building at the heart of West Park located within the center green.

**WEST PARK MEDICAL COMPLEX
Perspective Rendering**



CENTRAL GREEN

Analysis

The central green that exists as the center square in West Park is currently seen as a focal point in the site. While the stakeholders feel that the site is valuable as is, they would like to see the green square expanded upon, creating an even stronger, more important greenspace for West Park. The center green is surrounded by a sidewalk and currently serves as the location of the flagpole.

Design Description

The proposed design for the central green involves expanding the greenspace and also dissecting the space with several pedestrian ways. Expanding to the north and west, the central green becomes a more prominent focal point on the site. The greenspace is divided into three main areas: The Health Foundation building and gardens, the open green, and the children's play space.

The most influential space in the central green is The Health Foundation building and surrounding gardens. The proposed location of The Health Foundation building anchors the site and acts as a grand feature within the greenspace.

The central area of the green provides open space for large events and community gatherings. The Health Foundation desires a space adjacent to their facility that will allow them to easily host large groups of people. Considering the number of events that already take place on the site, the open greenspace will support West Park's need for gathering space.

Located farthest from The Health Foundation Building, the children's play space is the most vegetated area within the central green. Tree cover provides shade for children and adults utilizing the space. The play space features a natural play area, splash pad, and several outdoor fitness machines.

CENTRAL GREEN



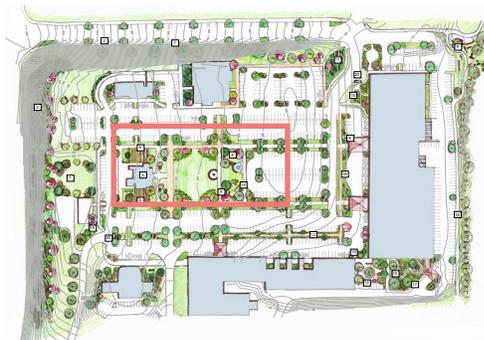
View into central greenspace between children's play space and open green



The Health Foundation Building and Gardens

Open Green

Children's Play Space



Central Green Conceptual Plan

- 4. Splash Pad
- 5. Proposed Health Foundation Building
- 6. Edible Gardens
- 9. Outdoor Fitness Area
- 14. Natural Play Space

CENTRAL GREEN

Material/Inspiration Palette

The central green contains many amenities that are important to the overall aesthetic of the West Park Medical Complex. The benches and bike racks sited in the space are consistent with the rest of the proposed design areas. The central green has two different paving styles to create a clear difference between the pedestrian walks and the active walking loop which runs through the center of the green



Stamped concrete sidewalks create visual interest at a lower cost.



Edging the walkway in color could help designate different uses.



Using a colored concrete or paver would clearly define a different path.



Black furnishing would work to tie together the entire site.



Existing street lamps used in West Park.



Existing bike racks used in West Park.

CENTRAL GREEN

Central Green Plant Palette

Nyssa Sylvatica 'Red Rage'-Black Gum

Nyssa sylvatica has an attractive growth habit and is grown for its brilliant burgundy, red, orange and yellow fall foliage and tremendous adaptability. Plants perform well in poorly-drained and heavy soils making them ideal for tough sites. Summer foliage is deep lustrous green, changing to beautiful mixed color displays in autumn.



Ginkgo biloba (Ginkgo)

Resistant to snow and wind, the Ginkgo is a resilient tree suited well for the climate. It's erratic branching structure and bright yellow fall foliage make this tree a picturesque specimen year-round.



Cercis canadensis (Redbud)

Known for their winding branch structure and stunning magenta flowers from spring through summer, this large shrub or small tree is a superb addition to West Park.



Magnolia x 'Butterflies'-Magnolia

This cross of *M. acuminata* and *M. denudata* usually forms a small tree with an upright central leader or sometimes a multi-stemmed shrub. It has yellow cup to star-shaped flowers (3 to 4 inches across) that are fragrant and appear before the leaves in early to mid-spring.



Cornus kousa 'Scarlet Fire'-Kousa Dogwood

Scarlet Fire™ dogwood has amazing, glowing deep, rich pink bracts even when the temperatures are in the 90's unlike all other pink kousa's to date. An exciting new variety introduced by Rutgers University. It blooms heavily from as young as two years.



HEALING GARDEN

Analysis

Located in the corner of the site between the main two strips of medical offices and facilities, the space of the current small playground is one of the more secluded spaces in West Park. The small playground is mostly framed on two sides by the surrounding building walls, and is adjacent to the existing adult daycare garden. The playground is currently underutilized and serves as a prime space for the creation of a healing garden.



Existing playground located in the southwest corner of the West Park Medical Complex.



Existing adjacent adult daycare garden.

Design Description

With two building walls helping contain the site, the proposed healing garden works to further separate visitors from the activity happening throughout West Park. By providing a space for quiet meditation, the garden will allow visitors an escape from busier areas of the site. Also located near the oncology facilities, the space will be important for both patients and families experiencing medical hardships.

By proposing lush plantings and ample tree cover, the healing garden will provide shade and give visitors opportunity to experience various flowers and plants. The many plants will attract birds and butterflies to the gardens to further enrich the visitor's experience.

A concern brought to light in the final conceptual design presentation involved the need for further screening between the proposed healing garden and the driveway that separates the proposed garden from the existing adult daycare garden. Since the Dental Bus is currently parked in the driveway in its off hours, the healing garden plan was amended to include more evergreen trees to screen the view to the south.

HEALING GARDEN



View into healing garden



Southwest corner of the West Park Medical Complex



Healing Garden Conceptual Plan

- 10. Low Planted Gardens
- 12. Healing Garden
- 13. Active Walk
- 15. Adult Daycare Garden
- 17. Colored Walk

HEALING GARDEN

Material/Inspiration Palette

The healing garden will incorporate detailed features to create a very personal scale within the space. Unlike the expanse of the parking lot, the healing garden will be completely at the scale of the person. The garden will include a walkway of pavers or stamped concrete for visitors to slowly meander the space. There are also many benches to provide spaces for personal reflection and intimate conversation. Also included in the design of the healing garden is a pergola similar to the one existing in the adult daycare garden. This pergola will provide a sheltered intimate space as illustrated on the previous page.



Stamped concrete sidewalks create visual interest at a lower cost than pavers.



Pavers create texture and visual interest.



A pergola provides a sheltered intimate space.

One concern expressed in the final conceptual design presentation meeting was how visitors could travel to and from the healing garden to the entrance to the adult daycare facility at the back of the complex. Currently, pedestrians must share the roadway with vehicles since there is no room or interest in the cost of a sidewalk. The proposed solution to providing a safe and inviting pedestrian way is to paint a pedestrian path on the roadway. By designating a clear pedestrian way, the walk to and from the adult daycare facility would be more in line with the pedestrian oriented goals for the entire West Park Complex.



The current condition of the walk to the adult daycare facility.



Striped pedestrian lane.



Color used to distinguish a bike lane.

HEALING GARDEN

Plant Palette

Buxus x 'Green Velvet'-Korean Boxwood

'Green Velvet' is a broad-mounded, compact form (*B. sempervirens* x *B. microphylla* var. *koreana*) of boxwood that will mature to 2-4' tall and as wide. Opposite, glossy, dark green leaves are evergreen. Pale green flowers are inconspicuous.



Buddleia 'Lo and Behold'-Dwarf Butterfly Bush

Selection has all the fragrance and butterfly appeal of traditional varieties in a small, easy to maintain package. Blue Chip stays under 3 feet without pruning in most climates. It blooms continuously from mid-summer to mid-fall and is sterile so will not set seedlings. Evergreen in mild climates; perfect for season-long annual color in colder winter areas.



Acer griseum -Paperbark Maple

Handsome tree with an oval to rounded crown and open habit. Soft green leaves turn scarlet in fall. Becomes distinctive and elegant with age, as its papery sheets of bark peel to reveal cinnamon-brown new bark. Excellent small landscape specimen or woodland under-story accent. Deciduous.



Hakonechloa macra aureola-Japanese Forest Grass

A graceful, colorful groundcover for shady areas. Slender stems hold bright yellow foliage with thin green stripes having the effect of a tiny bamboo. Great in containers. 2009 Perennial Plant of the Year. Deciduous.



Echinacea purpurea 'Pow Wow Wild Berry'-Coneflower

Breathtaking, fade-proof rosy-purple flowers from early summer right into fall, without dead-heading! This A.A.S. award-winning perennial remains compact and tidy in the landscape, and is equally attractive in containers. Drought tolerant once established.



Salvia x sylvestris 'May Night'-

This clump-forming, compact salvia features numerous, dense, upright, spike-like, deep violet-blue flowers which rise above gray-green foliage to a height of 18-24". Flowers bloom in May and June and may re-bloom sporadically into late summer if faded flowers are promptly cut back. Excellent fresh cut flower. A mint family member which is slightly aromatic and is attractive to bees and butterflies.



CENTRAL PLAY SPACE

Analysis

Located in the central green, the play space would be a prominent addition to the West Park Medical Complex. West Park currently has a small playground structure, but the stakeholders voiced interest in having a more centrally located natural play space that children could utilize. A play space directly in the center of the complex would be easily accessible from any of the offices and would also create a destination play space for children in the community.

Design Description

One of the important aspects of the design of the central play space is creating naturalistic play features that blend into the landscape. Opposing the traditional brightly colored slides, swings, and walls of playground sets, the central play space will incorporate natural stepping stumps, climbing slopes, and neutrally colored slides to create a more visually pleasing space.

In addition to the design of a natural play space, the play area will also include a splash pad to entertain people of all ages through the warmer seasons. The splash pad was an idea strongly voiced during the preliminary conceptual design presentation to create further interest in West Park. Added to the natural play space, the splash pad will help create an active environment which will further The Health Foundation's goal of promoting healthy living throughout West Park.

Another aspect of the central play space is the incorporation of several outdoor fitness machines. One idea voiced in the preliminary conceptual design presentation was the desire for a combination of adult workout facilities and children's play space. While not all of the outdoor fitness machines would be located in the central green, having several available would be useful to parents and guardians watching their children play in the play space.

The central play space would be planted with many large, shade trees to provide shade for children playing and those using the workout equipment.

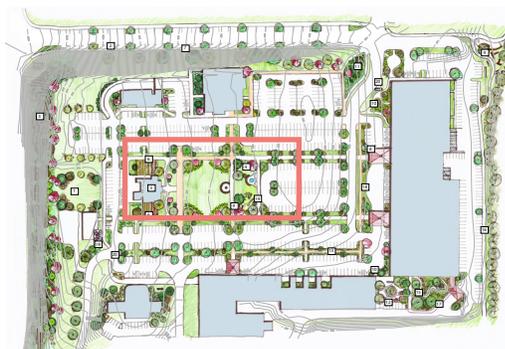
CENTRAL PLAY SPACE



Illustration of natural play space



Central play space located in the central green



Central Play Space Conceptual Plan

- 4. Splash Pad
- 5. Proposed Health Foundation Building
- 6. Edible Gardens
- 9. Outdoor Fitness Area
- 14. Natural Play Space

CENTRAL PLAY SPACE

Material/Inspiration Palette

Natural Play Space:

The natural play area will incorporate natural elements as components for the play space. By using natural elements instead of prefabricated play structures, children will have a better understanding of nature and will have more freedom of imagination.



Building a slide into a slope creates a naturalistic, safe play space.



Logs as stepping stones encourage both activity and imagination.



Willow arches create small spaces for children to play in.



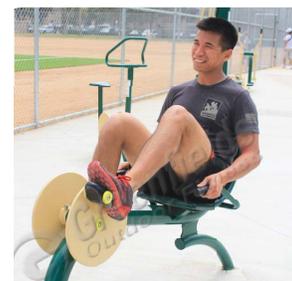
Building mounds with steps and stones challenges children physically.

Other Features:

The incorporation of a splash pad and small outdoor fitness station provide even more healthy active living opportunities to the West Park Medical Complex.



A naturalistic splash pad design would work well with the natural play space.



Greenfields outdoor equipment would be used for the fitness area.

CENTRAL PLAY SPACE

Plant Palette

Malus 'Tina'-Dwarf Crabapple

A dense, dwarf form whose profuse bright red buds open to single white flowers that mature to small 1/4 inch red fruit. Small tree with spreading and somewhat pendulous branches is striking as a specimen, for lining a drive, or for framing an entrance. Deciduous.



Buddleia 'Lo and Behold'-Dwarf Butterfly Bush

Selection has all the fragrance and butterfly appeal of traditional varieties in a small, easy to maintain package. Blue Chip stays under 3 feet without any pruning in most climates. It blooms continuously from mid-summer to mid-fall and is sterile so will not set seedlings. Evergreen in mild climates; perfect for season-long annual color in colder winter areas.



Salix pupurea-Willow

Small shrub (5-7'), with small yellow leaves in autumn, maroon new growth, and a multitude of delicate branches make an interesting addition to the winter landscape. Can also be used to form tunnels, topiaries, etc.



Stachys byzantina 'Big Ears'-Lamb's Ears

'Big Ears' is noted for its silver-green foliage which forms an attractive ground cover. Dense rosettes of thick, soft, velvety, silver-green leaves (to 8" long) form a mat approximately 8" off the ground. Soft and fuzzy to the touch, it is a good choice for kids gardens.



Artemesia schmidtiana 'Silver Mound'-Wormwood

This attractive plant is useful as a spreading border for the flower bed, when used as edging in the perennial garden and growing along paths and walkways. The delicate foliage retains its shape and color during the hottest months of summer.



Achillea x 'Moonshine'-Yarrow

Easy-to-grow and beautiful perennial with upright, canary-yellow flower clusters. Attractive addition to the landscape in borders or massed plantings. Flowers may be cut and dried for bouquets. Good host plant for ladybugs



STREETSCAPES

Analysis

West Park Drive, located on the eastern edge of the site was the main area of focus for addressing the existing streetscape. The stakeholders stated that the wide, four lane road created an issue on the site from the moment visitors entered. The excessively wide open road allows drivers to speed while driving down the hill into West Park Medical Complex. The speed carries into the four way stop that exists at the bottom of the hill, creating potential accidents and great pedestrian danger.



West Park Drive is the four lane road leading into West Park.

Design Description

All four lanes of West Park Drive are seemingly unnecessary to the traffic flow in and out of West Park Medical Complex. When redesigning the entry road, planted bump-outs have been proposed to narrow the road for aesthetics, traffic calming, and pedestrian safety.

In addition to the bump-outs, parallel parking and sidewalks would be added to West Park Drive. West Park currently acts as the supplier of parking to those visiting the greenway, so the added parking and safe pedestrian ways would provide another location to park and walk to the trail system. Retaining as much parking as possible on site was a concern voiced at every design presentation, so the parallel parking would relieve West Park of having to provide parking for greenway users in addition to spaces for their doctors, staff, and patients. It would also augment West Park parking during large events.

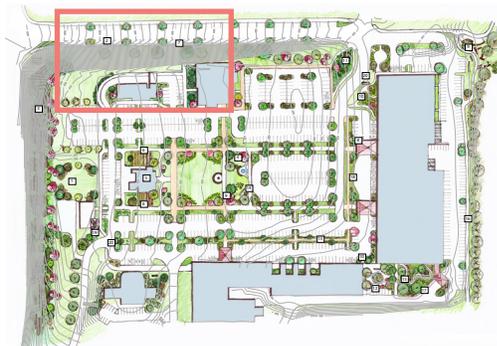
STREETSCAPES



Sketch of West Park Drive with proposed bump-outs and parallel parking.



Proposed design of West Park Drive



Streetscape Conceptual Plan

- 2. Parallel Parking
- 3. Planted Embankment
- 7. West Park Drive Pedestrian Way

STREETSCAPES



Existing conditions of West Park Drive looking south



West Park Drive with proposed streetscape improvements such as parallel parking, bumpouts, trees, and sidewalks.

STREETSCAPES

Slow Streets

A large concern at the initial stakeholders meeting was the need to slow vehicles down on site. The planned bump-outs on West Park Drive signal for drivers to slow down without the need for speed bumps, rumble strips, or painted “stop” markings on the pavement. Since the stops existing on site are often ignored by all drivers, pedestrians are in a constant state of danger while traversing the site. Making design changes to the entry road will help slow vehicles before they enter the parking area, and other design decisions such as parking realignment and clearer pedestrian ways will slow traffic within the parking area.



Sunken bump-outs can treat runoff flowing down the street.



Trees planted along the street would signal drivers to slow down.

STREETSCAPES

Plant Palette

Trees:

Carpinus caroliniana (Hornbeam)

A good street tree, new leaves emerge reddish purple, changing to dark green. Turns to shades of orange, yellow, and red in the fall. 20-30' tall and wide. It is a good host plant for butterflies.



Lagerstromia indica 'Natchez' (Crepemyrtle)

Crape myrtles are often chosen as a landscape plant for their long, summer blooming period. Also making crape myrtle a popular landscape choice is the fact that the plant is as tough as it is beautiful. Their peeling bark, fall color, and the grace of their natural form are other prized characteristics.



Perennials and Grasses:

Festuca glauca 'Elijah Blue' (Blue Fescue)

Outstanding, icy blue coloration to this clumping ornamental grass holds up even through the heat of summer. Buff colored flowers create eye-catching contrast. Perfectly suited for edging borders or mass planting as a groundcover. Drought tolerant when established. Evergreen.



Liriope muscari 'Variegata'-Lilyturf

Liriope is a great choice for problem sites. Vibrant, grass-like plant with green and cream striped foliage. Forms clumps 1 to 1- 1/2 ft tall, spikes of violet-blue flowers appear in September.



OUTDOOR FITNESS AREA

Analysis

The Health Foundation had a site in mind for the proposed outdoor fitness area in the West Park Medical Complex. During different stages of the design, the design team located the main fitness area in several different locations including the central green and along the perimeter of the site. In the end, the main outdoor fitness center was located in a semi-private space in the southeast corner of West Park. Located near the trailhead for the Yadkin River Greenway, the space is backed by the riparian zone and offers screened views to the river. The smaller fitness area is located by the splash pad in the central play space.



The existing condition of the space for the outdoor fitness area.

Design Description

Using Greenfields outdoor fitness equipment, the outdoor fitness area would be a space for people to exercise separated from the main vehicular and pedestrian traffic. The area would be shaded with several large trees to allow for a more comfortable workout experience.

This outdoor fitness area will be a great amenity to the community by providing free equipment accessible to everyone. Providing this fitness space close to the greenway will give the trail added value.

Having the outdoor fitness area within the West Park Medical Complex will also be useful to the offices and facilities located in the complex. Physical therapy offices could use the space to allow their patients to exercise while enjoying the fresh air. The YMCA Express is closely located to the fitness area and can expand its classes or instruction into the fitness area.

OUTDOOR FITNESS AREA



Example outdoor fitness area



Outdoor fitness area in the southeast corner of West Park



Outdoor Fitness Area Conceptual Plan

- 9. Outdoor Fitness Area
- 10. Low-planted Gardens
- 11. Rain Garden
- 20. Signage

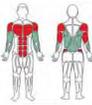
OUTDOOR FITNESS AREA

Equipment

Similar to gym equipment that resides in weight rooms, the outdoor fitness equipment is designed to target specific muscles. The equipment is designed to be easy to use allowing people of all experience levels and abilities to use the machines.

Greenfields Outdoor Fitness
Promoting Wellness & Fighting Obesity One Community at a Time.

4-PERSON PENDULUM, ABS & DIPS STATION
GR2005-1-22



Target muscles
Secondary muscles

- Strengthens upper body, biceps, forearms, lower back and abdominals
- Loosens hips and side
- Can be used by four people simultaneously



greenfieldsfitness.com/four-person-pendulum-abs-and-dips-video.html



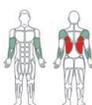
VIEW THE VIDEO





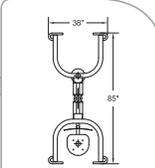
Greenfields Outdoor Fitness
Promoting Wellness & Fighting Obesity One Community at a Time.

TWO-PERSON ACCESSIBLE LAT PULL
GR2005-1-48-W
U.S. Patent 9,079,069 B1



Target muscles
Secondary muscles

Strengthens upper back, shoulders, biceps and core




greenfieldsfitness.com/accessible-lat-pull-video.html



VIEW THE VIDEO



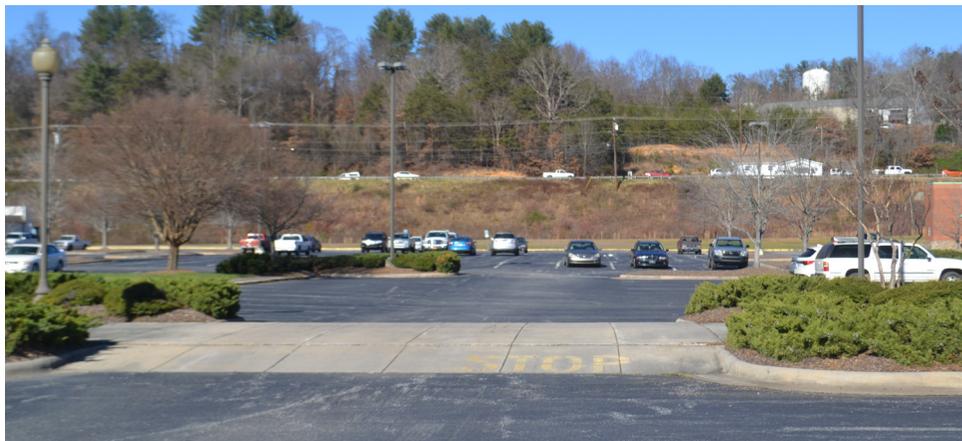


Wheelchair-accessible side can also be used by able-bodied individuals!

WALKING ROUTES

Analysis

One of the prominent issues within West Park Medical Complex is the safety of pedestrians. Currently, pedestrians have no defined routes throughout the site and vehicles overlook the few designated crosswalks. Pedestrian crosswalks have been created in West Park by creating table top speed bumps with “stop” marked in yellow for drivers. The yellow markings are frequently ignored and the speed tables minimally slow down traffic. The site is currently one large parking lot, so pedestrians must walk through parking spots and lanes of traffic to get to their destination.



Existing “stop” markings to define crosswalks.

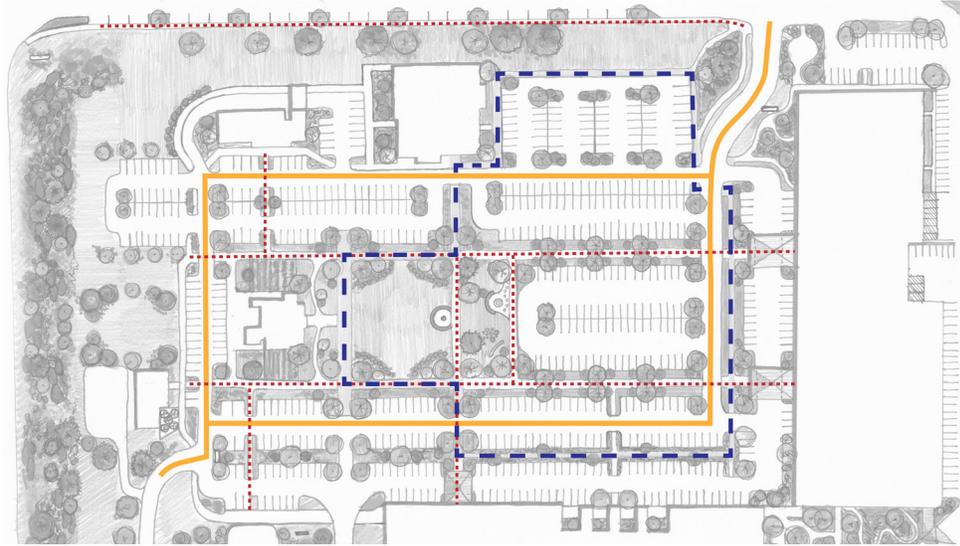
Design Description

One of the priorities of the conceptual design for the West Park Medical Complex involved making pedestrians a higher priority throughout the site through design. The design breaks the parking into different sections and connects the sections with pedestrian ways. By providing marked pedestrian walks to each parking area, pedestrians no longer have to navigate the parking spots and lanes of traffic to get to an office or facility in West Park.

In addition to the designated pedestrian ways, a quarter-mile walking loop was designed to also provide the opportunity for pedestrians to move safely throughout the site. This active walking loop provides visitors with a beginning trail to walk on where they are always within walking distance to their car. The active loop is important for struggling walkers and those getting back on their feet. This route differs from the greenway by providing a loop near parking instead of forcing the walker to decide when they are halfway tired and should turn around. It also provides employees of West Park an opportunity for a quick walk during breaks.

North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

WALKING ROUTES



Walking/Driving Routes Legend

-  Vehicular Traffic
-  Pedestrian Walks
-  1/4 mile Active Loop



WALKING ROUTES

Materials

The important aspect of the pedestrian way is separating pedestrians from moving and parked cars. Currently, pedestrians have no clear path of traveling from their cars to their destination, so providing a clear and safe path will greatly improve the pedestrian experience at West Park.



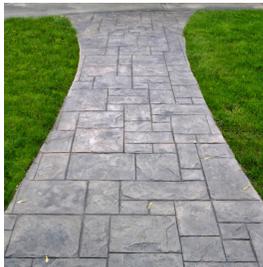
Grasses planted along walkways provide separation between pedestrians and vehicles.



Painted crossings or a change in paver would better signify pedestrian crossings.



Planted areas with trees would slow traffic through vehicular lanes.



Stamped concrete sidewalks create visual interest at a lower cost than pavers.



Edging the walkway in a different color could help designate a different use.



Using a colored concrete or paver would clearly define a different path.

WALKING ROUTES

Pedestrian Walkway Plant Palette

Trees

Zelkova serrata 'City Sprite'-Zelkova

Compact, dense, and semi-dwarf, this is the perfect little tree for tight urban spaces. Summer foliage appears brighter green than typical Zelkova. Short internodes, fine textured foliage, and a self pruning growth habit promise a low maintenance city tree.



Aesculus glabra 'Autumn Splendor'-Horse Chestnut

'Autumn Splendor' has clean foliage and fine red fall color. The flowers are yellow with a reddish blotch. It is a hardy medium sized tree.



Crateagus viridis 'Winter King'-Hawthorn Tree

'Winter King' hawthorn is a true four-season tree, with flowers in spring, clean summer foliage, showy fruits in fall and winter, and exfoliating bark that adds winter interest.



Shrubs

Nandina domestica 'Blush Pink'-Nandina

'Blush Pink' is a new version of the old standby Nandina 'Firepower'. This compact, evergreen shrub is characterized by upright, cane-like stems with compound leaves that are light to medium green with pink new growth during summer and a bright purplish-pink to red during fall and winter.



Perennials and Grasses

Calamagrostis 'Avalanche'-Feather Reed Grass

Create stunning vertical effects with feathery stalks that emerge reddish-brown in spring, and turn golden in fall. Stalks make attractive cut flowers. Foliage has white center and green margins. Herbaceous perennial.



Muhlenbergia capillaris 'White Cloud'-Muhly Grass

This plant can tolerate a variety of soil types and moisture conditions. Muhly grass works well in poor soils as a groundcover and can be used to prevent soil erosion. Once established, this extremely low maintenance grass works well in roadside and median plantings.



WALKING ROUTES

Active Walking Loop Plant Palette

Betula nigra 'Dura Heat'-River Birch

This fast growing, multi-trunked native is more heat and drought tolerant and has better disease and insect resistance than the species. Dura-Heat® has a rounded form when mature with a dense canopy of glossy green foliage that turns a buttery yellow in the fall. Bark exfoliates early revealing creamy white inner bark, extending interest into the winter.



Distylium 'Vintage Jade'

Distylium hybrids are an exciting new arrival in the nursery trade. They are a Southern gardener's dream plant because they are evergreen, compact, disease and insect resistant, and are heat and drought tolerant. Distylium hybrids will also grow in wet soils.



Pennisetum alopecuroides 'Hameln'-Dwarf Fountain Grass

Attractive grass highlighted by fluffy, buff-colored plumes arching above foliage. Terrific contrast used among shrubs or as a backdrop in a perennial bed. Foliage turns golden-russet in fall.



Dianella 'Cassa Blue'-Flax

An extremely versatile and easy care dwarf selection with lush blue-green foliage and blue flowers followed by attractive purple berries. An excellent mass planting or border in front of shrubs. Tolerates most any soil and salt spray. Evergreen.



Liriope 'Variegata'-Lilyturf

Liriope is a great choice for problem sites. Vibrant, grass-like plant with green and cream striped foliage. Forms clumps 1 to 1- 1/2 ft tall, spikes of violet-blue flowers appear in September.



HEALTH FOUNDATION OFFICE

Analysis

The Health Foundation's current office location is in a small building close to the Wilkes Regional Medical Center. The Health Foundation is actively seeking a new location within the West Park Medical Complex to be closely tied to all of the offices within the site. With plans to transform West Park into a healthy living hub for the community, The Health Foundation wants to be part of the transformation.

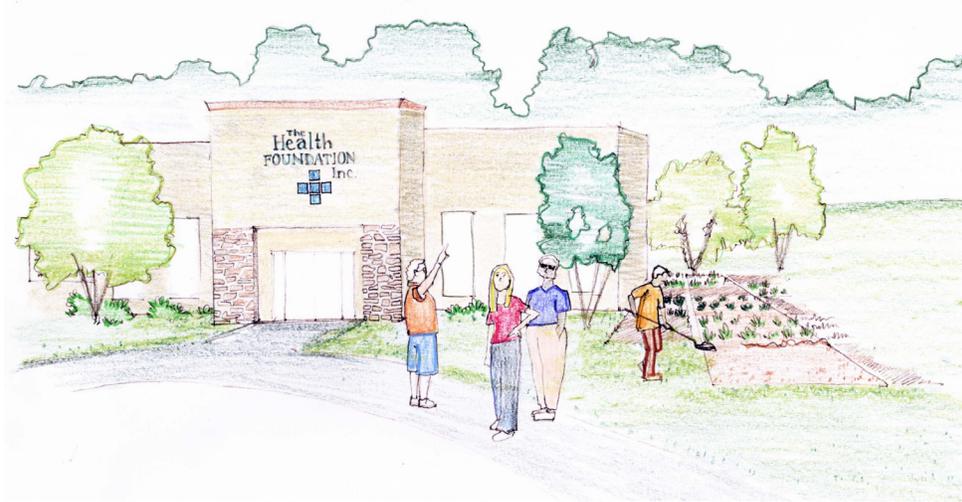
Design Description

Since The Health Foundation wants to be at the center of the West Park Medical Complex transformation, the new offices for the Foundation will be centrally located on the site. Originally, the Foundation planned to place the building in the very center of the site on the central green, but the conceptual design is proposing the building be moved to the north with the extension of the central green.

The Health Foundation office will still serve as an anchor point for West Park, and the northern setting will provide more open green space adjacent to the building. The Health Foundation team plans to host many gatherings and events, so access to adjacent open space is crucial.

The proposed Health Foundation office will also offer public restrooms for those who use West Park facilities or the Yadkin River Greenway. A concern voiced at the stakeholders meeting involved the lack of public facilities available within West Park.

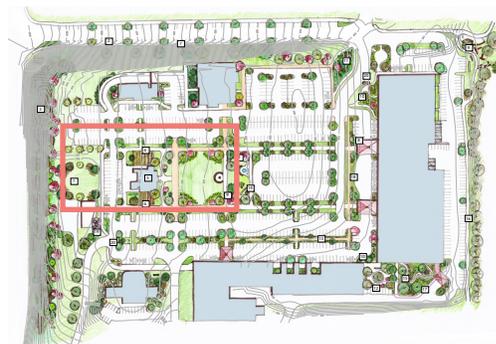
HEALTH FOUNDATION OFFICE



Proposed Health Foundation Building



Proposed placement of Health Foundation Building within the central green.



Health Foundation Conceptual Plan

1. Open Greenspace
4. Splash Pad
5. Proposed Health Foundation Building
6. Edible Gardens
9. Outdoor Fitness Area

HEALTH FOUNDATION OFFICE

Open Space

The location of The Health Foundation building will provide open space for gatherings and events. This central greenspace can host events that currently take place on the site and the proximity of the proposed office will allow more event opportunities.

The open space adjacent to the health foundation will provide space for events while being close to restroom facilities.



The Health Foundation could host movie gatherings in the adjacent greenspace.



The open space could serve as a venue for small speakers and concerts with The Health Foundation building providing a public restroom facility.



WAYFINDING

Analysis

The wayfinding signage that exists throughout the complex is often not noticed with its neutral colors. There is minimal signage to direct visitors to individual offices throughout the complex and none of the signage designates specific parking lots.



Existing neutral colored signage.

Design Description

Considering the need for more clear direction once on site, color coded signage would assist drivers in parking near their desired destinations. For example, particular buildings and offices could describe themselves as being served by the Center Lot to help patients and visitors know where to park. Drivers would then be directed to the adjacent offices to easily find their destination.

Because the parking lot is broken up into different sections with large planters and greenspaces, the designated parking categories can be broken down by natural borders. The signage is approximately car and person height for easy visibility, but not large enough to block the views throughout the site.

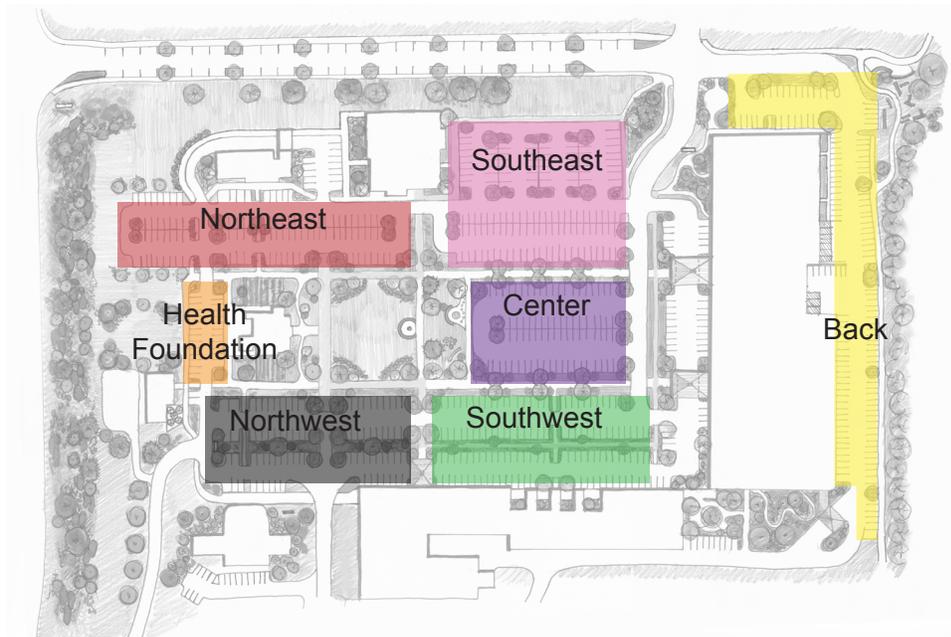
Lots have been broken down into the following categories:

- Northwest Lot
- Health Foundation Lot
- Northeast Lot
- Southeast Lot
- Center Lot
- Southwest Lot
- Back Lot

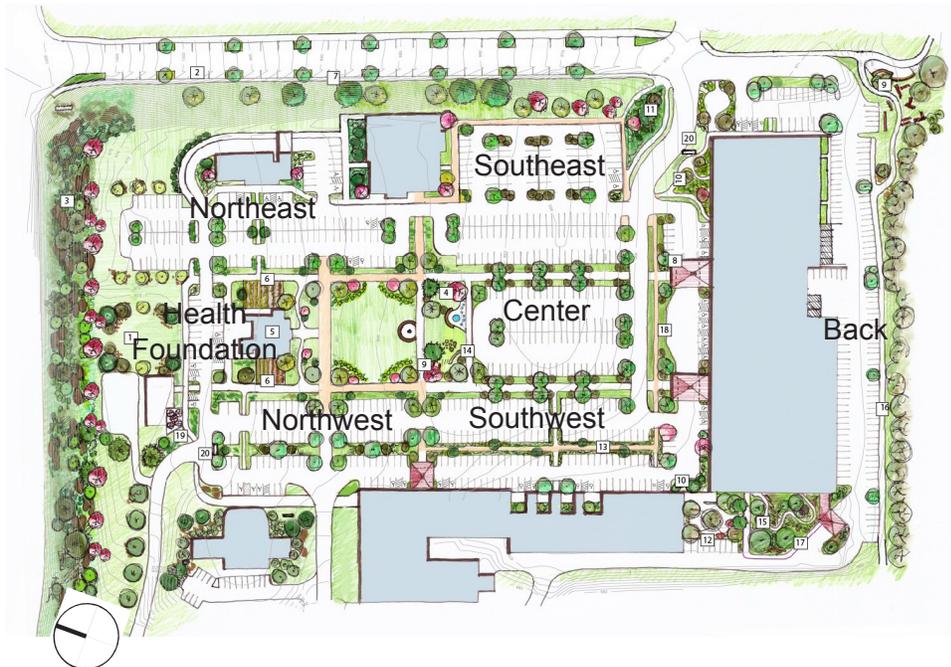
North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

WAYFINDING

Wayfinding Plan



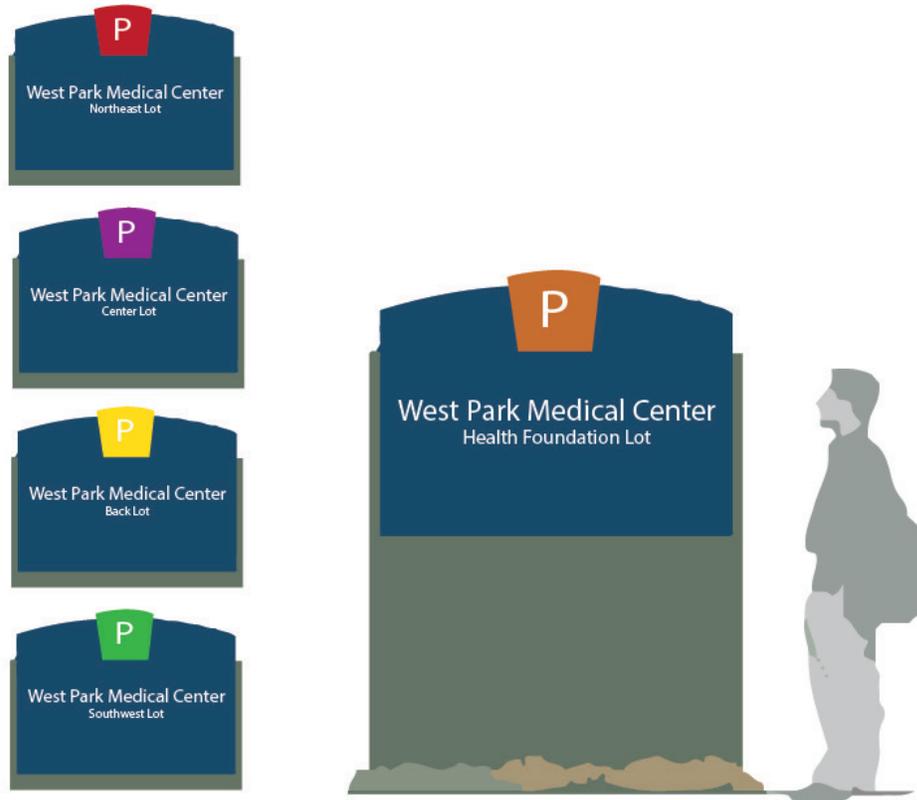
Keyed Plan



WAYFINDING

Signage Concept

The wayfinding signage throughout the complex is proposed to resemble what can be found at a hospital. Large text and color-coded signage makes accessibility easy for those who cannot see or read well. The signage will have more color than the existing signage, but will still fit in with the natural surroundings and aesthetics of West Park.



Scale rendering of directional signage for parking and pedestrian ways to reflect the existing look across the complex.

Color coding the tops of the signage is enough for visibility and recognition without having an unpleasing look throughout the parking lots. Signage can also be placed on building fronts where multiple offices share a building space.

WAYFINDING



Existing entry to West Park Medical Complex



Entry into West Park Medical Complex depicting proposed wayfinding signage and street trees along West Park Drive.

SLOPED EMBANKMENT

Analysis

The sloped embankment on site is a very dominant feature within the landscape. Currently, the challenge is maintaining the slope by mowing and weedeating the slope. Since the hillside is so visible, the Stakeholders would like to see more of a pleasing and low-maintenance landscape with more vegetation and possibly boulders. Due to its proximity to the road, there must be collaboration with the North Carolina Department of Transportation.



Existing sloped embankment on the north side of the site.

Design Description

The planted embankment and open greenspace features a variety of plantings and grasses that require minimal maintenance. To avoid runoff issues, large boulders and dense vegetation will be planted on the whole hillside. The hillside is mainly for an aesthetic appeal and not for pedestrian use. However, the hillside will be able to be navigated during routine maintenance.

SLOPED EMBANKMENT



View into open greenspace and embankment with a variety of plants, grasses, and boulders.



Overflow/Event
Parking Lot

Village Inn



Central Green Conceptual Plan

1. Open Greenspace
3. Planted Embankment



SLOPED EMBANKMENT

Material Palette

The sloped embankment is made up of both tall vegetation and short ground cover. The stakeholders suggested a landscape like the embankment found at Rose Glen Village located in Wilkesboro. The slope will also feature large boulders to create a natural aesthetic for the hillside.



Rose Glen Village embankment located in nearby Wilkesboro, N.C.



Examples of large boulders mixed in with a densely planted hillside.

SLOPED EMBANKMENT

Hillside Plantings

The hillside plant palette along the steep slope that is behind the future placement of The Health Foundation Building should include plantings for erosion control, low maintenance plants that can withstand the harsh conditions of the open slope, and provide plantings for movement and interest from a distance. Graceful evergreens and grasses will suit this area the best. Bald Cypress, False Cypress, and a variety of ornamental grasses such as Feather Reed Grass, Switchgrass, and Muhly Grass will look beautiful on the slope with limited care.



SLOPED EMBANKMENT

Plant Palette

Chamaecyparis nootkatensis 'Strict Weeping'-Alaska Cypress

The foliage on this tall, extremely narrow Weeping Alaskan Cedar boasts an uncommonly pendulous habit. The draping foliage hangs down, clasped tightly against the upright trunk, like arms. Mature trees develop fascinating character, almost personalities, with secondary sub-leaders that reach out and create a close-knit cluster of trunks and gracefully arching side



Chamaecyparis pisifera 'Gold Mops'-threadleaf false cypress

A ground hugging mound that is truly mop-like, with stringy leaves that color best in full sun. Superior accent plant among other dwarf green conifers. Tailored to rock gardens and slope plantings as well as Asian garden schemes. Evergreen.



Taxodium distichum var. *distichum*-Bald Cypress

This lofty, deciduous conifer grows 50-75 ft. or taller. It is slender and conical in youth, becoming flat-topped in very old age. Sage-green, bipinnately compound leaves, which look more like feathers than needles, turn copper before falling.



Panicum virgatum 'Northwind'-Switchgrass

A compact, clumping grass with excellent vertical form. Olive to blue-green foliage turns golden-yellow in autumn. Airy flower panicles produce showy seed heads lend winter interest. Sturdy stems stay upright, even under snow load, giving protection to wintering songbirds. Good for erosion control.



Calamagrostis x acutiflora 'Avalanche'-Feather Reed Grass

Create stunning vertical effects with feathery stalks that emerge reddish-brown in spring, turn golden in fall. Stalks make attractive cut flowers. Foliage has white center and green margins. Herbaceous perennial.



Muhlenbergia capillaris 'White Cloud'-Muhly Grass

This plant can tolerate a variety of soil types and moisture conditions. Muhly grass works well in poor soils as a groundcover and can be used to prevent soil erosion. Once established, this extremely low maintenance grass works well in roadside and median plantings.



COVERED DROP-OFF AREAS

Analysis

The offices of the complex have many handicap and elderly people coming and leaving throughout the day that, for a variety of safety reasons, need to stay out of the sun and inclement weather. The two largest buildings within the complex have enough space in front of the buildings to place portico structures to keep those being dropped off out of the weather.



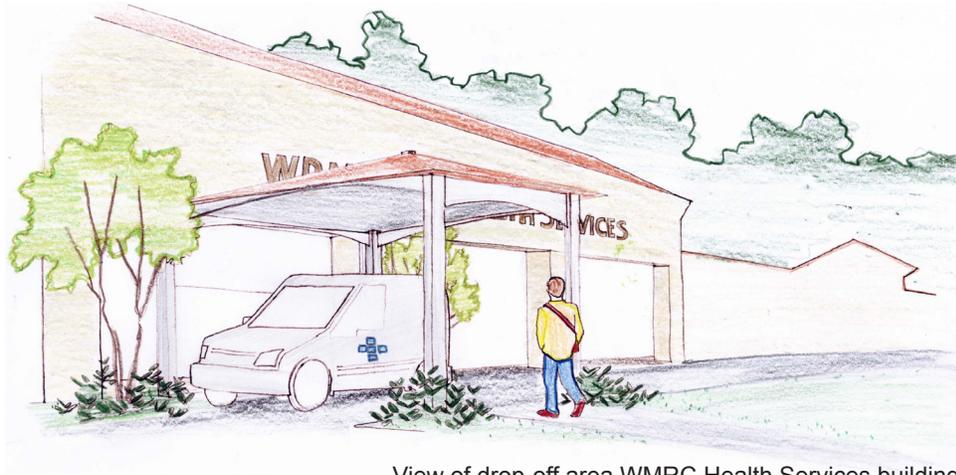
Existing area against the west building where a portico is proposed.

Design Description

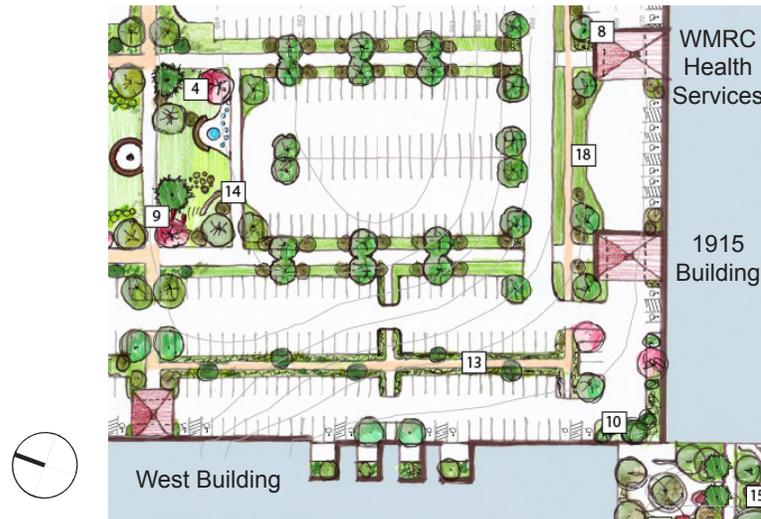
Three porticos are proposed on the site. Two porticos will be on the south main building at the WMRC Health Services' entrance and at the 1915 offices' entrance. One portico will be on the west main building at the Diagnostic Center. The porticos will also narrow provide traffic calming opportunities through the narrowed driving area causing drivers in front of the buildings to slow down as they drive through the area.

North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

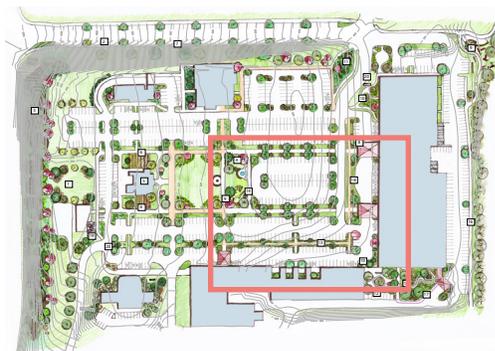
COVERED DROP-OFF AREAS



View of drop-off area WMRC Health Services building.



Covered Drop-off Areas Conceptual Plan



- 4. Splash Pad
- 8. Portico Drop-off Structures
- 9. Outdoor Fitness Area
- 10. Natural Play Space
- 13. Active Walk
- 14. Natural Play Space
- 15. Adult Daycare Garden
- 18. Drop-off area

COVERED DROP-OFF AREAS

Material Palette

The porticos will be similar to the ones found locally at Rose Glen Village. The porticos will match the existing aesthetics on the south and west buildings within the complex. Because emergency vehicles and delivery trucks frequent the site, the porticos must provide enough clearance for those vehicles to pass through.



Example of Rose Glen Village portico.

EDIBLE AND EDUCATIONAL GARDENS

Analysis

The community stakeholders wish to grow food for employees and visitors on the site through community gardens. The gardens have the opportunity to be a place for the community to have a hands-on experience and learn healthy eating habits. The community stakeholders believe The Health Foundation would control this process and work with local schools in the area for labor and educational opportunities.

Design Description

The edible and educational gardens will be on both sides of The Health Foundation building within the center green (east and west). The gardens will have a variety of plants (see plant palette) that the public can eat. The gardens will have access to water from The Health Foundation edible and Educational Gardens will serve as an anchor point for West Point in the center of the site and create a vegetated area around The Health Foundation offices.

EDIBLE AND EDUCATIONAL GARDENS



View into educational gardens on the side of the edible and educational gardens.



Central Green Conceptual Plan

- 5. Proposed Health Foundation Building
- 6. Edible Gardens

EDIBLE AND EDUCATIONAL GARDENS

Material Palette

Educational signage that matches the look and aesthetic of the wayfinding signage throughout the site will be placed within the gardens to educate the public. The signage should be easy to rotate and/or replace when new plants are planted. The signage can have facts for all ages included to make the gardens an educational place for the whole community.



Examples of educational signage that can bring community engagement and learning to the site.

EDIBLE AND EDUCATIONAL GARDENS

Plant Palette

The plantings for the Edible and Educational Garden directly outside of The Health Foundation Office would ensure that West Park would be a important hub for health education and plant awareness within the community. The gardens would include edibles that the community would maintain and share as well as educational areas within the garden that would offer opportunities to learn about native plants, rain gardens, butterfly gardens, etc.



EDIBLE AND EDUCATIONAL GARDENS

Vaccinium corymbosum 'Bluecrop'-Blueberry

'Bluecrop' is a midseason (July 15-August 15) variety that produces high yields of large, bright blue berries that are very firm. Large clusters with excellent flavor, fresh or frozen. 'Bluecrops' are vigorous, spreading and consistently productive. Excellent fall foliage color.



Malus domestica x 'Tasty Red'- Urban Apple

Create an elegant, stately, apple tree for smaller landscapes and patios with the bottle brush shape of this tree. Apples are normal sized apples with a bright red skin that fruits in the first year of planting. Plant another variety, such as Urban Blushing Red or Tangy Green, for cross pollination and best fruit production.



Rosmarinus oicinalis 'Arp'-Rosemary

More cold-hardy than most, it quickly forms an upright hedge of aromatic needle-like foliage. Profuse clear-blue flowers add to the effect. Takes to pruning well for small topiaries. Good flavor for cooking. Evergreen.



Allium schoenoprasum-Chives

Chives belong to the same family as onion, leeks and garlic. They are a hardy, drought-tolerant perennial growing to about 10-12 inches tall. They grow in clumps from underground bulbs and produce round, hollow leaves that are much finer than onion. In mid-summer, they produce round, pink flowers similar in appearance to clover.



Fragaria ananassa 'Earliglow' or 'Tribute'-Strawberry

"Tribute" was developed by the University of Maryland in 1982 and produces small to medium, bright red berries that have firm, sweet flesh. "Tribute" is a day-neutral variety, meaning that it sets buds and produces fruit as long as temperatures don't get too high or low.



Chionanthus virginicus-Fringe Tree

Outstanding, small, deciduous ornamental tree. The botanical name translates as snow flower, an excellent description of the fluffy, white flowers that cover fringetrees in bloom. White fringetree, also known as Grancy graybeard or old man's beard, is native throughout South Carolina and the southeastern United States.



EDIBLE AND EDUCATIONAL GARDENS

Rhododendron calendulaceum-Flame Azalea

Rhododendron calendulaceum, also known as the Flame Azalea, is surely one of the most spectacular native shrubs of the Appalachian Mountains. The flowers are larger than most of the natives, measuring from 1.5 to 2.5 inches across, and come in a wide range of colors from clear yellow, through shades of orange, to brilliant red.



Itea virginica-Sweetspire

Virginia sweetspire (*Itea virginica*) is a brilliant shrub of the fall garden. Native from New Jersey to Texas, it thrives throughout South Carolina. While it thrives in moist soils, it will adapt to even dry conditions if given plenty of water while becoming established. Virginia sweetspire will grow well in either sun or shade, although most attractive with at least 6 hours of sun.



Cercis canadensis (Redbud)

Known for their winding branch structure and stunning magenta flowers from spring through summer, this large shrub or small tree is a superb addition.



Budleia -Butterfly Bush

This sun-lover comes in hues from pure white to deepest purple. From midsummer until frost, butterfly bush earns its name as hordes of winged beauties flit from flower to flower in search of nectar. The lanceolate leaves are 10 to 12 inches long and white or grayish underneath. The honey-scented flowers are deep purple and grow in spikes, from July to October.



Salix species-Willow

Salix is a large genus of 300 species of deciduous trees and shrubs found worldwide. Willows are normally dioecious; male plants have the most striking catkins. Leaves are simple and usually alternate with small flowers. Some species are cultivated for their weeping habit, others for their colorful winter shoots, still others for their colorful catkins. Size ranges from large to dwarf.



Rudbeckia fulgida (Rudbeckia)

A plant genus in the sunflower family, the *Rudbeckia fulgida* offers bright yellow flowers, attracting bees and butterflies. Flowers will return year after year. Full sun to light shade.



Part II:
**Inventory, Analysis, and
Design Development**

SITE INVENTORY
Map



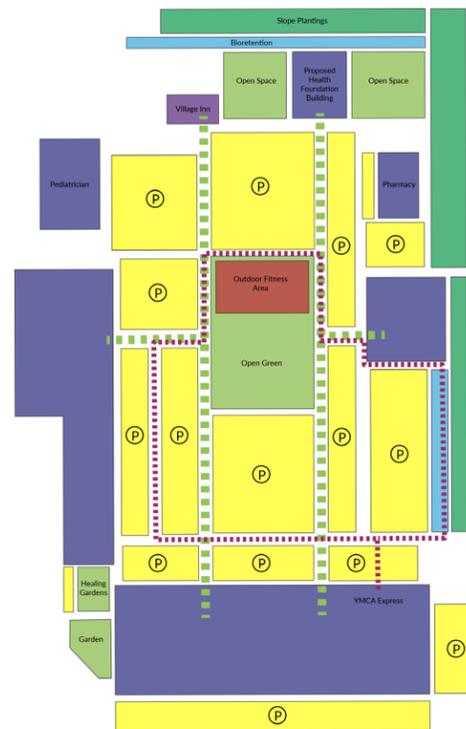
North Wilkesboro, NC
Site Adjacencies

Source: Esri, DigitalGlobe, GeoEye, i-cubed, Earthstar Geographics, CNES/Airbus DS, USDA, USGS, AEX, Getmapping, Aerogrid, IGN, IGP, swisstopo, and the GIS User Community, Esri, HERE, DeLorme, TomTom, MapmyIndia, © OpenStreetMap contributors, and the GIS user community

SITE ANALYSIS
Drawing

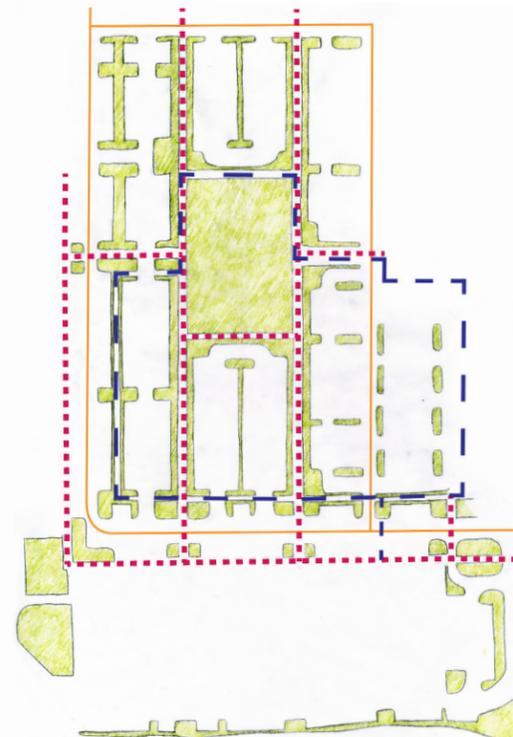


WEST PARK MEDICAL COMPLEX
Conceptual Preliminary Design Concept 1



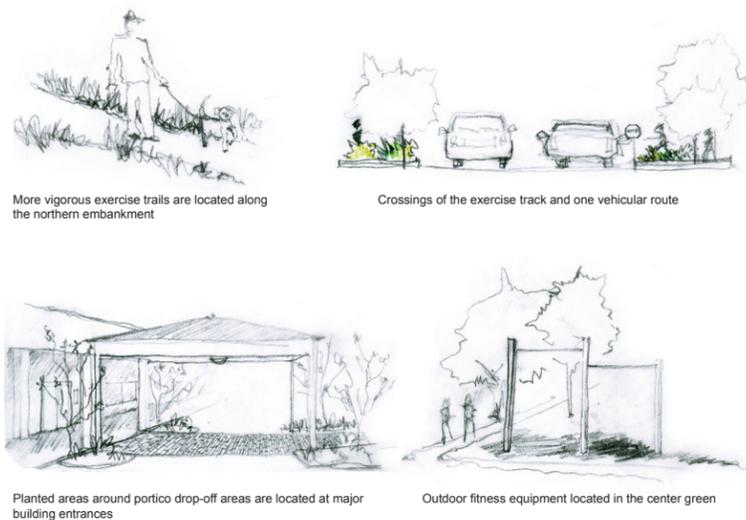
PROGRAM DIAGRAM

The main goal of the proposed program is to create visible and separate pedestrian space to create safe connections between parking and building destinations. By creating pockets of parking surrounding the center green, pedestrian green ways are created to help divide parking areas and form designated pedestrian walkways. In addition to creating prominent pedestrian ways, a quarter mile exercise track is incorporated as a secondary pedestrian network. This track connects to the outdoor fitness area stationed at points throughout the north end of the center green. To the far north, the sloping embankment will be planted while bioretention areas will be created at the base of the slope as well as in the lower points of the site.



CONCEPT DIAGRAM

Looking specifically at the transportation systems on the site, the concept diagram explores the greenspace network compared to major routes. The main vehicular route will continue along a similar path as the existing loop, following the perimeter of the parking area. The pink dashed lines indicates the pedestrian ways throughout the site and illustrates how the walkways connect the entire proposed design. The purple dashed line shows the proposed exercise track and its quarter mile loop around the space. Shown by the diagram, each pedestrian way is surrounded by green, which indicates that the pedestrian networks will be visibly separated from the vehicular routes by plantings.



More vigorous exercise trails are located along the northern embankment

Crossings of the exercise track and one vehicular route

Planted areas around portico drop-off areas are located at major building entrances

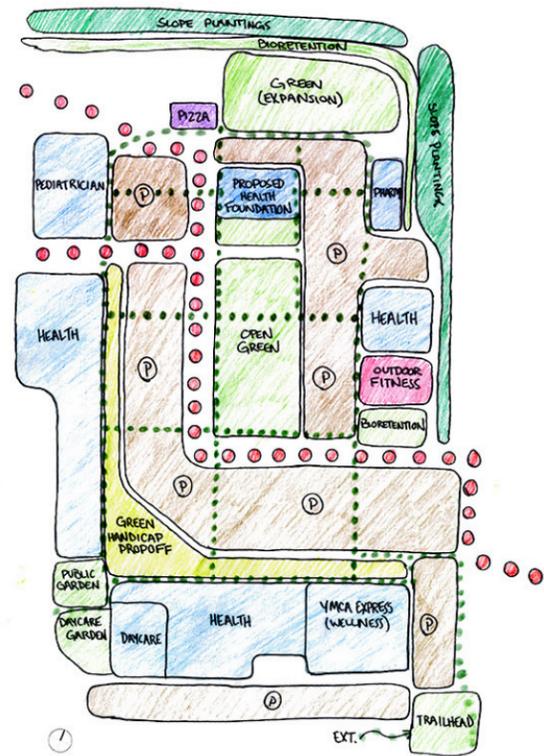
Outdoor fitness equipment located in the center green building entrances

CONCEPT PLAN CALLOUTS

- 1 Vigorous Exercise Trail
- 2 Proposed Health Foundation Building
- 3 Outdoor Fitness Area
- 4 Center Green
- 5 Quarter Mile Exercise Loop
- 6 Pedestrian Walkway
- 7 Bioretention Area
- 8 Portico Drop-off Structures
- 9 Healing Gardens
- 10 Adult Daycare Garden
- 11 Extension of the Greenway

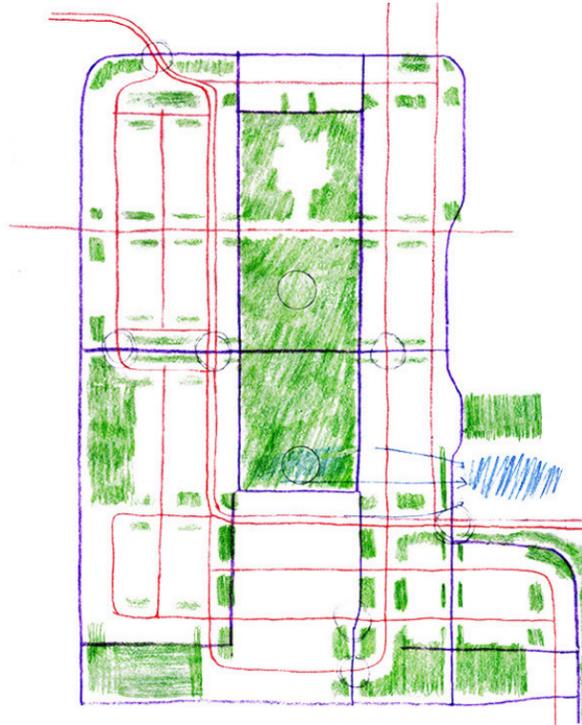


WEST PARK MEDICAL COMPLEX Conceptual Preliminary Design Concept 2



PROGRAM DIAGRAM

The proposed program's primary goal is to move the main loop of traffic away from the medical offices' front facades to the perimeter of the center open green. Also, an objective of the design is to bring planted natural gardens to the front facades of the largest two buildings. The program connects the different areas of the site through pedestrian walkways that also slow down traffic with raised sidewalks and planted edges. The program provides a designated trailhead and outdoor fitness area in a natural environment, while still being close to its designated parking.



CONCEPT DIAGRAM

The proposed concept shows the vast amounts of greenspace created by rerouting the traffic and pedestrian passageways away from the fronts of the buildings. The purple lines show the main pedestrian sidewalks and the red lines show the main aisles for cars. The blue lines show the proposed rain garden and bioretention area to eliminate drainage problems within the parking lot.



Low-planted green gardens are in front of some of the offices and bring color to the front of the offices.



The center green is still anchored by an American flag, surrounded by plantings creating more of a comfortable space for users.



A bioretention area is created at the proposed new entrance off of West Park Drive to hold and clean stormwater from the parking lot.



A rain garden is created in the center green to bring a variety of plantings to the center of the site and eliminate flooding in the parking lots and center green during storms.

CONCEPT PLAN CALLOUTS

- 1 Open Greenspace
- 2 Overflow Parking
- 3 Overlook Exercise Trail
- 4 Swing Set
- 5 Proposed Health Foundation Building
- 6 Edible Gardens
- 7 West Park Drive Trees
- 8 Portico Drop-off Structures
- 9 Outdoor Fitness Area
- 10 Low-planted Gardens
- 11 Rain Garden
- 12 Bioretention Area
- 13 New Main Entrance
- 14 Education Garden
- 15 Adult Daycare Garden
- 16 Greenway Extension



Part III: Appendix

STAKEHOLDERS MEETING NOTES

North Wilkesboro, NC
West Park Medical Complex
1914 West Park Drive (next to children's playground)
North Wilkesboro, NC 28659

Wednesday, January 6, 2016 from 10am – 12:30pm

Introductions: Heather Murphy and Melissa Philen

STRENGTHS:

- *The stakeholders consider the current conditions of the medical park a thriving center. Once a wasteland, it now attracts people and businesses through The Health Foundation's mission to provide health care services. The property is a very visible and central location for whole county. The green space within the central parking area is occasionally used (especially in the case of events). People come to site to access the Yadkin Greenway, and a trailhead is located on site celebrating the first leg of the trail. For exercise, people walk on sidewalks around inside perimeter of buildings, even before sunrise and after sunset.*
- *An extension of the greenway is planned to be constructed along the Yadkin River- behind Health Foundation property (plans can be found on Wilkesboro website).*
- *The site has a Native American history and was once known as "Mulberry Fields". During the trailhead dedication, an individual was quoted as saying "I can feel the spirits here." as the wind started to blow to support this notion. The site also has historical markers along the greenway celebrating the Confederate army, arrowheads, first airport, and first helipad.*
- *Historically, the site was "the place" of Wilkes County before vacated and The Health Foundation took over as it hosted community activities, events, live radio shows, and Muscular Dystrophy Drives.*
- *Currently, the site is home of the "Trail of Treats" event for Halloween and the area's March of Dimes event.*
- *As far as the site's location is concerned, it serves as a convenient linkage between North Wilkesboro and Wilkesboro. The area finds The Health Foundation as recognizable brand within the community.*

STAKEHOLDERS MEETING NOTES (CONT.)

- *Future growth is promising as infrastructure is good with natural gas connections are along the stream and roadway. There isn't necessarily a need to develop in the floodplain as the floodplain line goes to flagpole (grandfathered into site).*
- *The site is a considered a 'destination' for health services, greenway, and YMCA Express.*

VISION:

- *The Health Foundation hopes to have a healthy eating initiative within the community providing a place of healthy eating, active living, mind/body/spirit ideology, and an overall vision that is centered in prevention.*
- *The stakeholders would like to see botanical signage along the greenway and walkways on the site - "learning by accident".*
- *A main focus is to make sure that the center is visionary towards the future and what it will become. The hope is to avoid restrictions to flexibility, movability, implications to parking, and envision 10, 15, 20 years out. Health Foundation does not have a comprehensive plan.*
- *The site shall be pedestrian friendly to encourage beginning walkers, aging population (spouses and caretakers). There is a possibility of a partnership that would set the stage for the site to host an adult, outdoor exercise facility for aerobics and strength training.*
- *Wayfinding signage is important to have throughout the site - kiosks are needed describing The Health Foundation campus and where offices and amenities are located.*
- *A campus master plan is needed for the site featuring lighting, greenspace, and putting pedestrians first rather than cars.*

WEAKNESSES:

- *Visitors to the site do not stop at stop signs, many glide through without stopping and weave through the parking lot.*
- *Overall the site is just not safe or friendly for bike riders, walkers, or runners.*

STAKEHOLDERS MEETING NOTES (CONT.)

- *Visitors speed downhill along entrance and do not stop at the T-intersection which is dangerous with the pediatrician clinic at this intersection.*
- *Dr. Rathmill and others walk at night and sees people walking greenway with mining hats and flashlights in the early morning. Much more lighting is needed along the walkways.*
- *Expressions of safety concerns from maintenance and cleaning crews at night (2 AM) as they travel to and from the trash receptacles in back to empty. The maintenance and cleaning crews have building entrances in the back with minimal lighting.*
- *When it is raining, dropping people off is a problem as it is hard to get them in WTA vans then back up to get shelter. Free-standing rain shelters like a porte cochère should be installed to cover the 1915 building entrance (like new Rose Glen facility).*
- *Foundational integrity of parking lot, "sinkhole" issues (really low-points or potholes), water pools often are all problems that visitors and employees point out.*
- *The signage in the area is attractive, but they should be more visible. Wayfinding is critical to have for the elderly folks traveling around the site.*
- *Embankment on site is a weakness of concern.*
- *No public restrooms is an issue and everyone goes to one doctor that has restroom. Public urination is a problem throughout the site.*
- *People drive diagonally across parking lanes, especially early morning and late evening- flying through parking pots. More islands and curbs are needed throughout the parking lot to prevent this.*
- *The playground is underutilized. It was designed as a pre-school playground (designed for 3-year olds) given by Smart-Start.*
- *Need for guardrails along sides of hill at entrance of site, especially when winter conditions come to the area.*
- *No pedestrian lanes and bike lanes to allow access into site at entrance.*

STAKEHOLDERS MEETING NOTES (CONT.)

- *Main perimeter “L” people park directly in front of buildings. Much of the remaining parking rarely gets used unless there is an event.*

Nice Aesthetics/Programs in Area:

- *The Farmers Market complex has nice signage, streetscape, and design. A coherent and consistent navigational design such as found there would be beneficial for the center.*
- *The greenway has an extensive plan that’s nice, but doesn’t have master plan. Plan(s) can be found online. The town is always up for suggestions on changes to the extensive plan.*
- *For a regional example of a space, take a look at the Yadkin Heritage Corridor.*
- *Overall plans for Yadkin Corridor, the Farmer’s Market, and town are examples that the town would like to see for the West Park Medical Center.*
- *The green space could be much more utilized. Fundraising events could take place in the green space if power/electricity sources were installed to the area (or outdoor electric sources on the outside of the proposed building).*
- *For healthy eating options, an example that The Health Foundation has looked at is the Atlanta Botanical Garden (children’s garden). The garden consists of carrots and tomatoes- learning and active, and family oriented activities. Connecting what is found at these gardens to the needs of the medical patients in West Park would be ideal.*
- *Healthy eating shall be promoted in the complex through edible gardens, master gardening. There are community gardens in Wilkesboro, so working with them or creating something unique from them would be important to eliminate competition.*
- *North West Visitor Center has interpretive signs similar to those in mind for Health Foundation site. A convenient navigational system is important for first time visitors and the elderly.*
- *Engaging FFA Students at high school would be beneficial in creating a food forest. Multiple contacts for the high school on the stakeholder committee.*

STAKEHOLDERS MEETING NOTES (CONT.)

PLANTINGS:

- *Stakeholders would like to see conifers around the site for more variety around the complex.*
- *The existing trees are beautiful and mature, but would like to see more color variety to break up the natural earth tone colors of the site.*
- *Ideally the design would soften hardscape and angular lines. With so much space away from the buildings, there is the potential for some dense vegetation in the center and along the bank.*
- *The design of the large parking lot next to river should protect the natural environment and consider the greenway expansion connecting the adult daycare center to the trailhead.*
- *A natural solution for the embankment would be preferred. Natural landscapes are the way to go for the site and lots of vegetation would be an improvement to beef up landscape. No plants too tall on the embankment would be preferred though as it would block the street view.*
- *There is plenty of hardscape on the site, but there is a need to eliminate some hardscape. Even when calculating building additions, there is still more parking than needed. Reconfigure parking counts based upon the town's zoning ordinance.*
- *Something soft is desired that can be maintained to show "we care about your community", but wouldn't be too costly or difficult to maintain. Consider other local nice landscapes for Wilkesboro's 'expectations'.*
- *Visibility is a must around the office storefronts. Plantings should be concentrated in the center green with low plantings near the buildings. Plants that cause allergies should be kept away from the storefronts and only placed on the embankment if needed.*
- *The back of property needs just as much improvement to it as front. The back building facade could be more inviting and appear to have designated entrances in comparison to fire escapes/back doors.*

STAKEHOLDERS MEETING NOTES (CONT.)

ENTRY SIGNAGE:

- People ask “what is West Park”?, so incorporating and/or designating that the area is a ‘Medical Complex’ is important, but also not to take away from restaurants) and stores. The complex is open to all businesses even though the focus is definitely medical.
- The town’s zoning ordinances not design for campus model, but for a single business. The town code needs variance, but fortunately the town would work with The Health Foundation. Overall, this area is more than a medical complex campus, so signage is very important.
- The zoning is written as to what the maximum amount of signage The Health Foundation can do on the property without variances.
- The site is a total of 3 acres. Zoning is the same for ½-acre tract and 30-acre tract within the town limits.

LIGHTING:

- The current lighting is standard-parking lot or pedestrian lower lighting along edges. The area is quite dark around the ‘walking loop’ though, causing danger for pedestrians.
- The site needs dark-sky lighting, because of the dark-sky ordinance within the town. Ordinance requirements can be found on the town’s website.
- The lights installed near garden-esque areas should be kept if possible, and new lighting should match the same style.
- The new Boone LED down-lighting within their downtown is nice, and the stakeholders could see something similar within the West Park Complex.
- The facades are not lit at night although most of the façade lights that do not illuminate front, creating a dark area at nighttime, especially when viewed from the street.
- The West Park Complex electrician has proposed to replace the existing lights on the rear of the “L” shape building. The electrician is proposing new LED fixtures for which Duke Energy are providing rebates.

STAKEHOLDERS MEETING NOTES (CONT.)

EVENTS:

- *The Following events take place at West Park:*
 - *Safe Kids Event*
 - *Seftec Bicycle Club*
 - *Apple Festival (host parking)*
 - *Parade (staging grounds)*
 - *“Trail of Treats” (Halloween festival)*
 - *Ensure room for deliveries behind dialysis center: loading dock, tractor trailers*

FOLLOW-UP TASKS:

- *Someone will send Zoning Codes via email*
- *Speak with new GIS coordinator about NAP 27 projection*
Call Mike Moretz at 651-7311

PRELIMINARY CONCEPTUAL DESIGN MEETING NOTES

*West Park Medical Complex
1907 West Park Drive (formerly Hospice of Wilkes)
North Wilkesboro, NC 28659*

Thursday February 11, 2016, 12 noon to 2:00pm

12 noon- 12:15pm

Opening- Introduction:

Heather Murphy, Nancy Stairs, and Melissa Philen

Heather opened with the fact that on Feb 14, 25 years ago, The Health Foundation was formed. She gave an overview of purchasing the property and how the medical complex came to be. She also provided some of the problems with the property already discussed in first meeting. Those include; runoff, pedestrian safety, views, wayfinding, etc. She discussed grant funding and an overview of the important people connected with the project.

Melissa provided an introduction of the CDAC. She gave an overview of the project plans and funding. She also emphasized the importance of feedback about the design process and overall Health by Design.

12:15- 1:00pm

Presentation of two preliminary conceptual designs:

Lauren Delbridge and Alex Jones, Virginia Tech Student Designers

Lauren opened up the presentation by discussing the strengths of site, the opportunities on the site and the constraints of the site. Alex then discussed the site inventory, site analysis, the conceptual master plan, and examples of design case studies. He then introduced Lauren. Lauren began the presentation of her plan. She went over the Concept program map which included safety, greenspace, sectioning parking spaces, addition of slope plantings on the troublesome embankment, bioretention areas, a quarter mile walking track loop (simple system), an outdoor fitness area, a healing garden (where existing playground is located). She then gave a comparison of greenspace and transportation pathways. She also discussed the concept diagram with the active track loop. The audience asked if it included a bike path. Lauren said she would address this further down in her plan explanation. Lauren then presented her main design with conceptual plantings, pedestrian ways, sketches of possible design ideas, porticos for safety, drop off for pedestrians, the line of vision, etc. She also discussed an allee of trees, tall grasses, formality within the design, introducing fewer interactions of pedestrians with vehicles. The audience asked if this would still accommodate larger trucks, such as trash, fire, delivery, etc. Lauren said that she will check the measurements to see what limiting factors there are. The audience

PRELIMINARY CONCEPTUAL DESIGN MEETING NOTES (CONT.)

also asked if there would be restroom facilities. This brought up a good point as it had not been discussed. There are not any accommodations at the current trail. Lauren then discussed her proposed entryway plantings. She also eliminated 4 lanes of traffic down to 2 and added a bike trail along the main stretch into the complex. She also proposed extension of the existing greenway, creating views of the river, and provided photographs as examples of the overall feeling of the proposed spaces (greenspace, outdoor exercising, wayfinding, etc.) She gave a quick overview of plant material and stated the importance of street trees, rain gardens, etc.

In conclusion the audience asked questions regarding the parking ratio. Lauren stated there were currently 1000 spots, which would be reduced to 775 in her plan.

Alex began discussing his conceptual master plan. It involved creating STOP places (audience adamantly agrees), walkways, extension of the open green to the current embankment, bringing greenspace to the front of the offices to prevent asphalt at building, and healing gardens. He then discussed his Concept Diagram of potential flooding areas, pedestrian walkway areas, etc. In his actual master plan he wants to move the main loop of traffic away from the front of building, add a minimal retaining wall with bioretention area to eliminate flooding, install a outdoor fitness area (which would be near the trailhead entrance and would expand to the greenway), move parking traffic away from front of building by creating 2 main drop off areas, move the entrance to the complex a road's width closer to the Village Inn to create a 3 way stop which forces the main traffic to be against the central green, and install low, natural planting beds near the buildings. The center green would then extend toward the open green in the back of the parking lot with the construction of the proposed Health Foundation buildings. Alex suggested that the edible gardens be installed here along with a few more parking spaces for future expansion within the area. He suggested removal of the playground and extending the greenway. Alex then gave examples of greenspace for natural areas, wayfinding which would include creating a more natural look with rock, medical feel, and use of 'hospital' like colors. He also discussed health programs that would include taking the gym outdoors with a vegetative buffer, edible materials (provided a sun/shade analysis) promoting where to place garden areas, community engagement and education and garden maintenance,

He then discussed possible plant materials, safe visibility (especially in back), overall flow of plants from front to back, spring to fall interest, using more than maples, and creating a unique, non-uniform look. The use of low shrubs on the site, rain garden examples, and edibles encouraging youth welcoming environment were key topics.

PRELIMINARY CONCEPTUAL DESIGN MEETING NOTES (CONT.)

In conclusion, the audience asked a few questions concerning how much parking is on his plan. Alex stated there were 750 plus. The audience then asked if there was a budget. Alex and Melissa stated that we did not provide a study of cost estimates and that we just provide conceptual thoughts in the beginning. The audience continued with parking concerns. They mentioned the use of walkers and crutches in certain areas and they may need to adjust parking spaces according to accessibility for these instances. The audience also suggested knowing where the ortho building is to accommodate these groups of pedestrians, and the amount of fire trucks and ambulances that frequent these areas.

In discussion of both of the designs together the audience asked if both designs suggested a place for deliveries. This would include a section for larger vehicles to drop off materials. The mail, UPS, lab people, shredding truck, etc. are on this site from 7am to 7pm. They said that vehicles are always stopping to drop things off. This is constant and an is an extremely important consideration. The audience reminded the designers that dialysis is also used here. They asked that the designers include multiple locations on the site where vehicular and pedestrian needs to be met. Melissa then asked that the audience place color coordinated stickers for important areas of interest (high drop off areas, etc.). The audience continued to discuss ways for pedestrians to leave offices and buildings. The pediatrician office is huge and it was a great idea to shift the main road away from the walking paths as kids dart into traffic all the time. The audience was also appreciative of green area throughout the complex in order to have time to 'catch' children before they head out into moving traffic. Another audience member asked who would maintain the park? Heather responded by saying there is a monthly fee to help with this.

Melissa then took over the discussion due to time constraints and had the meeting break into groups for a quick breakout session. She provided discussion topics for each group to discuss regarding the 2 plans.

1:00pm- 1:15pm

Break-out Session:

The audience broke into groups of 5 and Melissa asked that they refer to the design concepts packet. Please use the guiding questions to begin discussion. Elect a spokesperson to speak for group during next step.

PRELIMINARY CONCEPTUAL DESIGN MEETING NOTES (CONT.)

1:15 – 1:45

Facilitated Discussion

Melissa Philen and community members

Subjects:

Concerns of edible gardening and the wildlife it will bring in.

Is it possible to route emergency vehicles around the back side of building? This may be impossible.

Greenspace in front of pediatricians office was recommended to remove traffic away from this area.

Snow removal concerns; where will they put it?

Worst pedestrian crossing? 1 and 2 seem to meet needs.

18 wheeler maneuvering throughout property. They cannot always use back areas. Turning radius important.

Perhaps plans for an amphitheatre down by the river or at corner at the bottom of hill.

In concept number 2, the flow of traffic is a favorite route. 18 people liked this. In concept 1, flow of traffic was preferred by 9 people. In concept one, they suggested shifting the west entrance driveway (Don's entrance) like number 2...this is definite yes by everyone. Perhaps a roundabout at the bottom of hill at new entrance area? Concerns were that it takes up a lot of space, won't accommodate large vehicles, Moving the entrance will slow traffic down by eliminating intersection. The culvert coming out of Cooks makes people swing out which creates close calls in approaching traffic.

Portico's are awesome because they allow drop off NOT in the normal flow of traffic. Melissa said we will contact emergency vehicle groups to discuss limitations with size of their vehicles.

The second discussion group did not like the proposal of an area with 'sitting' water in concept 2 because of bugs, animals, etc. Melissa explained that this would just give the water somewhere to go until it drains to water table. Also, it would filter pollutants. The signage concept is important....needs to be more noticeable and larger. The ordinance (Heather) says this is all that is allowed. So, they will need approval for changes. The overall style preferred is the rock design but picture design and color coding is important for those that may not read well. They liked the medical coloring and also suggested color coding sections to differentiate different buildings. On sidewalks? On Portico's? On concrete in front of different doors? It is important that it should be seen from parking areas. In concept one, they like having a main directory board. Where could the location of main directory be? Is this really needed? Overall thoughts on rock? This may not be feasible in design flow with the other buildings. They thought maybe incorporating accent rock on certain 'Parts' of buildings. They also mentioned that there are different entrances which limits giving correct directions.

PRELIMINARY CONCEPTUAL DESIGN MEETING NOTES (CONT.)

One thing mentioned that was not addressed are the areas behind the buildings. And also the daycare center drop off. This is a riparian zone, which also has a steep drop off and limited space. Alex and Lauren recommended re-grading this area for more access for passing traffic. The signs stop at the back of building so people are unsure of where to go. There are not enough parking spaces in the back. Greenway expansion is in the future plan for the community. They also mentioned there are kids who use the playground so maybe incorporating this into the middle of the park so more people can utilize this would be the best idea. The center of the property should also incorporate physical activities for children. If we take out the playground, then make sure there are other 'Play' areas which are more centralized. Melissa suggested nature play, climbing wall, slides, incorporate fitness and health. The audience appreciated the long walkways in concept 1 because it seemed more calming and peaceful. They also enjoy the idea of the measured walkway for a peaceful walk in addition to fitness. The greenspace in front of dental clinic is also enjoyed at building 1915. They would also like to tie in the bike trail with the walking/fitness trail not in main traffic. They didn't care for the playground in front of pediatrics. They would like this to be better centralized to invite everyone. The proposed location of The Health Foundation building in concept 2 was preferred. They also liked the walking track in concept 1. They just want to make sure it extends to the hill area. They also mentioned 90% of people are elderly that use the parking lot. They stressed not to lose handicap parking in the corners (Near Y, near main health building.) They also want to keep greenspace at the door with parking on side...Portico's are good here. Combine design concepts of moving the entrance and keeping handicap spaces, making the loop only for handicap drop off and divert the main traffic away from this. Please note that people are not courteous. Main signs are needed for information. Also, the adult day care needs 2 entrances and it needs to be made more visible behind the building entrance.

Please consider snow removal. Snow gets pushed to the center green. As you come into the complex, the pizza place has no parking. There is a need to accommodate them as they get a lot of business. Alex mentioned a gravel parking lot in the back but this is not for customers. He also mentioned that for future expansion, parking will be kept in front of this area. Lauren suggested bumping out spaces in front of the building for patio seating and adjacent to this would be spaces for the village inn (Pizza).

In the center square, children's amenities are very important (consider splash pads). The overall tree canopy heights are important. Nancy prefers that we don't use the same thing over and over, mixing large with small, using different shapes, etc. Make sure the trees are open which

PRELIMINARY CONCEPTUAL DESIGN MEETING NOTES (CONT.)

makes for good lighting, safety, etc. Asymmetry is best with planting style. Also use narrow trees for openness, larger trees for context and balance out the plant species.

1:45pm- 2:00pm

Review Survey Questions

Please complete the survey and return it to the sign-in table

Funding important and when you have thoughtful plans then you have a better chance of getting the grants.

2:00-2:50pm

Debriefing

Reflection

The community and Health Foundation are strongly for making the site pedestrian-friendly, while still keeping the car close to the office fronts. The community appreciated both conceptual designs presented and both were taken well with strong feedback of the next steps for the final design.

The community is in favor of rerouting the entrances into the site to slow traffic, while pulling traffic away or slowing traffic down at the main pedestrian crossings on the site. Other transportation alterations include slowing traffic down on West Park Drive by narrowing vision sight-lines, adding bike lanes throughout the site, and possibly moving the main traffic loop closer to the center green. An additional thought was looking at how narrow the back parking lot aisle is and what CDAC can do to make two cars passing more comfortable for each other. A major concern regarding transportation was allowing delivery and emergency vehicles to travel throughout the site, including to and from the main entrances.

Both The Health Foundation and the community stressed the importance of healthy living and active lifestyles. This included being in favor of a greenway extension, community gardens, walking trails, an outdoor fitness station, and a children's playground/splash pad.

The center island is recognized as the focal point and where everything will come together. The community and Health Foundation would like to see the new Health Foundation building, community gardens, an outdoor fitness station, open greens for recreation, the flag pole(s), and a children's playground/splashpad within the center green. The community can imagine the center green becoming larger and extending towards the YMCA Express building or the embankment.

PRELIMINARY CONCEPTUAL DESIGN MEETING NOTES (CONT.)

The final concerns for the site included a navigational signage system that compliments the architecture of the buildings, bringing a natural planting palette that still keeps pedestrians safe, and picking out lighting fixtures that compliment the area well that don't look like standard parking lot aisles.

Community Concerns

- Rescue and mail vehicles pull around to the front entries everyday*
- Eliminate the need for pedestrians to cross the road at drop-off locations*
- Provide more of a buffer between the parking lot and offices, but not as much as what was shown in Concept 1*
- Cost of project restructure seems pricey*
- The 3 main connections where the porticos were proposed are important to emphasize*
- West wing portico cover could be eliminated if project is too costly*
- Important not to bottleneck traffic*
- Consider gabion boxes for stairs, seating, and retaining walls*
- Consider NCDOT when proposing projects along Route 421 and West Park Drive (roundabouts)*
- Natural playground in the center green*
- Greenfields workout equipment for center green rowers, lap machines, ect.*
- Healing gardens near oncology*
- Half a dozen (6) plant species per area on site*

FINAL CONCEPTUAL DESIGN MEETING NOTES

*Wilkes County Agriculture Center
416 Executive Drive (new road adjacent to Herring Hall, across from the
Run-In on Brushy Mountain Rd)
North Wilkesboro, NC 28659*

Tuesday March 15, 2016, 12 noon to 2:00pm

12 noon- 12:15pm

Opening- Introduction:

Heather Murphy and Melissa Philen

Heather opened the meeting thanking the participants and mentioning the Virginia Forest Service Grant to the CDAC. She recognized West Park as being a leader in the area by implementing this design for West Park. She then recognized Mr. Alvin ? as the original owner of the property and as being the visionary for the project many years ago. Melissa provided an introduction of the CDAC. She spoke of our funding partners and gave a background on Alex, Lauren, and Daphne. She also emphasized the importance of feedback about the design process and overall Health by Design.

She then gave an overview of the powerpoint, the number of people who responded to the survey (128), shared some photos from other meetings with the community, spoke of the vision for the project which included consequences of poorly designed spaces, design for active outdoor living, and the psychological wellness, social opportunities and environmental sustainability directly associated with physical activity.

12:15- 1:00pm

Presentation of final design:

Lauren Delbridge and Alex Jones, Virginia Tech Student Designers

Alex opened up the presentation by discussing some of the major issues with the original site which included pedestrian ways, vehicular safety, unsightly hillside development. He then gave an overview of the two conceptual designs that he and Lauren created and how they combined the two into creating an inviting community space, adding green space and a walking trail. He then spoke of the feedback the community gave after the initial design work and mentioned the following issues; need for additional greenspace, additional community space, places for people to stop and linger while or before and after exercise, wayfinding and color coding for easier recognition of buildings, crosswalks connecting to stops for pedestrian safety, and making the area more accessible and welcoming. In the final design he and Lauren created more drop off areas for patients, introduced main routes for safer and easier traffic flow, changing the intersections for traffic calming strategies, and the addition of amenities such as picnic areas, public restrooms, bike racks, etc.

FINAL CONCEPTUAL DESIGN MEETING NOTES (CONT.)

Lauren began her part of the presentation speaking about the environment and how it would feel in the complex with the addition of taller trees for shade, natural play spaces for the kids, and an open, elegant green that would signify the vision for the space. She discussed the healing garden and its location, the detail of the natural play and the new trend in 'playing' which is a shift from brightly colored, bulky, large structures to areas using the natural environment to create play spaces such as logs, mounds, of dirt, rocks, etc. Lauren then went on to discuss the outdoor fitness equipment which would be close to the greenway, private, not tied to a gym with a membership, etc. The sloped hillside would have open greenspace at the bottom of the slope to walk the dog, etc., boulders, evergreens and grasses, visually pleasing aspects. The porticos to be included would help in drop off situations for the handicapped and other patients, without obstructing traffic, and create a safety zone for those that need assistance. The signage would break the parking lot down into easily navigable sections with a simplistic, medical complex look. The sections would include NW, SW, SE, NE, lots of The Health Foundation, and the Back and Central lots. She suggested these signs be located in the front of each building to create a uniform look to the site. These signs should be tall enough to see, fit in with the environment, but should not block drivers views.

The site amenities included in the presentation are benches, bike racks, lighting, and water fountains.

Daphne then discussed the plant palette for the important areas of the property. The Central Green should have open areas for natural play and encourage wildlife. The Healing Garden should be private and used for patients and employees at West Park. It should be calming, quiet, a place for relaxation and rest, butterflies, and other soothing wildlife interaction. The Streetscapes include bump outs on West Park Drive for parking, traffic calming, and improved pedestrian and vehicle safety. This would also slow down runoff, and plantings would need to tolerate a wide range of environmental conditions such as being wet and dry and accommodating trampling by the public. The natural play area should include different textures for children to enjoy (soft and fuzzy, etc.) as well as utilize plants to create fun areas for kids to get involved. The walking routes would encompass two areas; a more formal pedestrian way for maneuvering the Medical Complex and an active walking loop for more physical walking which includes a set distance. The more formal walking areas would have more formal trees with higher branching, some flowing grasses and dwarf, low maintenance shrubs. The active loops would include more carefree plantings with more interest with grasses. At The Health Foundation Office, there would be a community (edible) garden on one side and an education garden on the other. The edible garden may include blueberries, strawberries, dwarf urban apples, herbs, etc.

FINAL CONCEPTUAL DESIGN MEETING NOTES (CONT.)

The educational garden could be a variety of things not limited to butterfly gardens, native gardens, rain gardens, etc. These two types of gardens would create a hub for the community and establish a place for the community to have seminars, etc. The hillside plantings would include evergreens, grasses, and large boulders. These would create interest from a distance. The rain garden would be utilized to not only catch and slow down water flow, but would filter pollutants, and draw in butterflies and birds.

Melissa then ended the presentation and opened the floor for questions.

1:15 – 1:45

Facilitated Discussion

*Melissa Philen, Alex Jones, Lauren Delbridge, and community members
Concerns:*

Elderly drop off - there needs to be a place for the person assisting the elderly person to park and help them get inside the building. Lauren suggested perhaps having benches for people to wait on someone while parking the car.

There would need to be a lot of handicap spots to accommodate the numbers of people using the complex

Designated area (NOT in front of porticos) is needed for maintenance and delivery type deliveries to prevent congestion in front of buildings.

Someone suggested using the back of the buildings for drop offs but another audience member said the doors were kept locked. Heather suggested they look into using key codes to access the back of the buildings for deliveries cut down on the amount of trucks in the front.

The mobile dental driver mentioned that she parked beside of where we have the healing garden. She was concerned that the noise would interfere with relaxation in this spot. Unfortunately, there is not another place on site with water and power hook up. Melissa suggested using taller evergreens in this area to block the view and muffle the sound the bus may bring.

The Yadkin River Greenway representative was on hand and mentioned this a gateway for exploration. He was pleased with the plan and said we are in step with wellness and active living.

An audience member mentioned that they love the three way stop and new entrance plans.

There was also some question about turning right and left off of West Park Dr. Is this 2 lanes of traffic? Alex commented and said the larger access here allowed for a wider turning radius for larger vehicles. But would keep out tractor trailers.

One member brought up the fact that the bank was prime sledding in the winter.

FINAL CONCEPTUAL DESIGN MEETING NOTES (CONT.)

One audience member asked if we were going to inventory the plants along the Yadkin River because there are a lot of natives there. Melissa said we would not be taking inventory of these plants but there is no need to worry because this is a riparian zone and nothing would be removed. One audience member worked in the adult daycare and was excited about the healing/meditation garden but wondered if there should be a walkway there to connect to the front and the walking loop. Lauren said it would be a great addition and a perfect area to experiment with different pavement patterns.

There is a sidewalk at the eastern edge of the parking lot. Can this sidewalk extend around to the back of the building? Alex noted this was a good point, creates a larger outer loop and connects to the other sidewalks.

An audience member mentioned the concern of narrowing West Park Drive. He said this space could be better utilized as a pedestrian trail to connect to the greenway. He also suggested a center median with plantings and did not feel like people would utilize the proposed parking spots along this road as we have designed. Lauren addressed the issue of enough parking spots. There is a push and pull with the citizens.

Another audience member said that this is a town street and that these spots would not count towards the overall minimum of spots. Alex mentioned future planning of additional buildings which would require additional parking. The audience mentioned that a number of people will park and access the greenway in the parking lot that backs up to West Park Dr. Melissa noted that the West Park Drive street parking could be utilized by greenway participants.

Another audience member mentioned that there are not enough spots in the back of the buildings. Designated greenway parking is a concern for kids getting out on the street. Melissa mentioned there are sidewalks along this parking.

Melissa closed the meeting and asked people to make any notes and leave them in the comment box. Heather thanked everyone for coming.

Additional Comments:

Looks great!

Excellent planning-a lot of work. I discussed future parking and the land west may be possible for expansion if the landowner sells.

FINAL CONCEPTUAL DESIGN MEETING NOTES (CONT.)

Additional Comments:

Thanks for a super presentation.

Looks good, probably a few more adjustments.

Patient parking for 1915 building is too far away. Would suggest doing away with grass in front of the south/1915 building for more elderly parking closer to Dr. offices and physical therapy.

NO vending machines please. I am also concerned about patient drop off. A caretaker may have to leave elderly patients while they park?

Or walk further with them. Not all frail patients have handicap parking placards.

Awesome job. Love the plan!

Such good work! I am of the opinion that once complete, all will be pleased. Can't please everyone-I appreciate this opportunity for a well used area.

I like it! Lost the hillside trail.

North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

Survey Results

SURVEY

02/11/2016

SURVEY FOR LANDSCAPE IMPROVEMENTS AT THE WEST PARK MEDICAL COMPLEX

Survey will be open from February 11, 2016 to February 25, 2016

The Health Foundation, Inc. is developing a master plan for their property. The foundation successfully applied for a grant for conceptual design assistance! Conceptual design aims to help the community express a vision for the West Park Medical Complex as a place that enhances their greenspaces, encourages physical fitness, and promotes a healthy lifestyle.

The foundation is working with the Community Design Assistance Center at Virginia Tech to develop these designs. Your input will be very helpful to the team as they complete conceptual design.

This is a voluntary survey, which should take approximately 10 minutes to complete. Please return this survey packet to any of West Park Medical Complex's offices or businesses.

Thank you for your participation!

Purpose and Frequency of Visits to the West Park Medical Complex

1. Please check boxes, which identify your relationship to site:

- Physicians and medical providers 19
- Office employee/ staff 46
- Patient 13
- Caregiver 2
- Maintenance Staff 0
- Patron of restaurant/ pharmacy 13
- Express YMCA member 11
- Greenway hiker/biker 19
- Resident 7
- Out-of-town Visitor 1
- Other (please use the box to explain) 2

-Architect

-Wilkes ADAP (We remove trash from the facility and have clients that work at facilities in West Park.

2. Please tell us which age range you belong?

- Under 18 years 0
- 18-25 years 1
- 26-49 years 37
- 50-65 years 34
- 65+ years 8

3. If you come to the site with children, which age ranges do they belong?

- Under 2 years 5
- 2-5 years 7
- 6-12 years 24
- 13-17 years 13



North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

Survey Results

SURVEY

02/11/2016

4. Why do you come to the site?

- o Employed here 62
- o Event/function 10
- o Greenway 30
- o Appointment 28
- o Pharmacy purchase/ pick-up 15
- o Eat at restaurant 35
- o Visit someone 0
- o Other (please use the box to explain) 5

-Facility Design
-For events on weekend
-Y Express
-Assisting and working with ADAP Clients
-Exercise

5. Time you visit the site. (check all that apply)

- o Before 5am 12
- o Weekday: M-T-W-TH-F 74
- o Weekend: SAT- SUN 30
- o Between 9am-5pm 42
- o After 5pm 22

6. This applies to employee/ staff of West Park Medical Complex: Where do you go for lunch?

- o Pack lunch and eat in office/ business 50
- o Drive to local establishment 39
- o Home 1

7. How often do you come to the site?

- o One visit a year 1
- o One visit a month 1
- o Two visits a month 4
- o Once a week 1
- o Weekdays Monday – Friday 68
- o Weekends 21

8. When you come to West Park, how long do you spend on the property?

- At least one hour. (10)
- 1.5-2 hours. (10)
- 1-8 hours. (3)
- 2-6 hours. (3)
- 8-10 hours. (45)
- 12 hours. (6)
- 1/2 hour. (1)



North Wilkesboro, N.C:
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Survey Results

SURVEY 02/11/2016

9. What do you wish the site provided, but does not have?
 Bike Trail, Public Restrooms (4), Traffic Break, Designated Pedestrian Area (2), Greenspace (2), Better Signage, Food Options(10), Ways to spend time outside, Outdoor Music/Theatre Venue, Covered Drop off Locations (4), Security Lighting (3), Measured Walkway (2), Outdoor Exercise Location (2), Automatic Doors at the back of the building (1915 Bldg.) for Handicap Access (2), Food Truck, Coffee Shop (4), Childcare, Cafeteria, Drink Machines (9), Red Box Machine, Outside seating, Better parking, Picnic Shelter (2), Pool (5), Multiple Directories for wayfinding, Picnic area or tables for eating outdoors (3), Ramp in the back for emergency evacuation,

10. What do you wish the Yadkin Greenway Trailhead provided, which it does not have?
 Better Connection to Medical Complex (3), Additional Distance Markers if you leave Greenway, Access to Yadkin (2), Water Fountain (6), Restrooms at beginning of trail (10), Playground, Shade (3), More Rest Areas, Separate Designated Bike Trail, Safety (Security)Features (2), Emergency Alarm, Better lighting along trail (4), Exercise Equipment, Picnic area, Covered outdoor seating (3),

Outdoor Site Amenities

11. Thinking about your overall comfort: Rate the amenities you would appreciate at the complex.

1 = first choice preference, 10 = last choice preference

- 4.9 Garden space
- 3.6 Park furniture
- 4.6 Drinking fountain
- 3.1 Shade trees
- 7.8 Art
- 5.0 Wayfinding signage
- 4.5 Pedestrian shelter
- 7.8 Pet Stand/ Station
- 4.6 Planters with shrubs and flowers
- 7.2 Bike parking /racks
- Other (please use the box to explain)

-Splash Pad

12. Thinking about a physically-active lifestyle: Rate the amenities, which help promote physical activity, you would appreciate at the complex. 1 = first choice preference, 10 = last choice preference

- 4.7 Jogging paths
- 3.2 Outdoor exercise area (strength training- fitness)
- 3.6 Playground equipment
- 2.4 Protected walking paths
- 5.4 Protected bike lanes
- 5.9 Basketball hoop- playing surface



North Wilkesboro, N.C:
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Survey Results

SURVEY

02/11/2016

- 7.4 Hopscotch areas
- 7.4 Volleyball net
- 7.0 Open field
- 6.9 Vegetable gardening plots
- _____ Other (please use the box to explain)

13. Thinking about mental health: Rate the amenities, which help promote relaxation and relief, you would appreciate at the complex? 1 = first choice preference, 8 = last choice preference

- 2.1 Quiet garden
- 4.4 Meditative Labyrinth (maze)
- 3.0 Listen to running water
- 2.8 Watch wildlife (for example birds)
- 5.9 Write in a journal
- 3.5 Place to read
- 6.0 Place to garden
- _____ Other (please use the box to explain)

14. Thinking about the site as a place to meet friends-family: Rate the amenities, which provide a comfortable place to meet, you would appreciate at the complex. 1 = first choice preference, 5 = last choice preference

- 2.1 Benches
- 3.3 Open areas for ball throwing and events
- 2.3 Shade trees
- 2.5 Designed walk, separate from parking lot area
- _____ Other (please use the box to explain)

-Playground Equipment
-Restrooms

15. How likely are you to exercise at an outdoor strength-fitness area?

- Very likely 11
- Somewhat likely 29
- Neutral 16
- Somewhat unlikely 10
- Very unlikely 8



North Wilkesboro, N.C:
West Park Medical Complex Conceptual Master Plan

Survey Results

SURVEY

02/11/2016

16. Briefly describe what you **like** about the outdoor landscape at West Park Medical Complex.

It is uncluttered, I honestly never knew we had a medical complex so better marketing may benefit, Ample Parking (3), Greenspace, River edge at rear of 1915 building (South building), Close to work near the Y, Large lettering of building addresses are visible from landscape areas, Riverside (4), Clean (9), Neat (6), Good Lighting (3), Trees (blooming and fall foliage, 4), Greenway (6), General landscaping (3), Free of Dogs, Covered areas in front of buildings allow for protection from sun when walking, Nothing(2),

17. Briefly describe what you **do not like** about the outdoor landscape at West Park Medical Complex.

Asphalt (4), Very bland trees and shrubs, Lack of Outdoor seating (3), Unsafe traffic patterns, Too much concrete, No parking for Village Inn Pizza, Looks choppy, Car traffic, It is dull and boring, It is not inviting, There is nothing there, Hard surfaces (impervious areas) in parking lot, Large bank behind Village Inn, The landscaping along the entrance driveways, Speeding, Children running into traffic, Looks too much like a 'old' shopping center, Lack of greenspace, No Pool, No Shade (5), No Bike Racks (2), Speed Bumps (3), Not enough flowers (3), Concrete curbing is unsightly, curbing sidewalks (2), Pot Holes, Worn Flags and Banners, Difficult to navigate the parking lot (2), Drainage issues (Specifically near Urgent Care, 3), Smell of Chicken Manure on fields across from the river, Lack of landscaping (3), Lack of and unsafe parking along back of buildings, Lack of restaurants,

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Again.... **Thank you** for your participation!

