



ROOTBALL KNOW-HOW

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We couldn't resist passing along this image of root-ball know how, practiced by an American firm, More Than Trees Inc., which specializes in harvesting and relocation of large plant material in the USA. "We have mobile units ready to go to your destination with tree spades up to 105 inches (266cm) in size. We are known for our unique and nearly forgotten practice of hand harvesting and drum lacing," said Jamie Covell. The size of this specimen? Fully 70 feet tall (21m) with a rootball 18.5 feet (5.6m) in diameter weighing 103,000 lbs. (46.7 metric tonnes). For more fun, check out the images on the site: www.morethantreesinc.net

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FOREST BATHING

Shirin-yoku, which translates roughly as "forest bathing," was originally introduced by the Forest Agency of Japan to promote walking and health. It has since become a popular practice. Read about the remarkable benefits in our featured excerpt from *Therapeutic Landscapes*, by Clare Cooper Marcus and Naomi Sachs.

FEATURED ONLINE IN LP+

TRANSITIONS – THAT FIRST STEP

DEBORAH LEFRANK

For landscape architects who are integrated early into health care facility design teams, a key consideration is the creation of seamless transitions from indoor to outdoor environments. Smooth transitions are incredible motivators, drawing people into the outdoor landscape. Two very different facilities in Victoria, B.C. illustrate different design strategies, and therefore different detailing of pedestrian surfaces.

THE WAY OUT

The Lodge at Broadmead is an extended care facility that is home to 229 residents, most with cognitive challenges. The Lodge has nine interior courtyard gardens. All are fully accessible, and pressure sensitive mats automatically open the doors, encouraging people to go outside. Since the majority of the elderly experience significant light sensitivity, each garden entrance features a semi-sheltered transition. This allows eyes to adjust before the residents venture out. Standard bright grey concrete creates significant glare, so Broadmead uses coloured concrete paving – an excellent practice for all long-term care projects.

Outdoors, the courtyards are essentially level, with minimal slopes to the numerous small drain inlets set to 1.5° maximum. The pathways are simple loops beginning and ending at the same door to eliminate confusion; handrails and seating offer security, and interesting details and sculptures act as wayfinders and distance markers, encouraging "one more step."

THE WAY IN

At the Royal Jubilee Hospital, wayfinding is immediately critical: the RJH is an acute care facility for 500 patients, accommodating multiple types of transitions. The three public sides of the hospital are connected by a designated wellness walkway, paved in coloured concrete with an embedded symbol that reinforces wayfinding. At the main entrance with its covered drop-off zone, the pedestrian has first priority. Road levels match the building level, allowing patients to be wheeled to awaiting vehicles without navigating a grade change, and the raised area continues across the road to direct visitors to the car park.

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