

AIA Baltimore The American Institute of Architects Baltimore Chapter Good Design = Good Health Showcase



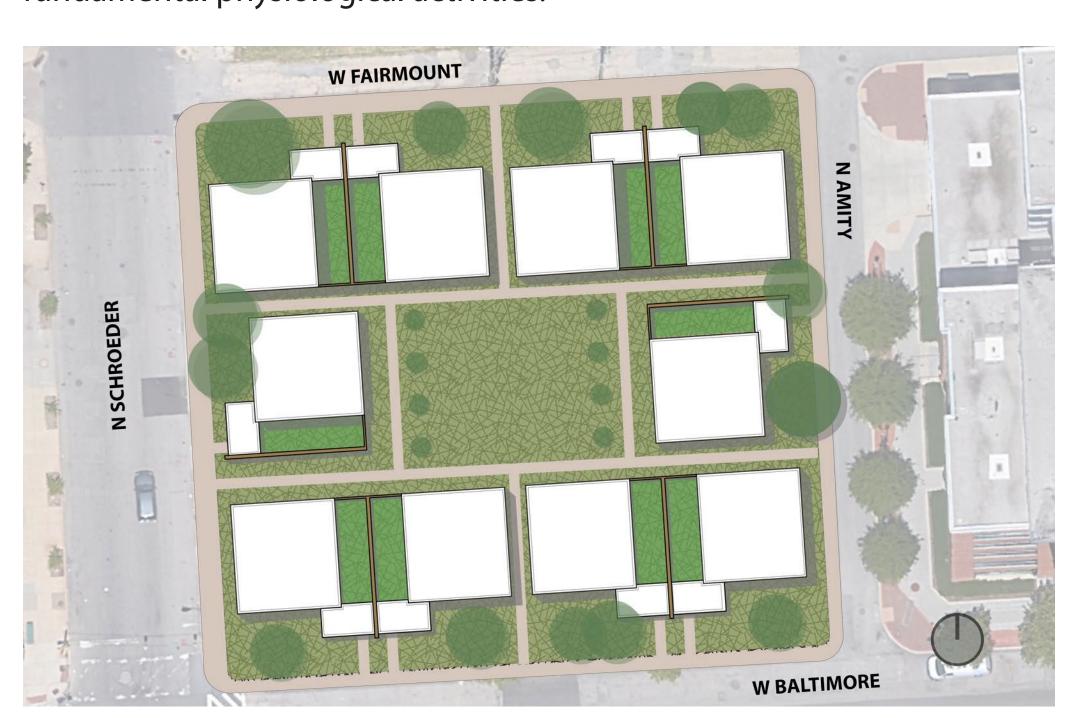
WEST BALTIMORE HOUSING 950 W Baltimore St

The residence for West Baltimore fosters positive health impacts by simplifying functionality and providing a balance of space for private contemplation and social connection. Function of each space has been carefully considered to minimize inefficient floor area and to directly serve the needs the program claims to address. A central kitchen, garden space, and abundance of built-in planters promote healthy eating habits and a biophilic atmosphere.

The entry to the house creates a buffer between public and private, and between complication and simplicity. As the front door closes behind them, the resident first encounters a floor-to-ceiling view of the private exterior area. This space may hold a garden or other personally significant collection. The simultaneous experience of transition to privacy, isolation in a small room, and connection with the sacred garden space facilitates decompression and a sense of intimacy between the home and the resident.

As one ventures beyond the entry, they are welcomed by a kitchen space that encourages its use by serving as the central hub of the first floor. Living, playing, working, and eating all revolve around the functional cooking space. This is meant to expose the user to the potential for food preparation, and ideally healthier dietary habits. The enclosed outdoor space is built with a large planter for gardening, and herb planters are built into the window sills of the kitchen to promote domestic food production. Built-in sill planter spaces are located elsewhere in the house, including in the bedroom sill for decorative plants. The abundance of planters provides an opportunity for residents to be regularly exposed to plant life and the experience of nurturing these plants.

The bedroom, bathroom, clothing storage, and private contemplation spaces form a sequence of divided spaces for the occupants' tasks. The clothing storage space is part of the circulation to the bedroom, but is distinctly separate. Once inside the bed area, the limited storage and floor space provide a serene and uncluttered environment for sleep. This promotes healthy sleep hygiene. A contemplative space at the end of the sequence provides acoustic separation from the rest of the house, while also creating access from the bedroom as an alternative for solo activities that don't involve the bed. It follows good sleep hygiene to move into a non-sleep space if one has difficulty retiring, as the human brain builds strong connections between physical space and fundamental physiological activities.

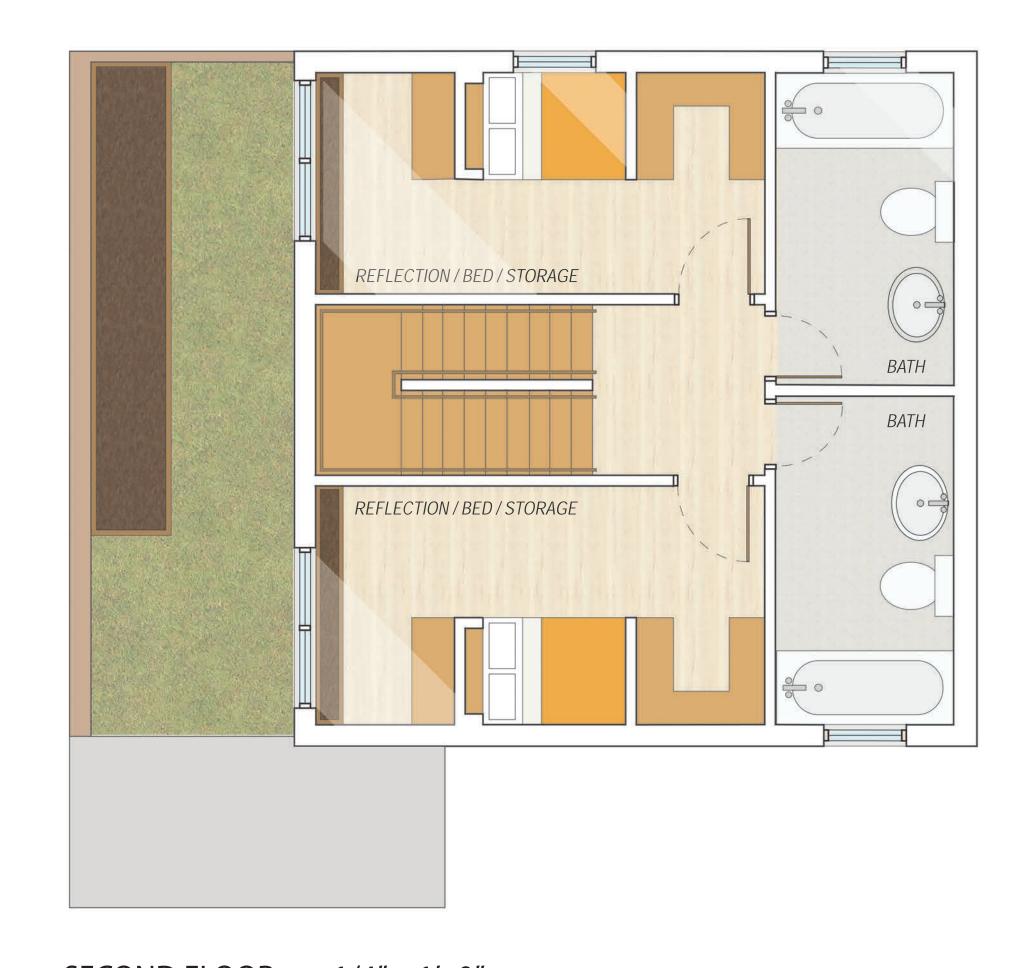


SITE PLAN

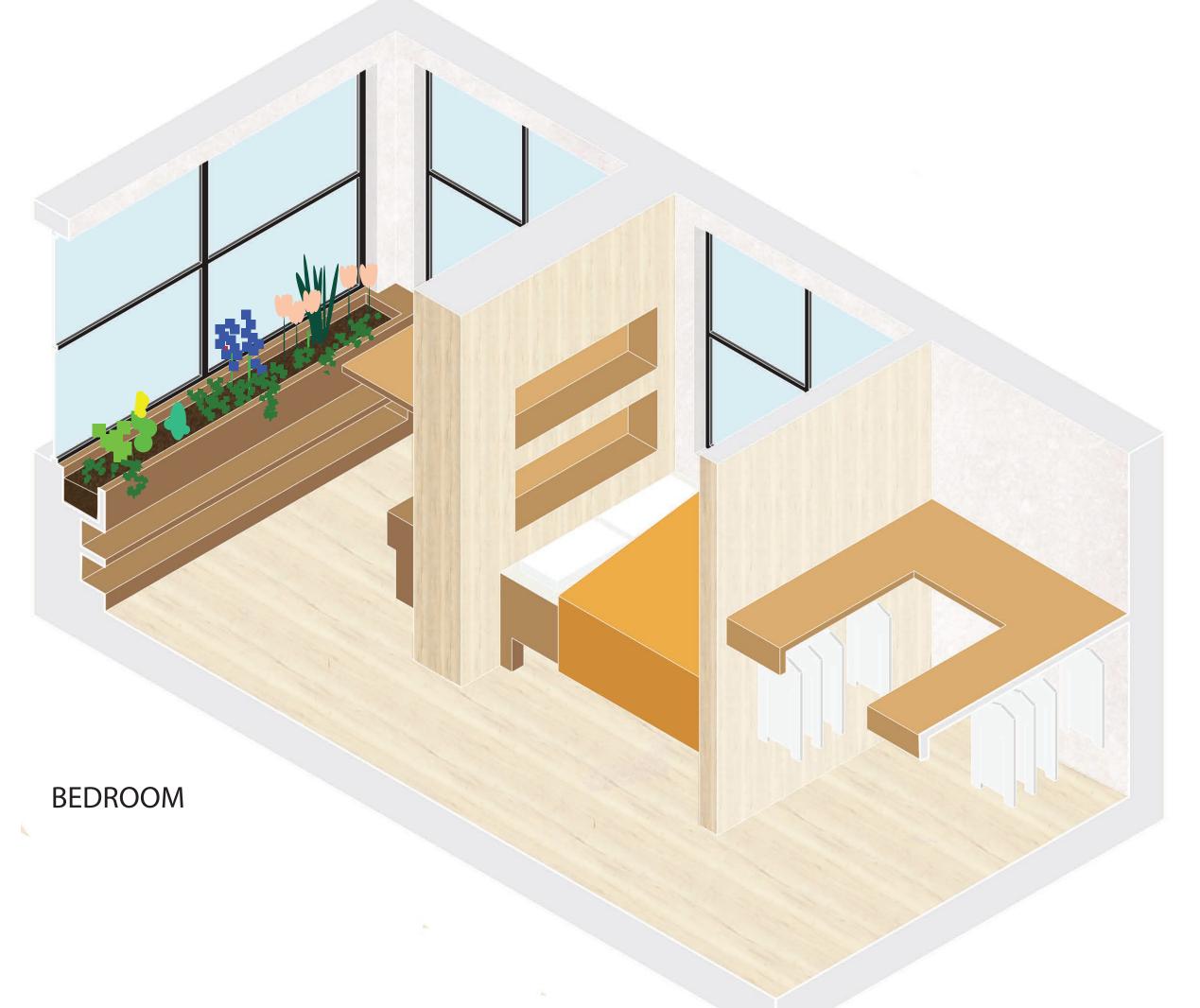
WID KITCHEN DINING

KITCHEN DINING

FIRST FLOOR 1/4'' = 1' - 0''



SECOND FLOOR 1/4'' = 1' - 0''



Site Area: 0.62 Acres
Gross Area: 2463 SF
First floor: 1473 SF
Second floor: 990 SF



Outdoor vegetable garden planter

Coat hanging space h shoe storage below Nap bench

Nap

NURTURE SPACES

West Baltimore Housing
950 W Baltimore Street Baltimore, Maryland

Gabriel Maslen + Vincenza Perla Housing Case Study No. 1