



Construction Break

Laugh a little, learn a little & take a break from the daily grind!

FALL 2007

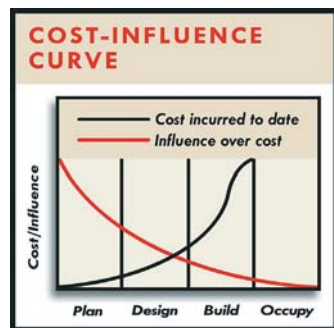
Manor Care... The new patient rooms have a warm, home-like feel.



T&W Serves The Healthcare Industry Both Short-Term And Long-Term

From general medical offices or more complex oral/eye surgery centers, to post acute rehabilitation and nursing home care facilities, T&W has the resources, relationships and know-how to get the job done. Just as we've seen dramatic increases in health care costs in recent years, building costs have been on the upswing as well. Rising development costs and greater emphasis on facilities with more patient-friendly features makes the early planning and design phases more important than ever.

Poor or inadequate planning can greatly increase the potential for cost overruns during construction. T&W can be a valuable partner during the site selection and initial planning process. By investigating a site's physical characteristics and the development challenges with respect to local and regional ordinances and codes, we can help to head off unexpected expenses. For both site and building construction, early feasibility analysis and feedback produce the reliable information that clients need to make informed, reasonable and value-focused decisions.



Studies have concluded—and our own experience confirms—that the best time to influence the cost of a project is during the planning and design phases (see chart at left). Once a project is under construction, savings are mostly realized through the sacrifice of building features, substituted materials or equipment, and the loss of other benefits needed to keep the project within budget. Early involvement of an experienced construction professional is vital to making sound decisions in the planning and design process. Engage T&W before you spend tens of thousands of dollars in design and engineering

fees, with diminished opportunity to impact the final cost and long-term value of your project. The sooner you involve T&W in the project development process, the sooner you have the opportunity to save!

T&W Corporation recently completed expansions and remodeling at two Manor Care facilities in the Indianapolis area—one on South U.S. 31 and the other in Avon. Manor Care is a leading provider of short-term, post-acute medical care and rehabilitation and long-term skilled nursing care. These upgrades and additions expanded the existing skilled care centers by adding to each location 20 patient beds, a new physical therapy unit, and a classy Internet café, similar to a Starbucks, with work stations, sitting areas and coffee bars.

The Manor Care projects are the newest additions to T&W's healthcare initiative.

Google Search Tips To Make Your Life Easier

If you want to get the most out of your Google searches, the Small Business Hub website offers these tips to refine your searches:

- If you want to look for a phrase such as *employee communications*, you might be better off doing a search explicitly for the phrase by enclosing the words in double quote marks like this: *"employee communications."*
- If you want to exclude a word from your search, use a "-" sign in front of the word. For instance, if you wanted to search for *inspirational*, but wanted to exclude the word *religious*, you would search for *inspirational-religion*.
- If you want to search for a phrase or term on a specific site, you can do it this way: Type the phrase you are looking for followed by *site:www.sitename.com*. For example, *"bathing suits" site:shop.com*.
- Want to look up the number of someone who called you? Enter it this way: *phonebook:617-555-1212*.
- If you want to know where the area code of a phone number is located, just enter the three number area code. Example: *617*.
- If you need to calculate something, you can enter the expression into Google. For instance, *4*8*, then hit "Enter" for the answer.
- If you need the definition of a word, enter *define:someword*.

It's All About Attitude

As a manager, it is important to project the correct attitude to those who spend their days working for and with you. Here are some sage words from Napoleon Hill in *The Law of Success in Sixteen Lessons*:

"Until you have learned to be tolerant with those who do not always agree with you—until you have cultivated the habit of saying some kind word of those whom you do not admire—until you have formed the habit of looking for the good instead of the bad there is in others, you will be neither successful nor happy."

Chocolate For Brains

Consumption of a cocoa drink rich in flavanols—a substance found in dark chocolate—gives the brain a boost of blood flow for two to three hours, a University of Nottingham study has found.



The increased blood flow could enhance performance, lead researcher Ian McDonald, professor of metabolic physiology, says. It can also improve general alertness. The study raises the possibility that ingredients of chocolate could be used to treat vascular impairment, such as strokes or dementia, and for maintaining vascular health.

The study also points to possibly using cocoa flavanols to enhance brain func-

tion when people suffer fatigue, sleep deprivation and the effects of aging. McDonald emphasized that the level of cocoa-rich flavanol beverage was specifically designed for the study and not available commercially.

Flavanols are also found in red wine, green tea and blueberries.



Sit Up Straight!

Here are the Department of Labor's Occupational Safety & Health Administration's general recommendations for setting up a safe and comfortable computer workstation when it comes to your posture:

- The top of your monitors should be at or just below eye level.
- Your head and neck should be balanced and in line with your torso.
- Your shoulders should be relaxed.
- Your elbows should be held close to the body and be supported.
- Your wrists and hands should be in line with your forearms when they are on the keyboard.
- You should have adequate room for your keyboard and mouse.
- Your feet should be flat on the floor.

SPEED BUMP

Dave Coverly



Trivial Pursuit

- 1) A person generally earns a JD degree in order to work in what field?
 - a) medicine
 - b) accounting
 - c) religion
 - d) law
- 2) Advertising icon Mr. Peanut wears all of the following, except:
 - a) gloves
 - b) bow tie
 - c) monocle
 - d) top hat
- 3) What female superhero wields a magic lasso?
 - a) Batgirl
 - b) Elektra
 - c) Wonder Woman
 - d) Hawkgirl
- 4) What is the only Great Lake that is not bordered by the state of Michigan?
 - a) Erie
 - b) Huron
 - c) Ontario
 - d) Superior

Answers: 1) d 2) b 3) c (When caught in the lasso, one is compelled to tell the truth.) 4) c

Improving Your Balance

Having good balance is part of overall health. Paige Waehner, fitness expert and author of *Guide to Be a Personal Trainer*, ranks it right up there with flexibility, core strength and mobility. Good balance can prevent a host of injuries and make it easier to do routine tasks and activities like hang curtains, paint a room, hike or bike. To improve your balance, try these three simple routines:

- 1) For a week, get dressed and undressed without sitting or leaning on anything.
- 2) When standing in line, try to balance on one leg for as long as you can.
- 3) Walk with a book on your head. This will improve balance and posture.

The New Middle Age

According to a recent ACNielsen survey, 70% of those 45 and older agree that the 60s are the new middle age. Almost everyone, it seems, is willing to turn back the clock. This, researchers believe, is due to several factors—plastic surgery can make people look younger longer, people are living longer and we are taking longer to grow up and become adults.

“We are living much longer than previous generations, significantly increasing the number of years we are old relative to the years we are young. Or it may just be that we are—at least in our minds if not our bodies—staying young for longer. It could be argued that we are taking longer to ‘grow up,’ staying on longer in further education and often remaining in the parental home into our mid-20s,” says David McCallum, Managing Director (Global) of ACNielsen Customized Research.



“The goalposts have moved. Our perspective on

what constitutes a ‘young adult,’ ‘old’ or ‘middle-aged’ and the lifestyle and behavior appropriate to each of these phases in our lives has changed accordingly. Stereotypes are being broken, requiring manufacturers to find new ways to communicate, and connect with, their target consumers.”

But while respondents may have been influenced by the results of plastic surgery, an overwhelming 80% said they would not consider cosmetic surgery when they get older.

A Sticky Situation

Do the buttons on your phone, calculator or remote stick? If so, try dabbing on a little industrial lubricant—such as WD-40—with a cotton swab. For regular maintenance and to prevent the buttons from re-sticking, electronics experts advise wiping down equipment with a soft damp cloth every month. Don't use chemicals or cleaners because these could damage the exterior surface, and the spray varieties in particular could leak into the equipment and damage the electronics.

Sherlock Bones

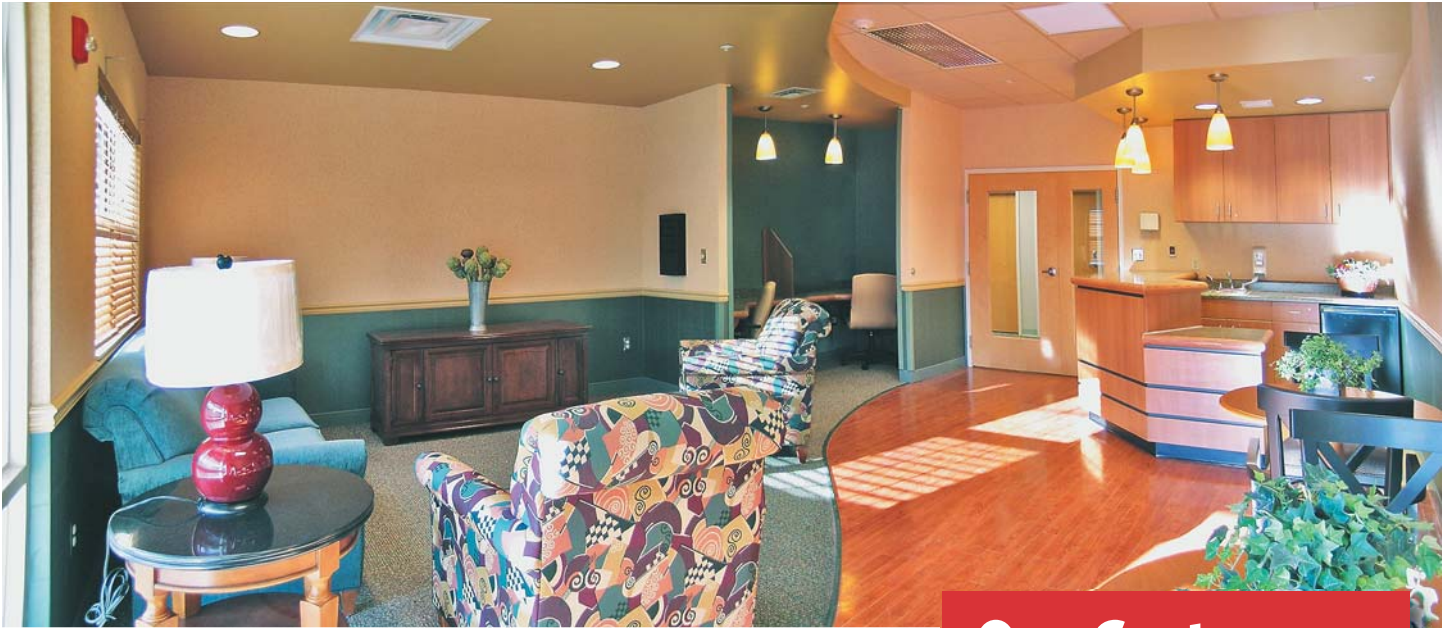
A man wanted to get a pet because he was lonely and was perusing the classified ads in the newspaper when he read this: Purebred Police Dog For Sale: \$50. The man thought this price was a bargain and he figured the dog would be intelligent and good looking since it was a purebred. So he picked up the phone and told the seller he wanted to buy the dog. The seller offered to deliver the man's new pet to his home. The man was delighted.

When the police dog arrived, however, the man was taken aback by the way it looked. It was definitely not the good-looking dog he had pictured in his mind. Instead, the dog looked like nothing more than a mangy mongrel.

“How in the world can you get away with calling that dog a purebred police dog?” the man asked.

The seller answered: “Don't let his looks deceive you. He's working undercover.”

—from *The Giant Book of Jokes*, edited by Dave Phillips



The Internet café at Manor Care.



The dining area.



Manor Care... "A proven leader in patient outcomes."

Our Customers Say It Best...

"We were very pleased with the service and product delivered by T&W on both of the addition projects. Thank you for a job well done!"

—Michael J. Koscelnik
Sr. Project Manager
HCR-Manor Care



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