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Fulcrum Associates completes 68,000 s/f renovation project for Southern New Hampshire Health System

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Fulcrum Associates has completed The Center at 17. The premier new medical offices of Southern New Hampshire Health System located at 17 Prospect St., down the street from the main campus of Southern New Hampshire Medical Center, proving much needed expansion for their diverse group of medical practitioners desiring close proximity to the main hospital campus.

Many area residents remember learning to swim, shooting hoops, or working out at the iconic YMCA building at 17 Prospect St. The downtown landmark was built in 1963 and was a hub of activity in the city for more than four decades. Fulcrum Associates began the renovation of the former YMCA in late summer of 2011 and the completed building was fully occupied in November of 2012. The project design called for a complete gut and renovation of the predominantly cast-in-place concrete structure, the demolition of a 9,000 s/f single story wing, the complete re-configuration of the site and a new two-story addition constructed along the West end of the building that includes waiting areas, elevators and a circulation core punctuated by a prominent entrance canopy. No component of the building was left untouched, from basement to roof the entire envelope was re-developed for energy efficiency and the exterior received aesthetic treatments to resemble the main hospital palate of finishes. Additional square footage was accomplished by infilling floor decks at the mid-level of the two gymnasiums and the swimming pool, as well as decking over the swimming pool itself. The building also received completely new energy-efficient electrical and mechanical systems and controls adding to patient comfort for years to come. Other features of the building include an emergency generator and a common area dining café. The 1963 YMCA time capsule, removed from one of the buildings pillars, was incorporated into the new entrance walkway as a tribute to the long-time neighbor of the hospital.

Southern New Hampshire Health System purchased the property as part of a multi-party transaction that allowed the YMCA to construct a new facility adjacent to Stello's stadium which they took occupancy of in the spring of 2011. The 68,000 s/f renovated facility houses some of the area's most established and trusted specialists, including: Foundation Foot & Ankle Medicine/Surgery, Granite State Orthopedic Surgery, Nashua Rheumatology, Rockingham Orthopedic Associates, Spine & Brain Center of New England, Victory Sports Medicine and Southern New Hampshire Medical Center's Rehabilitation Services.

The musculoskeletal program at Southern New Hampshire Health System offers a multi-disciplinary approach for both surgical and non-surgical treatment of patients experiencing bone, muscle, and joint conditions. The program provides a full range of coordinated, comprehensive services with access to advanced imaging, an ambulatory surgical center and hospital services.

"Our patients want to remain physically active," said Scott Cote, The Health Systems vice president for facilities and emergency management, "With expanded musculoskeletal and orthopedic services;

we're prepared to help them do that."

Fulcrum partnered with Dennis Mires, P.A., The Architects of Manchester for the project. Site engineering was prepared by Hayner & Swanson of Nashua.

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