

Aging-in-Place Remodel Enhances Lifestyle

Are you finding it harder to maneuver around your home? Have you recently had an injury or an illness, or is your age becoming a concern for you or a loved one? These are good reasons to hire a Certified Aging-in-Place Specialist.

Our designer, Heidi Flanders, has completed training with the National Association of Home Builders to be a Certified Aging-in-Place Specialist (CAPS). She learned about the technical aspects, customer service, and business management areas that aging-in-place remodeling projects require.

When remodeling any home, it is easier to prepare for future events now, than to come back later and make modifications when a special need arises.

Integrity now works with clients to achieve the results they desire with a keen eye and acknowledgement of where clients are now and where they may be in the next 5, 10, or even 20 years. When remodeling any home, it is easier to prepare for future events now, than to come back later and make modifications when a special need arises.

We recently finished a CAPS project that included a first-floor master bedroom and bath addition. The client came to us looking to buy a home that had one-level living. All of the homes we viewed with them needed modifications to suit their needs, making them very expensive options.

We did some brainstorming with them and asked why they were looking to move from the home they built and raised their



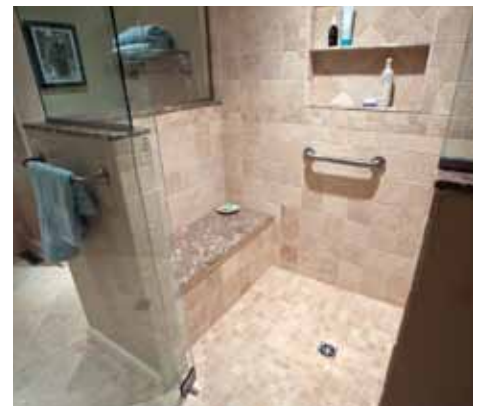
family in. The simple answer: their 40-year-old home was built with all the bedrooms and the full bath on the second floor.

We suggested staying in the house they loved and adding a first-floor bedroom and bath off the main living room. This option, once designed and priced, proved to be far more cost effective and comfortable than starting over. The project included aligning the floors to match the existing floors, creating three-foot-wide doorways and a roll-in shower with a built-in bench, grab bars, handheld showering devices, and recessed niches for bath accessories. There's a vanity area, a deck-mounted tub with grab bars for easier access, a very spacious master bedroom with accessible closets, and beautiful décor. Safety features were added to the home without sacrificing style.

Whether you are in need of a change im-

mediately or just want a new look with an eye to the future, Heidi has innovative ideas for renovating your home.

To see what we can do for you and your home to ensure a happy, healthy, and safe future, contact our office and schedule a free design consultation. ☺



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for

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One Amherst Businesswoman Is Making It Easier for Others



In March of 2011 Integrity client **CONNIE KRUGER** opened Hop Brook Bed & Breakfast after retiring from her position as the senior program manager for the Massachusetts Housing Partnership. Connie was committed to thoroughly researching the regulations and requirements for opening a new Bed and Breakfast. She had difficulty finding the information she needed, because there wasn't one place that listed everything and none of the individual town officials she contacted had all the necessary information. Connie made her way through the process but missed a step—she needed a Common Innkeepers and Victualers License issued by the Board of Selectmen. Now she is helping the town make the information more accessible and complete for those who might want to start a business like hers by creating a guide that will detail the steps necessary to open a B&B in Amherst.

In 2000, Integrity built Connie Kruger and Susan Tracy's house, designed by friend and architect William Austin. The second story above the garage was framed out but left unfinished until 2004, when it was finished to include a guest room and office for personal use. This space now houses the Hop Brook Bed & Breakfast, which has its own entrance, private bathroom, a lovely sitting and eating area, and a bedroom. Since opening the doors, Connie has enjoyed multiple guests: parents of students attending area colleges, visitors to Amherst attractions, and even visiting relatives of neighbors.

To learn more about Hop Brook Bed & Breakfast, visit her website at www.hopbrookbb.com.

Project Spotlight Energy Efficiency Is Top Priority for Homeowners

Like many of our clients, Chris and Mary Hoch are looking to make energy-saving improvements to their home. They dreamed of building a new energy-efficient home but didn't want to move from their wonderful neighborhood. When they finally decided to stay put and retrofit their current house, some decisions came easy. Integrity had completed a major renovation of Chris' business four years ago, and he was very satisfied with the job. "Integrity has great people, very efficient, easy to work with, and their work was of a very high quality," remarked Chris. So when it came time to hire a contractor for his home, he called Integrity.

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Priority one is creating a better thermal envelope. Choosing insulation to replace the old fiberglass batt was a no-brainer for the Hochs: Chris is the owner of National Fiber in Belchertown. National Fiber produces Cel-Pak, a premium quality cellulose insulation made primarily from over-issued newsprint. With 83% recycled content, it is a green solution to insulation. Integrity

used it to insulate National Fiber's brick warehouse in 2008 and "the offices are so well insulated that they hardly ever have to run the furnace, as the heat generated by the lights, computer equipment and staff are often more than needed."

These significant savings made the decision to modify their own home much easier. To tighten the home's thermal envelope, the Hochs decided to remove the clapboard siding and sheathing that were trapping moisture in. This allowed them access to the fiberglass insulation for removal. The Cel-Pak insulation will be blown in from the outside and new sheathing and pre-finished Hardiplank siding, that carries a pro-rated 15-year warranty, will be installed. To learn more about Cel-Pak, visit National Fiber's website at www.nationalfiber.com.

To complete the thermal envelope, all 31 windows and four exterior doors will be replaced with new ENERGY STAR® qualified Marvin All Ultrex® Low E II with argon windows and doors. These have a special glazing to absorb the sun's heat in winter and reflect sun in the hot summer months.

All of these improvements, coupled with their previous project of installing new shingles, replacing the roof decking, and installing dense-pack cellulose in the rafter cavities, gives the home a continuous thermal envelope.

The next priority was finding more efficient ways of generating the heat and AC for the home. The Hochs decided

RESOURCES

For energy saving ideas and information about home energy assessments, rebates and incentives visit the following websites:

www.masssave.com

www.cetonline.org

www.energystar.gov

www.energysavers.gov

to upgrade their systems to new high-efficiency models and switch from oil to gas. The new heating system will be a 96% efficient American Standard gas furnace. And the AC system is being replaced with a two-stage 16 SEER American Standard heat pump system. A GE Geospring Heat pump water heater will be installed. This unit is equipped with a dehumidification system to help monitor and maintain the humidity levels in the basement.

The combined effect of these improvements should save them a significant amount on their heating/cooling bill and make their home considerably more comfortable year-round, and they will achieve their goal: creating an "energy efficient house that is a showcase for the benefits of Cel-Pak cellulose insulation and air sealing."

In addition to the energy-saving improvements, the Hochs plan to renovate their kitchen and bathroom, extend a deck, and add a screened porch. We'll have more about this project in a future issue. ☞

Integrity's Newest Staff "Additions"



Congratulations to...

Scott and Melissa Schabacker and big sister, Ashley, on the arrival of Samuel Felix, 5 lb. 14 oz., 19 in. long, on Sept. 29th.



Kevin and Alissa Marotto on the arrival of twins, Samuel David, 5 lbs. 14 oz. and Lilah Grace, 5 lbs. 11 oz., born 22 minutes apart on March 7th.

Refer a friend. Reward yourself.

Are you a former or current Integrity customer? If you refer a friend to Integrity and your referral results in a signed contract, we'll reward you with a \$100 gift certificate.

You choose:

\$100 at a local restaurant of your choice,

\$100 at Cows Building Supply, OR
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www.integbuild.com

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Our *Complimentary* Design Consultation

Have you been thinking about a home-improvement project but you need a little direction? Integrity will send our designer, Heidi Flanders, to your home for a one-hour consultation, free of charge.

We can help you define your ideas, sort through the options, and decide how to proceed. Heidi is well-versed in commercial and residential projects of all sizes, and she recently became a Certified Aging-in-Place Specialist.

Take advantage of this complimentary service and find out how you can make your home exactly the way it works best for you.

Share your news!

Newsletter submissions from our clients are welcome via e-mail: info@integbuild.com, or call our office at 549.7919.

We're Proud to Support the Town-owned Cherry Hill Golf Course with Our Corporate Membership



Be my guest!

Whether you're an avid golfer or just looking to swing some clubs in the great outdoors, I would welcome your company. Call me, and we'll schedule a day or evening game. It's a lot more fun than playing alone!