



SUMMER NEWSLETTER July 2013

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DON'T FEED THE MOSQUITOES !!!

Are the mosquitoes driving you inside this summer? Have you been admiring a neighbors screened porch? It's never too late to add a screen porch or a 3 or 4 season sun-room addition to your home! It's a great way to create extra living space and a great way to enjoy the outside with the comforts of inside.

A sun-room or screened porch can add some extra space to your home that you can really multi-purpose. Perhaps you want a bug proof room, a reading area, a place to relax in or want to bring more natural light into your home. We will work with you to design the perfect screen porch or sun-room keeping within the style of your home.

Give us a call and let us help you bring the outside in!
Remember what Ken always says, "Don't feed the mosquitoes!"



Our New BLOG

Did you know that Adams Design Construction now has a BLOG which you can follow? It's full of ideas about remodeling, planning ahead, etc., such as our latest article "Investing in Your Home - Which Remodeling Projects Pay Off". So, check it out and tell us what you think!
<http://adamsdesignconstruction.wordpress.com/>



Grab Bars



Breakfast Bar Counter top height



Washer & Dryer Risers



Stair Chair Lift



Wet Room Walk-in Shower



Area Rug Grippers

GETTING READY FOR AGING IN PLACE

As you get older and look around your home, you may realize there are some items that are either becoming difficult or will become difficult as you age. It is never too early to start planning or making small changes to start to accommodate aging in place. Here are some ideas of items you can change to aid with aging in place, from small projects to more involved projects.

- **Bathroom Grab Bars:**
One of the easiest things to do is to install some bathroom grab bars. Install in bath units and/or by toilets for safety. Please note, grab bars are designed to take one's weight and do need to be properly installed. Just screwing into drywall would do no good.
- **Counter Height Seating (also known as Bar Height Tables):**
As we get older, getting in and out of chairs can start to become difficult. Consider replacing your traditional kitchen table with a counter top height table and chairs. If designing a new kitchen, then adding a counter top breakfast bar would also fit the bill.
- **Separate Cook Top Range and Wall Oven:**
Do you have a slide in range-oven unit and is it hard on you when you bend to get items out of your oven? Then consider changing to a cook top range and wall oven units. You can then place your wall oven at counter top height or any height that works best for you.
- **Front Load Washer & Dryer Risers:**
The newer energy efficient front load washers and dryers can save you a lot on your energy bills. But just as with the oven, constant bending to load and unload them can become a problem. Consider putting your front load washer and dryers on some risers. Most pre-made risers are around 15" tall, which will make loading and unloading your front loaders easier on your back.
- **Relocate Laundry Room:**
Is your washer and dryer in your basement? Tired of hauling laundry up and down flights of stairs? Consider relocating your laundry room. Move it to the first floor, or if you have a two story home and can find the room, create your laundry room on the second floor near the bedrooms.
- **Stair Chair Lifts:**
It's not such a new idea, but more and more companies are making stair chair lifts. They easily attach to your existing stairs and most fold up for easy access. Stair lifts are a great way to keep being mobile regardless of where your stairs are located in your home (basement, second floor or even outside).
- **Wet Room Bathroom or Low Entry Shower:**
A wet room bathroom is where the shower is integrated in to the bathroom instead of being a boxed off space in the corner. The big difference of course is the level of the flooring. A wet room has no step or tray for the shower area. The floor being a suitable gradient so water drains away and doesn't flow out right across the entire bathroom floor. Or as an alternative to redesigning your entire bath would be to replace your bathing area with a low entry shower.
- **Area Rugs Beware:**
Rugs that slip can be a problem for anyone, regardless of age or ability. If you use area rugs, then be certain to use something to keep them in place. You can use rug grippers, double stick tape, non slip mats underneath to name just a few, to keep them from sliding around.

The Center for Disease Control defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level." For more information, see their web site:
<http://www.cdc.gov/healthypplaces/healthtopics/healthyaging.htm>

Summertime Fun Facts DID YOU KNOW....

...Mosquitoes have been around for 30 million years. It's said they can find warm-blooded mammals from 100 feet away.

...France's Eiffel Tower can grow by more than 6 inches in summer due to the expansion of the iron on hot days.

...July is the month where most ice cream is sold in the US. That's why it's National Ice Cream Month.

...Watermelons are not a fruit, but a vegetable. Tomatoes are a fruit and not a vegetable.



CONTACT ADAMS DESIGN CONSTRUCTION

Our mailing address is:
Adams Design Construction, Ltd
P.O. Box 7727
Madison, WI 53707-7727

[Add us to your address book](#)

Or give us a call:
608-241-9009

Visit our website:
<http://www.adamsdesignconstruction.com>

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