

Preliminary Architectural Feasibility Report
Barn Renovation at Rose Haven Center of Healing

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Partial Fulfillment of Requirements for a Rural Development Grant

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Executive Summary

Washington, NC-based non-profit Pamlico Rose Institute (PRI) advances *Total Life Fitness* (TLF), an innovative, holistic “wellness and resilience-building” program, as part of their larger community-based prevention effort for at-risk women Veterans. TLF helps women Veterans with reintegration, many who may be suffering from the effects of trauma and/or other negative experiences.

The operational anchor of PRI is the Rose Haven Center of Healing, consisting of an 1892 farmhouse, or Haven House (rehabilitation completion 2021), adjacent tin-roofed and-sided post-frame “pole” barn, (use as a planned “wellness” activity center, currently used for storage) and ½ neighborhood block of healing landscape incorporating an integrated horticultural and expressive arts therapy design with a raised-bed vegetable (open).



PRI undertook a Preliminary Architectural Feasibility Report (PAR) in partial fulfillment of submitting an application for a United States Department of Agricultural (USDA) Rural Community Development Grant to renovate the barn. Built in 1961 by a local blacksmith who lived on the property in the farmhouse, the pole barn, now owned by PRI replaced an original barn, built in 1934, that burned the same year the existing barn was constructed. The existing barn has the original tin roof and tin siding and a dirt floor.

The goal of the study was to determine the feasibility of renovating the barn to be used as an essential infrastructure component of the Center - to advance its support of wellness and resilience-building and its varied programming through activities for women Veterans, other Veteran populations, and the community at-large.

More specifically, the PAR considers the viability of the renovation based on the following objectives:

Objective 1. Determine if the existing structure can be used as the “foundation” of the renovation.

Objective 2. Develop a site and floor plan with options for the building to meet mission intent and allowing for accessibility, code compliance, and preservation of the historic resource.

Objective 3. Provide sufficient information to the State Historic Preservation Office (SHPO) to identify and document plans to avoid renovation activities which would result in adverse impacts to the historic resource.

Objective 4. Develop a project budget outlining construction and non-construction project costs and identifying potential sources of funding.

Objective 5. Provide an organizational budget and plan to address sustainability of the structure once complete.

The scope of work for the feasibility study included the creation of existing and proposed floor plans, site plans, building elevation plans, a detailed construction scope of work, a structural assessment, a historic assessment, a cost estimate, a proforma development budget, and a preliminary development schedule.

The conclusions of this feasibility study are as follows:

1) The study recommends a staged approach to renovation

- a. The base stage consists of stabilizing the building envelope (roof, walls, window and concrete slab) allowing a “weather-proofed” facility and a modicum of utility to support various programs and activities.
- b. The second, or “general infrastructure” phase considers base interior walls and utility “rough-ins,” electrical and plumbing (see below for discussion of plumbing), including receptacles, lights, and capacity for heat/ventilation.
- c. The “Fit/Finish” phase provides interior sheathing for an unconditioned space, fixtures and receptacles for electricity, including ventilation, and plumbing, interior doors and frames and interior painting. If plumbing is considered in the initial renovation, plumbing infrastructure will need to be “tempered.”
- d. The final phase will consist of exterior landscaping. Including ADA-compliant walkways and entrances. As the barn is already a component of the existing landscape, much has already been done to fit the barn within the garden design and development.

2) More specifically, the following are individual actions or assumptions generated by the PAR:

- A concrete pad will be poured and act as the floor
- The internal tresses, beams and columns are sound, some reinforcement might be necessary
- The external tin skin forming the side walls will need repair (there is an existing surplus of skin tin on site)
- The existing roof will be replaced with a tin roof
- Two large original double doors with frames will be rebuilt on the garden side and an original door used to open the barn to vehicles will be rebuilt to be operational. A double door on the south side not visible from any axis will not be rebuilt
- All windows and frames will be rebuilt to original make
- All electricity will originate at residence; plumbing to support an accessible bathroom and a standalone sink to support the arts/crafts program will be considered, but a determination will be made based on cost and additional permitting requirements

- Accessibility to barn will be from two directions, an existing ADA walkway from the gardens and the construction of an ADA walkway from the residence/parking lot
- The barn will Large ceiling fans will be used to help with circulating air
- A distinct and enclosed securable walled woodworking area will be constructed and will be sized appropriately to meet safety standards and protocols of the woodworking tools
- The rest of the interior of the barn will be open and serve multiple functions, temporary room dividers will allow the open area to be sectioned off for multiple uses
- The historic designation will remain even with renovation
- The total estimated cost is \$143,000.

3) The project would be funded through a combination of grants and an existing donation earmarked for the renovation.

About Pamlico Rose Institute and the Rose Haven Center of Healing

Pamlico Rose Institute (PRI) initiated their Total Life Fitness wellness and resilience-building/prevention programs at the partially complete Rose Haven Center of Healing for women Veterans in late 2019 with two 3-day retreats (October 2019 and March 2020). Planned for 2020 were a pilot for an 8-week residential Reintegration and Resilience (R&R) program and day programming/classes in gardening, woodworking, creative arts and guided nature and forest walks. COVID-19 put on hold much of 2020 onsite programming, and the first half of 2021, although given the ability to social distance in the gardens and barn, informal volunteer and organizational “work-days” continue to occur. COVID also impacted the anticipated Fall 2020 completion of the rehabilitation of the Haven House, now completion is expected sometime late summer 2021.

Important elements in the TLF approach are utilizing nature, creative expression, movement and building community and these elements take front and center in the healing landscape at Rose Haven. The landscape design features a purposeful and intended interface of the healing elements of nature, represented by a plant dominated landscape and of mindfulness and transcendence properties of certain kinds of human activity. This interface is represented by interaction with the plants (planting, weeding



or harvesting), kinetic movement through nature via walkways, pathways and garden labyrinth, and through the opportunity to engage in creative expression in designated spaces within the landscape. The barn will feature several creative expression activities, such as woodworking, visual arts and crafts, as well as provide space for meditative and kinetic courses such as yoga. The barn will also provide classroom and meeting space. The “outside/inside” dichotomy is purposely minimized, inviting nature into the barn to continue to play an active role in healing.

A primary population utilizing the gardens and barn will be women Veterans who participate in the residential TLF 1-3-day retreats or 8-week R&R experience and stay in the Haven House or in the day programming. The barn, along with the gardens will function as a “community” space for women Veterans to connect and build community through the many planned uses of the barn. Additionally, the barn will serve as a central collection point for resources donated to aid women Veterans in the local community.

Pamlico Rose Institute also recognizes the value and benefit of wellness and resilience building approach and the Rose Haven Center of Healing to many populations in Washington, NC. As such, PRI and the Center will be offering formal and informal TLF programs to groups such as seniors, children and adult special and complex needs, disabled populations, local Veterans and other non-military populations affected by trauma, as well as members of the local community interested in wellness and healthy living. Other uses of the Center include hosting community events such as retreats, weddings, receptions and festivals.

Starting in 2021, PRI now leverages their extensive community and regional organizational memberships and relationships with government agencies and organizations, institutions of higher learning, Veteran Service Organizations and faith-based and non-faith-based nonprofits to build a community/regional, integrated public health suicide consortium in eastern North Carolina to meet the crisis of women and other Veteran suicide.

Project Description

A primary mission of PRI is to reach and help female Veterans, specifically, and Veterans overall, overcome the effects of trauma, such as anxiety, stress, and addiction that can lead to many negative behaviors including suicide. Among Women Veterans, the rate of suicide is one of the highest of all Veteran populations. PRI advances Total Life Fitness to ease the struggle of the post-military service transition to civilian life, including social and community reintegration while building a strong foundation of prevention through wellness and resilience-building.

Need -A public health approach to building wellness and resilience as a community prevention strategy for women Veterans, other local Veterans and the Washington, NC community

Women Veterans, Wellness, Resilience and Reintegration - All Veterans moving through transition and eventual reintegration experience similar challenges. However, not all Veterans experience challenges or the severity of them during this phase, and female Veterans are often at greater risk for certain issues. For example, a greater percentage of female Veterans are ***likely to leave*** the service with mental health issues stemming from gender bias, Military Sexual Trauma (MST), and domestic abuse that took place during their military service and can lead to Post Traumatic Stress (PTS). Research (demographic data, surveys, case studies and anecdotal

narrative) exposes the different and often additional social, economic, cultural and institutional challenges female Veterans experience **after leaving** the service. These challenges center around gender and biology: gender role expectations and bias; life stressors related to power asymmetry, victimization, and poverty; and biobehavioral responses to stress related to trauma. In other words, women Veterans experience challenges all Veterans face, in addition to another layer of challenges compounding the difficulty of their post-military life, which is often a continuation of challenges and behaviors that many faced while in the military. “Women's experiences in the military are different from men's, so their transition needs to be different, too.”¹ Women in the military may deal with a complicated trauma history as well face greater scrutiny of their emotional state and mental health. In general, women Veterans are significantly more likely to experience mental health difficulties as compared to civilian women and Veteran men.²

Women Veterans experience similar stress and anxiety as male Veterans regarding the effect of their service, such as trauma, and suffer from depression and substance abuse, and accelerated rates of joblessness and homelessness. They also face an ambivalent reception regarding their service and identity as a Veteran. Struggling to be considered equal to their male counterparts while on active duty, or in the Guard or Reserves, women Veterans and their service are often overlooked or minimized by society, and even fellow Veterans. This leaves them with a confounded identity as it relates to their service to their country. They often lack a strong social support system, especially with other Vets, which has been found to be critically important in healthy living. Women make up just 16% of the force, thus making it less likely to connect easily with other women Veterans, especially if many choose not to self-identify. For those who have used the VA's services, they often encounter similar treatment they endured while in the military from male patients and staff, although efforts have been made to correct these concerns. In addition, women Veterans usually make less in their civilian jobs than male Veterans. They are more likely to be divorced and single parents, and often struggle to obtain child care assistance, having to rely on family and friends. These additional elements unique to women further constrain the ability to pursue personal wellness and professional growth or education opportunities. Finally, female Veterans enter a civilian world much differently than the military one, and like male Veterans, navigating successfully in it requires behavioral and social skills that differ greatly from the more regimented, hierarchical military culture.

Considering the aforementioned hurdles, it is not difficult to understand why suicide rates in female Veterans is two times higher than non-Veteran women and increasing. Risk factors are plentiful. A primary risk factor is MST, as women who have experienced military sexual trauma show higher rates of suicidal ideation compared to those who reported combat-related post-traumatic distress. Other risk factors are substance use disorders, eating disorders,

¹ Retired Army Col. Ellen Haring, director of research for the advocacy group Service Women's Action Network (SWAN).

² Sarah Osborn, *A Call to Improve Suicide Prevention for Women Veterans* (January 6, 2020), <https://swhr.org/a-call-to-improve-suicide-prevention-for-women-veterans/>.

psychiatric conditions such as bipolar disorder, depression and PTSD, intimate partner violence, emotional regulation and distress tolerance.³

Wellness as Prevention

The concept of wellness as prevention is widely accepted in our society as a public and individual health enabler. Studies have shown the benefit of some wellness programs on suicide prevention.⁴ One of several policy recommendations in the 2018 report, *Mental Wellness Needs of Military Women: Community Driven Solutions*, was to “provide funding for alternative therapies like meditation, yoga, massage therapy, acupuncture, etc. Many military women pay out of pocket costs for therapies that they find to be more effective than traditional approaches which rely almost solely on counseling and medication.”⁵

The intent of TLF is to promote the centrality of wellness and healthy living to female Veterans while building physical, mental, and emotional resilience as they transition from the military and reintegrate as a civilian and Veteran into previous or new communities. TLF is a purposeful approach to engaging life dimensions connected with healthy living that utilizes in part the concept of performance, or engaging in and working toward task completion, to help define activities and behavior within dimensions. TLF is informed by both the DoD’s approach to wellness, *Total Force Fitness*, and the VA’s *Whole Health Initiative* that advances wellness and healthy living in Veterans. TLF is both holistic and integrated. It engages in persistent and meaningful multifunctional activities and practices that connect across life dimensions, such as social, physical, nutritional, medical, environmental, and transcendence (moving beyond ego and connecting with something larger). For example, a guided nature walk connects the social, physical and transcendent life domains, and preparing, cooking and eating a meal combines nutrition with the social and transcendence domains.

Critical to female Veterans who struggle with anxiety and stress is the development of behavioral skills, including mindfulness and anxiety management, as well as social skills, such as social resilience and interpersonal competence to help build confidence and trust necessary for successful reintegration. These life skills are threaded in most TLF activities, as is transcendence. In recovery programs or during personal or community crises, turning one’s attention and focus to those in need helps reduce individual stress and anxiety by being both in the moment and transcending ego. Activities that involve human movement, nature, creative self-expression, and the setting of personal goals or end states, such as gardening, art making, woodworking, hiking, yoga, meditation, and cooking are repeated and aligned to bring the most benefit. All TLF programs are based around the importance of persistent attention to activities that engage multiple life domains, develop life skills, and usually are transcendent in nature.

³ *Suicide among Women Veterans*, Fact Sheet/Issue Brief, U.S. Department of Veterans Affairs (VA), 2019, https://www.mentalhealth.va.gov/suicide_prevention/docs/Literature_Review_FSTP_Womens_Mental_Health_Emotional_Well-being_508_FINAL_06-18-2019.pdf.

⁴ Ey S, Moffit M, Kinzie JM, Brunett PH. Feasibility of a Comprehensive Wellness and Suicide Prevention Program: A Decade of Caring for Physicians in Training and Practice. *J Grad Med Educ*. 2016 Dec;8(5):747-753.

⁵ *Mental Wellness Needs of Military Women: Community Driven Solutions* written by the Service Women’s Action Network <https://www.servicewomen.org/wp-content/uploads/2018/02/2018-Annual-Summit-Report-Final.compressed.pdf>.

TLF supports primary prevention efforts in combating suicide by fortifying the foundation of wellness while building resilience and a sense of community. The *living fit* approach seeks to mitigate risk factors and strengthen protective factors. For instance, social connectedness to a community of women Veterans is important to wellness and resilience building and an important protective factor in suicide prevention. The desire and need to be a part of a cohort of female Veterans was a common theme brought out by most participants in our post-retreat survey. However, social and community reintegration also means engaging with and being a part of many different groups. To this end, TLF advances interpersonal and connecting skills to address that need. Rose Haven Center of Healing is located in a community-minded historic district and many individuals and groups have been instrumental in its development.

Our TLF programs do and will involve engaging with many of these groups, thereby providing ample opportunity to apply interpersonal and community-building skills. Inherently critical to these daily activities and skill development is the notion of self-transcendence, whereas participants are taught to reflect on "the capacity to expand personal boundaries and be oriented toward perspectives, activities, and purposes beyond the self without negating the value of the self and the present context."⁶ Although TLF is a program initially designed and delivered to women Veterans, the application of many of the tenants of TLF extend to many Veteran and on-Veteran community populations in Washington who suffer from the effects of trauma or experience adverse mental or public health conditions.

TLF/Rose Haven Center of Healing Filling a Need in the Washington Community

Through its holistic and integrated approach (skill development through mindful and creative activities in nature) TLF more generally contributes to the emotional, mental and physical health of those who pursue *living fit*. More specifically, the Center of Healing, and its life fitness "horticultural and creative expression"- based operations and programming provides healing and therapeutic space and place for several populations, such as those in rehabilitation and/or recovery from physical injury; those suffering from the effects of trauma, substance misuse, high levels of anxiety and stress, depression among others risk factors associated with suicide; seniors affected by physical and mental challenges of aging, and lifetime personal growth and transformation of "special needs" populations. The Center of Healing also offers both children and adults the opportunity to experience the benefit of nature and the importance of nature/human interaction in wellness and healthy living.

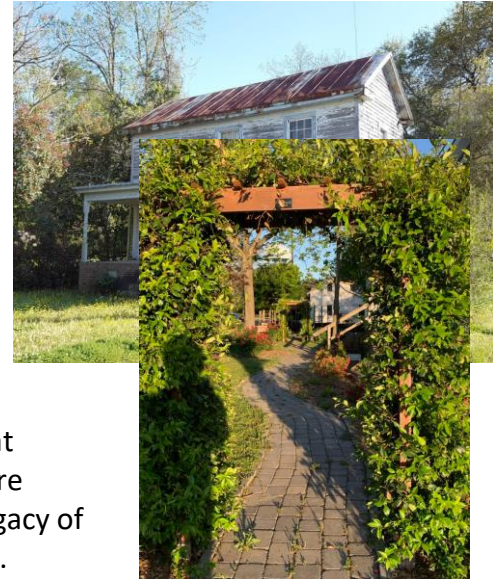
The renovation of the barn and planned future development in the gardens will support the continued growth of PRI's mission to advance wellness and resilience programs for women Veterans and also in operations through formal periodic and regular activity courses for women Veterans and other populations in Washington, gardening and creative expression, woodworking, visual arts, and yoga/meditation. With the Haven House's completion, and

⁶ Pamela Reed defines self-transcendence as the expansion of self-boundaries in multi-dimensional ways. For example: (a) inwardly in introspective activities; (b) outwardly through concerns about others' welfare; (c) temporally, whereby the perceptions of one's past and future enhance the present; and (d) transpersonally through connections with a higher or greater dimension. Reed (2018), Self-Transcendence Theory, *Nursology* (October 19, 2018.)

release from social distancing requirements, on-site TLF retreats and the extended TLF residential program can continue/start. The Center will also schedule around their programming and host/rent out space/functionality for local community events and activities, such as fundraisers, weddings, exhibits, and day-retreats with all monies taken in to go to development of the Pamlico Rose mission and the operations of the Center and their programming for women Veterans.

Finally, the development of the Center - preservation of the residence and barn and design and construction of the Gardens - has and will continue to contribute to the cultural and economic resilience and vitality of the historic district and the greater Washington community. Historic preservation promotes stronger neighborhoods while preserved residential and commercial spaces become an asset not a liability to the surrounding historic district and adjacent neighborhoods. Preservation encourages local economic growth and finally, historic preservation acts to conserve natural resources.

In June of 2017, the house and barn had been vacant for a decade, both were dilapidated and on the verge of demolition by neglect. There were signs of habitation by squatting and the house, barn and overgrown lots posed security risks to the neighborhood. Three years later, ½ of that neighborhood block is now the site of a verdant oasis of nature surrounding a revitalized house that continues the historic legacy of the district and has now become a destination in Washington.



The Rose Haven Center of Healing

The operational anchor of Pamlico Rose Institute (PRI) is the Rose Haven Center of Healing, consisting of an 1892 farmhouse (rehabilitation completed 2021), adjacent tin-roofed and-sided post-frame “pole” barn, built in 1961 (to be used as a community center, renovation is planned after the completion of the Haven House and when funds are available) and ½ neighborhood block of healing landscape incorporating an integrated horticultural and expressive arts therapy design (open).

The Center is a welcoming and safe space that can help minimize stress and anxiety while growing life fitness across mind, body, soul and through community. The landscape, including the gardens and barn, acts as a *life fitness* gymnasium, offering elements of horticultural and creative expressive therapy design to populations experiencing emotional, cognitive, social and even physical challenges. Horticultural therapy emphasizes plant/people interactions in various treatment, rehabilitation, or vocational programs while expressive arts therapy utilizes, “the innate human desire to create and channel through music, visual arts, poetry, dance, and other



artistic forms in a variety of settings to channel self-expression and help people examine their body, feelings, emotions, and thought process.”⁷

Project

This PAR primarily considers the renovation of the existing barn at 219 E. 3rd Street, Washington, NC. An additional component to be considered in the proposal is funding to secure and install an HVAC system in the Haven House, currently under renovation.

Background

Pamlico Rose Institute purchased 219 E. 3rd Street, Washington, NC in June of 2017 with the intent to “... reach and help women overcome the effects of trauma, such as anxiety, stress, and addiction and ease the struggle of the post-military service transition to civilian life, including social and community reintegration.” The non-profit PRI received its tax-exempt status in November of 2016. The purchase included the 1892 farmhouse that was in serious need of attention and its adjacent barn, also in need of repair. The residence is considered a contributing structure in Washington’s fourteen block long, four to five block wide, Historic District. It is three blocks from the Pamlico River and two blocks from the Main Street business district. The barn is not by itself historic, having been built in 1961, but is still considered part of 219 E. 3rd inclusion into the historic district. Although not significant to be considered an individual historic property, 219 E. 3rd has played a role in several facets of Washington’s historic development, including over its 130-year existence, a means of affordable housing and the site of successful family-owned businesses, the longest and most enduring entrepreneurial venture being a four-decade long blacksmith business (for a detailed history of the house and barn at 219 E. 3rd Street, see Appendix B).

Throughout the remainder of 2017, initial efforts included gutting the house and clearing the overgrown vegetation that consumed much of the property and the two structures on it. There were three vacant lots to the east of 219, each at one time featuring contemporaneous structures with 219. At the time of purchase, 221 had been declared a “FEMA” property by the City of Washington, prohibiting no further building on it. 223 and 225 were privately owned with no plan to build on either one; the owner of 225 was deceased by over 10 years in 2017 and the heirs were in arrears on their property taxes. New Beginnings Funeral Home, 219 N Bonner St, was the corner lot immediately west of 219 with a large



⁷ “Healing Landscape,” Pamlico Rose Institute, <https://www.pamlicorose.org/gardens/>

concrete parking lot butting up to the property line with an expanse of lawn on the other side of the parking lot stretching to Bonner Street. In effect, 219 was surrounded by vacant land with little chance of further building development and construction beyond what was present already.

In 2018, renovation began in earnest with the replacement of the tin roof on 219 E. 3rd. By the early Fall of 2018, PRI began construction on the healing landscape after agreeing to rent the lot of 221 from the City of Washington for \$1. They also established Memorandum of Agreements (MOA) with the owners of 223 E. 3rd and the New Beginnings Funeral Home to use the full lot of 223 and land just adjacent to property west of 219 for the gardens and use of the concrete parking lot for use by those visiting or working at the Rose Haven Center of Healing.

From 2018 to 2020, much work was done on the gardens while progress on the house was slower, due to issues related to contractors. PRI's TLF program continued to evolve and expand and in October of 2019, the Center "hosted" the first TLF retreat for women Veterans followed by a second retreat in March of 2020 (participants were housed at a local B&B two blocks from the Center while many of the activities took place in the gardens). Our third and final contractor was hired in February of 2020.

COVID-19 has impacted onsite programming at Rose Haven Center of Healing. The Haven House renovation is now scheduled for Summer, 2021. Many events that were planned for 2020, retreats, a pilot summer wellness program featuring arts, woodworking, meditation and nature hikes, a rollout of woodworking and gardening programs, among others have been delayed. Like many organizations, PRI moved events and activities that support their mission to a virtual or online space to include an ongoing Women Veterans Discussion Series, a podcast, *The Rose Haven Chronicles*, an ongoing forum of articles, *The Pamlico Rose Journal*, and informative videos.



With the easing of COVID restrictions hopefully in mid to late 2021, onsite operations at the Center will start up/continue and include a range of programs, events and activities that support wellness and resilience-building efforts for women Veterans, other local Veteran populations and community organization, groups and members.

PAR objectives

The goal of this feasibility study is to determine the physical needs and scope of work required of the structure and determine the necessary funding to complete renovations to allow the building to be used as a public community center. Specific objectives of the feasibility study are as follows:

Objective 1. Determine if the existing structure can be used as the "foundation" of the renovation.

Objective 2. Develop a site and floor plan with options for the building to meet mission intent and allowing for accessibility, code compliance, and preservation of the historic resource.

Objective 3. Provide sufficient information to the State Historic Preservation Office (SHPO) to identify and document plans to avoid renovation activities which would result in adverse impacts to the historic resource.

Objective 4. Develop a project budget outlining construction and non-construction project costs and identifying potential sources of funding.

The Barn

The barn was constructed in 1961 by a blacksmith, with help from the local community, replacing an original barn built in 1934 destroyed in a fire. It is a simple pole barn design and the exterior has undergone little, if any modifications, retaining the original tin outer skin and tin roof. The barn is not a historic structure but is a contributing element of the historic property at 219 E. 3rd. In past and recent conversations with John Wood of the North Carolina State Historic Preservation Office, as well as selected members of the Washington Historic Commission, the prevailing sentiment is to see the barn renovated instead of demolished.



Current Condition (see Appendix A for the architectural report)

Presently, the wood framing is in need of some attention to stabilize it and minimize future rot and damage from weather, termites, etc. The floor of the barn is dirt with a sill plate set atop wood piles. More specifically, the barn sits on a series of wooden footers, half of which show termite damage from the past and are compromised, and finally the floor is dirt and unlevel. A footing has been dug out around the perimeter of the barn in preparation to lay a concrete floor. Both tin roof and exterior skin are relatively intact with the roof compromised on the south end due to a large hole and other smaller holes along the length of the roof. Considering these faults, the roof is fairly water-resistant. The outer skin is also compromised, from inside the structure, daylight is visible in many locations through the siding and roofing, with small openings likely caused by weathering. A structural report by RPA Engineering shows recommended repairs, and a detail for how to add a concrete slab to the existing structure. Most of the windows have wood sashes that have fallen apart, leaving the space largely open to the elements. The existing barn doors and openings require some rebuilding to render them operable, but they add to the charm of the structure. Before much else



can happen with the facility, addressing this is paramount. The building does not currently appear to have utilities (power, water, sewer, etc.).

Planned improvements for the structure

- Lay a concrete footer and then level and pour and seal a concrete pad to cover the entire interior sq footage
- Repair the south ¼ of the tin roof or purchase a new tin roof
- Repair outer skin with existing tin surplus
- Rebuild wooden door frames and rebuild/restore windows with existing reclaimed windows to make barn secure
- Construct an internal frame made of 2x4s 10 ft high around the internal perimeter of the barn and attached to existing structure
- Attach 2x4 interior frame to concrete floor
- Run power and plumbing to barn from existing residence
- Build single bathroom
- Install standalone sink
- Panel interior frame with plywood
- Attach ceiling fans for air circulation
- Build a secure self-contained woodworking, arts and crafts space by erecting a divider – combination of a permanent partition, portable divider and door. The space would contain workstations, power and necessary equipment to support activities and storage
- Build an attached self-contained vegetable growing area
- Construct an interior corral for garden equipment
- Build a storage container for reclaimed and recycled wood.



Haven House

Pamlico Rose purchased the farmhouse in 2017 for \$17,000. The property included the adjacent barn. The 1400 sq ft house had a storied history as both a rental/boarding house and as a single-family rental and single-family owner. From the mid-1930s to the mid-1970s, the house was owned by a single family and the barn served as a blacksmith shop for the owner, eventually being joined in this work by his sons. Since being sold in 1976, it was mostly a rental and was last lived in over a decade ago. The house was gutted by Pamlico Rose in 2018 and a new tin roof put on the front porch and main house, with a composite shingle roof being put on the back roof in 2019. Consistent with the historic guidelines, all 23 windows were rebuilt by a Pamlico Rose volunteer with most of the windows in such disrepair that an average of 20-25 hours of labor was spent rebuilding, putting new glass in and reglazing. Having secured

fundraising enough resources to hire a General Contractor (GC), a concerted rehabilitation effort began in February 2020. The GC has done both interior and structural repair and replacement while making a cathedral ceiling for the second story. To cut the cost of the rehab, Pamlico Rose received a donation of reclaimed cypress clapboards which replaced over 50% of the exterior siding. Pamlico Rose staff and volunteers primed those clapboards and after the GC put the donated clapboards on and replaced the remainder of the house's clapboards, Pamlico Rose staff and volunteers primed and painted the exterior of the house.



As of April of 2021, the build-ins for all plumbing and electrical have been done. The insulation and drywall are also complete. PRI staff and volunteers rebuilt interior window boxes, the frames and sills and are now finishing the rehabilitation by preparing the flooring, replacing trim throughout the house and painting the interior. Pamlico Rose will also through purchase or donations, acquire and put in all fixtures and furnishings.

Still Outstanding

- cost of purchase and installing an HVAC (\$21,000)
- tankless water heater (\$1200),
- materials (trim, tile for the kitchen and bathrooms, and paint for the interior)
- light fixtures, toilets, vanities
- appliances: refrigerator, dishwasher

Healing Gardens

Over the last three years, PRI has been able to more than double the amount of land for use as the Rose Haven Center of Healing landscape. PRI acquired access and use of two full lots, 221 and 223 E. 3rd and adjacent property and part of the concrete parking lot of the adjacent funeral home through two Memorandum of Understanding (MOU)s with the owners of the residential lot (223) and of the funeral home (219 N. Bonner). In late Fall, 2020, the Beaufort County Board of Realtors purchased 223 and donated it to PRI. The third lot (221) was declared a FEMA lot by the City of Washington and Pamlico Rose has an agreement with the City of Washington for use as part of the Gardens.



Integrated Life Fitness Design for the Healing Landscape

The Center has and will continue to incorporate an integrated horticultural and expressive arts therapy (life fitness) design to benefit our primary population, women Veterans, who may be struggling with reintegration and possible effects of trauma. According to the *American Horticultural Therapy Association*, therapeutic gardens are designed as a component of a treatment, rehabilitation, or vocational program to accommodate a client or participant's goals and to facilitate people-plant interactions.⁸ Expressive arts therapy uses the innate human desire to create and channel through music, the visual arts, poetry, dance, and other artistic forms in a variety of settings channel self-expression to help people examine their body, feelings, emotions, and thought processes. "Expressive arts therapy is used with children and adults, as individuals or in groups, to nurture deep personal growth and transformation."

In horticultural and expressive therapy design, there is a purposeful and intended interface of the healing elements of nature, represented by a plant dominated landscape, and of mindfulness and transcendental properties of certain kinds of human activity. This interface is represented by interaction with the plants (planting, weeding or harvesting), kinetic movement through nature via walkways, pathways and garden labyrinth, or in creative expression in designated spaces out in the gardens or in the open-air barn.

Other features of this integrated space are (taken from American Horticultural Therapy Association guidelines, aspects of expressive art therapy, and Total Life Fitness behavioral, social and transcendence skills development):

- Universal design - for the convenience and enjoyment for people with the widest possible range of conditions. The plant environment "stimulates" across the five senses with non-visual senses heightened; activity sites feature not only access to, but are designed for the greatest range of abilities in participation;
- Safe, comfortable and supportive environment – avoidance of chemicals and herbicides, protection from natural elements, and practical and safe accommodations and activity sites;
- Well defined borders – perimeters of landscape, special zones and activity sites "intensified" to focus attention and energies of the landscape-goer to components and displays within the plant environment, historical context and of infrastructure and sites of creative expression;
- A profusion of plants and people/plant, and social interactions - therapeutic gardens introduce individuals to planned, intensive outdoor environments in which the conscious provisions of spaces and places for restoration, horticulture education, rehabilitation, and for social exchanges are organized into legible and verdant, plant-dominated open spaces with simple patterns of paths and workspaces.
- Practical and pleasurable landscapes, including gardens and intended and/or built infrastructure for people of all ages and all abilities - these gardens commonly stimulate the full range of senses including memory, hearing, touch, smell and sometimes taste as pleasurable alternatives to the visual experience of gardens

⁸ American Horticultural Therapy Association, Positions and Definitions Paper, <https://ahta.memberclicks.net/assets/docs/definitions%20and%20positions%20final%206.17.pdf> (retrieved 6/26/2020).

- Formal and informal individual and group activities programming - therapy landscaping is in part designed for visitor's passive and/or independent enjoyment. However, for non-profit owned and managed healing landscapes, special events such as presentations, group tours, and landscape workdays increases the awareness of the healing landscape. In addition, offering occasional and regularly scheduled and classes/courses encouraging all aspects and benefits of the nature/human interface including gardening, self and group expression, movement, and more promote the many benefits the healing landscape offers to community members;
- Healing touchstone – provides a physical, emotional, and transcendence sense of place important in healing.

Historic Considerations (see Appendix B for the report generated by PRI for the State Historic Preservation Office to fulfill the requirements of the PAR and Appendix C for SHPO's response)

The barn under consideration is a one-story post-frame structure traditionally referred to as a "pole barn." Post-frame is a type of construction with deep historical origins, and pole barns are one example of that method. Generally, common to all post-frame construction is the use of large poles or posts buried in the ground or on a concrete slab to provide the vertical structural support, along with girts/roof trusses to provide horizontal support. The poles are the foundation to the entire barn structure; and the simplicity of the arrangement saves time and money in construction; pole barns have 60% fewer materials than a traditional frame building. It creates a structurally sound building with wide, open interior spaces and thus, this type of construction is most often found in agricultural buildings and pole barns. Post-frame construction is also used in municipal buildings, fire stations, schools, clinics and custom-designed homes.

Post-frame structures have a deep history American agriculture. The concept and design have changed little over 200 years. Recent research matches the intuition of the earlier builders, the way the frame interacts with trusses to absorb loads and resiliently return to its intended shape marks the longevity and inexpensiveness of building and maintaining the barn. as "diaphragm interaction" or "diaphragm design." Pole barns are not associated with any particular production system, nor are they associated with any particular ethnic group. They represent the modernizing agriculture of the mid twentieth century. In the 1960s, post-frame structures began popping up on farms all over the country. The concept quickly spread beyond the farm into commercial and other applications. The method's name also changed from pole construction to post-frame construction around this time, as round poles became less commonly used. Post-frame was distinctly improved from the "pole buildings" of the past by use of rectangular solid-sawn posts and laminated columns.

The barn was constructed in 1961 by a blacksmith, with help from the local community, replacing an original barn built in 1934 destroyed in a fire. It is a post-frame design, and the exterior has undergone little, if any modifications, retaining the original tin outer skin and tin roof and dirt floor. In correspondence with John Wood from NCSHPO, the barn is a contributing element of the historic property at 219 E. 3rd and by itself, is a contributing structure to the District. "As far as contributing status, the barn is a contributing element to the property, but

would also be a contributing structure in the larger historic district. While its 50+ year age makes the building a historic structure, the contributing status is tied to the district's period of significance (see PRI's Report to State Historic Preservation Office, Appendix B)." In past and recent conversations with John Wood of the North Carolina State Historic Preservation Office (NCSHPO), as well as selected members of the Washington Historic Commission, the prevailing sentiment is to see the barn renovated instead of demolished.

PRI's proposal to renovate, not demolish, and to work within the guidelines of the City of Washington's Historic District and the SHPO reflects the organization's efforts to be a mindful steward of the community's legacy as reflected in the elements of the Rose Haven Center of Healing. On its website, PRI shares this value,

We are mindful through the development of our infrastructure in the historic district of Washington, NC of our civic responsibility to contribute to the sustainability of the community. As good stewards, we direct our efforts toward the benefit of preservation and reutilization of local cultural, historic, and natural resources as we pursue our mission and projects.

Renovation

Intrepid Architecture provided plans and assessment and possible direction and cost estimate of the barn renovation. Their findings and those of Robert Greene Sands, PhD and CEO of Pamlico Rose, are captured in the following.

Plans

The overall need for renovation of the barn is based on factors both on condition and potential impact to community stakeholders. In its present state, the barn has only limited utility as an operational component of the Center. Without intervention, the structure will further deteriorate, posing a risk to staff, volunteers and visitors to Rose Haven Center of Healing, and the local community. Furthermore, deterioration will not only detract from the presentation of the Center as a place of beauty and serenity and opportunity to interact with nature and creative expression in a process of healing, it will more generally impact the presentation of the barn and Center as a contributing element of the historic district and a growing destination for local and out of town visitors. Sooner than later, if some type of renovation is not done, the barn will need to be demolished.

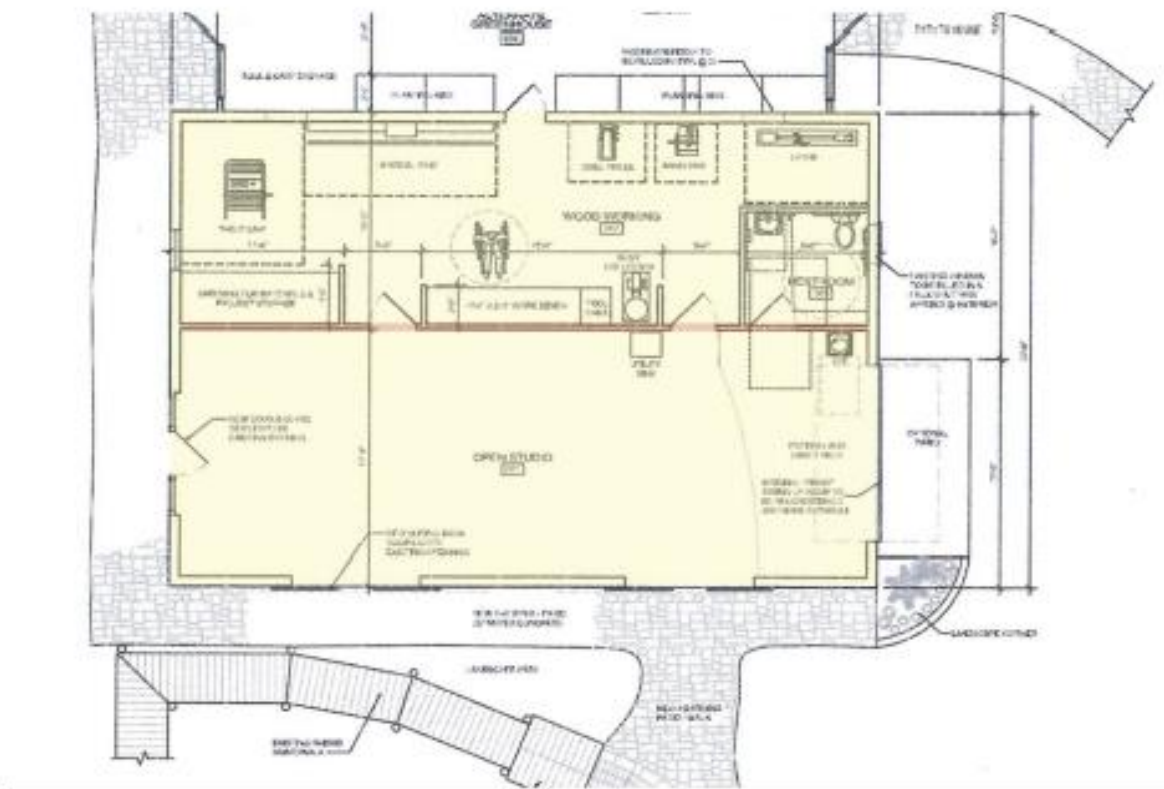
The proposed design considers the function and aesthetics, as it relates to the vision of TLF and a therapeutic space that lies at the intersection of nature, creative expression, movement and building community. The proposed plans also consider fostering and maintaining the historical significance of the barn. Some general observations of the design include repair and design of the double doors on the garden (east side) of the barn to support the minimization of the interior vs exterior dichotomy that usually symbolically and physically reduces or separates nature from artificially created space. As noted below, the interior layout caters to activities that accentuate creative expression in materials from and/or about nature and movement; woodworking, arts and crafts, pottery, and yoga offering a workspace and room to translate

creative expression into creative products while also sustaining as much as possible the connection to nature.

Post-frame construction, as found in “pole” barns, allows the enclosure of large areas, necessary for the intended multifaceted uses of this barn. An open-floor design offers a welcoming and undivided space without the interruption of walls limiting or working against the social construction of community, an important protective factor in at-risk women Veterans. In the woodworking area, there will be a need for walls and securable entrance for safety to those in and outside of the working area and for the security of tools, however glass or other transparent material will make up some of the interior-looking wall. If there is a need to create smaller and more intimate spaces, temporary walls on wheels will afford that need.

The roof is in need of replacement and proposed is a tin covering similar to the existing roof. The barn sides are a mixture of good, fair and poor states and to meet this more dynamic condition, repair/replacement of tin in situ is also proposed. When PRI purchased the property, there is a supply of similarly-aged tin and new tin that can be used in the renovation, if the supply is tapped out, new tin can be purchased. All repairs and replacement will follow the Historic Commission guidelines for acceptable exterior materials, the intent and actual look of the barn will convey the original design and structure itself.

The vision and intended use of the barn resists building a climate controlled “conditioned” space. In other words, retrofitting the barn to control the temperatures to a more or less constant temperature year round is problematic for several reasons. Any attempt to install an HVAC will modify the exterior and since the exterior design is a simple post-frame



style, that modification will alter the exterior appearance. The cost to create and sustain such an interior environment would be well beyond the financial resources of PRI. The use of ceiling fans and other design features will work to circulate air. And finally, the design of the pole barn and its simplicity afford the opportunity to adopt a structure that provides for TLF activities and events while hewing to four core principles of the Center inherent in healing.

Staged Renovation

This project departs from new construction, even from the renovation/rehabilitation of a residence, in several meaningful ways. As the project is of modest scale, and preservation of a barn whereby the character is not significantly altered is more time intensive than new construction of similar size, Pamlico Rose Institute, based on the findings of Intrepid Architecture, recommends approaching the overall project scope in a phased or staged manner considering the following:

- The need for type and quantity of construction materials is less than found in new construction or even rehabilitation. Other than the new roof, other exterior repairs/replacements, as exemplified by the tin walls with an existing supply to draw from. This is significant in that the cost of materials in some cases has doubled in the last year, i.e, lumber.
- More generally, the cost of the project skews more toward skilled labor than materials, thus providing detailed costs of the renovation for the barn is presented with a bend toward a “conservative” estimate reflected in the higher percentage of cost applied to contingency.
- Because this is a labor heavy project, it is suggested a “staged” approach based on preservation then renovation will allow for maximal use of labor over the shortest period of time.
- While the plan also depicts an ADA compliant restroom and other sinks which could support art projects and/or gardening, this aspect of the project is one of the last phases, due in part to initial estimated costs.

Proposed Stages

1) Phase One – Stabilize the Building Envelope

- a. Conduct the recommended structural repair first such that subsequent modifications can be integrated safely
- b. Address the roof. Based on the conditions of the existing roof, replacement with new metal roofing is likely more cost effective and will result in a better roof than attempting repair/replacement. Provided this roofing matches the existing, this should not result in a significant alteration to the character of the structure.
- c. Install the concrete slab (with rough-ins for future plumbing, electrical, etc.)

d. Address the wall cladding, windows, and doors Once these items are addressed, the barn should be stabilized and could safely house woodworking power tools with minimal risk of damage.

2) Phase Two – General infrastructure improvements.

a. While Phase 1 will stabilize the structure, the space will lack many of the envisioned amenities.

i. Rough-in any interior walls such that infrastructure can be accommodated (i.e. at minimum the wall shown in red, but potentially also restroom walls)

ii. Bring electricity to the barn, including receptacles, lights, and capacity for heat/ventilation
iii. Bring water and sewer to the barn. Once the barn has water, preventing freezing of plumbing will be required (there is no plan for the barn to be fully weatherized and/or conditioned, but enough tempering will be required for any plumbing.)

b. Discuss and develop PRI's preferred approach with the appropriate authorities having jurisdiction (AHJ).

3) Phase Three – Cosmetic / Fit & Finish related items.

a. Interior sheathing (suitable for unconditioned spaces)

b. ADA toilet accessories

c. Plumbing fixtures


d. Painting – interior & exterior

e. Interior doors, frames, etc.

4) Integration into surroundings (the visioning plan showed the idea of walks meeting the building, landscaping, etc.) In order for the space to be considered accessible, a suitable path to the public way and/or ADA parking will be required. By Code, an occupiable space of this nature will also require e suitable egress and egress components. These can likely be incorporated if/when budget allows as the building will not truly be more than a storage/accessory type space until all phases have been implemented.

Project Budget (see Appendix A for an elaboration of the project budget)

Statement of Estimated Cost:

		<p>Pamlico Rose Barn / Shop Renovation</p> <p>Cost Estimate - 210330</p>		
114 E. Third Street Greenville, NC 27858 INTREPIDarchitecture.com P: 252.902.4046		(Building Area) 1,472		
DIVISION 1	QTY	UNIT COST	UNIT	COST
GENERAL				
General Conditions (Base Bid)	10%	\$56,100.00		\$5,610.00
Division Totals				\$5,610
DIVISION 2	QTY	UNIT COST	UNIT	COST
EXISTING CONDITIONS				
Selective Demolition (damaged wood)	1	\$2,500.00	LS	\$2,500.00
Division Totals				\$2,500
DIVISION 3	QTY	UNIT COST	UNIT	COST
CONCRETE				
Concrete Footing/Slab On Grade (finished)	20	\$280.00	CY	\$5,600.00
Footing/Foundation prep incl. reinforcing	1	\$6,000.00	LS	\$6,000.00
Division Totals				\$11,600
DIVISION 4	QTY	UNIT COST	UNIT	COST
MASONRY				
NA (not used)	0	\$0.00		\$0.00
Division Totals				\$0
DIVISION 5	QTY	UNIT COST	UNIT	COST
METALS				
Miscellaneous Structural (rebar, clips, braces, etc.)	1	\$4,000.00	LS	\$4,000.00
Division Totals				\$4,000
DIVISION 6	QTY	UNIT COST	UNIT	COST
WOOD				
Repair Wood 2x8 walls	1	\$2,400.00	LS	\$2,400.00
Repair wood trusses	1	\$3,200.00	LS	\$3,200.00
Division Totals				\$5,600
DIVISION 7	QTY	UNIT COST	UNIT	COST
THERMAL & MOISTURE				
Msc Sealants (Exterior & Interior)	1	\$1,000.00	LS	\$1,000.00
Remove & Replace existing metal roofing. Repair existing wall cladding.	1	\$15,000.00	LS	\$15,000.00
Division Totals				\$16,000
DIVISION 8	QTY	UNIT COST	UNIT	COST
DOORS & WINDOWS				
Rebuild/Provide windows (replace in-kind)	4	\$650.00	EA	\$2,600.00
Doors, Frames, & Hardware	4	\$1,800.00	EA	\$7,200.00
Repair exterior barn doors & hardware	3	\$2,200.00	EA	\$6,600.00
Division Totals				\$16,400
DIVISION 9	QTY	UNIT COST	UNIT	COST
FINISHES				
NA				
Division Totals				\$0

DIVISION 10	QTY	UNIT COST	UNIT	COST	
SPECIALTIES					
NA					
Division Totals					\$0
DIVISION 11	QTY	UNIT COST	UNIT	COST	
EQUIPMENT					
Not Used					
DIVISION 12	QTY	UNIT COST	UNIT	COST	
FURNISHINGS					
NA					
Division Totals					\$0
DIVISION 13	QTY	UNIT COST	UNIT	COST	
SPECIAL CONSTRUCTION					
Not Used					
DIVISION 14	QTY	UNIT COST	UNIT	COST	
CONVEYING SYSTEMS					
Not Used	0	\$150,000.00	LS	\$0.00	
Division Total					\$0
DIVISION 21 / 22 / 23 / 24	QTY	UNIT COST	UNIT	COST	
FIRE PROTECTION / PLUMBING / HVAC / ELECTRICAL					
NA					
Division Total					\$0
DIVISION 31 / 32 / 33	QTY	UNIT COST	UNIT	COST	
EARTHWORK / EXTERIOR IMPROVEMENTS / UTILITIES					
Division Totals					\$0
BUILDING SUBTOTAL (COW) Cost of Work					\$61,710
	10%	GC Overhead & Profit			\$6,171.00
		Subtotal			\$67,881.00
	1.3%	Bonds			\$849
	1.0%	Insurance			\$679
	10%	Contingency			\$6,171
	14%	Estimated Design Costs			\$10,581.11
ESTIMATED COST (COW+Contingency+Est. Design Costs)					\$84,140
		Cost per Sqft		1,472	\$59
Alternates:					
New 2x4 stud walls	1	\$1,000.00	LS	\$1,000.00	
New plywood interior wall sheathing (w/fasteners)	2,460	\$2.65	SF	\$6,519.00	
Painting (Interior)	1	\$5,000.00	LS	\$5,000.00	
Painting (Exterior)	3,800	\$1.35	SF	\$5,130.00	
Plumbing Fixtures (and utilities)	4	\$3,800.00	EA	\$15,200.00	
Toilet Accessories	4	\$450.00	EA	\$1,800.00	
Fire Extinguishers	1	\$300.00	EA	\$300.00	
Signage	1	\$150.00	EA	\$150.00	
Electrical (lighting)	1,280	\$7.00	SF	\$8,960.00	
Electrical	1,280	\$5.00	SF	\$6,400.00	
Walks (as required for ADA & Egress)	1	\$7,000.00	LS	\$7,000.00	
Alternate Sub Total				\$67,459.00	\$39
Estimated total Project Cost				\$143,619.43	\$98

Summary

This report provided a preliminary assessment of the proposed project to renovate the existing barn at 219 E. 3rd Street in Washington, NC. The report introduced the organization, Pamlico Rose Institute and its Rose Haven Center of Healing, of which the barn is a component and explored its wellness and resilience program for at-risk women Veterans. The report went on to explain how that mission is carried out and why the renovation of the barn is a critical need. Following need, the report detailed the current condition and the historical significance of all the components of the Center, including the barn. A discussion of the renovation, including stages and cost, were presented. PRI submits this report and other necessary documents and materials as a proposal to be funded by the USDA Rural Development Program.

Project Team

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Appendix A



PamilcoRose
Architectural and Cc

Appendix B



North Carolina
State Historic Preser

Appendix C



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