



J. Francis Company LLC

GENERAL CONTRACTING AND REMODELING

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newsletter

Super Trivia Challenge

Here's your Chance at a \$20 Gift Card!

Trivia is a fun feature of the newsletter. Each & every month brings a new question & opportunity for **you** to win! The first correct answer emailed to jean@jfcollc.com will be the proud winner of a \$20 Gift Card of your choice.

Question: What Indian tribe was invited to spend Thanksgiving with the Pilgrims?

Answer:

- a) Muskogee
- b) Wampanoag
- c) Chippewa
- d) Comanche

November 2008

Greetings!

In the warmest traditions of this holiday, may this Thanksgiving bring you and everyone close to you a bounty of blessings, peace, health and good fortune. One blessing that is foremost in our minds is the good health of our families. J. Francis Company, LLC has recently completed a Tub Room remodeling project at several assisted living facilities. In this issue we will take a look at the "Aging in Place" matter, as it affects so many of us. We hope your Thanksgiving is a beautiful reminder of all the blessings in your life.

Company Update

J. Francis Company, LLC Manager Earns Certified Aging-in-Place (CAPS) Designation

National Certification Program Helps Remodelers Make Homes Safer

Seniors and people with disabilities needing to adapt their homes to their changing needs and lifestyles will have to call on the services of a remodeler in order to continue living comfortably and independently. Before you do, be certain that your remodeler has completed a Certified Aging-in-Place Specialist (CAPS) course, as Jean M. Krak, Business Development Manager of J. Francis Company, LLC did. CAPS is a designation program from the NAHB Remodelers of the National Association of Home Builders (NAHB) in collaboration with the NAHB Research Center, NAHB 50+ Housing Council, and AARP. According to the NAHB, there are approximately 1,800 CAPS certified professionals around the country.

[Click here for further information](#)

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Thanks for the Kind Words

"I would like to take this time to thank you for the ongoing cooperative attitude that J. Francis Company, LLC has

Feature Project

Finished View

displayed. J. Francis has always placed a high premium on assembling a strong team and then approaching the inevitable problems associated with any building project in a constructive and solution-based manner. By getting involved at the very early stages of planning and development, you were able to assist us in overcoming the difficult hurdles and obstacles that are often part of a remodeling project. During construction, J. Francis showed that you understand how construction impacts quality of care for the residents that live at in our assisted living facilities. J. Francis's commitment to quality has helped our facilities lose much of its institutional feel identified with typical assisted living homes in the market. Your construction team has worked well with our architect to deliver a quality project on time and within budget, and your willingness to listen and understand our concerns has assured a successful project."

Owner of Featured Project

Making Your Home Accessible

When a handicap accessible home is needed, whether it's caused by aging, chronic illness, or an unexpected accident, there are numerous ways to make improvements that help the quality of life for the individual:

- At least one bedroom and bathroom on the first floor. More than 80% of the builders who were surveyed include a full bath on the entry level, while more than half put the master bedroom on the first floor, allowing



Before View



During Construction

residents to adapt the lower floor for possible one-level living.

- Conveniently located and easy-to-use controls and handles. More than 80% of builders include lever door handles in new homes. Many of them also install raised electrical outlets, electrical switches positioned slightly lower and thermostats with large, easy-to-read numbers.
- Extra maneuvering space throughout the home. Sixty percent of the builders who were surveyed include wider doors and hallways, making the home more accessible to residents of all ages.
- No-step entrances. Sixty percent, if possible, have at least one entry without steps; this creates easier access for everyone, regardless of their ability.
- Larger bathrooms with safety features. More than 60% of builders reported that they were offering bigger bathrooms and features such as grab bars. Extra space makes maneuvering easier for people with walkers, crutches and wheelchairs, as well as for caregivers, while grab bars help prevent falls.
- Improved lighting. Increasing numbers of builders are including multiple controls to limit the number of trips needed to turn lights on and off, as well as adjustable controls, or dimmers, to help prevent glare and ensure proper lighting. Task lighting is preferred for cooking, reading and shaving, as is softer light for night trips



Finished View



Before View

to the bathroom.

- Levels are very difficult to navigate for mobility impaired, so the design should eliminate unnecessary steps and changes in elevation. Ramps can be added at entry doors and decks. If the house has multiple levels then it should be designed so that the person with the impaired mobility can stay on the main level during the daytime. Another option is to add a lift or elevator that can add flexibility. Widen the doorways to 36" in order to accommodate a wheelchair.
- The bathroom represents personal independence more than any other room in the house. Safety from falls on slippery surfaces is a main priority. Install grab bars near tubs and showers. Apply non-slip adhesive strips or decals to the bottom of tubs and showers. If you have a tile or ceramic floor, consider brushing a slip-resistant glaze on it for safety. Bathroom toilets can be ordered that are taller than ordinary toilets. Also consider a roll-in shower with no threshold or a tub with a transfer seat. A less costly option is a ready-to-use shower and tub seat that will make bathing safer and easier for the elderly or handicapped. Replace the shower head with an adjustable shower head mounted on a vertical slide bar; these come with a hand-held option. Move the medicine cabinet to the side of the bathroom vanity.



During Construction



Finished View

- The kitchen can also be made accessible. Lower the counter height to 34" at working counter tops and provide knee space underneath. Choose a side by side refrigerator. A flat glass-top stove is easy to clean and makes it easier to remove pots and pans. All appliance knobs should be in the front. Using single-lever faucets with ball-tips for the sink allow people to control the temperature with one lever. Install kitchen cabinets that feature roll-out drawers and easy-to-grip "C" or "D" handles. Designing work areas in distinguishable, contrasting colors makes it easier for people with failing eyesight.
- For people seated in wheelchairs, it is advantageous to lower electrical switches and thermostats from 48" to 42" from the floor. Raise electrical outlet and phone jacks from 12" to 18" above the floor. Install multiple light switches; for example, at the top and bottom of the stairs. Replacing standard door knobs with levers makes it easier to maneuver with arthritic or disabled hands. Lowering racks, shelves and poles in closets will also make items more accessible.
- Many items that we have in our homes today are helpful tools. VCR's CD players, garage door openers, touch-command lighting systems, ceiling fans, microwave ovens and voice-activated machinery make everyday life a little easier for everyone, but particularly for the aging



Before View



During Construction



or the handicapped.

Our Core Values

- Caring
- Competence
- Integrity
- Respect
- Timeliness

J. Francis Company, LLC approaches business with our core values as a guide.

What Kind of Work Does J. Francis Company Do?

Our Typical Remodeling/Renovation Work Includes:

- Additions
- Bathrooms
- Basement Remodeling
- Classroom Improvements
- Demolition
- Drywall and Plasterwork
- Electrical
- Finished Carpentry
- Flooring
- Gut and Rehab
- Kitchens
- Mechanicals
- Office Build-Outs
- Painting
- Plumbing
- Roofing
- Rough and Trim Carpentry
- Siding
- Space Reconfigurations
- Tenant Build-Outs
- Windows
- Wood and Metal Framing
- and Much More !!

Referral Rewards Program

Could You Use \$100.00??

- For every referral you

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send our way that becomes a customer, you will receive your choice of: a \$100 gift certificate to the store or restaurant of your choice or a \$100 donation to the charity of your choice in your name.

- By referring your friends, clients & co-workers to us for remodeling & renovation projects, you've helped our business grow. Offering these special rewards is our way of saying thanks. To take advantage of our Referral Reward Program, just email to jean@jfcollc.com or fax to 412.322.6425 the following contact information: your name & phone number, the name, address & phone number of the person you are referring. We will follow up on every referral.

Contact Us

Our Mission Statement...

"J. Francis Company, LLC exists to provide our customers with competent general contracting services. We emphasize integrity, respect and timeliness in all our relationships. Our goal is sustained growth and profitability by continually exceeding expectations."

Contact us:

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Tub Room Remodeling in Three Local Assisted Living Facilities.

Scope of Work:

While not very glamorous, tub room remodeling is a luxury for residents in assisted living facilities. Many residents prefer a bath but due to accessibility issues, they are not able to get in and out of an ordinary tub. Showering can present a challenge to those with mobility challenges. Designed according to ADA standards, the existing tubs rooms were completely gutted including underground plumbing for new plumbing. It was necessary to expand the existing room size for additional space by opening up walls in one location. Work was inspected by an ADA building code specialist and measured for compliance, as seen in photos. Scope of work included new wall & floor tile, new electrical work and painting.

Team Update

Dave Williams is a Lead Carpenter at J. Francis Company, LLC. Prior to working with JFCo, Dave worked for four years as a superintendent for R. E. Crawford in Springdale building restaurants and retail stores. Before that Dave worked for Keane Construction for seven years performing hospital and school construction.

Dave enjoys the fast pace of construction work; being busy and performing a variety of tasks. Dave said, "Since starting with J. Francis Company my experience has been very pleasant."

Dave enjoys sports and deer hunting. He also builds aquariums and sells them on E-Bay.

What's New in '08

Universal Design

Jeremy Kishlock, Production Manager:

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Links



As life expectancy rises and modern medicine has increased the survival rate of those with significant injuries, illnesses and birth defects, there is a growing interest in universal design. Universal design is having a strong market penetration in many industries.

Universal design is a relatively new term that emerged from "barrier-free" or "accessible design" and "assistive technology". Universal design's broad- spectrum solution not only benefits people with disabilities, but helps everyone. It also recognizes the importance of esthetics.

Universal design is a part of everyday life and is all around us. Some examples of this are cabinets with pull-out shelves and kitchen counters at several heights to facilitate different tasks and postures.

The following list of principles was established based on Universal Design. This list is the result of collaboration between architects, product designers, engineers and environmental design researchers.

1. Equitable use
2. Flexibility in use
3. Simple and intuitive
4. Perceptible information
5. Tolerance for error
6. Low physical effort
7. Size and space for approach and use

Company Update

J. Francis Company, LLC Manager Earns Certified Aging-in-Place (CAPS) Designation

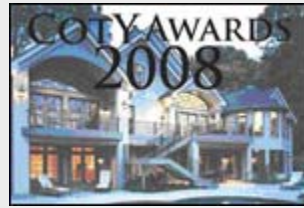
National Certification Program Helps Remodelers Make Homes Safer

CAPS professionals have been taught the strategies and techniques for designing and building aesthetically pleasing, barrier-free living environments. The CAPS program goes beyond design to address the codes and standards, common remodeling projects and their costs, product ideas and resources needed to provide comprehensive and practical aging-in-place solutions.

A Certified Aging-in-Place Specialist is trained in "universal design" and:

- The unique needs of older people
- Home modifications that can help people continue living independently in their homes longer
- Common remodeling projects

- Solutions to common barriers



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