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## PEDCO 6<sup>th</sup> Annual High Performance Buildings Seminar Keynote & Breakout Session Course Descriptions

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### **Morning Keynote: 7:45am-8:45am**

**Title:** *All You Need Is Here: Wellness Strategies for Every Building*

**Speaker:**

Tristan Roberts  
Chief Strategy Officer  
BuildingGreen



**Course Description:**

Wellness is sweeping the green building industry. Programs like WELL, Fitwel, LEED v4, and the Living Building Challenge are all vying for consideration, while old strategies like ventilation and material selection are getting new levels of attention. But wellness isn't an add-on. Just as your skin has always been part of your body, providing comfort for occupants' skin has always been part of your job. This presentation will offer common-sense tips on navigating the new wellness tools and programs.

**Key Learnings**

- Understand the role of WELL, Fitwel, LEED v4, and the Living Building Challenge in providing tools to support wellness in building projects.
- Describe key priorities for wellness from the occupant perspective, and how engineering and architectural strategies support those priorities.
- Describe common-sense rules that can make wellness achievable on all projects.
- Recognize common obstacles to wellness such as moisture problems and ineffective ventilation, and practices for overcoming them.

**About Tristan**

With a degree in cognitive science and subsequent work in behavior design and facilitation, Tristan loves breaking human experience down to essential components and reshaping it into nourishing and transformational experiences. He's particularly obsessed with supporting professionals in doing their best work so that teams can thrive environmentally, socially, and economically.

The longtime executive editor of the company's highly trusted BuildingGreen and LEEDuser web tools, Tristan's guidance is a daily salve for frustrated professionals. He is often called to speak on choosing green building materials, avoiding greenwash, and navigating green building programs like LEED and the Living Building Challenge. He has recently spoken at events including Living Future, Greenbuild, and the Living Product Expo. He operates a small farm in Vermont where the focus is on slow, contemplative experience of place.

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**Lunch Keynote: 12:15pm-1:15pm**

**Title:** *Scaling the Living Building Challenge*

**Speakers:**

Amanda Sturgeon, FAIA  
CEO  
International Living Future Institute



**Course Description:**

The Living Building Challenge is the world's most rigorous proven performance standard for buildings. It calls for the creation of building projects at all scales that operate as cleanly, beautifully, and efficiently as nature's architecture. In this session, Amanda Sturgeon, CEO of the International Living Future Institute, will discuss tools to implement these practices into your own work and share success stories from around the world. You will gain an understanding of the philosophy of the Living Building Challenge, the importance of regenerative design and the impact biophilic design has on health and wellness.

**Key Learnings**

- Understand the philosophy and key components of the Living Building Challenge.
- Discover the role that biophilic design, health and wellness play in Living Buildings.
- Identify successful strategies for scaling high performance, regenerative buildings.
- Locate resources provided by the International Living Future Institute for deeper engagement.

**About Amanda**

Amanda Sturgeon, FAIA is the CEO of the International Living Future Institute. She joined the Institute in 2010 following a career as a licensed architect with fifteen years experience designing and managing some of the most sustainable buildings in the Pacific Northwest. She has served on many national boards and committees and has taught at the University of Washington as well as Bainbridge Graduate Institute. Amanda was a founding board member of the Cascadia Region Green Building Council in 2000. She was elected as a Fellow of the American Institute of Architects in 2013 and a LEED Fellow later the same year in recognition for her extensive advocacy and volunteer service to the green building movement. She was named as one of the top ten most powerful women in sustainability in 2015 as a recipient of the Women in Sustainability Leadership Award.

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## Afternoon Keynote: 1:45pm-2:45pm

**Title:** *Structure Tone: Leadership for Wellness in the Workplace*

**Speaker:**

Jennifer Taranto, LEED AP ID+C, BD+C, WELL AP, USGBC Faculty  
Director of Sustainability  
Structure Tone



**Course Description:**

WELL Certification was pursued as part of the recent relocation of the Structure Tone organization's New York City headquarters. This presentation will talk about the ROI and benefits of seeking WELL certification as well as the actual findings from pre- and post-occupancy survey findings. We will cover the seven concepts and talk about the challenges and opportunities in seeking multiple features throughout the WELL Building Standard rating system. As part of this project case study we will also discuss the necessity of collaboration with multiple stakeholders on the project team.

**Key Learnings:**

- Analyze the ROI of seeking WELL Certification.
- Explain the seven concepts of the WELL Building Standard.
- Learn how to approach solutions through collaborative (interdisciplinary) teams.
- Identify the costs associated with WELL Certification.

**About Jennifer**

Jennifer Taranto has been in the commercial real estate and construction industry since 1998. Her previous roles included superintendent and project manager prior to becoming Structure Tone's full time Director of Sustainability in 2008.

Jenn drives the principals of sustainability, wellbeing, and Lean construction into everyday work practices across the Structure Tone Organization. She is recognized as a thought leader and change agent for the company through her work with teams to implement best practices. This process begins by creating awareness at the early stages of the project with our internal staff and our supply chain.

As a founder of the USGBC Massachusetts Chapter and the former Chair of the Chapter's Board of Directors she is recognized as a leader in the sustainable built environment. She has lectured at Wentworth Institute of Technology and Boston University and spoken at Labs21 Conference (I2SL) and Delaware Valley Green Building Council's Sustainability Symposium. She holds a Bachelor of Science degree in Construction Engineering from North Carolina State University.

Jennifer has a Bacon number of 2.

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## Morning Breakout Sessions 1: 9:15am-10:15am

### Breakout: 1A

**Course Title:** *Is Building Envelope Performance CRUCIAL for a Healthy Building? Is Your Building on Life Support?*

**Sponsored By:** Tremco

**Speaker:**

David L. Hart LEED BD+C, Living Building Challenge Ambassador  
Certified Technical Roof Consultant  
Tremco

**Course Description:**

A large majority of people spend over 50% of their waking day at work and inside a building. How many ways does building envelope performance affect your bottom line?

**Key Learning:**

- Identify what building envelope components and systems are CRUCIAL to support a healthy building environment initiative and why.
- Understand building envelope system interdependence relationships.
- Identify common building envelope system maintenance mistakes.
- Design proactive programs to improve overall building health and reduce operating costs.

### Breakout: 1B

**Course Title:** *Out of the Comfort Zone: How Movement Impacts Our Health and How Design Can Play a Role*

**Sponsored By:** emersion DESIGN

**Speaker:**

Amy Green  
Senior Interior Designer  
emersion DESIGN

**Course Description:**

This presentation will delve into the role movement plays in our health, and how design can have an impact. I'll touch on the issues that arise from implementing ergonomic principals in our day-to-day lives, and how a society of comfort and convenience is negatively affecting our health. I'll discuss the two paths I see for the future of incorporating movement into design, and you will leave with four simple ways you can actively move more of yourself throughout your work day.

**Key Learnings:**

- The body works as a system every part affects every other part.
- The study of ergonomics solves the wrong problem.
- Comfort is the enemy to health.
- Four small and easy adjustments to start moving more of yourself throughout the day at work.

**Breakout: 1C**

**Course Title:** *Low Cost Access to Maximum Nutritional Sourcing for Your Employees*

**Sponsored By:** Green Umbrella

**Speakers:**

Alice Chalmers - Founder of Ohio Valley Food Connection

Kristin Gangwer - CEO of Our Harvest

**Course Description:**

Find out how to implement, in under 2 weeks, a local food sourcing program for your employees with very little infrastructure or personnel, and enable your employees to buy local produce, grass fed animal meat, dairy and eggs, and much more fresh out of the fields, with online ordering. Source from over 70 local farmers and food artisans, providing your employees with unique wellness benefits, while at the same time giving back to your community and local businesses.

**Key Learnings:**

- Find out why local food brings the most nutritional value and taste.
  - Find out how to create an impactful wellness program that includes a connection to healthy, locally grown food for your employees.
  - Learn how to measure the impact of the program on your employees and the impact you have had on the community, by how many dollars you have sent back to farmers and food artisans in the region.
  - Learn about the connections to information about seasonal food, local farmers, so you can develop the awareness campaign adapted to your organization's culture and operations.
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## Morning Breakout Sessions 2 – 10:45am-11:45am

### Breakout: 2A

**Presentation Title:** *Application of Living Green Walls*

**Sponsored By:** PEDCO E&A Services, Inc.

**Speaker:**

Maria Ramos  
Mechanical Engineer  
PEDCO E&A Services, Inc.

**Course Description:**

Living green walls bring the outdoors inside, providing a pleasant, tranquil environment to work or relax. They also improve indoor air quality and aesthetics, reduce interior noise and can also boost productivity, according to the recent research. There are several types of living wall systems available and each has unique applications and design considerations.

**Key Learnings:**

- Understand the types of living walls and the design considerations.
- Learn the benefits of Living Green Walls.
- Look at several case studies and investigate learnings from them.
- Be able to predict the impact on energy usage and the interior environment.

### Breakout: 2B

**Course Title:** *Sandwich Insulated Tilt-up Concrete Walls – The High-Performance Building Envelope*

**Sponsored By:** LJB, Inc.

**Speakers:**

Brad Nettet, President, Thermomass Insulation Systems  
David Tomasula, Managing Principal, LJB Inc.

**Course Description:**

The design of the building envelope and the performance of the exterior wall system are critical to a structure's performance and longevity, as well as the quality of the interior environment for those living and working inside (Nettet and Lorenz, 2013).

This presentation will explore the attributes that make sandwich insulated tilt-up concrete walls a high-performance building envelope. The ability of the wall system to provide superior thermal performance, moisture and vapor protection, and air infiltration protection will be discussed. Case studies will be presented demonstrating the ability of the wall system to lower energy costs and air infiltration rates. The presentation will conclude with several examples demonstrating the application of the sandwich insulated tilt-up concrete wall system to a number of building markets.

**Key Learnings:**

- What is the sandwich insulated tilt-up concrete wall system?
- How is the wall system high-performance in terms of thermal, moisture and air?
- Additional benefits of sandwich insulated tilt-up concrete wall systems.
- A discussion of Building examples.

**Breakout: 2C**

**Course Title:** *WELL Building Standard: What It Is and Why It Exists*

**Sponsored By:** USGBC Ohio Central Region

**Speaker:**

Jacqueline Langhals

Energy Conservation and Sustainability Administrator, Ohio Department of Rehabilitation & Correction  
USGBC Ohio Central Region, Communications & Development Chair

**Course Description:**

The WELL Building Standard is a performance-focused system for measuring, certifying, and monitoring features of the built environment that impact human health and wellbeing including air, water, nourishment, light, fitness, comfort, and mind. We will look at how this rating system is attempting to measure these qualities, the structure behind the rating system, and why this rating system was created. At the end of this course, the audience will have a strong understanding of the basics of the WELL Building Standard to take with them as they speak to clients.

**Learning Objectives**

- Audience will gain an understanding of how the WELL Building Standard is structured so that they can begin to analyze how it can fit in to their design and project management process.
  - Audience will learn the 7 Concepts of WELL and why those concepts are important to measure in the built environment for health and wellness.
  - Audience will be able to identify common health hazards that can be avoided using the WELL Building Standard.
  - Audience will begin to develop a strategy for introducing WELL to their clients.
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## Afternoon Breakout Sessions 3: 1:45pm-2:45pm

### Breakout: 3A

**Course Title:** *Off Site Construction and the Design of Efficient Mechanical Equipment rooms for High Performance Buildings*

**Sponsored By:** EAP, Inc.

**Speaker:**

Matt Suddreth  
Manufacturing Sales and Marketing Manager  
Environmental Air Systems, Inc.

**Course Description:**

Matt will step you through a process that is used around the country where EAS works with companies like: Microsoft, Carolinas Healthcare System, Mercedes-Benz and others. He will show you the true efficiencies of the design and implementation realized from off-site construction. You will see empirical data that illustrates dollars and time savings for projects currently in motion. This cutting-edge process is one that will continue to grow nationally and internationally.

**Key Learning:**

- An understanding of the off-site construction process for mechanical equipment rooms.
- When and where to consider the process.
- Audience will learn about a cost and time saving matrix.
- Real case study examples projects.

### Breakout: 3B

**Course Title:** *Healthy Role Model – American Modern Insurance Group Campus*

**Sponsored By:** KZF Design

**Speakers:**

Anthony Spence, Head of Corporate Facilities, American Modern Insurance Group  
Dara Baldrige, IIDA, LEED AP, Director of Design, KZF Design

**Course Description:**

Healthy buildings are more than just sustainable facilities with recycling stations, low VOC materials and ENERGY STAR® certification. They are complex structures that must support a thriving work force and exemplify the values the company places on its employees, customers and the environment. Healthy buildings also impact the physical and neurological wellbeing and productivity of the individual and teams they support. As one of Cincinnati's Top Workplaces, AMIG and their design partner, KZF Design, will share strategies being implemented on the 514,000 SF AMIG Campus in Amelia, Ohio.

**Key Learnings:**

- Key factors of the relationship between people and buildings.
- Discuss specific strategies, their benefits and challenges.
- Sitting is the New Smoking and other hot trends.
- Evolving role of technology.

**Breakout: 3C**

**Course Title:** *A Health Discussion - Beyond Soap, Sun and Hippos*

**Sponsored By:** Greater Cincinnati Green Business Council

**Speakers:**

Fia Turczynewycz, Sustainable Communities Advocate; Cincinnati Zoo & Botanical Gardens

Tim Hertel, Portfolio Energy and Sustainability Manager; JLL

Greg Patterson, Global Facilities & Real Estate, The Procter & Gamble Company

Craig Davis, President; Melink Corporation

Moderator: Chad Edwards, Chief Strategic Officer, emersion DESIGN

**Course Description:**

Join us for a round (rectangular) table discussion on health and wellness from a variety of organizational perspectives. Bring your questions to ask moderated representatives of Jones Lang LaSalle, Procter & Gamble, Melink Corporation and the Cincinnati Zoo & Botanical Garden. Each organization will give an overview of 5 minutes followed by a robust audience led conversation. Topics will include: operational excellence, physical fitness, universal design, effects on society and improving employee passion.

**Key Learnings:**

- Realize how companies can implement health and wellness into their operations.
- Discover the employee benefits associated with health and wellness.
- Understand how health and wellness programs are good for business.
- Learn how an organizations sustainability practices can be good for a healthy community.