

Plymouth Place: Creating a Healing Rooftop Garden



Plymouth Place Senior Living, located in La Grange, Illinois, enlisted the design ingenuity of Mariani Landscape to transform its rooftop and grounds into a place for healing. Through a generous donation and suggestions from the Carhart family, Mariani converted the rooftop into an outdoor space providing comfort and relaxation to patients, families and facility staff seeking a healing atmosphere.

This growing trend is redefining the function of today's healthcare facilities by creating more patient-friendly environments. Mariani has also embraced the value and positive atmosphere nature creates for healing through its work with Lake Forest Hospital and Elmhurst Memorial Hospital.

Complemented by a centralized water bubbler, Plymouth Place's 2,300 square foot rooftop garden provides an interactive experience for visitors. The garden features pull-up spaces around the main area, featuring raised planters that allow wheelchair access. "We were looking for an interactive addition and the vertical gardens were a perfect fit," says Dale Lilburn, CEO of Plymouth Place Senior Living.

The community feeling provides each resident with the opportunity to exercise their green thumb and artistic mind. "This garden is unique in the sense that there are multiple 'owners' who have the ability to design and maintain their area within the garden," says landscape architect Shannon Mitchell. "Above all, it's interactive, which the residents enjoy."

The rooftop garden includes vertical gardens with vegetation including

green gem boxwood, coral burst crab apple, herbs, and fruits and vegetables including strawberries, tomatoes, and green peppers. "It's definitely a learning experience for all," says Mitchell. "Each garden rotates plants year-round which gives us exposure to different species of plants." Accents such as creeping jenny, ajugas, hostas and sedum add horizontal elements to the space. Intertwining vines climb the surrounding walls while wind chimes play their peaceful melodies.

Through delicate planning and execution, the landscape of Plymouth Place was reshaped to provide visitors and residents alike with a healing and relaxing environment. Mariani worked seamlessly with the building's architectural design and incorporated a pergola and benches to provide a sense of serenity. "The landscape is critical to our forms of care at Plymouth," says Lilburn.

Plymouth Place's rooftop garden provides space for individuals to foster friendships and peace of mind. Residents visit the garden to interact with family and friends, get their hands dirty, or simply to relax. "It's important to have these spaces to enjoy and not feel cooped up indoors," says Mitchell.

The healing effect that a garden can have on an individual is reflected in the person's physical, emotional and spiritual well-being. The complex design and construction conveys the simple message of relaxation and reflection. According to Lilburn, residents are eager to experience the garden in the Spring. "Residents continue to gather at the window with excitement each day, patiently waiting for Spring to arrive so they can plant their own seeds."



Our mission is to create and maintain unique, quality environments for the benefit of our clients and community.

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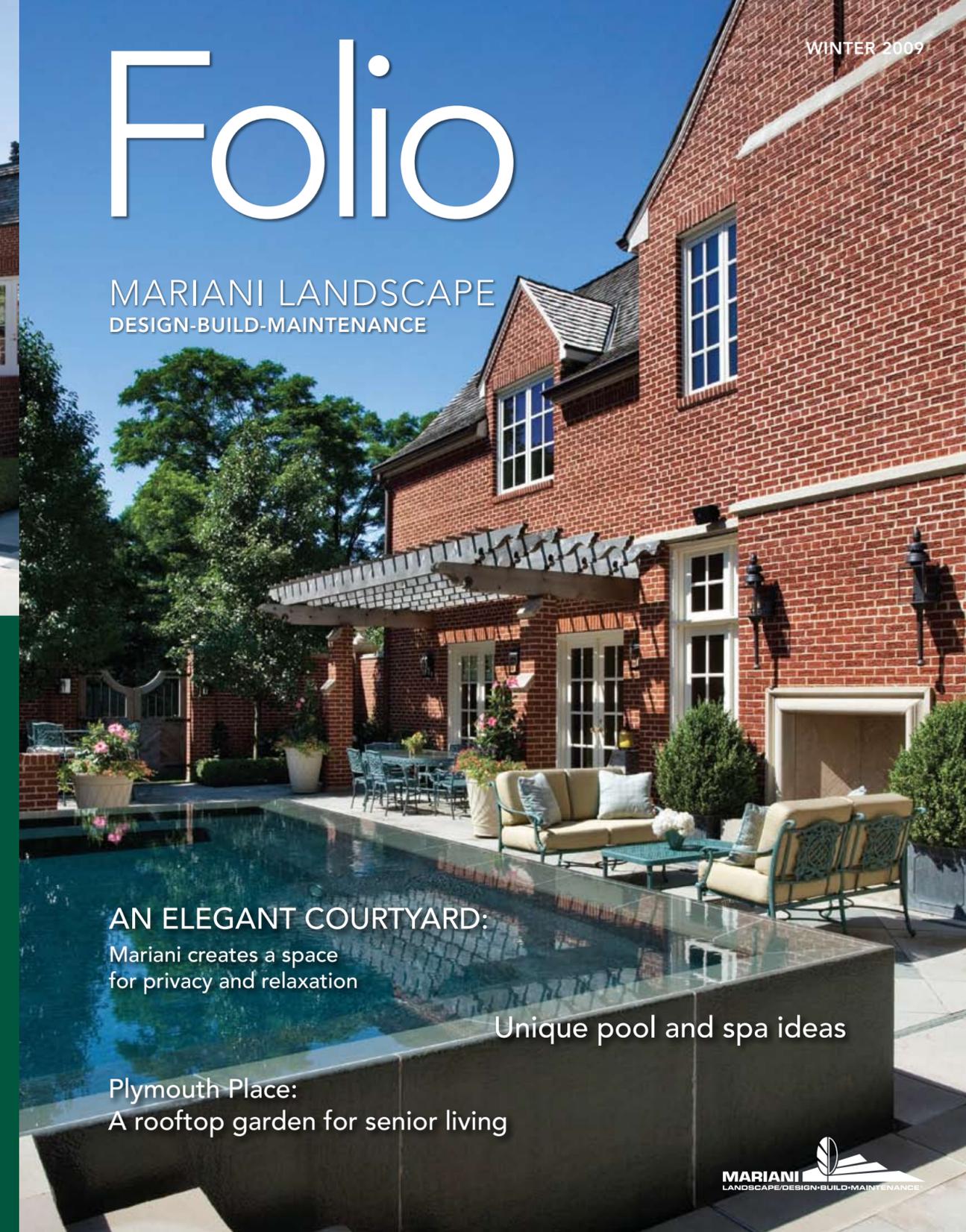
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Featured Foliage



Shooting Star (*Dodecatheon*)

One of the most beautiful spring wildflowers on the prairie, the Dodecatheon, or Shooting Star, is a herbaceous perennial plant consisting of a basal rosette of leaves, from which emerges one or more stalks of flowers. Each flower has five petals that are pointed upward, converging at the base of the flower, which consists of a pointed yellowish tube with white and brown accents. The petals are

white, light pink, or rosy pink. Dodecatheon needs good drainage and often-dry soils in the summer and winter when plants are dormant; in the spring it needs moist soils for best growth.



Dear Friends,

We are starting our 51st year thanks to all of our wonderful clients and I can't help but wonder how my dad would feel about the current outlook for business after growing up under extreme economic hardship. Southern Italy was as poor as poor could be during the 30s, 40s and 50s. Since he passed away in 1973, I personally have guided the company through a few tough recessions and the damaging effect of

runaway inflation! Frankly, we buckled down and worked harder, and I would like to think, smarter than our competition. We always put our clients' needs first knowing they would appreciate and remember the effort.

Well, here we are again. The new recession is here and some pundits are even mentioning the "D-word." All I know is that these times do feel different than past recessions. If I buried myself in reading and watching the news I think I would have to be taking anti-depressants, but those of you who know me know that won't happen! Instead of worrying about things we can't control, we are looking at things we can control and are committed to being a better company. When our nation comes out of these difficult times, we will be stronger than ever. We did it before and we can do it again.

How, you may ask? Let me share what we have already started to work on. To work at Mariani you have to be the best in your field. If we hire someone who doesn't have the desire to excel, they don't last – plain and simple. We run lean and efficient by design. Right now we are inundated with resumes and applications from all over the country and beyond. People are worried that their current company will not be solvent. This spells opportunity to us and will allow us the pick of the litter to fill our needs for the future.

Typically, we take our profits and buy new equipment – be it trucks or mowers or computers – you name it. This year we will only buy things that will improve our efficiency or make us more "green" and sustainable. Our investments must allow us to keep our pricing as low as possible without compromising service and quality. Although the recent housing crisis, compounded by the stock market crash, will affect business, I believe that more of us will be spending time at home with those who mean the most to us – our family and friends. We hold dearly the fact that you have allowed us the honor of being responsible for your home and gardens and we do not take that responsibility lightly! We are committed to employing the best associates possible. We want you to feel secure with the associates we have working at your home. We constantly train our staff to develop the best workforce money can buy.

At the same time, we are looking at ways to lower costs and improve the environment, even though our costs are going up – health insurance, fertilizer, labor, etc. We have done a good job of identifying more efficient ways to do business in order to keep our pricing in check.

This winter we would like to enlist your support and in turn reap some benefits! If we could increase the number of homes we service in your neighborhood, we could accomplish much:

- Reduce travel time
- Reduce fuel usage
- Reduce wear and tear on our equipment
- Increase supervision on jobsites
- Increase contact with clients
- Reduce pollution substantially
- Probably the most valuable benefit – consider the opportunity to have all the landscapes in your neighborhood maintained on the same day instead of hearing the mowers / blowers every day of the week. Yes, I mean major noise reduction!

Chicago Flower and Garden Show March 7-15

Mariani Landscape will design and install a featured garden at the 2009 Chicago Flower and Garden Show, which takes place March 7-15, 2009 at Navy Pier in Chicago.

Produced in conjunction with Chicago Botanic Garden, Mariani Landscape's garden theme is "Hope for the Healing Planet" and features environmental practices that people can make use of at home, including green roof techniques, permeable paving, locally grown plants and rain water collection.

For more information about the Chicago Flower and Garden show, visit www.chicagoflower.com.

Euro-style Garden Wins Landscape Design Award

The Illinois Chapter of the American Society of Landscape Architects recently honored Mariani Landscape with a merit award for "Old World Charm", a Euro-style garden on the grounds of a home in southwest suburban Burr Ridge perfect for entertaining and family activities. Reflecting the richness of the home, vintage landscape materials and an attention to detail created a one-of-a-kind environment uncharacteristic for a subdivision setting.



If you can assist us in gaining access to your neighbors, we will all reap the reward. We will give you a referral bonus for every client we sign up for annual maintenance.

In addition, many nurserymen are feeling the housing market crunch. We expect some very good opportunities to buy top quality plants at bargain prices, so now is the time to invest in your landscape. We can redo a section or the entire yard and make your garden a destination point for you and your family. If you're interested in learning more, please contact us at 847.234.2172.

Frank Mariani, CEO



A sophisticated haven in Lake Forest

A Tudor-style home in Lake Forest is now an ideal space for both entertaining and a leisurely afternoon at the pool. The stately home, originally built in the 1980s, now features a Mariani Landscape-designed and installed backyard, courtyard and pool area that complement the home's elegant architecture with a palette of formal and informal elements to create a unique outdoor experience.

The clients asked Mariani to renovate the entire site so the backyard could host large parties and accommodate tents, create a terrace off the pool house addition and build a terrace opening up to a formal lawn. "The clients insisted that the courtyard and pool area had to be private," says landscape architect John Mariani. "The courtyard area is completely walled in and you cannot see it from anywhere except from inside the house looking out."

The pool and decking area is the focal point of the courtyard. Standing above the pool, a zero edge creates the illusion that water is disappearing. Standing below on the lower terrace, the infinity edge creates a wall of water. "The complexion of the pool changes from every angle and if you catch it at the right time of day, it looks like a sheet of glass," says project director Rick Grant. Diamond pattern stone details surrounding the pool are

made from materials such as variegated Indiana limestone – a combination of blush and gray colors – to create a subtle, elegant color combination – and a surface that stays cool in summer.

Just below the pool area, an outdoor room with a fireplace creates the ideal space for entertaining. A pergola made of a high-grade cedar covers the adjacent dining area for an intimate entertaining space. Custom containers, which are changed for each of four seasons, give the client an ever-changing space and allow Mariani creative license to adorn the terrace with unique plantings.

With a more formal plant palette closer to the home, including columnar red maple, boxwood hedges and dwarf flowering crab apples, the back border of the property includes a less formal plant palette to complement the natural grassland. The property's perimeter is bordered with native plants such as prairie dock, purple coneflower, blazing stars, woodland sunflower and asters.

"Originally, the property looked like a typical builder's landscape with tired, overgrown plants and no rhyme or reason for design," says Mariani. "The homeowners are very happy with the results because we considered the home's architecture and have an unmatched attention to detail when it comes to landscape design and installation."



Pools and Spas: An Outdoor Retreat to Increase Your Home's Value

Many of Mariani's clients ask us to create a unique outdoor experience. With more and more of our clients integrating pools and spas into the landscape's design, Mariani offers endless possibilities for a unique design both showcasing the beauty and increasing the value of a home.

"Not all homes have the space for both a pool and spa, but combining the two can create great effects," says landscape architect Tony Lobello. For a home in Barrington Hills, Mariani carved away nine feet of hillside to install a pool and spa featuring a dramatic waterfall dropping from an upper terrace that appears to naturally occur. "Infinity edge pools also create a great visual effect for the landscape," says Lobello. For a residence in Wilmette, Mariani created an infinity edge, which makes the pool appear to be suspended in mid-air when viewed from certain angles.

When selecting the stone or coping to surround a pool or spa, we recommend working with the architecture of the home. "For the Barrington Hills residence, we were going for a more rugged feel and decided to use free-form Tennessee Crab Orchard Stone, which is lighter in color," says Lobello. Limestone and bluestone are also very popular materials. Limestone has a smoother texture and is easier on swimsuits when exiting the pool, while bluestone is commonly used because of its darker, contrasting color. "The downside of using bluestone is that it absorbs heat and is more rough in texture," says Lobello. "Because of the rough texture, we typically create a rounded, bullnose edge surrounding a pool or spa." Options are not only limited to the coping and decking of a pool or spa. "Typically we use standard plaster for a pool's interior, but in some cases we use upgraded plaster with gem stones, create a mosaic pattern and even include LED lighting, which uses less energy than conventional lights," says landscape architect Sara Furlan.

Selecting a pool depends on a client's needs. "Play pools for families are popular now," says Lobello. Play pools typically begin at a depth of four feet, reach a depth of five feet and allow for light play. For those looking for more intense exercise, lap pools and pools with more depth are also an option.

Spas enable you to enjoy the outdoors well into the fall. Shooting water effects can transform a pool into a water feature when not used for recreational purposes. "The time to start installing a pool or spa is now," says Lobello. "It's better to start construction of these spaces as soon as possible because it usually take two to three months to install."