

# H3Design DESIGN

HOSPITALITY • HEALTH CARE • HIGHER EDUCATION

**thanks . giv . ing**  
(than (k) s-'gl-vln), noun.

1) a. act of giving thanks b. an expression of this; esp., a formal often public expression of thanks to God in the form of prayer.  
2) An annual U.S. holiday observed on the fourth Thursday of November as a day of giving thanks and feasting; it commemorates the Pilgrims celebration of the good harvest, in 1621.

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## DARKER NIGHTS - BRIGHT LIGHTS

Shorter days and the need for more artificial lighting are upon us. Lighting, often merely in the peripheral vision and taken for granted, is paramount when designing spaces. The use of the space and the choices of ambient light, local or task lighting along with decorative considerations is only the first determinations to be made.

H3Design has many healthcare projects that necessitate many other considerations. For instance the age of the occupant, older people need more light to see. A higher quantity of light is needed because only one-third to one-fifth of the light reaches the retina as compared to younger people. Sheer window coverings are also helpful in reducing glare, which is also a big issue, as aging eyes can't adjust as quickly to changing light levels. Glare can also be reduced by using softer or indirect light and less-reflective surfaces. Task lights are also increasingly important as people get older and with LEDs coming out, better task lighting with energy savings is assured. Motion sensor lighting might be incorporated to reduce costs as well as for safety if incorporated in sleeping areas. Changing the color of light at night is needed to promote sleep. Older people have a high percentage of sleep disorders, and age related vision disorders. Ambient lighting establishes mood, can include uniform and indirect down lighting and special or decorative lighting. Task lighting is usually limited to the horizontal work surface and can be used to create drama.

All in all, lighting should be considered as a layered process, should respond to the architecture and the design space, produce the desired mood as well as be environmentally responsible.

### FROM THE PRESIDENT

Thanksgiving is one of America's most treasured holidays and traditions, beginning 400 years ago in Colonial times as a feast to be thankful to survive the elements and as celebration of a future for the next generation. Not much has changed the sentiments of the early celebrations. Even today Thanksgiving is a time for families to come together and give thanks for their health, children, and the joy of life... Thanksgiving is also a time to thank and appreciate our clients and associates, I'm thankful that I have the strength to meet the challenges that come with life. I'm thankful for each memory that family and friends have given me. I'm thankful for having a profound understanding that it is more important to give than to receive. This Thanksgiving I have much to be thankful for.

*Diana Castro*

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President of H3Design



## PROJECT SPOTLIGHT



Happy Thanksgiving!  
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