



Concept Statement:

The Mack Co-Operative is focused around the philosophy of giving veterans a stable short-term home while improving their mood and behavior to flourish in society. The Co-Operative features the Still Serving Cafe which is an instrumental tool to get residents exposed to the public while becoming more employable. Veterans occupy roles within the cafe in order to operate the business on a daily basis and sustain the edible garden. In addition to the cafe, the co-op features a computer lab, fitness center, and counseling offices. The 80 veteran residents also have access to amenities such as a market, salon, and garden.

Evidence-Based Design: Reduce Depression

The overarching problem for the residents:

20 percent of the vets who served in either Iraq or Afghanistan suffer from either major depression or post-traumatic stress disorder. 1 in 3 Veterans visiting primary care clinics had symptoms of depression. 20 veterans die each day to suicide

Solution: Face-to-face socializing reduces depression risks.

Implementation: Centrally located social gathering spaces connected by a communication stair throughout every floor. Still Serving Cafe gives residents opportunity to socialize with the public and give sense of being.

Solution: Biophilia is one important factor that will impact the health of our nation. Implementation: The central courtyard features a greenery with a pond and fountain in order to appeal to resident's senses with nature. Open to below areas trace back to biophiliac instincts of heights/overseeing. Full glass walls are paired with lookout balconies in order to further bring nature into the interior.

Solution: Depression and anxiety symptoms often improve with exercise.

Implementation: A fitness center houses cardio, strength training, and yoga equipment for residents to utilize for informal personal therapy. The courtyard features a yoga patio and walking path that is emulated in shelter's circulation ring that extends out to the site.



Preliminary work opportunity

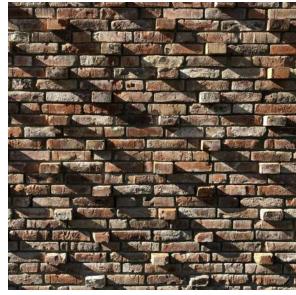


Central gathering spaces



Socialization through fitness





Design Features:

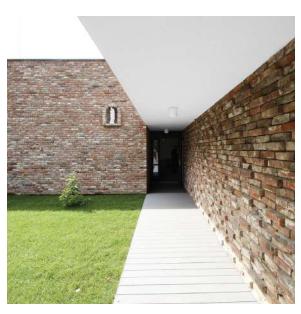
While the shelter was built in 2019, the old school brick facade makes the building seem less modern and more inviting to older generations and less foreign. The use of brick gives texture and a tactile feel on a human scale versus typical large panels of concrete.



Aesthetics:

Instead of an intimidating high-rise structure the Home for the Homeless takes on a long and low profile.

This form is also influenced by the long flatlands of the surrounding environment.



Identity:

The shelter is unassuming and understated both inside and out. From the public's perspective the shelter does not advertise nor communicate that it is a homeless shelter. The entrance to the Home for the Homeless is similarly unmarked and does not call attention to itself.



Signature Design Feature:

The shelter features a low sloped roof with large overhangs. These overhangs are incorporated throughout the design to introduce shading and creating an extension of the building to encourage residents to go outside their unit. The overhang creates an unenclosed living space.



Ref.: Home for The Homeless / xystudio (2020, January 1). In Archdaily. | Home for the Homeless Jankowice (n.d.). In xystudio.







Design Features:

La Casa features an exposed structural system that acts as a design feature. The brightly painted support columns are pushed to edge of the interior curtain wall to draw the pedestrian's eye inward to the shelter. The shelter is overall very inviting and open to the public.



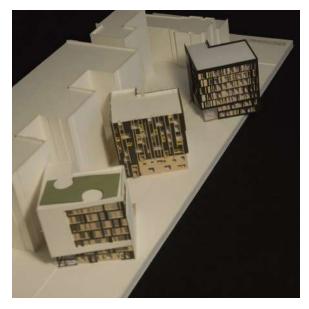
Aesthetics:

The exterior and interior design strongly communicate with one another. Extensive use of wood cladding is used on both the outside and inside of the building. The overall design is very bright, light, and clean while still feeling warm and comfortable for residents.



Identity:

Sightlines extend from La Casa to the metro station, and the building and its residents is reflected in the circulation of riders. The building's 7 stories make the transition from the 9 story buildings that face the street to the lower 4 story buildings at the opposite end of the neighborhood.



Signature Design Feature:

The facade reflect the vibrant activity of this urban face along the street. The solid-void pattern of the facade mimics the adjacent multifamily residential buildings to achieve a contextual scale, and further refine the texture while providing equal amounts of glazing for each unit.



Ref.: "La Casa' Permanent Supportive Housing / Studio Twenty Seven Architecture + Leo A Daly." Archdaily, 15 Jan. 2012. "La Casa Supportive Housing." Studio Twenty Seven Architecture.





Concept

"La Casa" project will provide permanent, supportive housing for forty men. Each living unit is designed as a single-person efficiency that will provide stability and predictability for the tenants as they immerse themselves in day to day living.

Dwelling Unit Interiors:

Unit interiors are designed for space efficiency and durability. Inspired by more costly studio loft apartments, each dwelling unit provides floor-to-ceiling operable windows for natural daylighting and ventilation. The units offer functional simplicity, coupling a hybrid living, eating, and kitchen space with a sleeping niche. Warm and durable flooring of exposed concrete and bamboo complements crisp white walls and a refined gray kitchen. Countertops are made by Alkemi, comprised of shredded, recycled aluminum cans floating in resin. The bathrooms are finished in ceramic tile, with industrial fixtures. Each unit is fully ADA compliant.









Public
Semi-Private
Private

1 Lobby (325sqft.)
2 Office (36osqft.)
3 Dwelling Unit (17osqft.)
4 Storage (20osqft.)
5 Restroom (15osqft.)
6 Bike Storage (32osqft.)
7 Mailroom (7osqft.)
8 Loading Dock (20osqft.)

8 Loading Dock (200sqft.) 9.Trash (50sqft.) 10 Community Room (325sqft.) 11 Courtyard (350sqft.)

TYPICAL 3-7 FLOOR PLAN 12 Mezzanine

Roger - 63 Resident



Background: fought in the Vietnam war

Ethnicity: African American

Physical Limitations: ambulatory, self-care, and independent living difficulty from losing his left leg and is wheelchair bound. Given his frail age, he is very dependent on help from a caregiver to get around.

Physiological Limitations: suffers from posttraumatic stress disorder from a traumatic limb amputation during battle. Also is seriously depressed.

Substance Abuse: suffers from alcohol dependence syndrome.

Cultural Expectations: he does not consider himself to be a religious person.

Victoria - 41 Resident



Background: fought in the Afghanistan war

Ethnicity: Jewish

Physical Limitations: suffers from intense, recurring Migraines. Often causes her to lock herself in a dark room with no sound. Also has poor vision, having serious difficulty seeing, even with glasses.

Physiological Limitations: suffers from cognitive difficulty, where she has a hard time remembering and concentrating.

Substance Abuse: no

Cultural Expectations: prays facing Eastward toward Jerusalem, also is uncomfortable praying with men. Wishes to commemorate the Sabbath with a Friday night meal.

Muhammad- 34 Resident



Background: fought in the Afghanistan war

Ethnicity: Muslim

Physical Limitations: hearing difficulty due to from bilateral hearing loss and tinnitus from constantly being around loud aircrafts.

Physiological Limitations: suffers from serious depression and is having a hard time fitting into society.

Substance Abuse: suffers from substance abuse disorder by abusing prescription medication. Also depends heavily on alcohol to get through the day.

Cultural Expectations: extremely devoted to his religion he prays towards Mecca and requires a clean place to carryout Salat with extra elbow room for kneeling.

Bennett - 31 Staff



Background: full time staff at the shelter and loves being able to help people through his compassion.

Ethnicity: White

Training: trained in mental health first aid. Also studying to earn his master's PhD in psychology.

Typical Day:

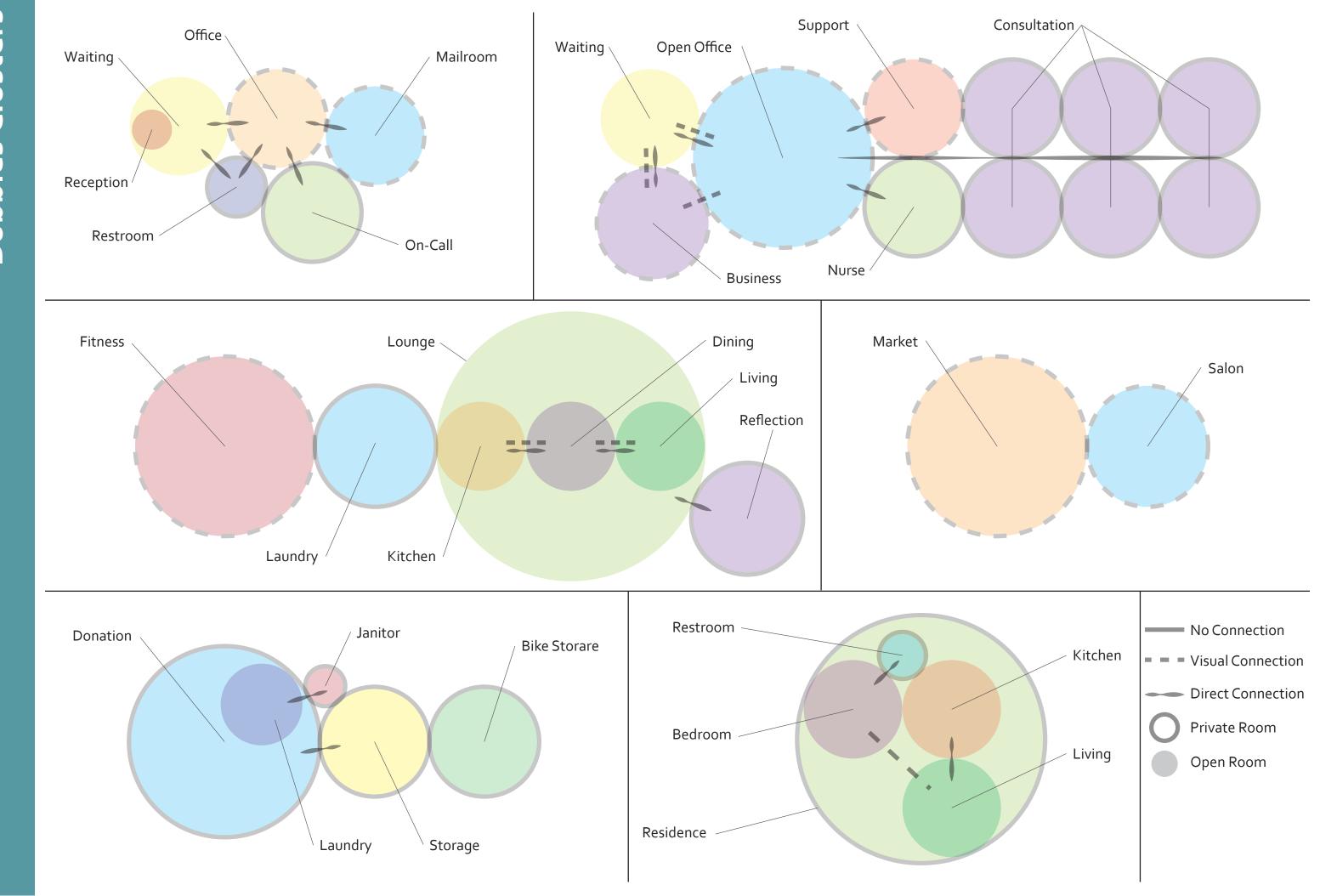
8am- arrive to work
gam- gather residents for breakfast and
distribute any medication
10am- one on one sessions with residents
12pm- lunch break
1pm- library field trip and resume workshop
in the career services section computer lab
5pm- leave work

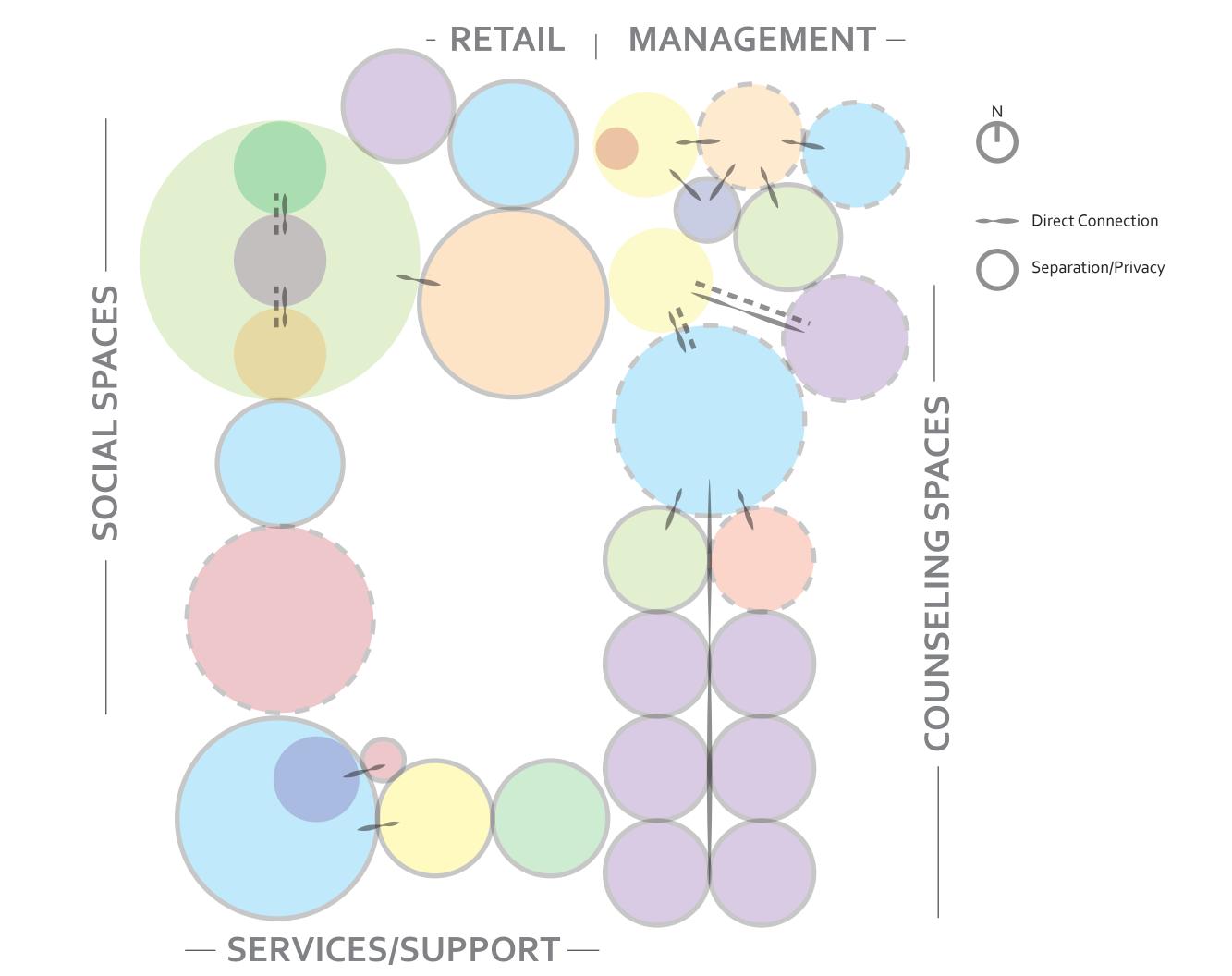
Environmental Factors

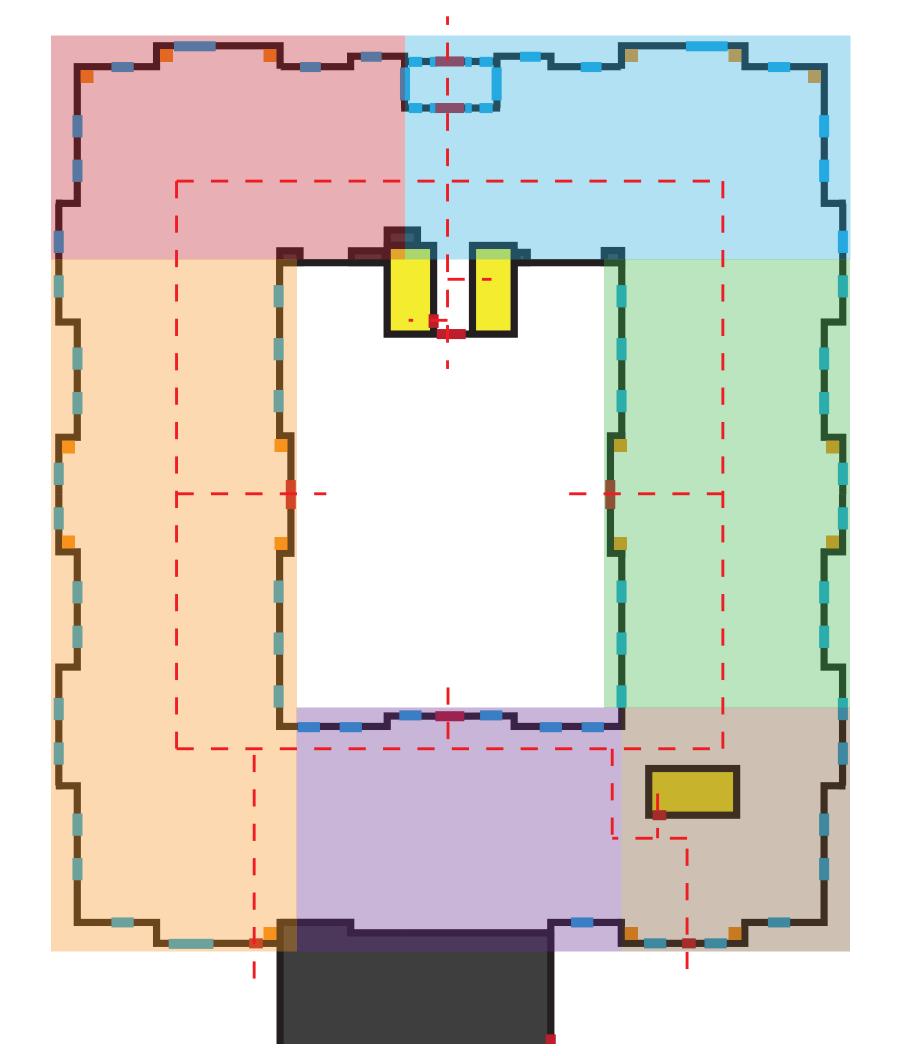
Physical environmental factors contributing to mental illness are those that have the power to affect a person's biology or neurochemistry, and increase chances of developing a disorder.

Social environmental factors refer to socioeconomic, racial and ethnic, and relational conditions that may influence a person's ability to cope with stress.

Seasonal affective disorder (SAD): A lack of natural light can kickstart a deep depression. Bad lighting can also make it harder to sleep at night, damaging your long-term mental health.







Ground Floor: 22,571sq.ft. Courtyard: 6,027sq.ft.

On-Site Management

Counseling Offices

Services/Support

Social Spaces

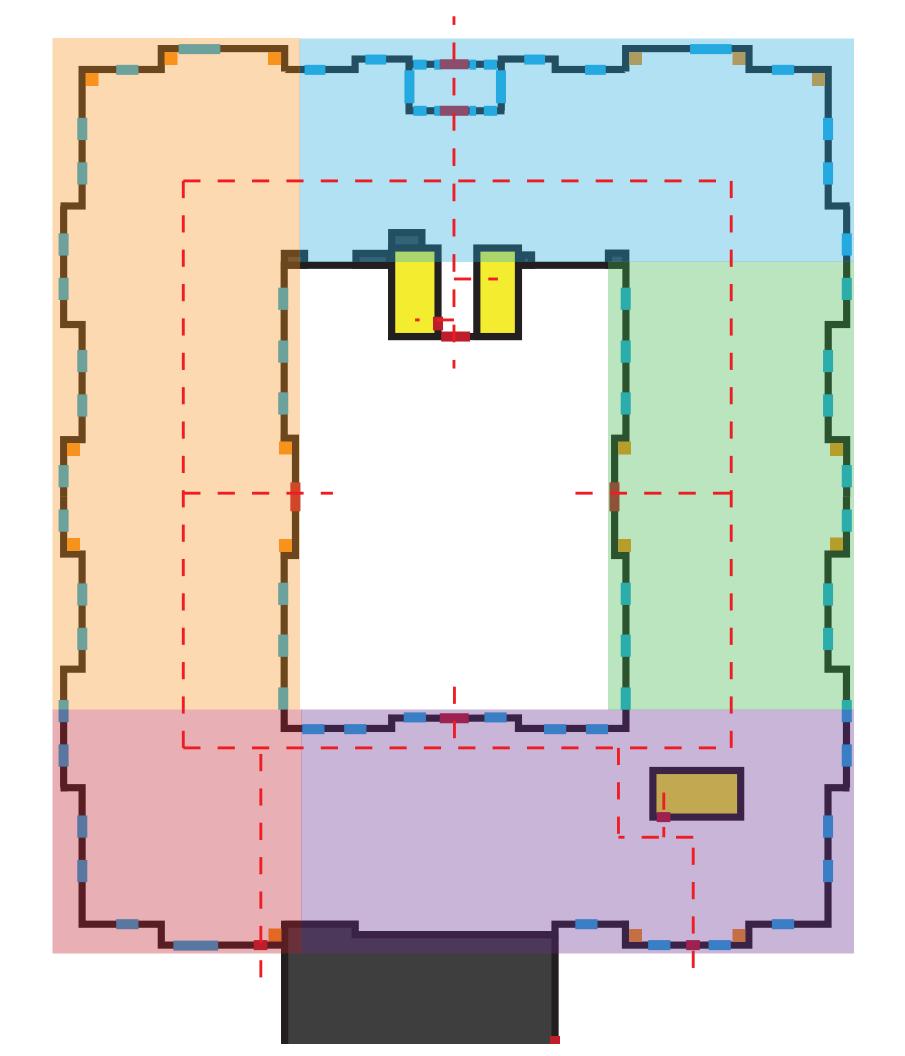
Retail

Private Mtg. Rooms

Pros:

- Retail easy access off entrance
- Offices at entrance
- Serivces/supply at rear of building

- Retail not near services/supply
- One large social space
- Private meeting rooms near serives/supply



Ground Floor: 22,571sq.ft. Courtyard: 6,027sq.ft.

On-Site Management

Counseling Offices

Services/Support

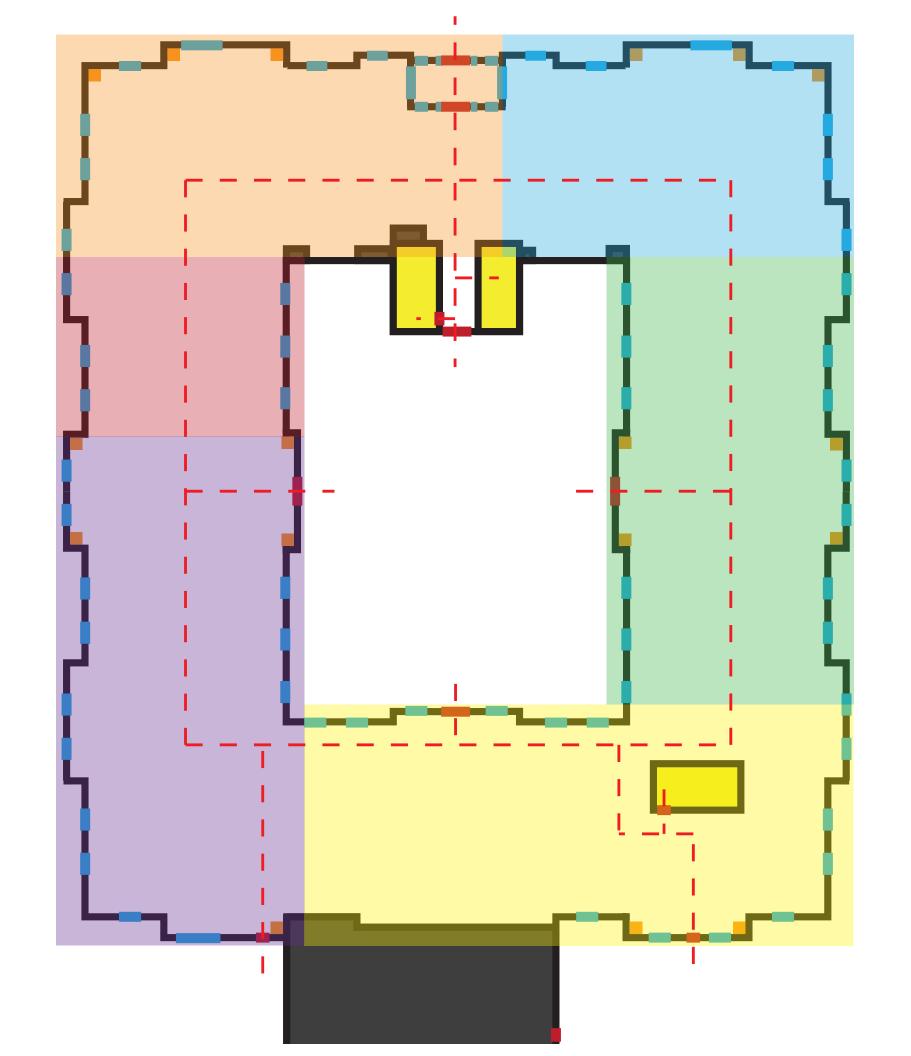
Social Spaces

Retail

Pros:

- Offices at entrance
- Serivces/supply at rear of building

- Retail hidden at rear of building
- Social spaces too exposed



Ground Floor: 22,571sq.ft. Courtyard: 6,027sq.ft.

On-Site Management

Counseling Offices

Services/Support

Social Space

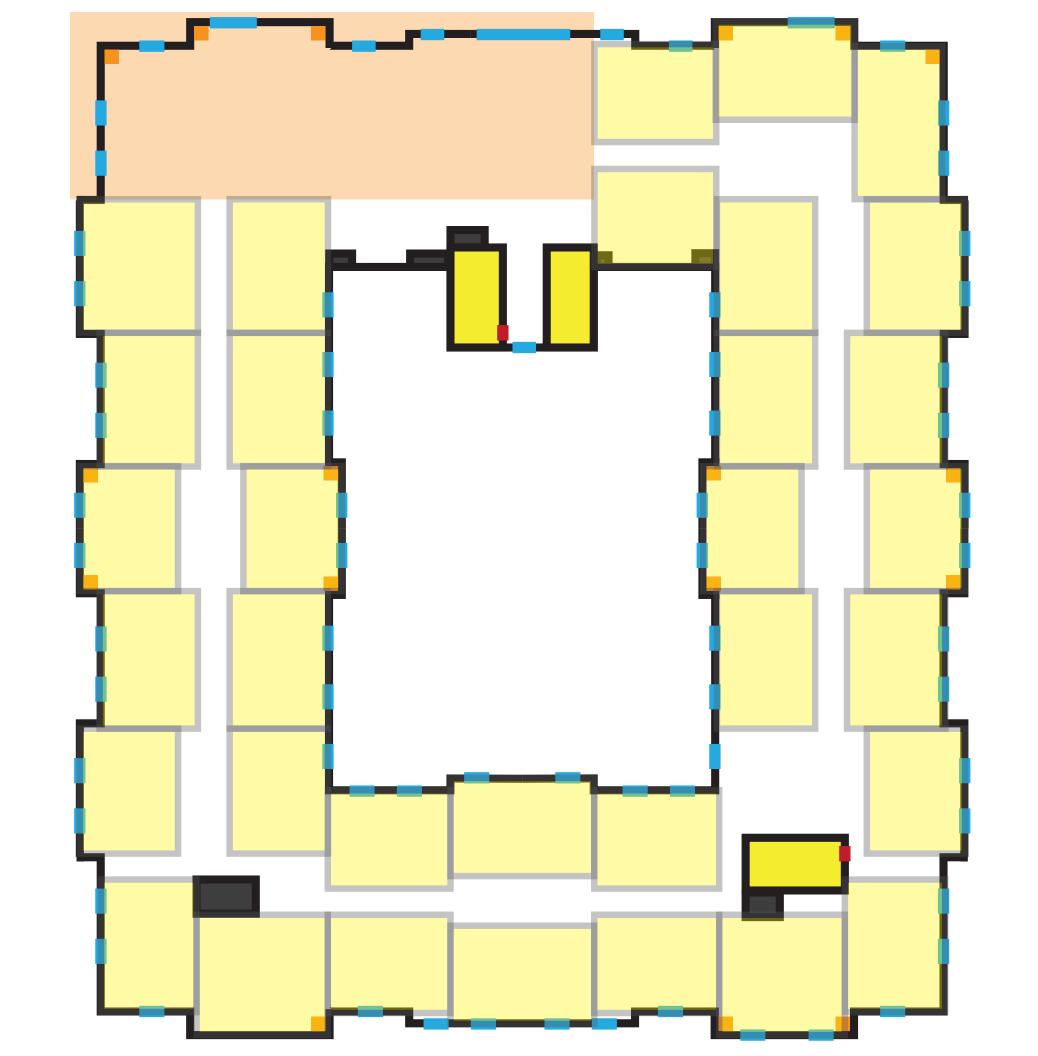
Retail

Residences

Pros:

- Allows residences on ground floor
- Offices at entrance
- Open social space to entrances
- Retail and service/supply adjacent

- Residences near services/supply
- Social spaces too exposed



Upper Floor: 22,590sq.ft.

Residences (33/floor @400sqft/unit)

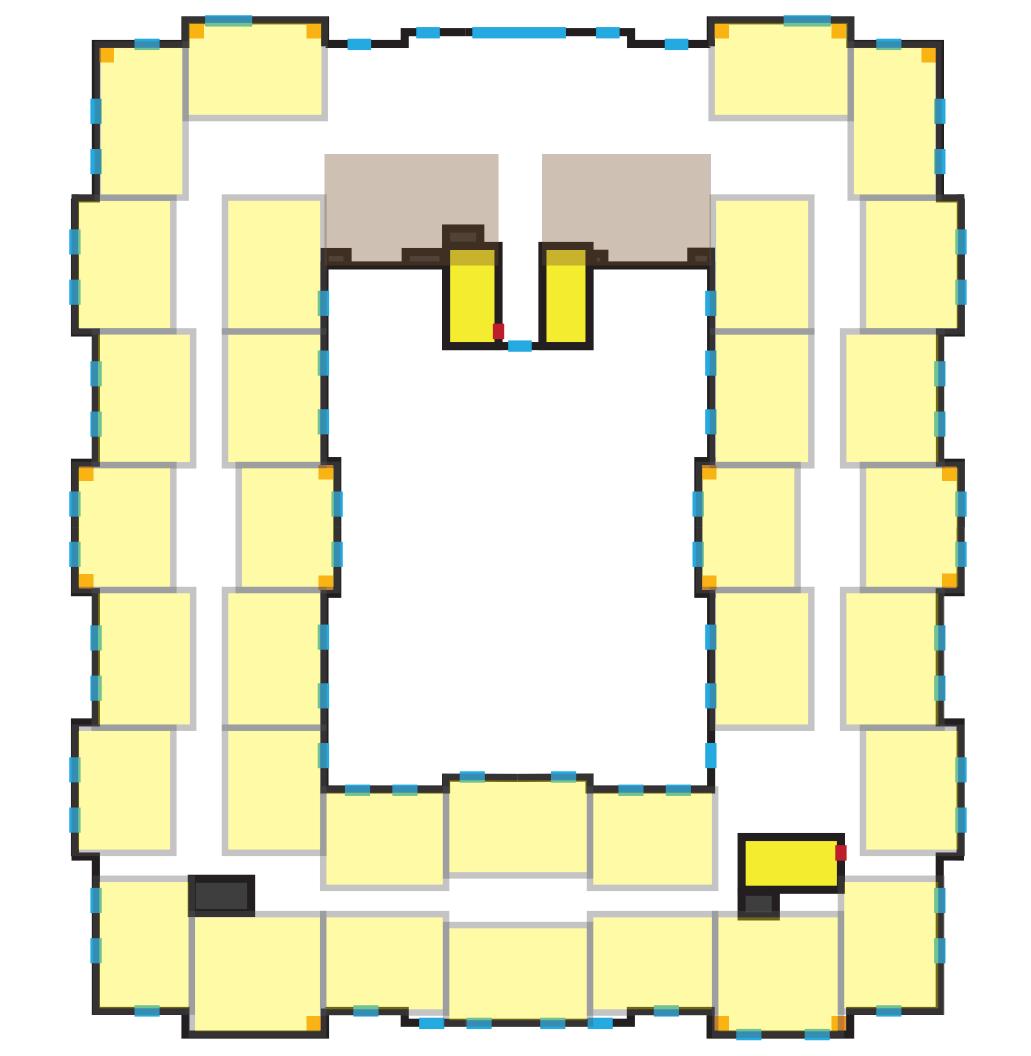
Social Space

Pros:

- Social space on every floor
- More opportunities for daylight

Cons:

- Private meeting rooms not nearby



Upper Floor: 22,590sq.ft.

Residences (33/floor @400sqft/unit)



Pros:

- Private meeting rooms scattered to be more accessible

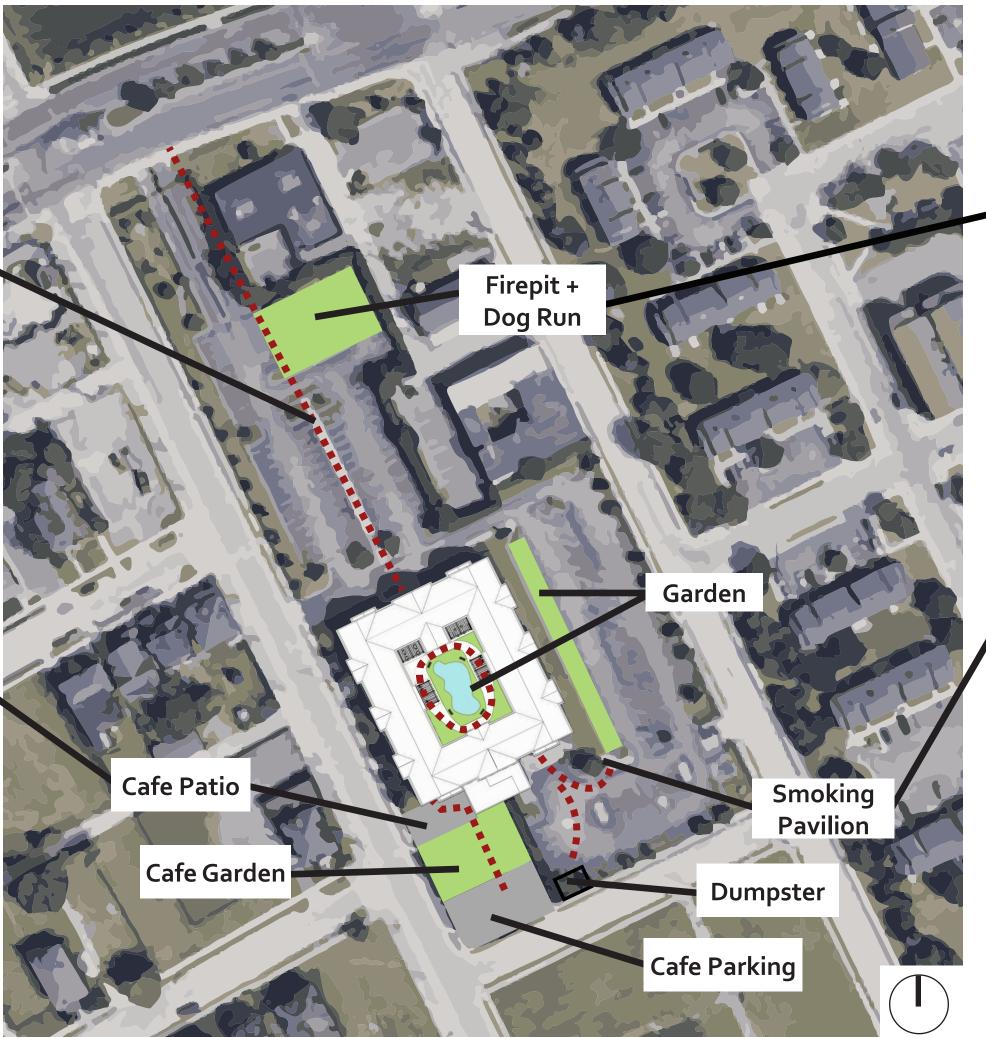
- Less daylight opportunities
- Long corridors



Sidewalk incorporated into parking media for safe circulation through site



Open Modern Privacy/Security Fence around Perimeter of Cafe Garden

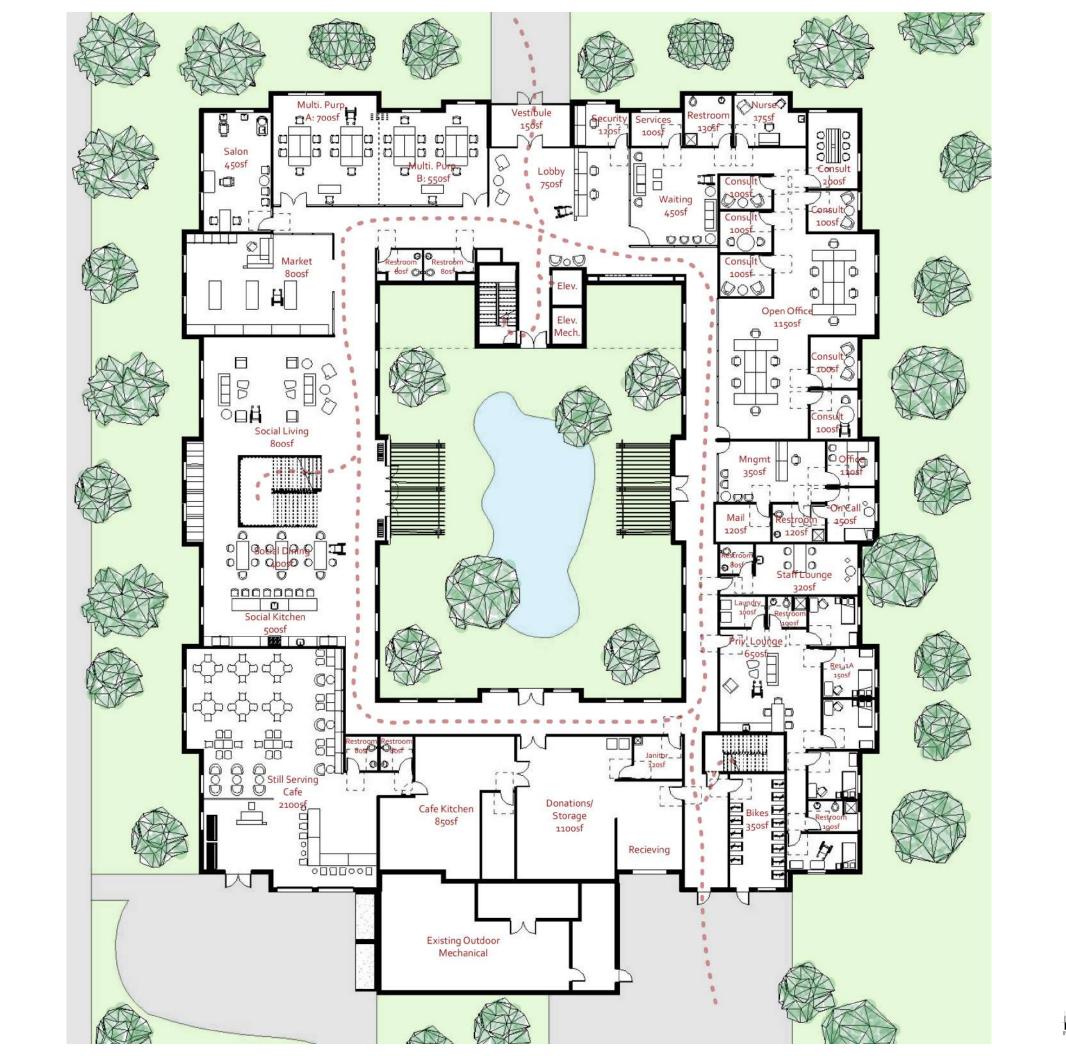




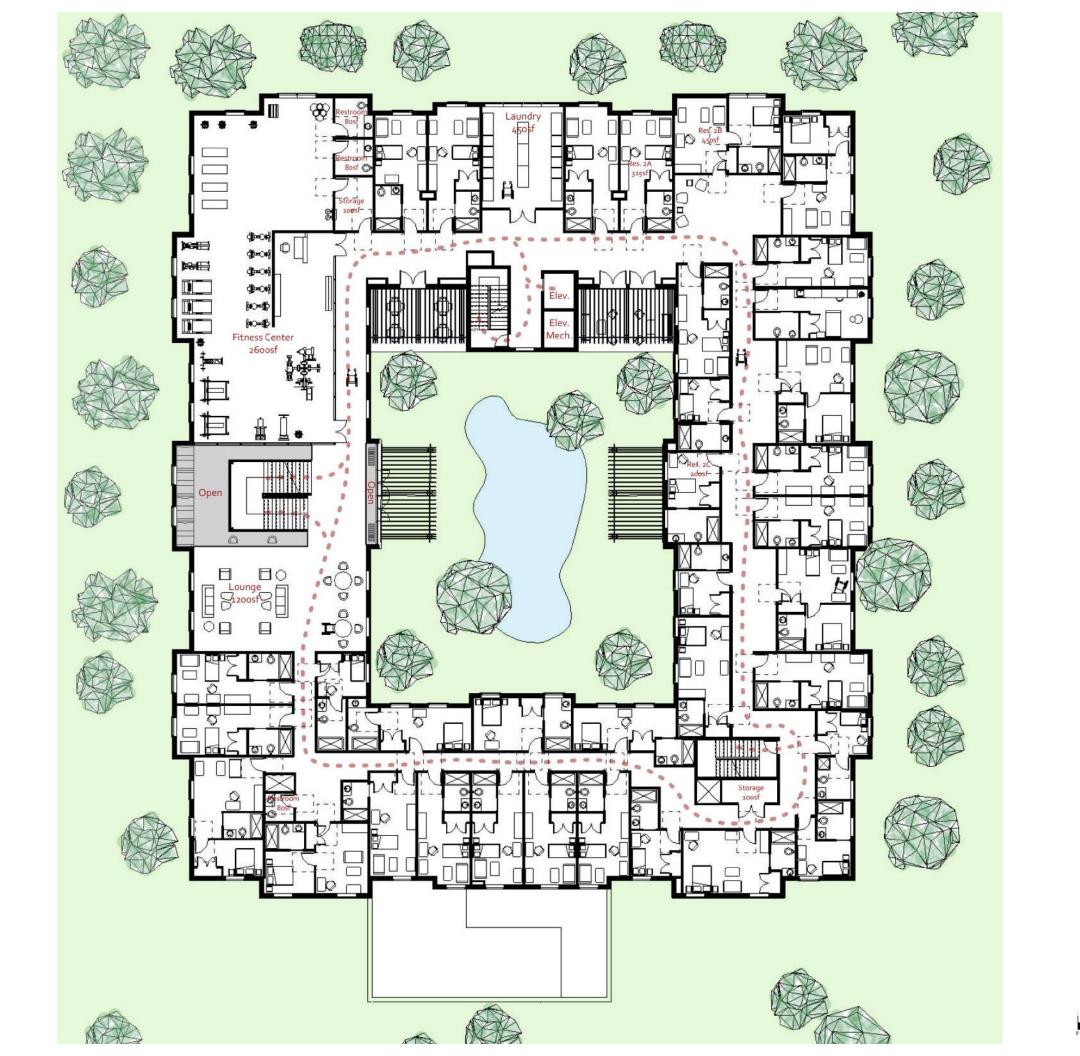
Firepit with Landscape Forms Silla Chair

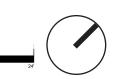


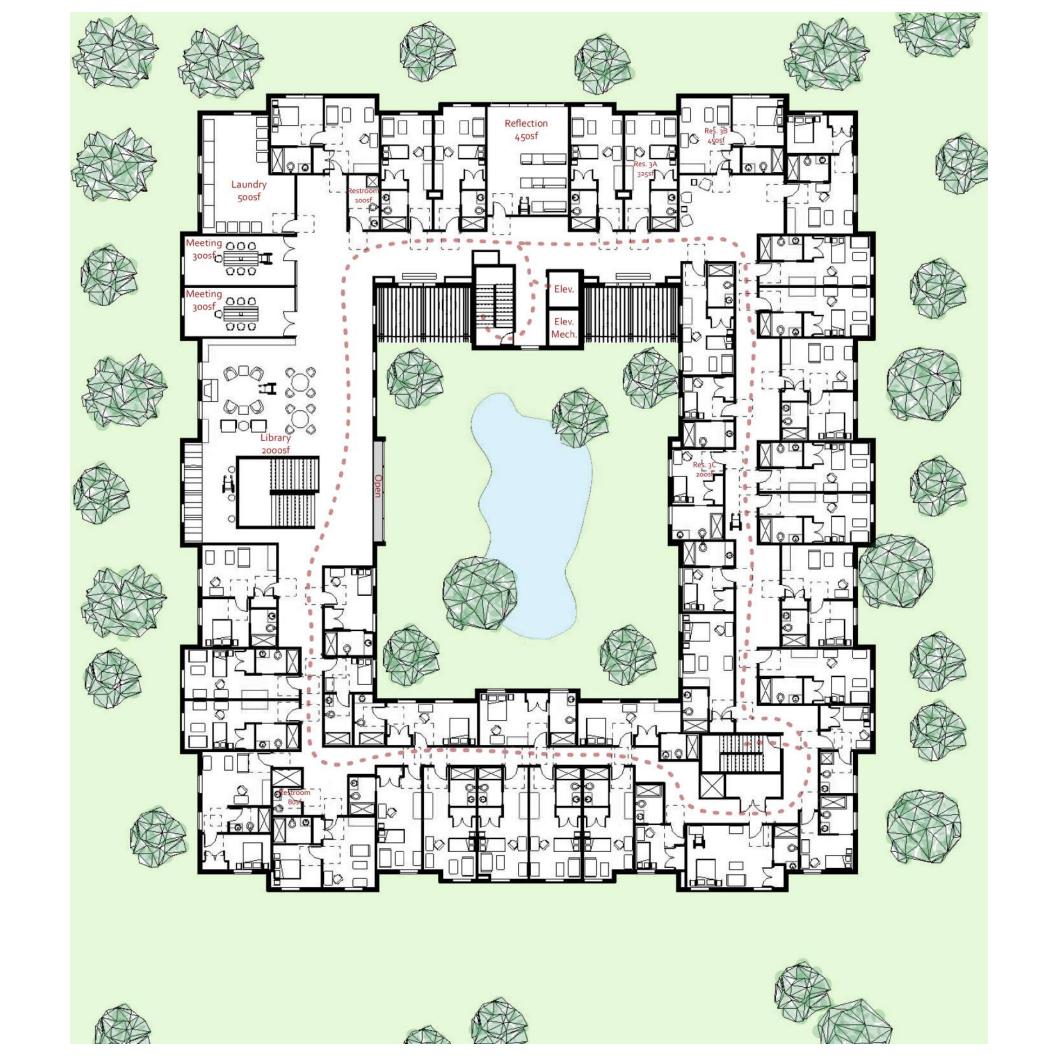
Gianni Botsford Architects Translucent-Concrete Smoking Pavilion

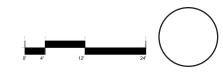






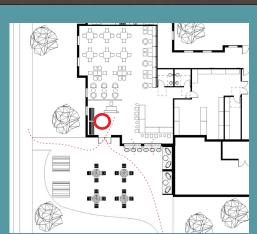






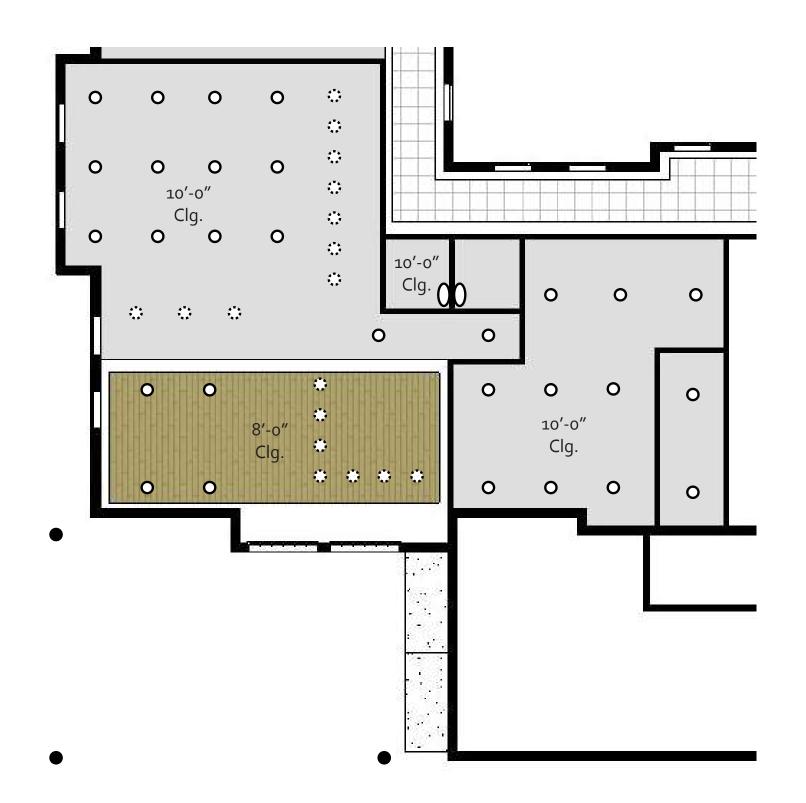






Waiting+Cafe Bar





Lighting Key

- O Recessed can lamp
- **Suspended linear lamp**
- O Wall sconce lamp
- :: Suspended pendant lamp
- 2x2 ceiling lamp
- Outdoor pole lamp





Vibia Cosmos - Suspended Pendant Lamp



Vibia Millennium - Wall Sconce Lamp



Landscape Forms Motive - Outdoor Pole Lamp



Maya Romanoff Ajiro Fanfare Wood Veneer



Garden State Tile Striped Hexagon Tile



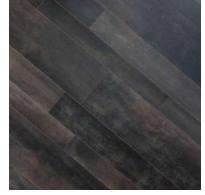
Elemental Heavy Nocturnal Solid Surface



Haworth Collaborate Chair



Grand Rapids Chair Co. Sally Barstool



Flooret Iona Mineral Core Flooring



Silver State Inc. Dunes Upholstery



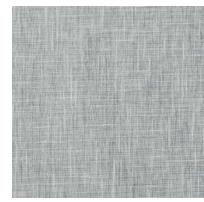
Vibia Cosmos Lights



Grand Rapids Chair Co. Sadie II Chair



Grand Rapids Chair Co. Alfred Chair



Jab Bricks Upholstery



Paul Brayton Designs Canopy Upholstery



Archisonic Forest Acoustic Wall Panel



Allemuir FortySeven



Grand Rapids Chair Co. Brady Bar Stool



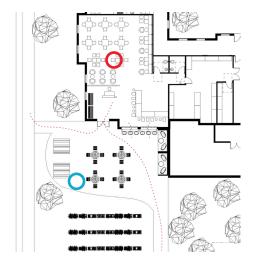
Townsend Leather Arturo Fuente



Porcelanosa Ceppo Flooring



Custom Patriot Wall Mural























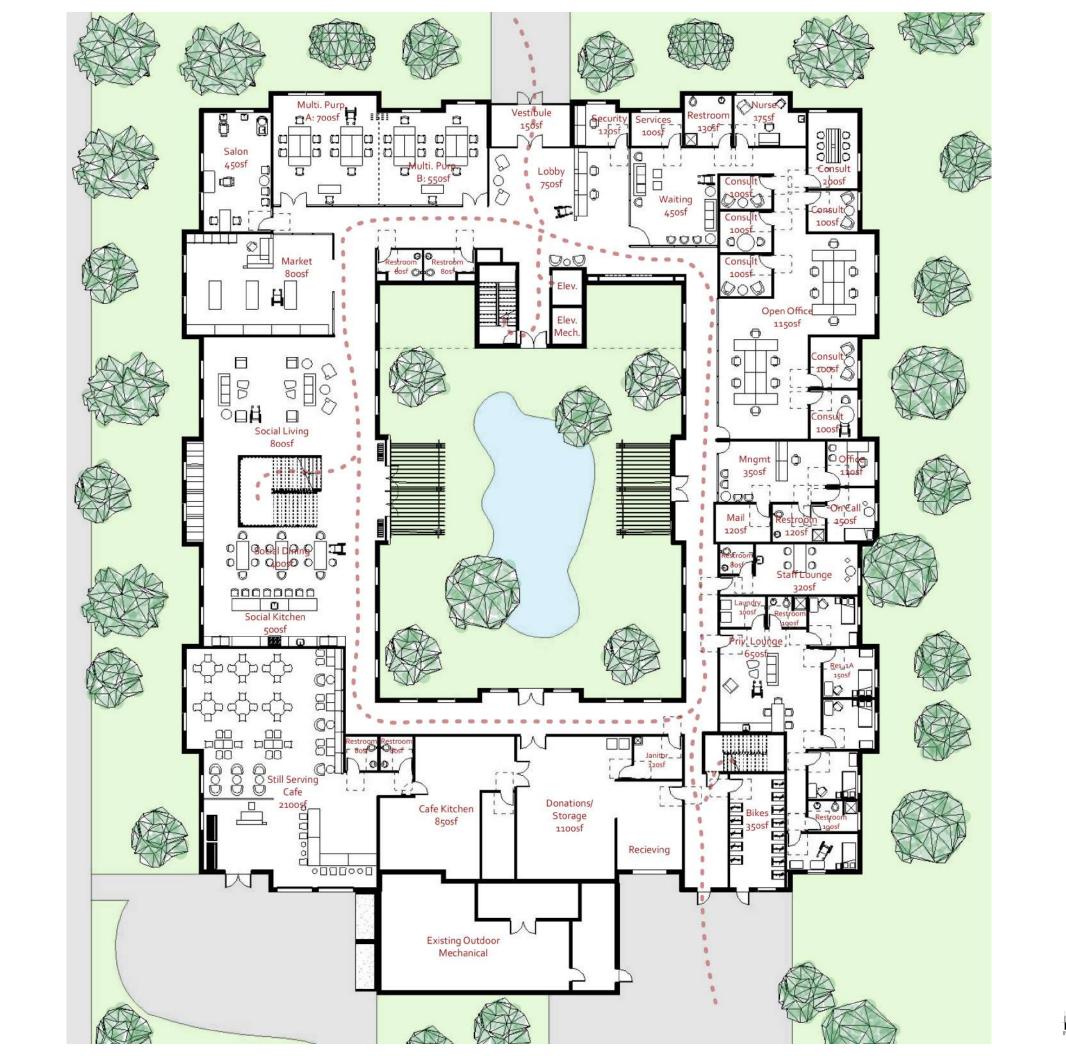
Social Living



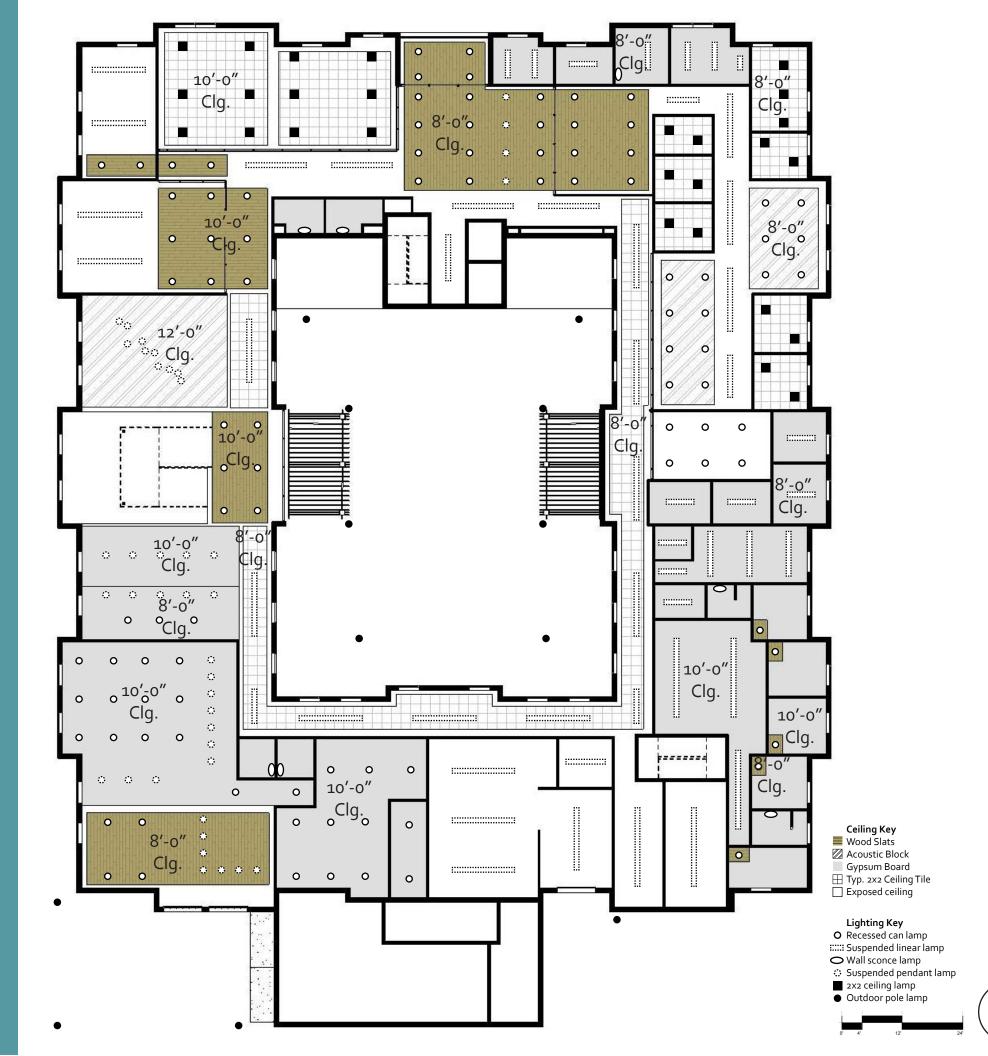




Social Kitchen









Focal Point Nivo - 2x2 Ceiling Lamp



Landscape Forms Motive - Outdoor Pole Lamp



Vibia Cosmos - Suspended Pendant Lamp 1

Socialization: A centrally located living space gives residents a casual place to relax with others.

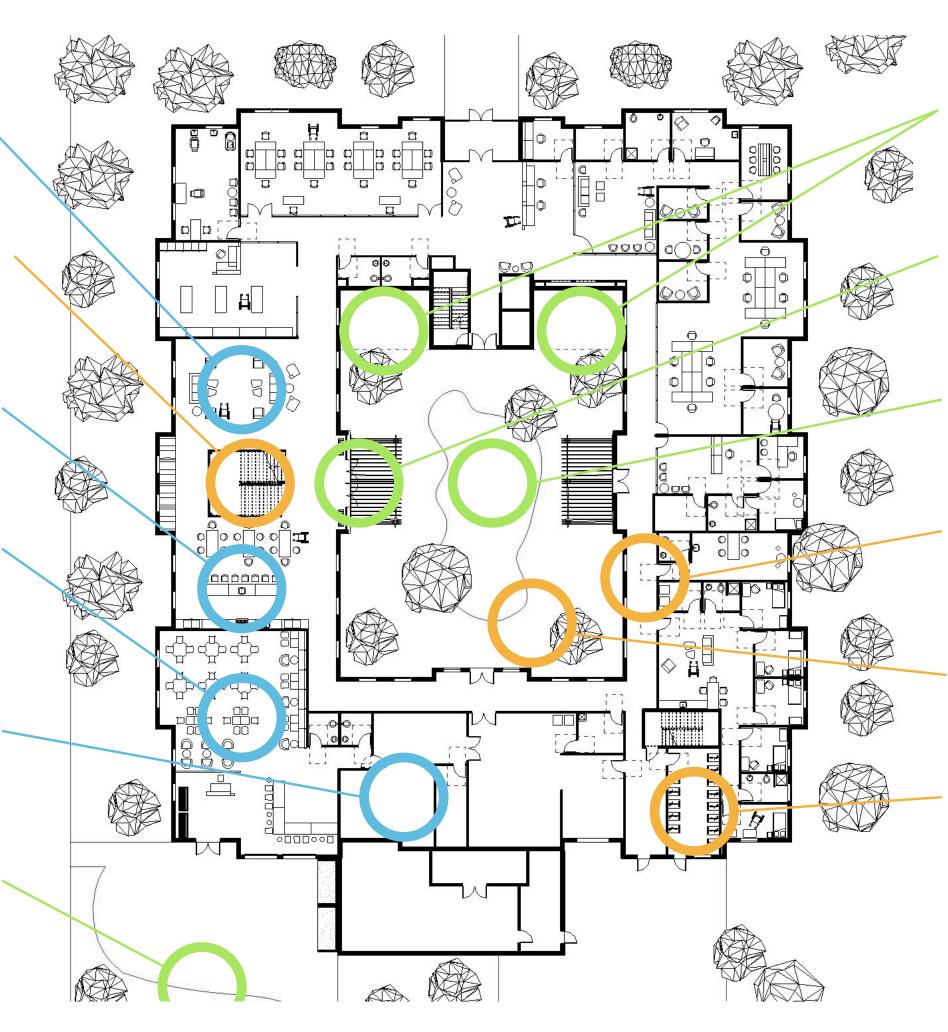
Exercise: A centrally located communication stair connects all three stories of the building and encourages residents to use the stairs.

Socialization: A centrally located kitchen and dining area gives residents a functional space to cook and eat together.

Socialization: The Still Serving Cafe offers residents the opportunity to interact with the general public.

Socialization: The Still Serving Kitchen offers residents the opportunity to create for and serve the public delicious food.

Biophilia: The Still Serving Kitchen utilizes fresh produce grown by residents at the on-site produce garden.



Biophilia: A pair of covered porches in the courtyard provide a shady shelter for residents to enjoy nature.

Biophilia: A 3-story tall glass curtain wall opens up the interior of building while allowing sunlight to penetrate the space.

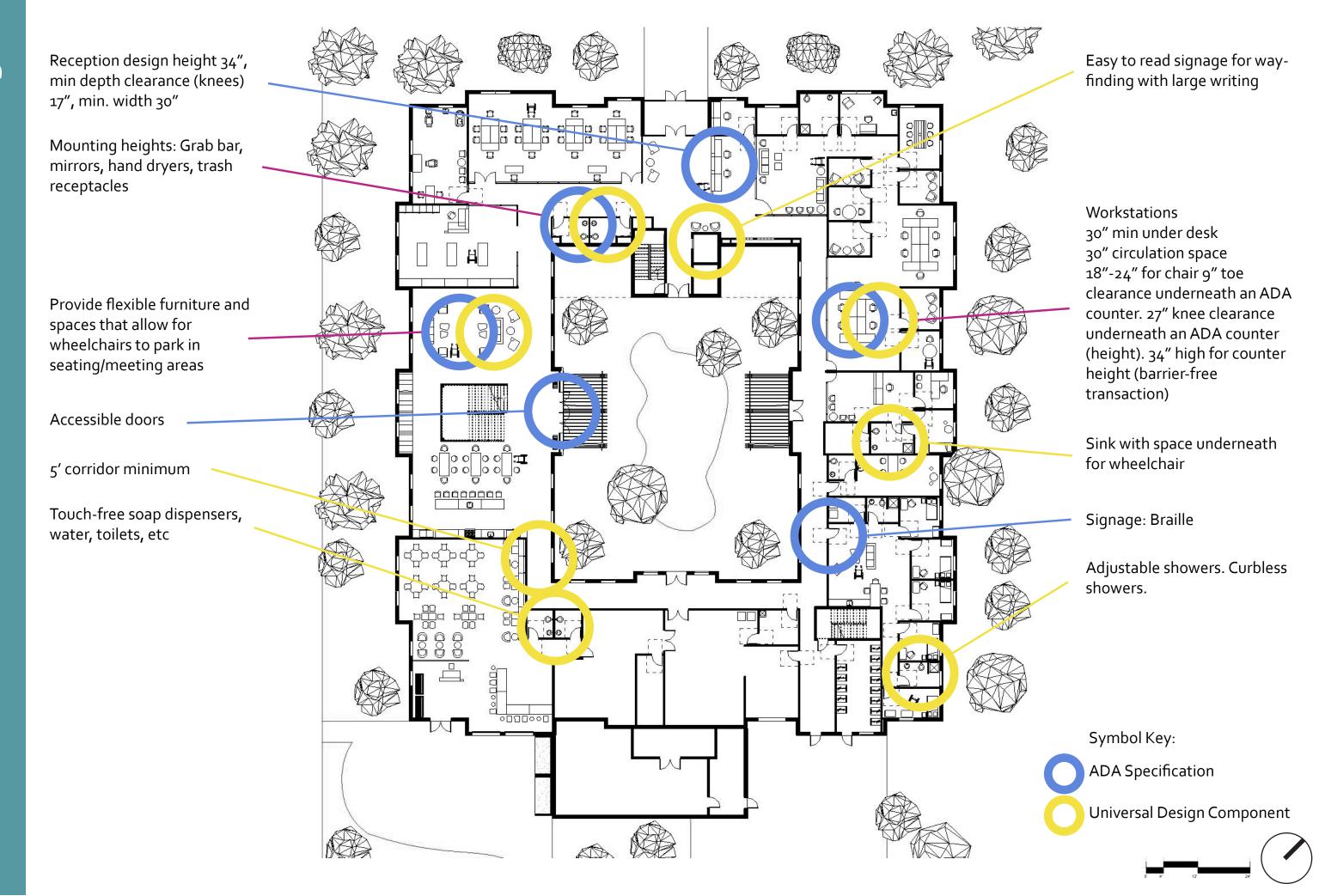
Biophilia: A pond creates a more natural feeling courtyard while the fountain appeals to human's sense of hearing.

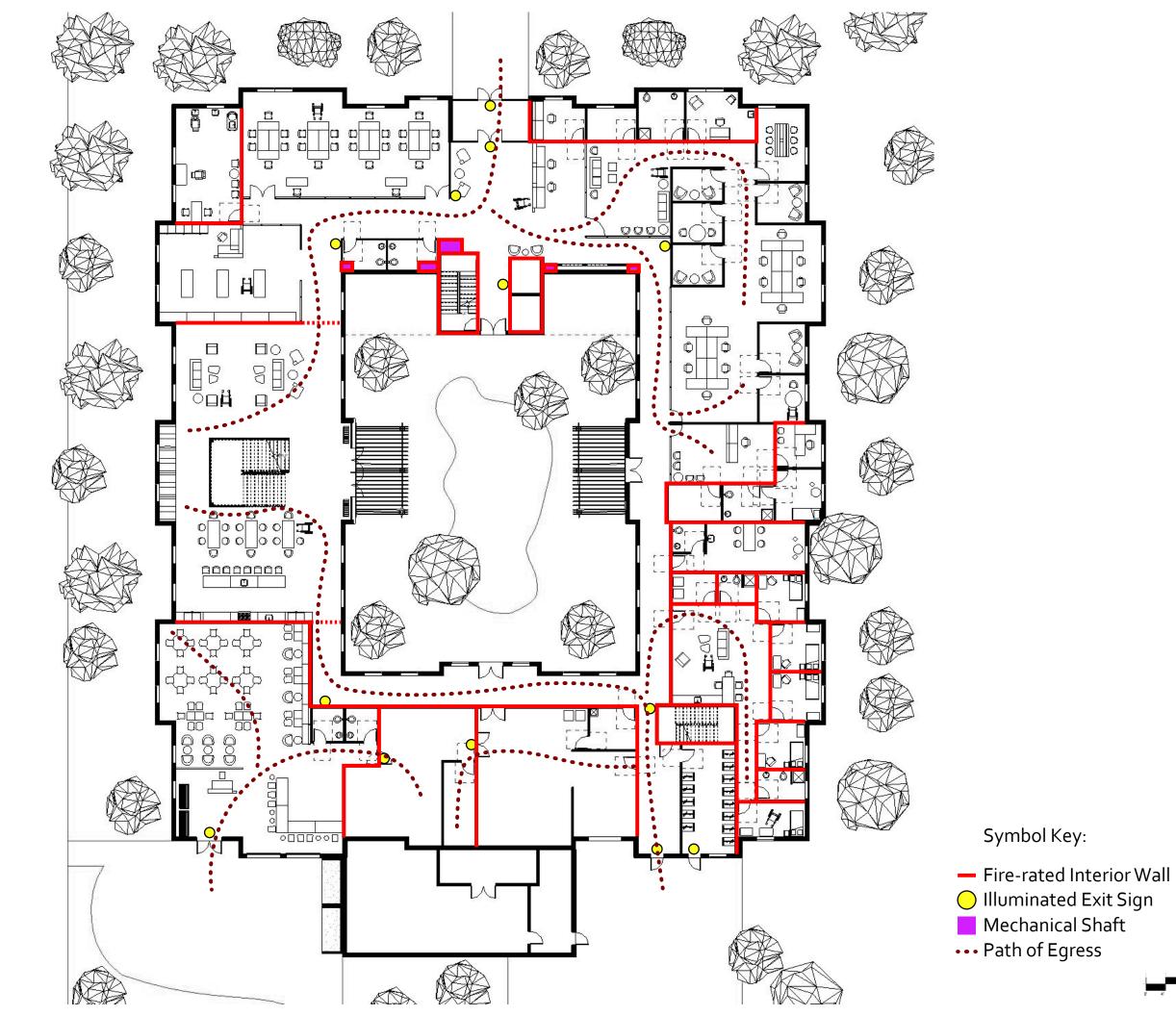
Exercise: An inner circulation loop is incorporated into the floorplan of building, creating a walking loop.

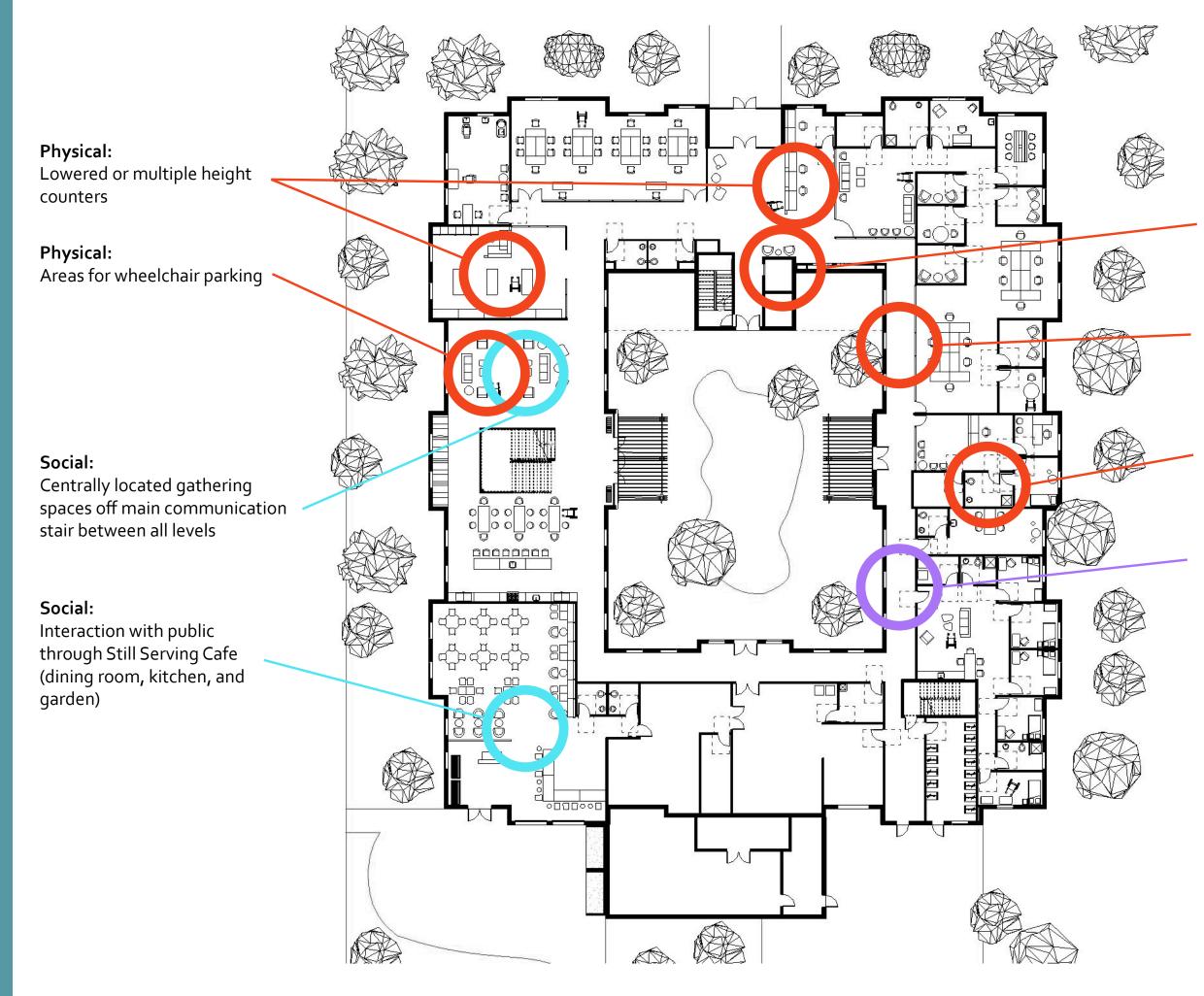
Exercise: An outdoors circulation loop is incorporated in the courtyard creating a walking loop.

Exercise: A dedicated bike storage room allows residents to own and operate a bicycle.









Physical:

Bright wayfinding and signage with braille writing

Physical:

Extra wide corridors to allow for two wheelchair passing

Physical:

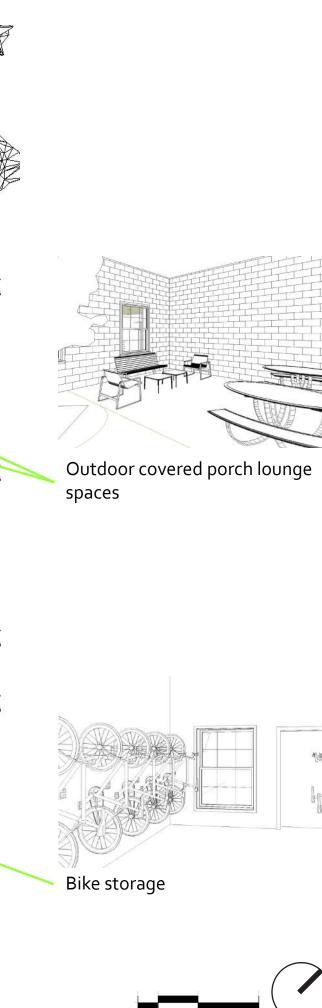
Curbless shower stalls with grab bars, adjustable fixtures, and flip-down benches

Diversity:

Neutral color palette throughout







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Artistic Tile Canyon Dark Ceramic Tile



Nemo Tile Play Backsplash Tile



Elemental Heavy Nonocturnal Surface



Haworth BuzziMe



Haworth Bac Dining Table



Atlas Masland Brush Carpet Tile



Indusparquet Amendoim Wood Stair



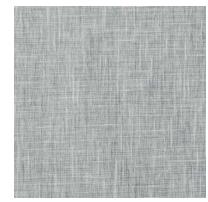
OmniDecor Glass DecorFlou Nantahala



Haworth Ginger



Haworth Hi Pad



Jab Bricks Upholstery



Opuzen Ascent Upholstery



Wood Co. Madiera 3D Wood Wall



Haworth Maari Counter Stool



Haworth Very Side and Seminar



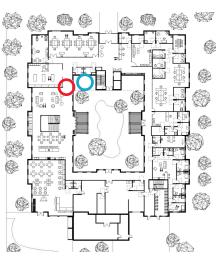
Townsend Leather Arturo Fuente



Garden State Tile Columbus



Paul Brayton Designs Canopy Upholstery







Social Living



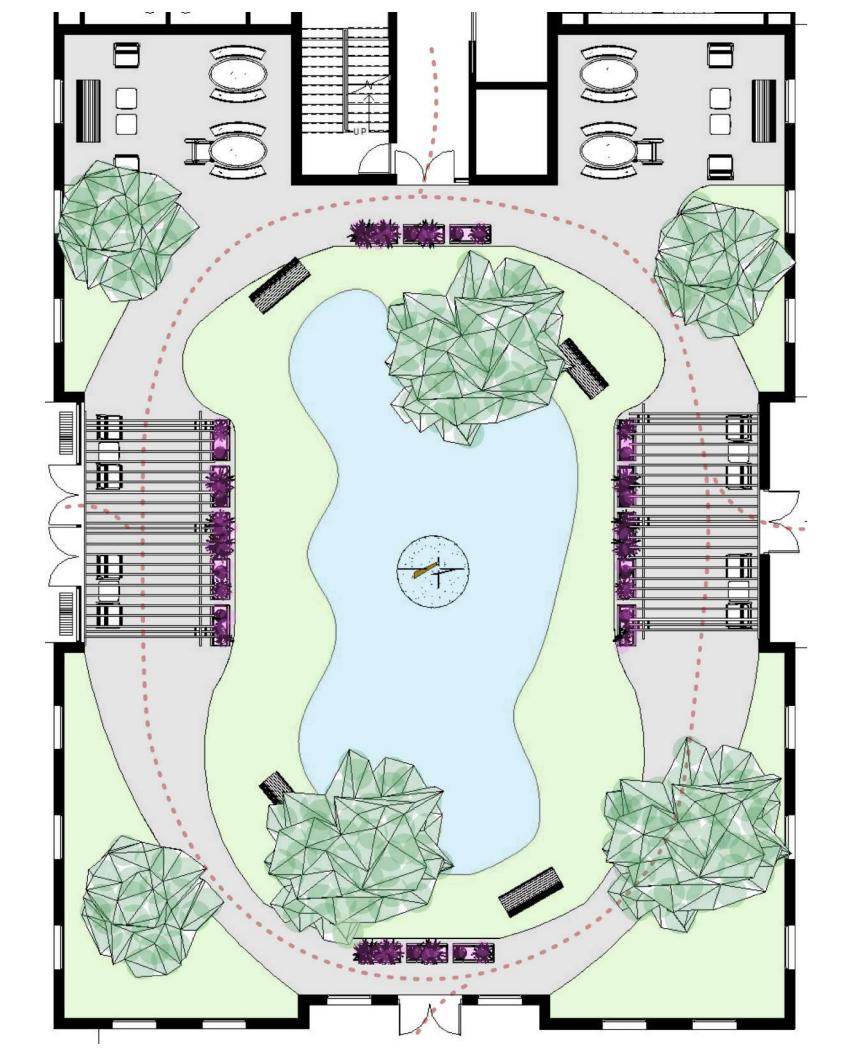






Courtyard Garden

Existing Courtyard







Stamped Concrete



Wood Bench Finish



White Mesh Seat Upholstery



Glossy White Lacquer Table Veneer



Satin Stainless Steel Metal Planter



Landscape Forms Motive Lamp



Cherry Blossom Tree



Maple Tree



Weeping Willow Tree



Hydrangea Plant



Daisy Flower



Tulip Flower



Landscape Forms Cochran Lounge Chair



Landscape Forms Charlie Table



Wood and Metal Pergola



Landscape Forms Generation 50 Bench



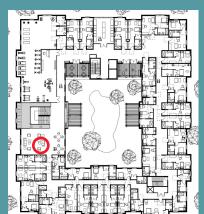
Landscape Forms Cochran Side Table



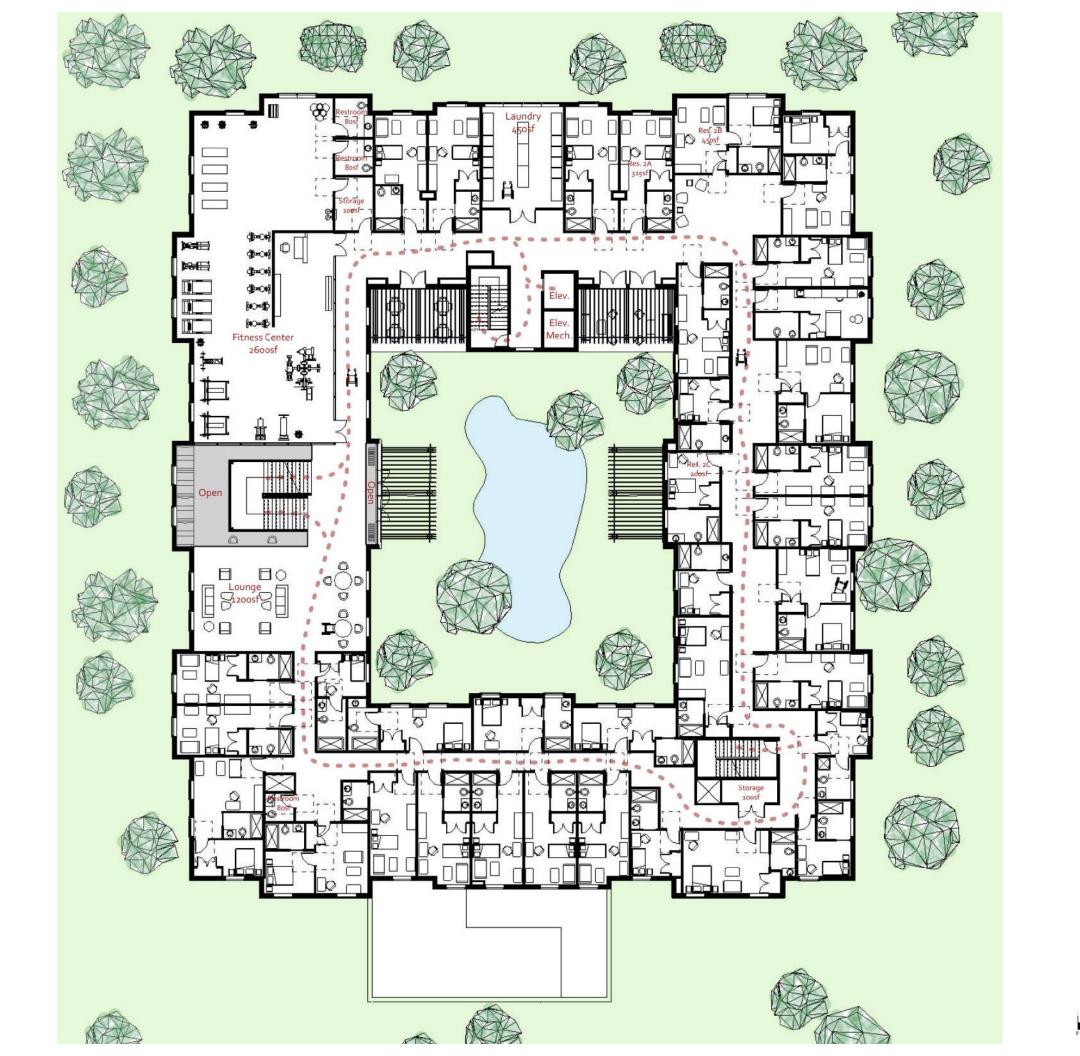
Landscape Forms Gus Planter

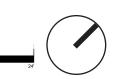






Lounge Space









Tech Lighting Dyna - Linear Suspended Lamp



Wood Slat Ceiling



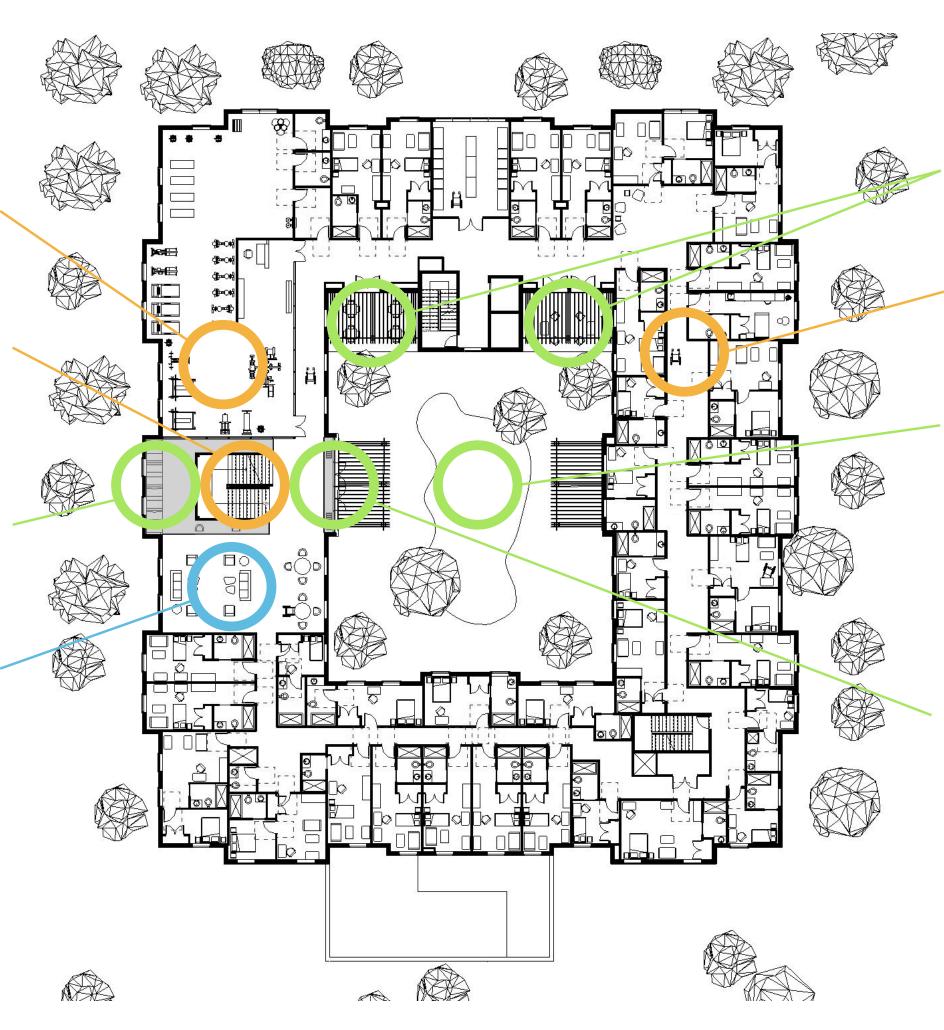
Vibia Suite - Wall Sconce Lamp 1

Exercise: A large fitness center incorporates a strength training, cardio, and aerobics or yoga areas.

Exercise: A centrally located communication stair connects all three stories of the building and encourages residents to use the stairs.

Biophilia: An open to below balcony area creates a sense of overlooking surroundings scenario which pertains to the primal aspect of human and nature interaction.

Socialization: A centrally located lounge space gives residents a casual place to relax with others.



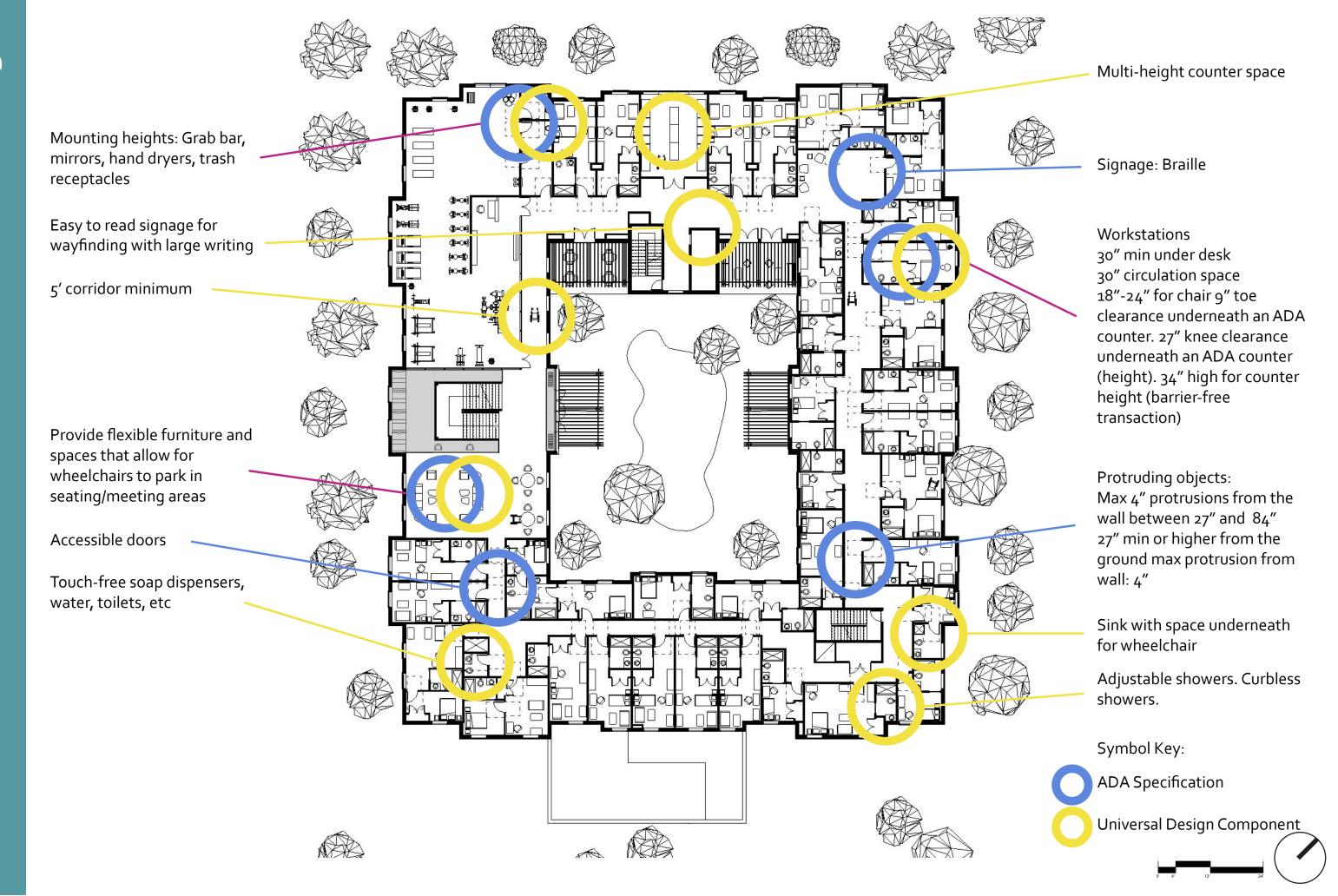
Biophilia: A pair of balconies in the courtyard provide a sunny shelter for residents to enjoy nature.

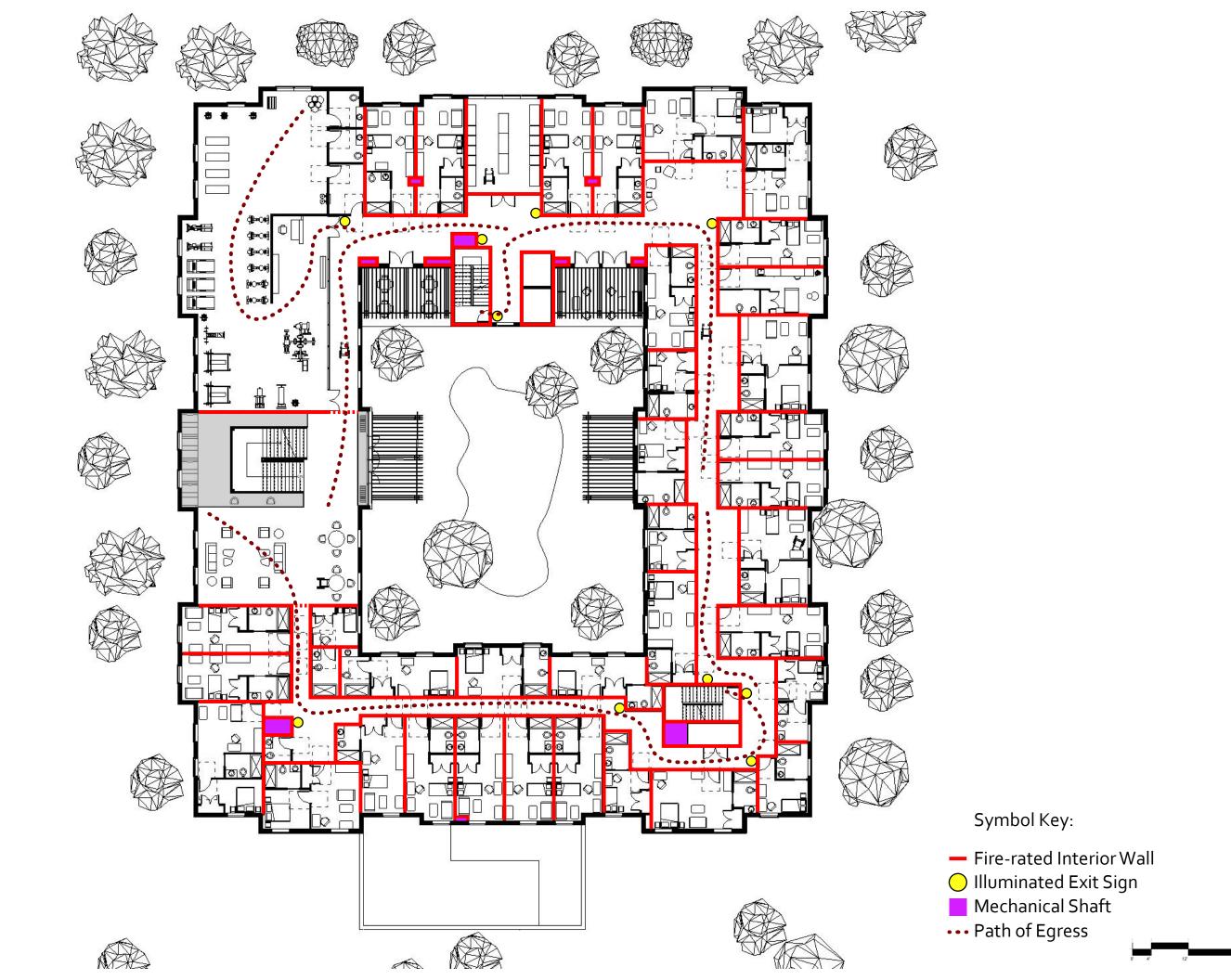
Exercise: An inner circulation loop is incorporated into the floorplan of building, creating a walking loop.

Biophilia: A pond creates a more natural feeling courtyard while the fountain appeals to human's sense of hearing.

Biophilia: A 3-story tall glass curtain wall opens up the interior of building while allowing sunlight to penetrate the space.







Physical: Bright wayfinding and signage with braille writing)•=⊞ Social: Fitness center with strength training, cardio, aerobics/yoga Social: Centrally located gathering spaces off main communication stair between all levels Physical: Areas for wheelchair parking Diversity: Safety and security of private restrooms for each resident

Physical:

Lowered or multiple height counters

Physical:

Curbless shower stalls with grab bars, adjustable fixtures, and flip-down benches

Physical:

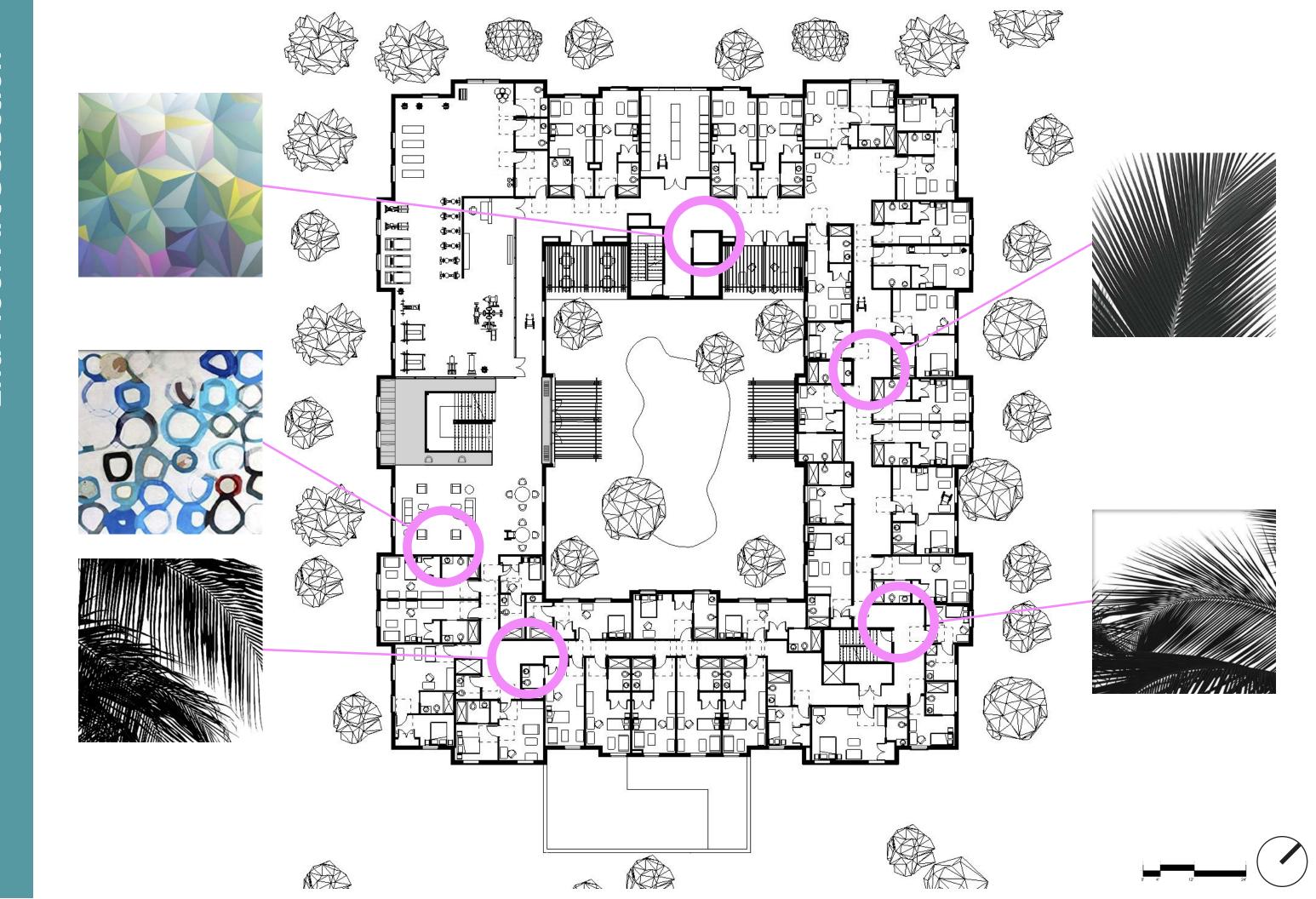
Extra wide corridors to allow for two wheelchair passing

Diversity:

Neutral color palette throughout









Garden State Tile Columbus Tile



Camira Code Upholster



CF Stinson Mica Upholstery



Haworth Elan



Vibia Mayfair Table Lamp



Pollock Basic Instinct Upholstery



Chilewich Scout PC Vinyl Flooring



Fil Doux Textiles Riverbank Upholstery



Haworth Collaborate Side Table



Haworth Kenedee Chair



Opuzen Ascent Upholstery



Liaigre Brumes Upholstery





Wayfinding Mural



Haworth Torei Coffee Table



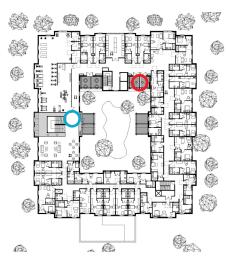
Haworth Kenneddee Ottoman



Artistic Tile Canyon
Dark Tile



Indusparquet Amendoim Wood Stair





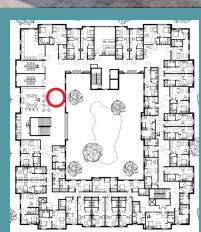




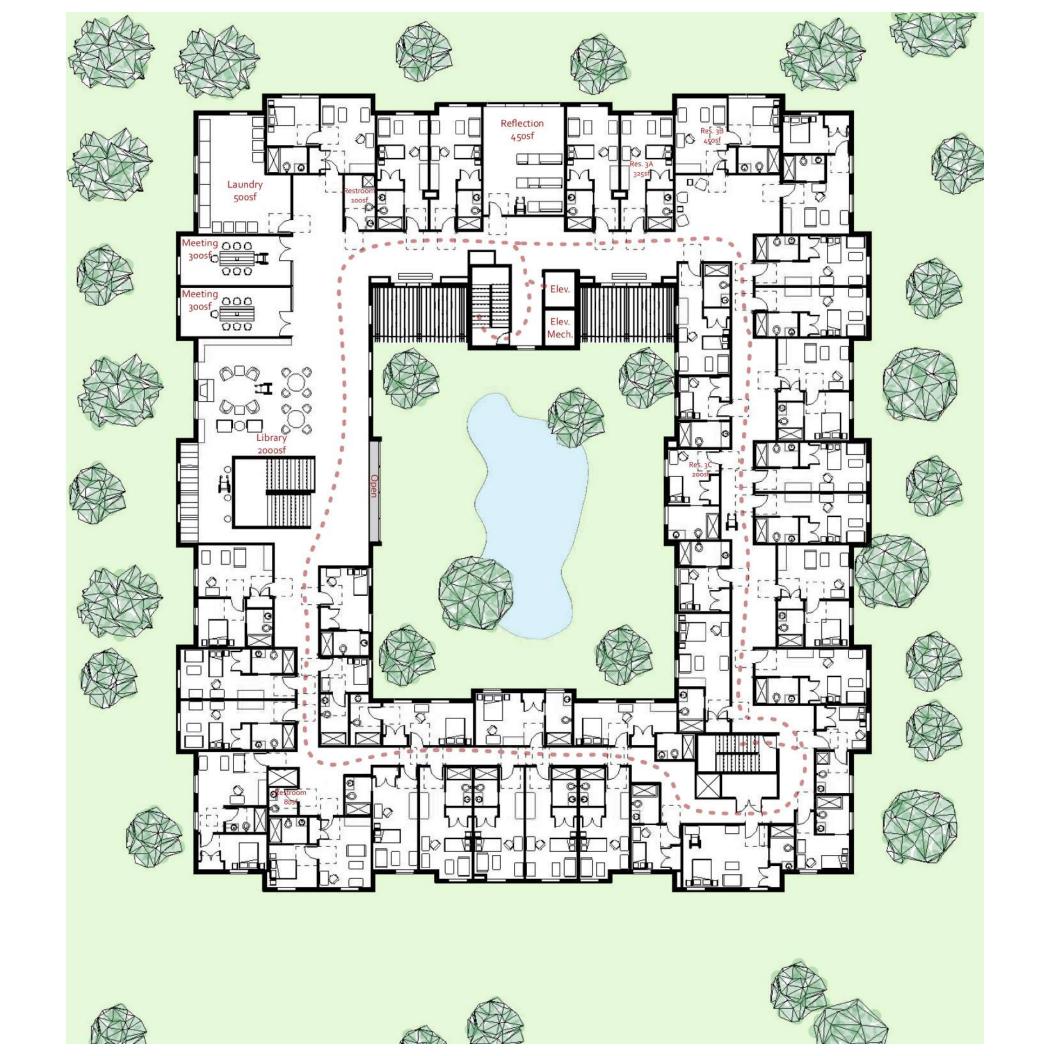
Fitness Center

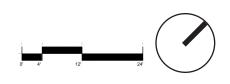


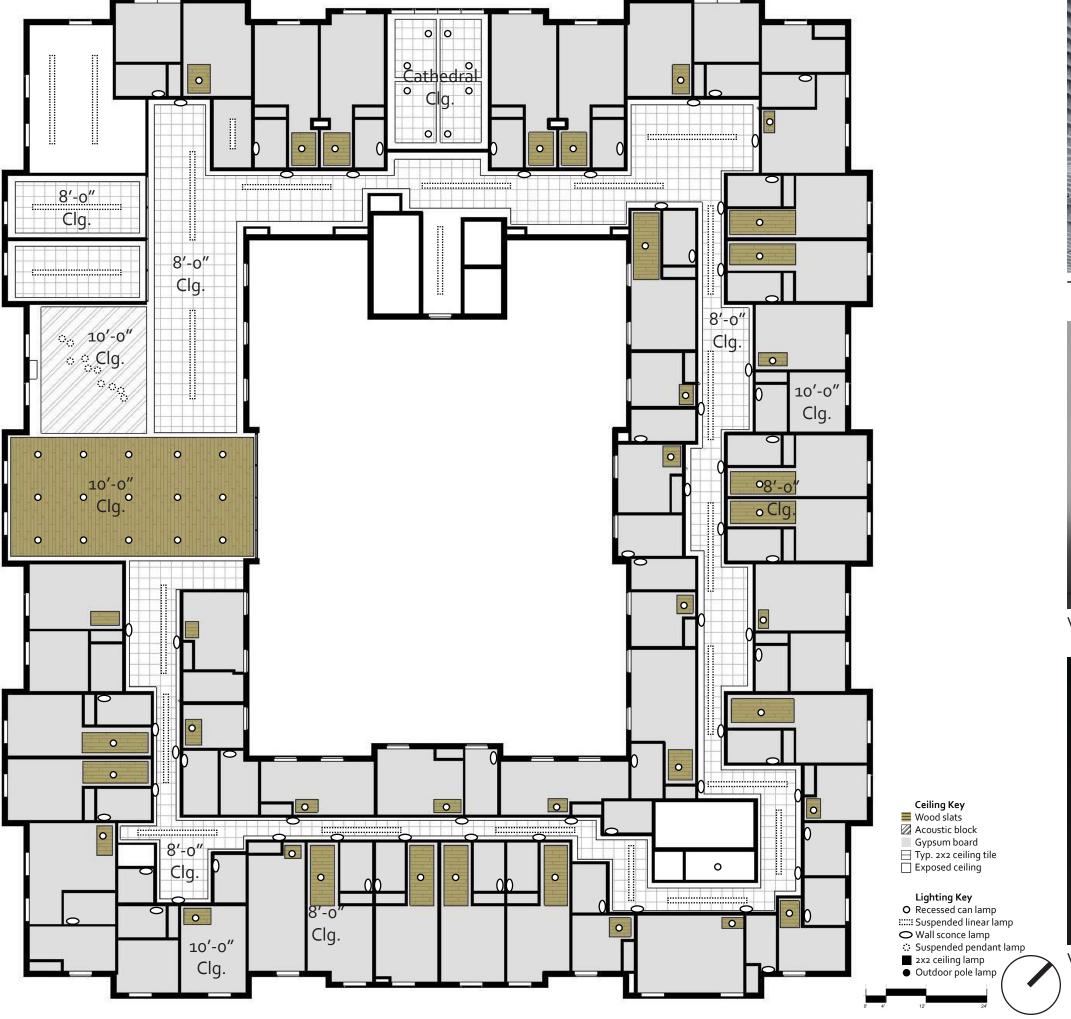




Library









Turf Swell Ceiling Blocks



Vibia Millennium - Wall Sconce Lamp 2



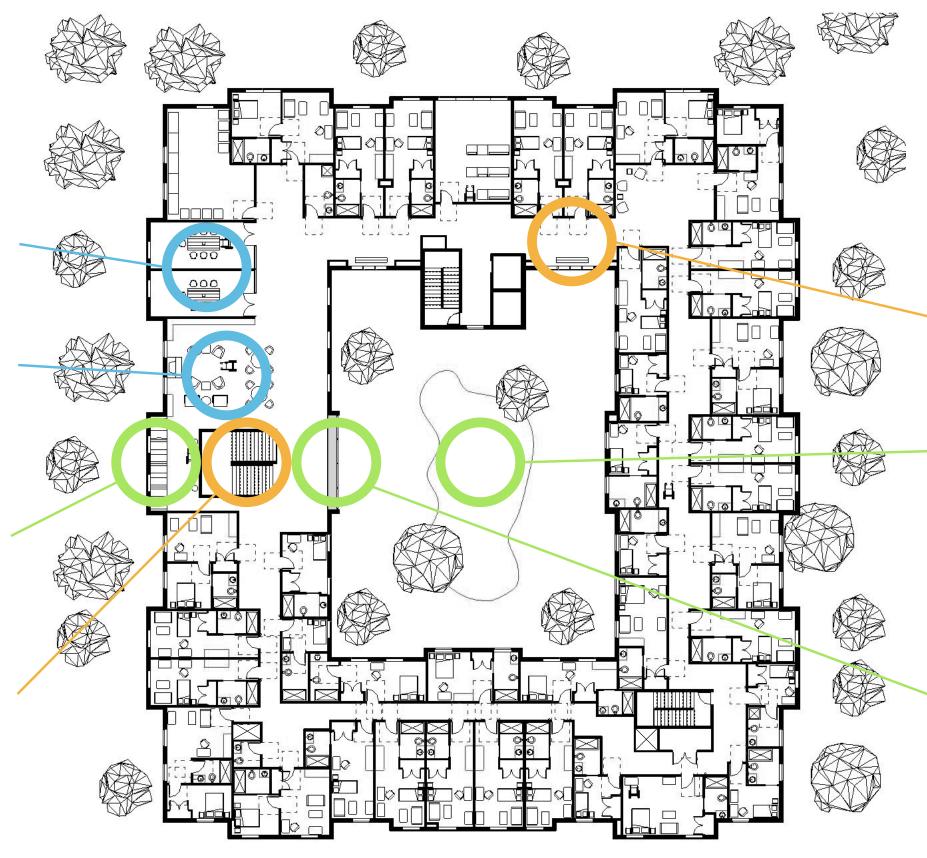
Vibia Halo - Suspended Pendant Lamp 2

Socialization: A pair of meeting rooms allow residents to have smaller more intimate meetings with each other.

Socialization: A centrally located library space gives residents a cozy place to relax or concentrate.

Biophilia: An open to below balcony area creates a sense of overlooking surroundings scenario which pertains to the primal aspect of human and nature interaction.

Exercise: A centrally located communication stair connects all three stories of the building and encourages residents to use the stairs.

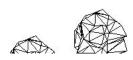


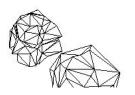
Exercise: An inner circulation loop is incorporated into the floorplan of building, creating a walking loop.

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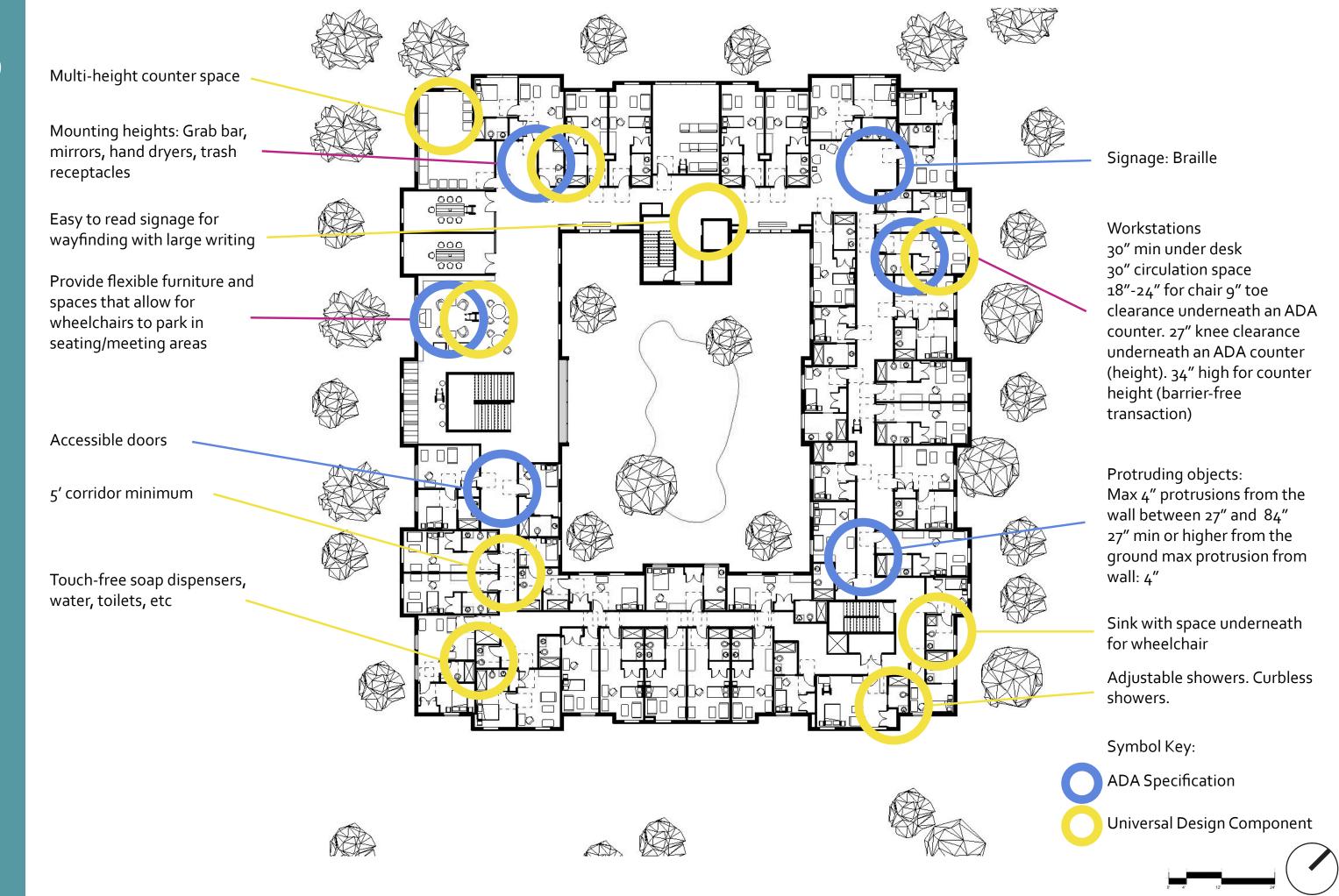
Biophilia: A 3-story tall glass curtain wall opens up the interior of building while allowing sunlight to penetrate the space.

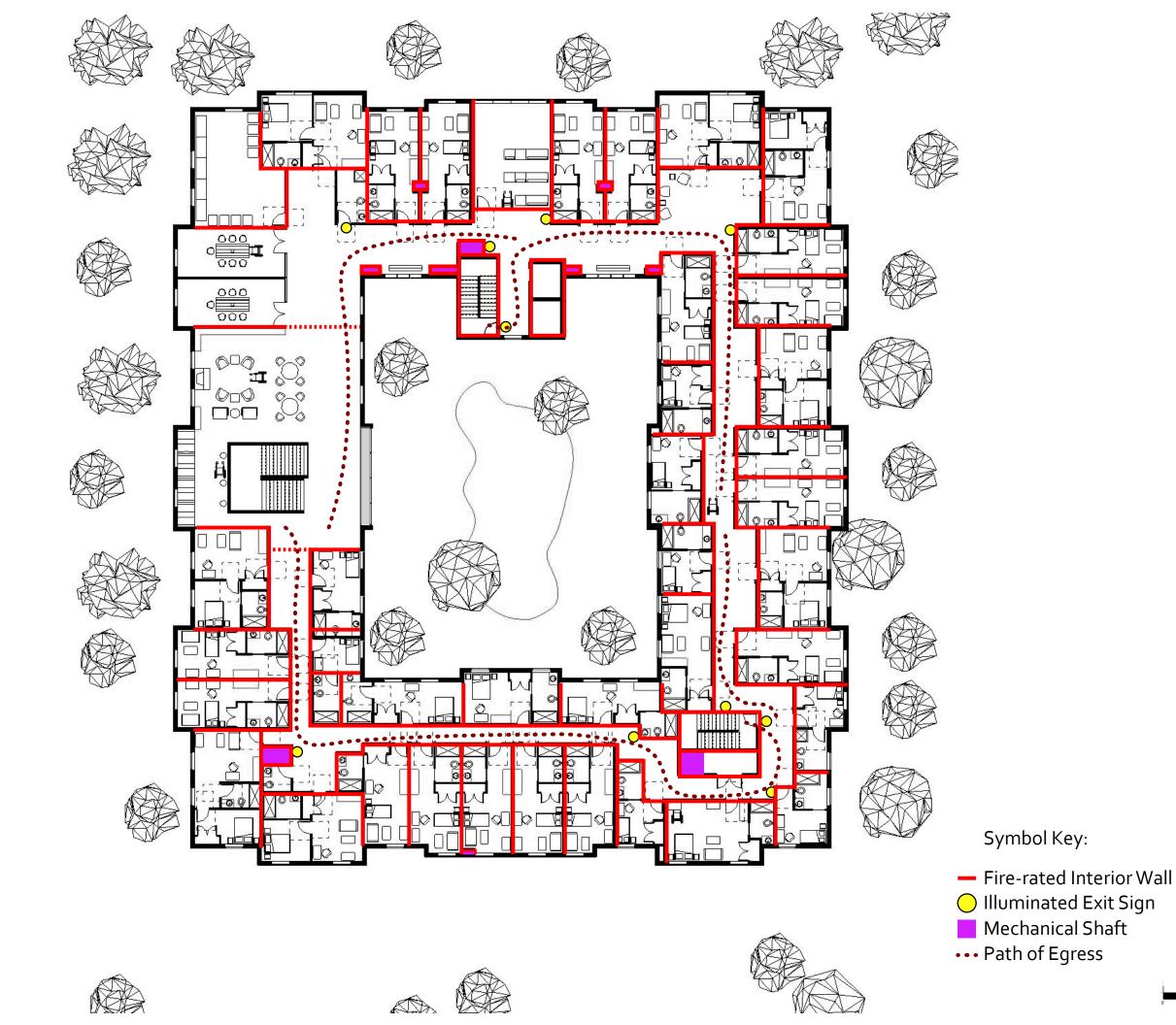


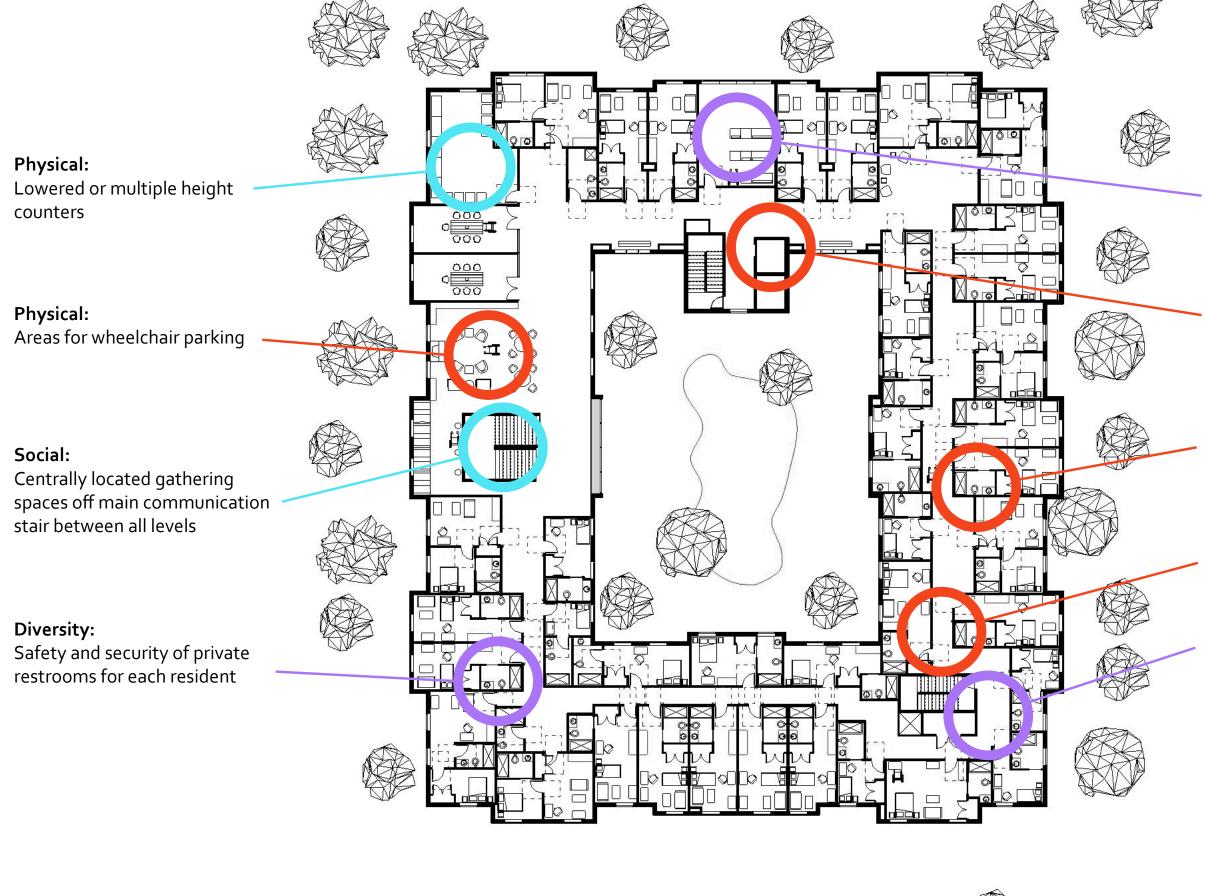












Diversity:

Designated non-denominational reflection, meditation, or spiritual room

Physical:

Bright wayfinding and signage with braille writing

Physical:

Curbless shower stalls with grab bars, adjustable fixtures, and flip-down benches

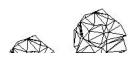
Physical:

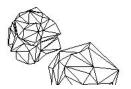
Extra wide corridors to allow for two wheelchair passing

Diversity:

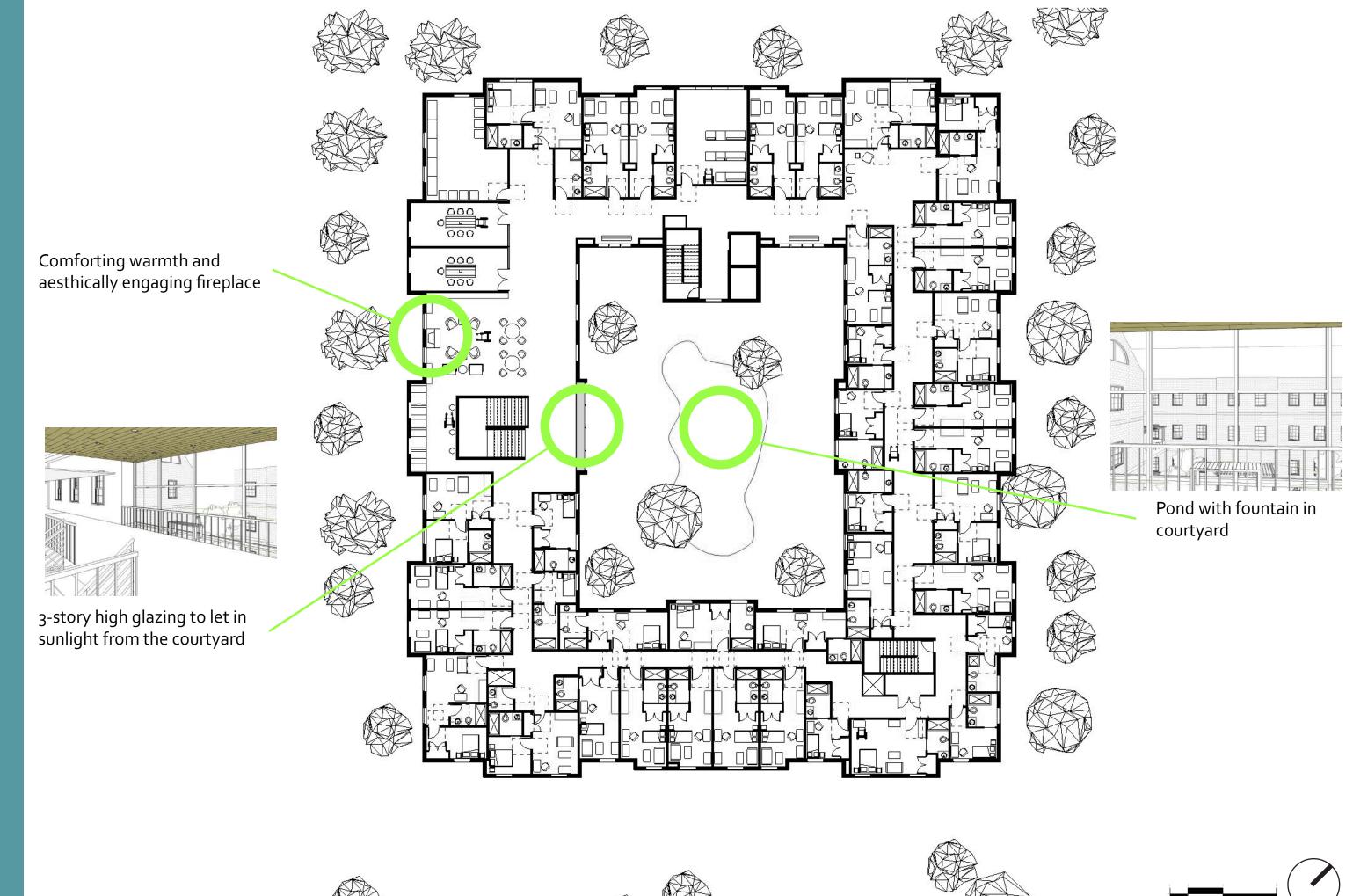
Neutral color palette throughout

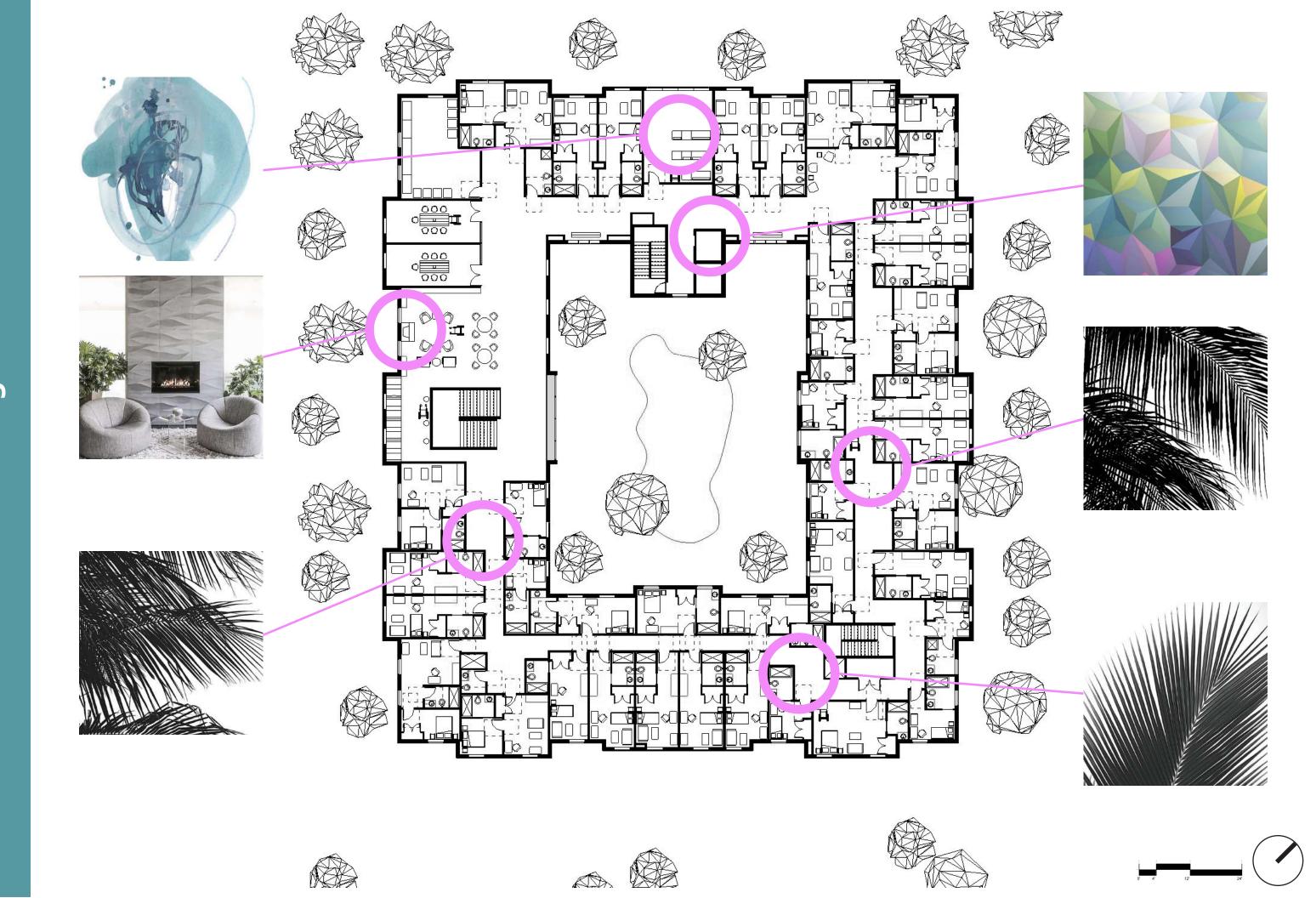










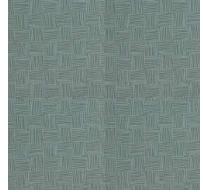




Luufa Acoustic Wall Panel



Artistic Tile Ambra Gris Fireplace Surround



Standard Textiles Crossroads Upholstery



Haworth SE₀₄



Haworth Archibald



Bart Halpern Woolshire Upholstery



Silver State Inc. Dunes Upholstery



Turf Swell Acoustic Ceiling Block



Haworth Bac



Haworth BuzziBalance



Luna Textiles Switchback Upholstery



Paul Brayton Designs Canopy Upholstery



Artistic Tile Canyon Dark Tile



Haworth GranTorino HB



Haworth Ginger



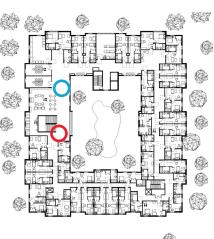
Townsend Leather Arturo Fuente



Vibia Halo Circle Suspended Lamp



Wayfinding Mural







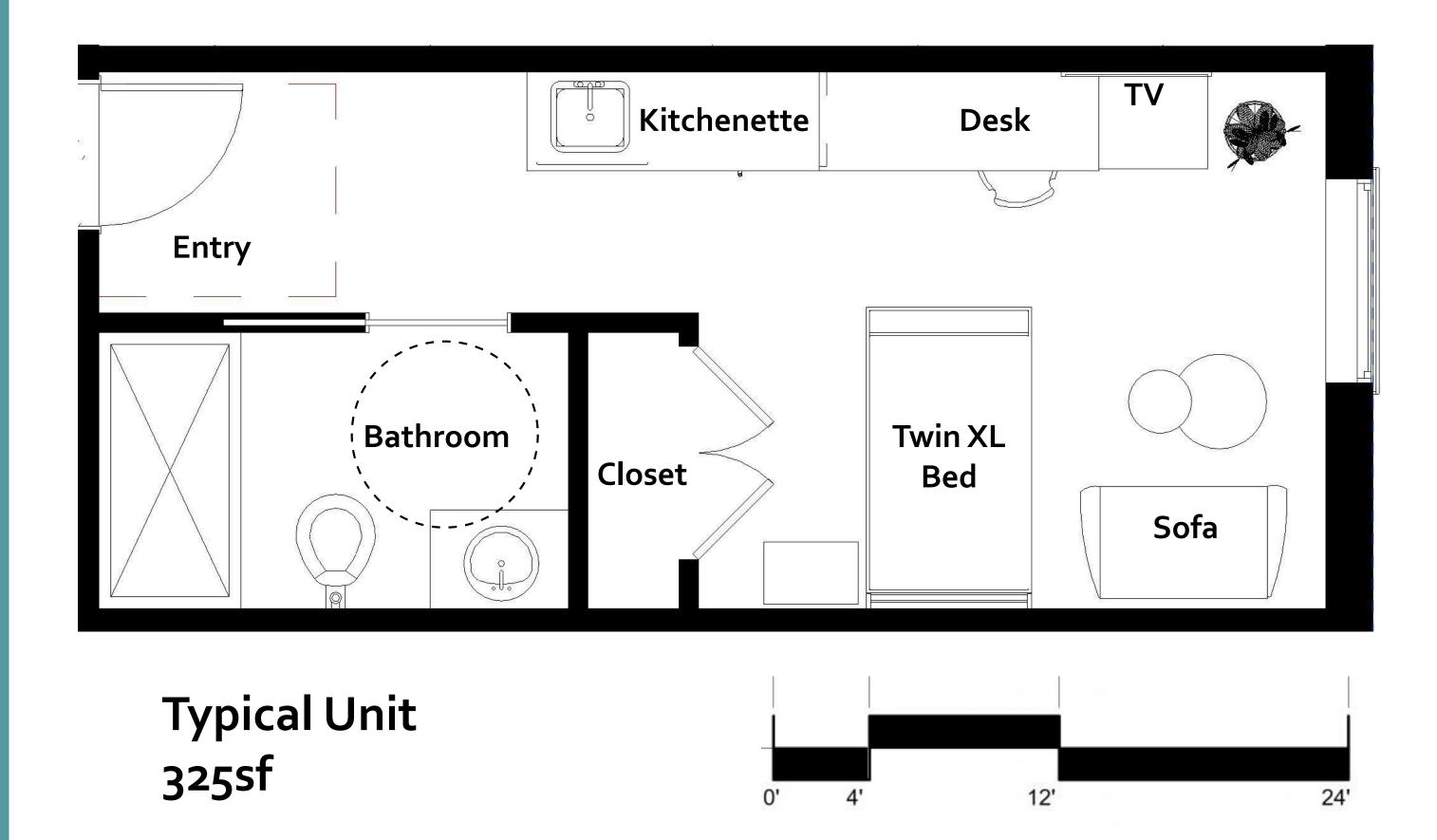


Library





Typ. Residence





Bart Halpern Woolshire Upholstery



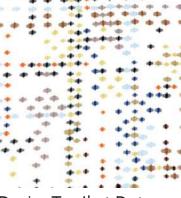
Dark Cherry Wood Veneer Casework



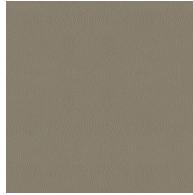
Elemental Heavy Acute Solid Surface



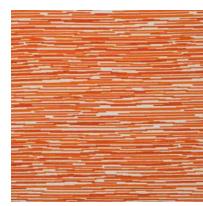
Floor and Decor Stark Greige Laminate



DesignTex Ikat Dot Wallcovering



Bernhardt Textiles Rogue Leather Upholstery



Silver State Inc. Boardwalk Upholstery



CF Stinson Mica Upholstery



Fabric Innovations Milkyway Linens



Zinus Suzanne Metal and Wood Platform Bed Frame with Headboard



Haworth BuzziNordic ST200 Love Seat

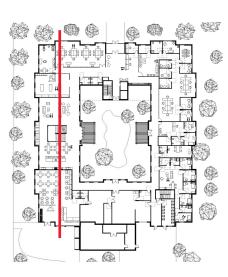


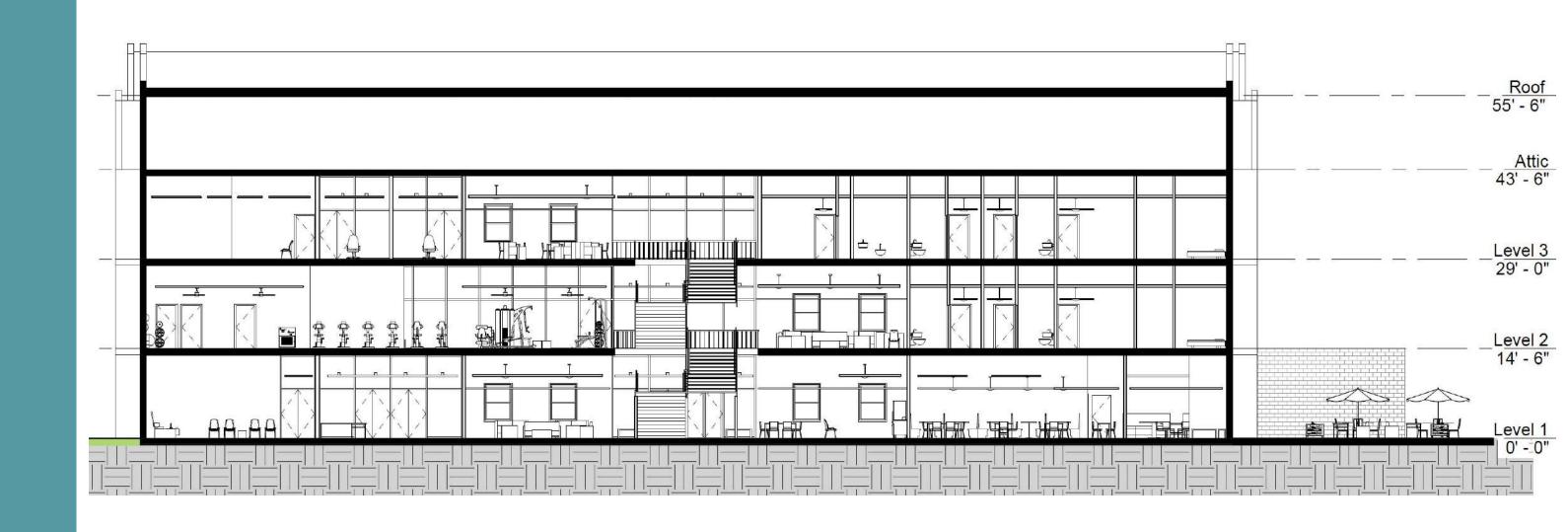
Haworth Juli Desk Chair



Haworth Openest Sprig Circle Table







Research:

https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495

https://www.health.harvard.edu/mind-and-mood/exercise-is-an-all-natural-treatment-to-fight-depression

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2760412/

https://www.psychologytoday.com/us/blog/the-athletes-way/201510/face-face-social-contact-reduces-risk-depression

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2860146/

https://www.cdc.gov/healthyplaces/healthtopics/mental.htm

Furniture:

https://www.materialbank.com/

https://grandrapidschair.com/

https://www.vibia.com/us/usa/

https://www.allermuir.com/

https://www.haworth.com/home

https://www.falconproducts.com

https://www.landscapeforms.com/en-US

https://grandrapidschair.com

https://allposters.com

https://zinus.com

Logo Design:

Zahra Fardin

Honor Code:

"I have neither given nor received unauthorized aid in completing this work, nor have I presented someone else's work as my own."