

SEPTEMBER 2022 | DAILY JOURNAL

HOME TRENDS

MAGAZINE

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look

**A remodel breathes new
life into a tired space**



OUTDOOR: Award-winning patio designs // ROI: Investments that increase home's value

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Gain inspiration from these award-winning designs.

HOME TRENDS MAGAZINE

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BORED WITH YOUR BATHROOM?

An update brings new life to an old space

BY JENN WILLHITE | PHOTOS BY ADOBE STOCK

From unique metal finishes to puddle mirrors and skylights, today's bathroom remodel has become an avenue of self-expression that can add value, accessibility and new life to a tired, dated space, and the process doesn't have to be painful.

According to Jim Smith, owner of VIP Home Solutions in Greenwood, people are seeing the value in remodeling. He believes for most homeowners the idea for a bathroom remodel is born of necessity, and for others, well, they just become bored with their bathroom because 20 years is a long time.

"They don't want to sell their home," Smith said. "But they also recognize that the bathroom hasn't changed in 20 years and it's time to redo it."

If you are in the right equity position to invest the money, a bathroom remodel will not only get your vision come to life, but Smith assures you will get return on the investment when you sell.

"The big thing is trying to get into the vision," Smith said. "A lot of it, to me, is to identify why, other than just wanting a new bathroom."

With more than 30 years' experience in home improvement, Smith explained that it is essential for homeowners to approach a remodel with not only clear vision, but with a realistic budget as well. Smith cautions a remodel completed for \$8,000 to \$10,000 a few years ago will now cost more than \$20,000 to start.

Landing a good estimate for the project requires clarity about where you are starting from and where you want to go. For starters, the space must be structurally sound and the workers performing the remodel need adequate space to work. The homeowner should make sure the walls have supportive studs for heavy pieces, and realize that replacing that prefab shower/tub combo from circa 1981 may leave some scars.

Bathroom remodel trends today tend to be all over the place, Smith says, due in part to online inspiration from sites like Pinterest that abound and take the homeowner's vision well beyond a traditional 12-foot by 12-foot bath with a simple tile floor.

Starting with the basics, subway tile still reigns supreme, whether the tiles be big or small and of neutral or pastel hue.

When it comes to glass, well, matte black steals the show, said Daina Buehling, owner of The Glass Guru of Indy South.

"It comes in quite a few different styles to choose from," she said. "We've had quite a few inquiries about puddle mirrors, which literally look like a puddle."

However, it is worth noting that some eccentric pieces, such as puddle mirrors, can sometimes come with complementary sticker shock. Several elements should be considered when shopping for glass. The glass itself can be of varying opacity and price, Buehling said.

"They should decide if they want clear, rain or low iron, which can be more costly, but are very decorative," she said. "You definitely need to know your budget."



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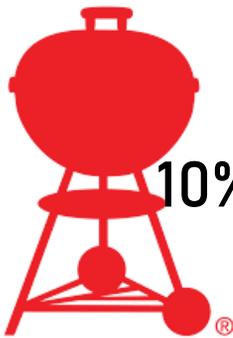


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Before installing a glass mirror or shower door, think about the space and whether the hardware is there to support the weight of the feature, Smith and Buehling caution homeowners.

“If you are going from an older framed unit, we may not be able to cover all those holes,” Buehling said. “It is something to keep in mind if you want a frameless shower.”

“We have done pretty large mirrors and sometimes people don’t realize you’ve got to put some kind of bracket on that,” Buehling said. “They just really need to be mindful when they are building their bathroom to make sure there are good studs for the shower doors and things.”

According to Buehling, it is not uncommon for people to take mundane items, like glass and mirrors, and use them in not-so-ordinary ways to create space and depth.

“The most unique one we did was a shower that had an entire wall that was mirrored instead of just glass,” Buehling said. “It really made it look much bigger than it was.”

Bathroom glass doesn’t have to just offer protection or a reflection either, it can also give light.

“A skylight in an interior bathroom with no other source of natural light is fantastic,” Smith said. “We remodeled a bathroom years ago

where we installed a skylight and when you walk down that hallway it looks like there is a light on. Getting light and light fixtures in the bathroom is huge.”

If you have a bathroom window that needs replaced there are generally two types, Smith said. One option is an obscure glass so you can’t see through it and the other is a block window.

Smith stated when it comes to fixtures gold has had its run and is now often left in place as a nod to the vintage. Often taking its place is brushed nickel and oiled bronze for today’s shower heads and faucets.

Similar to the iconic gold fixtures, old school vanities are also stepping aside to make room for furniture pieces. Homeowners tend to be leaning more towards a neutral palate when it comes to vanity color and finish, including grays, earth tones and white with dark accents.

Regardless of the size of the space you are remodeling, if you have a deadline, keep that in mind — especially given supply chain issues and such, Smith said.

“If it is the middle of October and you want it done by the holidays, that is a biggie,” Smith said.

“Consider your timeline. Give it time because things that used to take three to four weeks are taking eight to twelve now.”



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Ways to customize doors and windows with unique glass

BY STATEPOINT

While the functionality of your home's windows and glass doors is important, experts say you shouldn't neglect to consider aesthetics as well.

"No matter the architectural style of your home, you have more choices than you may think when updating windows and glass doors," said Ashley Ridenour, door and window marketing manager for ProVia. "Many of these options can add instant curb appeal, while

also elevating the elegance, beauty and style of your home's interiors."

When it comes right down to it, windows don't have to be purely functional.

"Before you make a selection, be sure to explore all of your options, and don't be afraid to get a little daring," Ridenour said.

According to Ridenour, here's how to capture your unique personality when making this renovation:

- **Add glass doors:** Create the perfect personalized entry to your home by opting for a front door with special glass, along with complementary sidelites. Today's top-of-the-line glass entry doors are not only beautiful, they also provide UV protection, durability and energy efficiency for increased comfort. You can carry this inspiration to the back of your home as well - options abound for customizing your sliding glass or hinged patio doors.
- **Enhance privacy:** Privacy glass allows light to filter in, while maintaining a high level of privacy for your home. ProVia carries five styles of privacy glass offering different levels of obscurity, which can be fitted to a wide range of door and window models and styles.
- **Beautify with ornamental glass:** Decorative glass is created by precisely cutting, beveling, mitering and soldering glass components into artistically designed patterns. Mimicking the handmade sheet glass of centuries past, the designs lend an elegant and vintage flair to ordinary door and window glass. Aesthetic imperfections like textural waves, striations and random air beads give each design its own unique visual character and charm.

- **Turn to color:** Give your home a beautiful boost of color with custom hand-stained window and door glass. At ProVia, in-house glass artists create the design, and skilled craftsmen hand-apply the color fill to the glass. It's an affordable way to get the timeless look of antique stained glass for your entry door, windows, patio doors and even the glass in your storm door.

- **Opt for built-in blinds:** Typically available in both white and neutral hues such as cream and tan, built-in blinds are another way to complement your home interior and add privacy. This is also a low-maintenance option for those who love a clean look -- because the blinds are in a sealed and insulated glass unit, they remain dust free.

To learn more about custom glass windows and for additional design tips, visit provia.com/glass/windows.



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FOR MIND, BODY & SOUL

Designing your garden for better mental health

BY FAMILY FEATURES | PHOTO BY EXMARK

Doug Scott

Gardening is not only a means for beautifying outdoor spaces and growing delicious foods. According to those who spend significant time in the yard, getting outside can also support your wellbeing.

“Gardening is good for the mind, it’s good for the soul and it’s good for the body,” said legendary football coach, Vince Dooley. “I enjoy coming out to garden, and when I finish, I feel like I’ve done something, and I feel good.”

Landscape architect Doug Scott of Redeem Your Ground recently visited Dooley in Athens, Ga. to discuss gardening and mental health.

HEALTH BENEFITS

- Active benefits: Gardening exercises the body and clears the mind. Studies show that increased outdoor exposure leads to fewer long-term health problems, helping improve cardiovascular fitness, flexibility, strength, and dexterity—all leading to better mental health. Planting, growing, harvesting and maintaining plants gives you a direct emotional boost. Why? Gardening helps foster nurturing instincts and restores a sense of hope and purpose, ultimately improving self-esteem.

- Passive benefits: Don’t have a green

thumb? Don’t worry. Scientific evidence proves that just being in nature has positive impacts on stress levels and brain chemistry. It can also lower blood pressure, increase concentration and improve mood. What’s more, being outdoors offers a deeper sense of belonging and a new sense of purpose outside the daily grind.

DESIGNING YOUR GARDEN

Scott advises designing your garden to reflect how you want to live outside. He typically builds “rooms” connected by meandering paths for resting, unwinding, and feeling restored. However, your outdoor spaces don’t always need to be quiet. They can encourage activity as well. If you enjoy company, create gathering spaces. Or, if you have hobbies that can be done outdoors like exercising, painting or writing, you can set aside areas to perform them.

Finally, Scott recommends designing your garden to awaken your five senses. Here’s how:

1. Sight: Choose calming colors, or those that bring you joy. The simple sight of a breathtaking array of plants or an arrangement of favorite flowers is bound to give your mental health a boost.

2. Taste: Growing your own food will

provide you with an incredibly rewarding harvest. Not only will you be able to enhance meals with the fruits of your labor, you’ll get the personal satisfaction of a job well done.

3. Hearing: Among the plants and flowers, add fixtures, such as wind chimes and water features, that’ll produce soothing sounds. And with the new habitat you’ve created, you’ll enjoy bird song, too!

4. Touch: From the light, feathery textures of petals to the rough surfaces of bark or bush stems, touch offers a deeper sense of connection to nature.

5. Smell: You may already use aromatherapy indoors. Take this concept outside by growing fragrant flowers and herbs, so you can literally “stop to smell the roses.”

Scott and Dooley offer more insights in “Garden Therapy,” a recent episode of “Done-In-A-Weekend Projects,” an original series from lawn care equipment manufacturer, Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark Original Series videos.

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How technology can help you age in place

BY STATEPOINT | PHOTO BY BERNARDBODO

By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that's going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence and Machine Learning are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

"While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we're working to change that," said Chia-Lin Simmons, chief executive officer of LogicMark, which manufactures personal emergency response systems (PERS), health communications

devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for using the newest technology to your advantage:

- PERS, also known as Medical Emergency Response Systems, allow you to call for help in an emergency by pushing a button. Wearable pendants — along with water-resistant wall-mounted devices and mobile solutions — can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security. To learn more, visit logicmark.com.
- Automatic pill dispensers can help en-

sure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications or one suited for those with limited dexterity.

- Motion-sensing lighting can make nocturnal trips to the bathroom — common in one's golden years — much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

"True independence must be accompanied by peace of mind for you, your family and your caregivers," Simmons said. "By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones."



RESALE VALUE

5 practical upgrades to increase style and

BY FAMILY FEATURES | PHOTOS BY GETTY IMAGES

Whether you've purchased a new house or are just looking to invest in what is likely your largest asset, home improvements can make your living space more comfortable, functional and stylish.

Homebuyers are looking for practical home amenities that allow them to live, work and play — such as dedicated home offices, backyard retreats, home

gyms and more — without having to worry about potential future restrictions caused by zoning laws, according to a survey by Zolo of more than 1,000 homeowners and potential first-time homebuyers. Consider these popular upgrade ideas that are built for your family's needs that can increase resale value down the line.



and function

aving to worry about any
caused by the pandemic,
of more than 3,300 new
rst-time buyers in 2022.
ade ideas to create a space
that can also increase

HOME OFFICE

At the height of the pandemic, many professionals found themselves working remotely – a trend that continued as restrictions were lifted. In fact, 46% of survey respondents listed a dedicated office space as a must-have when purchasing a new home. When creating this space, keep function and efficiency top of mind. Build your home office around a desk – either standing or traditional – then consider additions like an ergonomic chair and keyboard, soft light desk lamp, mood-boosting plants and a whiteboard to stay organized. Don't forget to add flairs of personality like artwork, knick-knacks or photos of loved ones to make it your own.

SKYLIGHTS

By improving the overall look and functionality of dark spaces, such as home offices where natural light can improve creativity and productivity, an option like skylights can increase the value of a home, and 55% of new homebuyers rated skylights as desirable or essential, according to research from the National Association of Home Builders. For rooms that need brightening, skylights can free up wall space for storage while adding abundant natural light and increasing ventilation. An option like Velux No Leak Solar-Powered Fresh Air Skylights help rid indoor air of bacteria, volatile organic compounds and carbon dioxide.

Over the long-term, high-quality skylights can also help reduce carbon emissions and home energy consumption, saving money on household bills, according to Urban Grade. Remote-controlled models can be opened to bring fresh air inside, and with light-filtering or room-darkening shades homeowners have maximum control over the exact amount of light they want. Plus, solar-powered shades come in more than 75 colors and patterns, allowing homeowners nearly endless customization options. Learn more at whyskylights.com.

BACKYARD RETREAT

Perfect for hosting friends, dining al fresco or simply relaxing with the backdrop of nature, 48% of survey respondents cited a backyard retreat as a must-have home amenity. Start with a deck or patio then customize your outdoor living space to meet your family's wants and needs. Weather-proof furniture can add comfort while features like outdoor kitchens, fireplaces, fans and lighting can create a connection to your indoor areas that add both style and function.

WALK-IN PANTRY

If you want to add a pantry in your kitchen, you're not alone. Walk-in pantries found their way onto 48% of respondents' lists of must-haves. To get started, consider your storage needs to determine the amount of space you'll require and remember to vary shelving heights to maximize space. Open shelving can also be combined with additional counter space, cabinets, pull-out organizers and other features to help match the design to the rest of your kitchen.

HOME GYM

Another trend that rose in popularity amid the pandemic, home gyms can take on a variety of shapes and sizes, utilizing available space in the garage, basement, a spare bedroom or even the backyard. Providing more time to fit workouts into your schedule, home gyms can be customized with equipment most important for your lifestyle. From yoga mats, jump ropes and free weights to treadmills, ellipticals and benches and racks, your space, budget and goals can help in the creation or update of a dedicated, in-home workout space.



Outdoor
Inspiration

Take a cue from
award-winning outdoor

BY FAMILY FEATURES



OUTDOOR Inspiration

From these
outdoor spaces

Renovating your home's outdoor spaces not only enhances the aesthetic but can also provide a host of recreational benefits. Taking a look at award-winning projects can help many homeowners draw inspiration, while also identifying capable, reputable contractors to take on the project.

For example, selected by a panel of industry experts based on functionality, aesthetics, craftsmanship, innovation and degree of difficulty, these 2021 National Association of the Remodeling Industry National Contractor of the Year (CotY) Award Winners showcase a variety of ideas for upgrading your outdoor spaces.

Find the complete list at nari.org/cotywinners.

Continued on Page 18



RESIDENTIAL LANDSCAPE DESIGN OUTDOOR LIVING UNDER \$100,000

Pictured at right

The clients wanted to upgrade a poorly draining, impractical backyard into an attractive, functional outdoor entertainment space that flowed from the renovated basement. The project included an outdoor area for entertaining, outdoor kitchen, spacious patio with a custom concrete fire pit, oversized ceiling fans, ample storage and landscaping complete with native plants around the perimeter.

“By working on this project, we learned how important it is to take a holistic look at what clients are trying to accomplish with their renovations,” said Thomas Boyce, president of Boyce Design & Contracting. “Often with outdoor living projects, designers and contractors look at the exterior of the home in isolation. We learned to look at how the interior and exterior of the home connect to each other to make sure the features and floor plan flow and work well together. By taking this approach, we were able to achieve a better finished product that is more functional and attractive for our clients.”



RESIDENTIAL LANDSCAPE DESIGN OUTDOOR LIVING \$100,000-\$250,000

Pictured on Page 16

A young, active family was looking to create a distinct outdoor living space with multiple entertainment spaces that tied in with the existing aesthetic and elevated the home amongst its neighbors. The low-maintenance backyard now features an outdoor dining area, sunken living room, entertainment area and additional storage space built with the home’s current architectural features while also maintaining a large enough yard for the kids and their friends to play.

“The aesthetic of the outdoor areas was designed not only for function but also to reflect the interiors and keep the inside-outside living feeling continuous,” said Tim Johnson, owner and founder of Livit Site + Structure. “For example, the shiplap used on the fire table is the same shiplap featured inside the home. Likewise, the Douglas fir timbers used on the pergola are the same as the interior ceiling beams.”

RESIDENTIAL LANDSCAPE DESIGN OUTDOOR LIVING OVER \$250,000

Pictured at top

A 4,000-square-foot project built at four different elevations, this client wanted to include a safe way to move from the upper level to the backyard without coming through the house, a structure for shade and protection from mosquitoes and a pool with features that reflected the home. Adding a covered screen room with individually controlled wall panels, see-through fireplace, fountain, pool with sheer descent waterfalls, recycled rock walls and staircase from the upper elevation while enclosing it all within a stone wall met those expectations.

“A sound piece of advice for anyone building anything in the backyard: get a plan,” said Ken DePratt, owner of KD Poolsapes, Ltd. “Have it match your expectations list. Then, and only then, will you know if it matches your budget. We would recommend doing your research when taking on a pool project of any size. It’s hard to push that hole around once it’s dug.”

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