NATURE THAT NURTURES A healing park for a local hospital and its surrounding community

le ho UCLA EXTENSION LANDSCAPE ARCHITECTURE PROGRAM CAPSTONE SUMMER 2021 MEG RUSHING COFFEE | JIM PICKEL | PAMELA BRIEF

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This project transforms an underused hospital parking lot into a nurturing healing park for the patients, staff, and visitors of PIH Good Samaritan Hospital, as well as the diverse communities that surround it.

A strong physical and visual connection from the new park to the frontages of the hospital campus will create a holistic environment in which visitors can move with ease and contemplate with comfort.

SITE LOCATION: pih good samaritan hospital campus



CONTEXT: street and building conditions





1 View northeast of Witmer Street: site on the left and Medical Pavilion on the right



2 View of the Medical Pavilion entrance



3 View of Good Samaritan Hospital's main entrance

CONTEXT: site photos





 ${\bf 3}\,$ View towards the six level parking structure on Shatto St.



1 View of Witmer St. and the site from the Hospital entrance



4 View towards Wilshire Blvd from the site



2 View of the Hospital from the site



5 View across the site from Valencia St.



6 View of the site from the 6th floor of the Medical Pavilion SouthTower



7 Reflection of the entire site off of the Medical Pavilion North Tower, seen from the 6th floor of the South Tower

CONTEXT: site parcel information



LOCATION: Westlake, Los Angeles SIZE: Approx 2.8 acres OWNERSHIP: Good Samaritan Hospital ZONING: CW PARCEL/APN NUMBER: 5143015027 5143015028 5143015028 5143015026 5143015025 5143015025 5143015024 5143015023 EXISTING BUILDINGS AND YEAR BUILT: Day care center builing on parcel 5143015019 Built in 1983



CONTEXT: hospital background

Founded in 1885, Good Samaritan Hospital is a general acute care not-for profit hospital with 408 licensed beds.

ANNUALLY SERVES:



PROGRAMS AND SERVICES INCLUDE:

- -Emergency care services: include 12 treatment stations and heliport. -Cardiac services
- -Comprehensive Stroke Center
- -Maternity and prenatal services
- -Neonatal intensive care services
- -Women's services
- -Pediatrics
- -Spine services
- -Oncology services
- -Palliative care services
- -Ear, Nose, and Throat services
- -Podiatry services

- -Neuroscience services
- -Gastroenterology services
- -Laboratory Services
- -Ambulatory infusion therapy
- -Pulmonary medicine + respiratory care
- -Acute rehabilitation services
- -Therapy services: cardiac rehabiliation, occupational therapy, speech
- therapy, and vestibular rehabilitation services
- -Sleep center services
- -Imaging services
- -A physician residency training program
- -Child care center for families of employees and community members

PROJECT JUSTIFICATION: why?

The notion that nature is important to healing has been around for thousands of years. In classical times, temples to the Greek god of healing were built far from town, high on hilltops, overlooking the sea. Monastic gardens in the Middle Ages were used for growing medicinal plants and a place of respite for patients. In the 1800s, doctors regularly prescribed time in the countryside for its healing power. It wasn't until the 1930s that medical advancements like vaccines and anesthetics took precedence over nature. After many years of perfecting sterile environments and advancing scientific discoveries, the interconnectedness of nature and human healing is being studied and considered again.

The idea that physical space might contribute to human healing was first scientifically studied in 1984. Published in Science magazine, researcher Roger Ulrich showed that when hospital rooms have windows looking out on the natural world, patients heal more rapidly, need less pain medication, and have fewer post-surgical complications. Ulrich's study has inspired a growing field of evidence-based studies into how human health and well-being are inextricably linked to nature.

Not only are green outdoor spaces beneficial for hospital patients, they are just as beneficial for hospital staff members.

-A Gallup survey found a third of nurses are believed to experience high levels of burnout from intense job demands.

-Physician burnout was at 54.4% in a 2014 national US survey.

-A study published in American Journal of Critical Care in November 2018 investigated the influence of taking work breaks in a garden on nurse burnout and how it significantly reduced it. Only three to five minutes spent looking at views dominated by trees, flowers, or water can begin to reduce anxiety and induce relaxation.

Just this past year, we've seen our healthcare workers placed in extraordinarily stressful situations.

When healthcare facilities understand the importance of nature within their environments, everyone benefits: -Patients' outcome improves

-Staff feel supported and can better cope with their high-stress work environments and, in turn, potentially help hospitals and other healthcare providers deliver better quality care

"While the evidence for the importance of access to nature for healthcare facilities is there and growing, the actual provisions of appropriate outdoor space in healthcare facilities is often less than adequate, with limited "green nature," unmet needs for privacy and "getting away," even poor provision of the most basic needs, such as ease of access, comfortable seating, safe walking surfaces, protection from the sun, and so on."

-Clare Cooper Marcus

"We know that patients who looked out at a nature view [have] a benefit. But imagine how taking them out to green space might help them heal faster."

-Teresia Hazen coordinator of the Therapeutic Garden Program for Legacy Health, a Portland, Oregon-based health system that's considered a leader in therapeutic gardens.



Image source: shutterstock.com

PROJECT JUSTIFICATION: why this site?

My chosen site is an underused lot across the street from PIH Good Samaritan Hospital and Medical Tower and in the neighborhood of Westlake, a "very high" park need area.

Site justification for the hospital:

-There are open views from both the hospital and medical tower into the site. -No existing green space is located in the hospital's immediate vincinity. -The site is easily accessible from both the hospital and medical tower by crossing Witmer Street. Patients and staff can guickly take a 5 minute break or relax for a longer time.

Site justification for the neighborhood of Westlake:

-Population: 117,756 in 2008 based on LA Dept of City Planning estimates. -2.72 square miles

-38,214 people per sq mile, among the highest densities for the city of LA and for the county

-The Westlake neighborhood is in need of more accessible green park space.



https://lacountyparkneeds.org/FinalReportAppendixA/StudyArea_147.pdf





- Moderate
- Very Low
- No Population
- Area within 1/2 mile walk of a park

HOW MANY PEOPLE NEED



-According to the Westlake Community Plan, household size is steadily increasing and 94% of residents live in multiple family dwellings, with little outdoor space of their own.



-The largest percentage of residents are Latinx.

-\$26,757 is the median household income, low for the city of LA and for the county. -The median age is 27, young for the city of LA and for the county -24.6% of families are headed by single parents.

Equitable and accessible green space can offer psychological and emotional healing for a community that is burdened by the stresses of economic and social inequalities.



http://maps.latimes.com/neighborhoods/neighborhood/westlake/

Age

21,022

8,920

7 888

35.020

10,313

PROJECT JUSTIFICATION: why make it public?

In urban areas, hospitals and hospital clinics can often be found in distressed and low income communities.

According to the article, *Surrounded by Poverty, Urban Hospitals Reach Out,* from The Pew Charitable Trusts, in recent years there is a growing interest in hospitals to address poverty in their communities. This interest is motivated by a commitment to support their communities, but also by federal tax policy and requirements of the Affordable Care Act. In order to retain tax-exempt status, nonprofit hospitals are required to demonstrate charitable investment in their communities. The ACA also includes a provision that requires hospitals to assess their community's health needs and formulate an action plan to meet them. This can involve conventional medical care, but has also involved the creation of green spaces, job programs, and helping get healthy foods into areas that are not served by grocery stores.

"In many places, hospitals give the impression that they are in a community but not of a community. But we are seeing more hospitals becoming more intentional about building bridges to these communities—through employment, through education, through philanthropy."

-Marc Morial president of the National Urban League.

PIH Good Samaritan and the Community:

Type of Charity Care Provided:

Many uninsured and under-insured individuals in the community rely on the Hospital for healthcare services. Between 2014 and 2018, the Hospital provided an average of \$9,527,376 in chartiy care costs per year over the five-year period. Medicaid expansion and the ACA increased access to healthcare coverage and therefore decreased the amount of charity care provided to uninsured patients, from \$11.3 million in 2014 to \$6.2 million in 2018.

Type of Community Benefit Programs:

The hospital has historically provided a significant amount of community benefit services avergaing approximately \$693,618 per year from 2014 to 2018. In addition, community benefit services at the Hospital have been supplemented by large grants from various organizations totaling nearly \$3 million additional funds for community benefit services in 2019. These grants are targeted to address health and social issues in the local community.

Making the healing park public would be a great opportunity to engage its community, improve their quality of life, and be an important part of the community benefit programs the hospital is involved in.



Image source: dirtworks.us

DESIGN METHODOLOGY

-Therapeutic Landscapes, Claire Cooper Marcus

-Gardens in Healthcare Facilities: Uses, Therapeutic Benefits, and Design Recommendations, Claire Cooper Marcus and Marni Barnes

Evidence-based design principles to designing healing gardens and restorative outdoor spaces:

General Considerations:

- -Ensure the garden has sufficient shade, with opportunities for people to site in sun or shade
- -The garden should serve as a contrast to the indoor clinical setting
- -Have a sense of physical enclosure
- -Provide adequate wayfinding to and within the garden
- -Emphasize a view that is attractive from the main garden
- -Create a number of subspace with different qualities for people to choose from
- -Create a sense of place with plants, materials, and colors that reflect the geopgraphic region
- -Provide restful, nautralistic sounds
- -Provide an area such as a flat lawn/patio large enough for informal gatherings, recreation, etc

Pathways:

- -Primary pathways should be flat, with no steps and no greater than 2% grade
- -Primary path should be at least 7ft wide and passing nodes every 25ft
- -Provide curbs or raised edges along primary path
- -Curvilinear pathways
- -Organize pathways to guide people through spaces that provide a variety of experiences

Seating:

- -Majority of seating should have arms and backs
- -Seating material should not retain excessive heat or cold. Wood is best
- -Provide moveable seating
- -Provide seating options for a person along, or for two or three people, semiprivate locations
- -Provide seating for larger groups
- -Provide a variety of views-up close and distant. Places where there is activity to watch



Therapeutic Landscapes An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces WILEY Gardens in healthcare facilities: USES, Therapeutic Benefits, and Design recommendations

by Clare Cooper Marcus, MA, MCP and Marni Barnes, MLA, LCSW University of California at Berkeley

THE CENTER FOI HEALTH DESIGN

Planting:

- -Provide a ratio of approximately 7:3 "softscape" to "hardscape"
- -Provide a rich, mulitsensory experiences (seasonal variety, color/texture, wildlife habitat)
- -Shape space with garden
- -Incorporate plantings that offer sensory engagement (ornamental grasses that move in
- breeze, trees that create changing shade patterns, etc)
- -Incorporate mounded or sloped beds
- -Use trees that reduce scale of surrounding buildings
- -Use plants from local ecosystems (reduce maintenance, provide sense of place, and
- strengthen the emotional connection to the natural environment)

Lighting:

-Provide aesthetic lighting that extend views into garden after dark, including from indoors

-Ensure lighting doesn't shine into patient rooms

Water Features:

-Consider the interactive potential in it's design and location (could be welcomed or unwelcomed)

-Engage more than one sense (sight, sound)

- -Some seating should be located near water feature
- -Sound should have a calming soothing effect

DESIGN METHODOLOGY

-Form and Fabric in Landscape Architecture, Catherine Dee

-Thresholds: an entrance place or gateway / a place of ending and beginning, rest and anticipation / a space between spaces

-Edges: edges as social places / public, private, and semi-private interfaces / edge sub-spaces- niches

-A Pattern Language Christopher Alexander, Sara Ishikawa, Murray Silverstein Patterns/ideas to consider:

-Pattern 59: Quiet Backs - A need for quiet backs exists everywhere where people work in densely populated, noisy areas.

-Pattern 106: Positive Outdoor Space -Make all the outdoor spaces which surround and lie between buildings with some degree of enclosure; surround each space trees, hedges, fences, until it becomes an entity with a postive quality and doesn't spill out indefinitely around corners.

-Pattern 171: Tree Places - Plant trees according to their nature, to form enclosures, avenues, squares, groves. Form places which people can use.

-Pattern 173: Garden Wall - Form some kind of enclosure to protect the interior of a quiet garden from the sights and sounds of passing traffic. If it is a large garden or park, the enclosure can be soft, can include bushes, trees, slopes.

-Pattern 174: Trellised Walk - Where paths need special protection or some intimacy. Helps shape a path and the outdoor space on either side.

-Pattern 176: Garden Seat - A quiet garden seat, in which a person can reach into themselves and be in touch with nothing else but nature. Place a garden seat where it commands a view, is in the sun, under trees where light is soft.





-Project on Public Spaces



-11 Principles for Creating Great Community Places

- The Community is the Expert
 Create a Place, Not a Design
 Look for Partners
 You Can See a Lot Just By Observing
 Have a Vision
 Start with the Petunias: Lighter, Quicker, Cheaper
 Triangulate
 They Always Say "It Can't Be Done"
 Form Supports Function
- 10. Money Is Not the Issue
- 11. You Are Never Finished

DESIGN GUIDELINES

The Centre for Excellence in Universal Design's 7 Principles

s **(1)**

-Principle 1: Equitable Space - The design is useful and marketable to people with diverse abilities.

Guidelines:

1a. Provide the same means of use for all users: identical whenever possible; equivalent when not.

- 1b. Avoid segregating or stigmatizing any users.
- 1c. Provisions for privacy, security, and safety should be equally available to all users.
- 1d. Make the design appealing to all users.

-Principle 2: Flexibility in Use - The design accommodates a wide range of individual preferences and abilities.

Guidelines:

- 2a. Provide choice in methods of use.
- 2b. Accommodate right- or left-handed access and use.
- 2c. Facilitate the user's accuracy and precision.
- 2d. Provide adaptability to the user's pace.

-Principle 3: Simple and Intuitive Use - Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

Guidelines:

- 3a. Eliminate unnecessary complexity.
- 3b. Be consistent with user expectations and intuition.
- 3c. Accommodate a wide range of literacy and language skills.
- 3d. Arrange information consistent with its importance.
- 3e. Provide effective prompting and feedback during and after task completion.

-Principle 4: Perceptible Information-The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.

Guidelines:

4a. Use different modes (pictorial, verbal, tactile) for redundant presentation of essential information.

4b. Provide adequate contrast between essential information and its surroundings.

4c. Maximize "legibility" of essential information.

4d. Differentiate elements in ways that can be described (i.e., make it easy to give instructions or directions).

4e. Provide compatibility with a variety of techniques or devices used by people with sensory limitations.

-Principle 5: Tolerance for Error - The design minimizes hazards and the adverse consequences of accidental or unintended actions.

Guidelines:

- 5a. Arrange elements to minimize hazards and errors: most used elements, most accessible; hazardous elements eliminated, isolated, or shielded.
- 5b. Provide warnings of hazards and errors.
- 5c. Provide fail safe features.
- 5d. Discourage unconscious action in tasks that require vigilance.

-Principle 6: Low Physical Effort -T he design can be used efficiently and comfortably and with a minimum of fatigue.

- Guidelines:
- 6a. Allow user to maintain a neutral body position.
- 6b. Use reasonable operating forces.
- 6c. Minimize repetitive actions.
- 6d. Minimize sustained physical effort.

-Principle 7: Size and Space for Approach and Use - Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility.

Guidelines:

- 7a. Provide a clear line of sight to important elements for any seated or standing user.
- 7b. Make reach to all components comfortable for any seated or standing user.
- 7c. Accommodate variations in hand and grip size.
- 7d. Provide adequate space for the use of assistive devices or personal assistance.

Restorative Commons: Creating Health and Well-Being through

Urban Landscape

Edited by: Lindsay Campbell and Anne Wiesen

-Theories, thought pieces, case studies, and interviews



Westlake Community Plan

-Community Issues and Opportunities

-Land Use Plan Policies and Programs: Recreation and Parks Facilities

Central City West Specific Plan (amended 2009)

- -Section 8 Urban Design Requirements, pages 25-29
- Appendix D Urban Design Guidelines, pages 61-64
- Street tree and open space setback plantings

RESEARCH USER STATISTICS: for the hospital

Aggregate data analysis from users of four hospital gardens in California by Clare Cooper Marcus and Marni Barnes

KEY TAKEAWAYS:

-Users benefited most from trees, plants, and sensorial features -Gardens are mostly used for relaxing, eating, talking, and walking -30% of users frequent the garden several times a day



RESEARCH USER STATISTICS: for the community

Report of Park Use and Physical Activity in Twelve Public Parks in the City of Los Angeles by Rand Health



KEY TAKEAWAYS:

-Parks are most used on Saturday and Sunday -Parks are least used in the morning than other times of day -81% of users live within a 1 mile radius of the park

Percent of Park Users per Day of the Week:





Percent of Park Users by Time Period:

Distance Park Users Reside from Park:



RESEARCH USER STATISTICS: for the community

Report of Park Use and Physical Activity in Twelve Public Parks in the City of Los Angeles by Rand Health

KEY TAKEAWAYS:

-Walking and driving are the most common methods of getting to the parks

-88% of users frequent the park one or more times a week and 47% of residents do

-Walking and sitting are the most common park activites

-Walking paths, adult sports, landscaping, and park events are the most desired park improvements by the community





Top 10 Activities Reported by Residents and Park Users:



Top 10 Desired Community Improvements:



DESIGN PRECEDENTS

The Elizabeth and Nona Evans Restorative Garden

within the Cleveland Botanical Garden Cleveland, Ohio 2010 Design by: Dirtworks 12,000 sq ft

KEYTAKEAWAYS:

-3 distinct settings were created within the garden, offering a range of opportunities, choices, and experiences. Garden of Contemplation, Garden of Learning and Exploring, Garden of Horticultural Therapy

-Space is easy to comprehend and includes smaller more private spaces within

-The height of the pool was carefully considered to allow visitors to see reflections of trees and sky whether sitting or standing

-Water feature created a deep soothing sound that softens nearby conversations and screens nearby traffic noise

-Offering a close up experience with nature with a 6ft high participatory stone wall, providing opportunities for touching, smelling, hearing

-Organic curved paths with raised planting beds allows all visitors to feel safe and welcome



 $\label{eq:https://universaldesigncasestudies.org/outdoor-places/parks-gardens/elizabeth-and-nona-evans-restorative-garden/site-plan$



Image source: https://universaldesigncasestudies.org



Image source: https://universaldesigncasestudies.org



Image source: https://dirtworks.us



Image source: https://dirtworks.us

DESIGN PRECEDENTS

Kansai Rosai Hospital Garden

Amagasaki, Japan 2004 Designed by:Yoshisuke Miyake of SEN, Inc. 1.2 acres

KEYTAKEAWAYS:

-The garden was created on the site of a former parking lot in front of the main hospital building, with the east side facing a heavily traveled road.

-It is widely used and enjoyed by patients, hospital staff, and those living in the nearby community.

-A 8 ft high and 13 ft thick sound barrier concrete wall concealed with a 6.5 ft high planting mounds was installed to virtually eliminated any traffic noise.

-Nine distinct areas were created, providing different opportunities for visitors. Open grassy spaces to semi-private covered sitting areas.

-Deciduous trees planted to allow people to experieince life cycles of nature and the passage of time through growth of flowers and trees.

-Surrounding path has counting device for users to track their walking distances.

-Gently graded slopes, bridges with handrails, steps, curb cuts, create a unique and motivating place for therapy.



https://www.slideshare.net/ShamanthMg/therapeutic-garden



Image source: https://universaldesigncasestudies.org/



Image source: https://universaldesigncasestudies.org/



Image source: https://universaldesigncasestudies.org/



Image source: https://universaldesigncasestudies.org/

DESIGN PRECEDENTS

KEYTAKEAWAYS:

-Successful at offering quiet respite for people and urban wildlife in a bustling part of Chicago.

-Offers a four-season experience through the plant material selection.

-A 15-foot-high hedge encloses the garden on two sides for a sense of enclosure.

-An in ground water feature and the main boardwalk acts as a symbolic seam between two contrasting spaces - a shady, thick, and moist garden and a sunny, dry prairie.

-Reduced stormwater runoff by 60%, or nearly 100,000 gallons annually, by converting the old surface parking lot into a garden that is 66% pervious.

-Attracts more than 27 species of birds, along with butterflies and bees with over 60% native plant species.

-Sequesters over 55 tons of carbon annually in 46 new shade trees and the more than 1,600 trees that comprise the large shoulder hedge.



https://www.ggnltd.com/the-lurie-garden-at-millennium-park





Image source: https://www.theimpatientgardener.com



mage source: https://www.ggnltd.com



Image source: https://www.gardendesign.com



Image source: https://www.ggnltd.com

Lurie Garden in Millennium Park Chicago, USA 2004

2004 Designed by: GGN, Piet Oudolf, and Robert Israel 3 acres

USERS

from the hospital



Image source: https://www.ymcamemphis.org



Image source: https://www.istockphoto.com



Image source: https://huddle.florence-health.com

from the community



Image source: https://www.thenationalcouncil.org



Image source: Rawpixel.com





Image source: https://www.wsj.com



Image source: www.pbs.org/parents/thrive/tips-for-volunteering-with-kids



Image source: https://uwcentralcarolinas.org/volunteer/

healing for the

COMMUNITY

ENVIRO

HOSPITAL

GOALS + OBJECTIVES

GOALS + OBJECTIVES: healing the hospital

CREATE A NURTURING AND IMMERSIVE NATURAL ENVIRONMENT

sensorial experiences

Image source: https://facilities.ofa.ncsu.edu

variety of spaces

range of opportunities

comfort

ENHANCE HOSPITAL'S VIEWS AND ACCESS TO NATURE

urban forest

wayfinding

wildlife habitat

CONNECT TOTHE HOSPITAL CAMPUS

dedicated pathways

street conversion

GOALS + OBJECTIVES: healing the community

PROVIDE EQUITABLE SPACE THAT FULFILLS COMMUNITY NEEDS

open flexible space recreational opportunities

> community gathering space



DIREL TI

ENCOURAGE HEALTH AND WELL-BEING

free resources for health and social services

> community garden

Image source: https://climate.asla.or

GARY COMES YOUTH CINTER HOME OF THE HOME OF THE BOUH SHOEL DELL, TEAM

GOALS + OBJECTIVES: healing the environment

PROMOTE BIODIVERSITY AND WILDLIFE HABITAT

tree canopy

plant variation

pollinator friendly

UTILIZE SUSTAINABILITY BEST PRACTICES

reduce stormwater runoff

lower urban temperature

using low water plant material

SITE INVENTORY: zoning



THERE IS AN OPPORTUNITY FOR THE SITE TO HAVE DIVERSE USERS FROM THE MIX OF COMMERICAL AND RESIDENTIAL ZONING AREAS WITHIN WALKING DISTANCE.

SITE INVENTORY: existing parks + residential context



NO PARK IS LOCATED WITHIN 1 MILE OF THE SITE. THERE IS AN OPPORTUNITY FOR THE SITE TO BE A VALUABLE GREEN SPACE FOR THE HIGH AND HIGH MEDIUM RESIDENTIAL AREAS SURROUNDING IT.

SITE INVENTORY: adjacencies



THERE IS AN OPPORTUNITY TO MAKE DIRECT CONNECTIONS AND DEVELOP SITE PROGRAMMING WITH THE ADJACENT SCHOOLS AND ORGANIZATIONS.

SITE INVENTORY: adjacencies

CHILDCARE CENTER



WESTLAKE COMMUNITY GARDEN



JOHN LEICHTY MIDDLE SCHOOL







POLICE STATION





SITE INVENTORY: views



THE PARKING STRUCTURE AND RESIDENTIAL BUILDING ARE UNSIGHTLY. THERE ARE NO BENEFICIAL VIEWS WORTH PRESERVING.

SITE INVENTORY: transportation



THE AREA HAS MANY PUBLIC TRANSIT CONNECTIONS. WILSHIRE BLVD PROVIDES THE MOST OPTIONS FOR PEDESTRIAN ARRIVAL. ACCESS TO THE SITE FROM WILSHIRE WOULD BE BENEFICIAL.

SITE INVENTORY: circulation



THERE IS AN OPPORTUNITY TO CREATE A DIRECT PEDESTRIAN CONNECTION INTO THE SITE FROM THE BUSIEST CORNER OF SHATTO AND WITMER STREET AND POSSIBLY CONNECT ALL OF WITMER STREET ADJACENT TO THE SITE.

SITE INVENTORY: topography / hydrology / environmental conditions



HEAVY VEHICULAR NOISE FROM WILSHIRE BLVD WOULD AFFECT THE AMBIANCE WITHIN THE SITE.

THE SITE IS EXPOSED TO FULL SUN ALL DAY, WHICH CAN BE AN OPPORTUNITY IN CERTAIN AREAS, BUT WILL NEED TO BE CONSIDERED IN OTHER AREAS.

SITE INVENTORY: existing tree canopy



THE TEMPERATURE AND SUN EXPOSURE ON THE SITE.

A CONNECTION TO THE EXISTING TREES ON THE HOSPITAL CAMPUS WILL NEED TO BE CONSIDERED WHEN DESIGNING THE SITE.

4

SITE ANALYSIS

OPPORTUNITIES + CONSTRAINTS

OPPORTUNITIES

- 1. Connection to the hospital
- 2. Connection to the community in all directions
- 3. Connection to the Middle School
- 4. Connection to public transit
- 5. Shatto and Valencia have very low traffic and activity. Good opportunity to place peaceful zones nearby.
- 6. Lowest point on site. Good opportunity to collect water for irrigation.
- 7. Connection to the childcare center

CONSTRAINTS

- 8. Witmer St creates a disconnection from the site to the hospital
- 9. Heavy vehicular noise
- 10. Open and exposed edges
- 11. Full sun exposure, no existing tree canopy
PROGRAM ELEMENTS



mage source: https://resilience-blog.com



Image source: https://www.sunlife.ca

HOSPITAL FOCUSED

- Urban forest: (53,200 sq ft / 1 acre)

- Variety of subspaces: (13,000 sq ft/ 0.3 acres)

-spaces for one or two people as well as for a group -enclosed and secluded as well as expansive that allow people to observe activity

- -a space used for patient rehabiliation therapy
- Sensory garden: featuring fragrant, colorful, textural, seasonal plantings

(21,780 sq ft / 0.5 acres)

- Water feature



mage source: http://landezine.com





Image source: landscapecollaboration.com



Image source: https://www.mvvainc.com

COMMUNITY FOCUSED

- Community edible garden: edible and medicinal plantings
- (11,000 sq ft/ 0.23 acres)
- Play area for the childcare center and community (10,000 sq ft/ 0.23 acres)
- Community gathering space (.17 acres)
- Open lawn /flex space: for recreation and community events (34,848 sq ft/ 0.8 acres)
- Main walking path
- Wayfinding elements throughout

DESIGN METAPHOR

Inspired by the transformative processes of healing and also the transformation of the existing parking lot into it's new use.

I looked at human brainwaves and how they transform from being very active to a relaxed state and how the variation in waves can be conceptually symbolic as well as inspire physical forms.

A word exercise helped develop ideas for ways the space could transform such as from a more private space to a more public one, denser to more open views, sun shifting to shade.





DESIGN METAPHOR



The idea of TRANSFORMATION will also be interpreted in the design details.



Image source: https://www.instagram.com/dezone.official/





Image source: https://www.claudecormier.com

Image source: http://arkitexture.con



Image source: https://www.dezeen.com



Image source: http://ms-la.com/heartwood-park

Hospital focused spaces, like the urban forest and sensory garden, transform linearly to community focused spaces from Witmer Street towards Valencia Street. The density and topography transforms from Witmer to Valencia as well. Dense trees and mounding in the urban forest and sensory garden transition into more open and flatter spaces as you move into the open space and community spaces.







The circulation patterns also transition from a busier network in the hospital spaces to a more simplified one as you move towards the community spaces.

One main pathway can run across the whole site to experience the transformation of spaces as you walk through the park.



PROS

-open flex space is accessible from both Shatto and Wilshire.

-full length of Witmer St is the urban forest for easy direct hospital access.

-play area is adjacent to the childcare center, community gardens, and the open flex space.

CONS

-sensory garden and urban forest, places of respite, are off of Wilshire which may create a sound issue.

-visitors would have to walk through the community garden from the corner entrance of Wilshire and Valencia.

COMMUNITY GARDEN

Hospital focused spaces, like the urban forest and sensory garden, transform linearly to community focused spaces from Witmer Street towards Valencia Street. The denser and active spaces are on the outside and transform into more passive spaces towards the center of the park. The tree canopy is also denser along the outside and opens up towards the center.



OPEN FLEX SPACE

URBAN FOREST





PROS

-open flex space is accessible from both Shatto and Wilshire.

-full length of Witmer St is the urban forest for easy direct hospital access.

-the sensory garden is tucked off of Shatto St, a quiet area.

-play area is adjacent to the childcare center as well as the open flex space.

CONS

-urban forest, a place of respite, is off of Wilshire which may create a sound issue.

Hospital spaces are along Shatto Street and transform into community spaces as you move south towards Wilshire Boulevard. Programming spaces can reflect the transition from a quiet street like Shatto Street to a noisier street like Wilshire Boulevard. Spaces of respite can be placed along the northern side of the park and transition into more boisterous gathering spaces along Wilshire Boulevard, the southern side.





Denser and more active spaces transition into open and more passive ones, in opposite directions.

The hospital spaces move from a dense and active urban forest to a more open and quiet sensory garden, east to west.

The community spaces move from very active community gardens and gathering space to a more open and passive flexible space, west to east.



PROS

-places of respite, the urban forest and sensory garden, are off of a very quiet street, Shatto Street.

100'

-community spaces are directly off Wilshire, which has the most pedestrian and vehicular activity, as well as connections to the Metro and bus lines.

CONS

-no direct access to the community zones from Shatto Street.

-visitors would have to walk through the community garden from the corner entrance of Wilshire and Valencia.

-play area is not adjacent to open flex space.

-sensory garden may be too close to childcare center, noise concerns.



The site's main pathway, highlighted in white, runs across the whole site. Witmer Street is converted into a new pedestrian corridor. The urban forest is adjacent to the hospital buildings and has a more natural tree canopy as well as a gridded bosque. The sensory garden is tucked away off quiet Shatto Street. The open flex space is in the center of the park and has an entrance from both Wilshire Boulevard and Shatto Street. The play area has a direct pathway from the childcare center and a picnic area next to it. The community garden and welcome plaza are along Wilshire Boulevard and Valencia Street.

CONCEPT SKETCHES + INSPIRATION



A Looking down the hospital pedestrian corridor from Wilshire Blvd.



B Pathway in the urban forest with seating alcove and benches



C View of the community space - restroom and outdoor gathering area with covered structure, community garden in the distance.



 $(\mathbf{\hat{N}})$

D Curve edges when transitioning from the urban forest to the open flex space.



Image source: https://archello.com



Photo by John Dolan



(C)

CIRCULATION DIAGRAM: pedestrian





LOOP PATHS:

There are 3 walking loops of varying distances which can be used for daily exercise as well as by physical therapy patients.

The shortest one is around the urban forest, highlighted in mint green. The second option extends around the sensory garden highlighted in a darker green. The longest option extends around the open flex space highlighted in the darkest green.

Signage, like the example to the left, would display the different distance options.

CIRCULATION DIAGRAM: vehicular



The hospital's emergency ambulance entrance is on West 6th Street and wouldn't be affected by the proposed Witmer Street conversion. Vehicle circulation is in blue. The new pedestrian corridor, highlighted in green, is still wide enough and has bollards at each end in the rare case an emergency vehicle needs to access it.

ILLUSTRATIVE PLAN



WILSHIRE BLVD



ENLARGEMENT: pedestrian corridor + urban forest

The new pedestrian corridor is the main connection to the park and allows for hospital visitors and staff to move with ease.

Raised planters with benches along the corridor function like an outdoor waiting room.

There are many seating opportunities in the urban forest -- private alcoves with moveable seating or curved benches underneath trees. Visitors can find a comfortable space of their own, whether by themselves or with a small group.



PERSPECTIVES: hospital corridor

A view of the new hospital corridor entrance at Witmer Street, walking south from the main hospital. A valet parking stand is provided for patients along with seating while you wait. Medical offices are to the left and one of the several entrances into the park is on the right.





SECTION: hospital corridor



SECTION: urban forest





The gridded bosque is right across from the Medical Pavilion making it very easily accessible for a quick break or while waiting for an apppointment or family member in a contemplative space. Moveable chairs are placed under the trees. Planted berms with trees surround and nestle the space, but keep open views as well.



SECTION: urban forest

Planted berms along Wilshire Boulevard screen some of the street noise and views into the urban forest. A bioswale along the berms catch stormwater runoff. Subtle planted mounds between paths are found throughout the forest to give a more natural and comforting feel in this space.





PERSPECTIVES: urban forest





PLANT MATERIAL: urban forest

FORESTTREES

Trees with low water need and good branch strength that offer shade and dappled light were selected for the urban forest.



Cedrus deodara Deodar Cedar -medium water -20-30ft canopy -max height 60ft



Pinus torreyana Torrey Pine -medium water -20-25 ft canopy -max height 50 ft





Quercus tomentella Island Oak -low water -25-40ft canopy -max height 50ft



CORRIDOR



Acacia baileyana

BAILEY ACACIA -low water -20-40ft canopy -max height 30ft -blooms in winter and spring





mage source: selectree.calpoly.edu Auranticarpa rhombifolia **Queensland Pittosporum** -low water -10-20ft canopy -max height 35ft -blooms in spring





Yellow exudes warmth and optimism in color

Acacia baileyana blooms are yellow in winter and spring, which would create a nice visual welcome into the pedestrian corridor.



Lyonothamnus floribundus Catalina Ironwood -low water -15-20ft canopy -max height 40ft -blooms in summer



BOSQUE



Melaleuca ericifolia Heath Melaleuca -low water -15-25ft canopy -max height 40ft -blooms in spring



BERM SCREENING



Banksia integrifolia Coast Banksia -low water -15-30ft canopy -max height 60ft -blooms in winter or spring









SENSORY GARDEN



Image source: https://www.domusweb.it





Image source: https://dirtworks.us

The sensory garden will have open views to take in the mass of texture, color, and seasonal change.

Wood pathways and curved stone planting walls will be used here for varying textural experiences.



Image source: https://marveldesigns.com

Image source: https://marveldesigns.com

ENLARGEMENT: sensory garden

(E)

(B)

 (\mathbf{I})

F

(C)

G

(H)

The sensory garden consists of several themed gardens to offer a range of experiences.

In the water feature garden, visitors can come and relax next to the soothing sounds of the fountain surrounded by trees and plants.

Take a stroll through the medicinal and scent gardens and learn about the therapeutic benefits of the plant material.

At the center is the sycamore ring with moveable chairs underneath. A large deciduous sycamore demonstrates the life cycles of nature.

The site's main path runs through the space.The paving pattern transforms from a tighter pattern leading from the urban forest to a more spaced out one towards the open flex space.



- A sycamore ring
- **B** water feature garden
- C discovery corner
- **D** seating area
- E medicinal/herbal garden
- F scent garden
- G wood pathway
- H loop path
 - main path

O 0' 10'

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PERSPECTIVES: water feature sensory garden





PERSPECTIVES: scent + medicinal sensory garden





SECTION: sensory garden









20

PLANT MATERIAL: sensory garden

SCENT

BLOOMS WINTER



Rosemarinus officinalis 'Blue Spires' Rosemary 'Blue Spires' -low water -blooms in late winter



Lavandula dentata French Lavender -medium to low water -blooms in late winter, early spring

SPRING



Lupinus albiforns Silver ash lupine -low water -blooms in spring



Penstemon palmeri Scented penstemon -low water -blooms in spring



Salvia apiana White sage -low water -blooms in late spring



FALL

SUMMER

Jasminum angulare Italian jasmine -medium to low water -blooms summer through fall



















MEDICINAL

BLOOMS



Image source: theodorepayne.org

Oenothera Californica California Evening Primrose -low water -blooms in spring -helps with menopause, women's health issues





Image source: spadefootnursery.com

Salvia clevelandii Cleveland sage -low water -blooms mid-late spring -used to relieve pain





Image source: watershednursery.com

Achillea millefolium Common varrow -low water -blooms in spring to early fall -used for headaches and nosebleeds





Image source: nativeherenursery.org

Artemisia douglasiana

California Mugwort -meidum water -blooms in late spring -used to help quit addicticions





Heteromeles arbutifolia Toyon -low water -blooms in summer -helps patients wih Alzheimer's



SUMMER

FALL



Image source: ecgrowers.com

Echinacea purpurea Echinacea

-low water once established -blooms summer through fall -boosts immune system and fights infection



SPRING



PERSPECTIVES: open flex space





The open flex space is a space where visitors come to relax, play, picnic, host weekend movies screenings.

Inspiration for the edge's of the open flex space: $\ensuremath{\mathbf{1}}$

A more wild planted edge to create a gradual transition into the sensory garden. **2**

A wavy edge with planted trees creating a visual transition into the urban forest.

A view across the open flex space



 Targe source: https://www.sla.dk

1 transition to sensory garden



2 transition to urban forest

SECTION: open flex space / play area / sensory garden





ENLARGEMENT: welcome plaza + community garden

The welcome plaza is a space for community gathering, whether you're meeting up with a friend or here for a special event. The community garden has plots for residents as well as volunteer based ones with the Westlake Community Garden growing veggies for the farmer's market. A fruit orchard surrounds the garden with benches underneath for resting. Driveway access off Valencia St. for supply drop off and pick up.





SECTION: welcome plaza









Image source: https://i.pinimg.com
RESTROOM AND SHADE STRUCTURE

Image source: https://www.thisiscolossal.com

ART MURAL ON RESTROOM EXTERIOR

Image source: http://www.labanq.com

WEEKLY MARKETS + EVENTS



PERSPECTIVES: community welcome plaza

Curved raised planters in the Welcome Plaza transition in height as you move into the space as a subtle reference to the design metaphor. The restrooms with painted murals on the exterior walls are in the distance. An art initiative in collaboration with the middle school across Wilshire Boulevard can create annual murals to nurture a sense of ownership of the park for the students.





PERSPECTIVES: community welcome plaza

DIFFERENT USES OF THE PLAZA



A weekend food market



B weekly farmer's market





C educational workshops

PERSPECTIVES: community garden + welcome plaza





CONCLUSION

healing for the the Environt





NURTURING NATURAL ENVIRONMENT -sensorial experiences: water feature, sensory garden, forest bathing -variety of spaces -range of opportunities -comfort: moveable seating, shade

VIEWS + ACCESS TO NATURE -urban forest adjacent to the campus -promoting wildlife habitat

CONNECTION TO THE CAMPUS -street conversion -dedicated pathways

COMMUNITY

EQUITABLE SPACE -open green space for flexible activities -play area

COMMUNITY GATHERING -bringing the community together for diverse events. -providing art opportunities with adjacent schools

ENCOURAGING HEALTH + WELL BEING
 -community garden for local residents
 -space for physical activities
 -a space for health services and workshops

ENVIRONMENT

LOWER URBAN TEMPERATURE -planted 158 new trees providing shade

PROMOTING WILDLIFE + HABITAT -majority of trees and plant material attract pollinators and wildlife

SUSTAINABILITY BEST PRACTICES -reduce stormwater runoff -100% impervious surface transformed to all pervious surfaces -addition of bioswales along berms -reduce water demand -majority of trees and plants have low water needs

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