



CONSTRUCTIVELY SPEAKING



Delight Your Seniors with Elegant Updates

Renovations to a senior living facility are primarily based around building a better quality of life for residents, and these communities continue raising the bar with innovations that address key needs for their residents. Our experienced team knows the unique requirements that skilled nursing, independent, assisted living, and memory care communities face when designing and building the perfect space residents need to heal and live comfortably for an extended time. Interior design, functionality, color scheme, updated floor plans and building materials, are all important elements that work together during a renovation project that will give seniors the dignified, healthy lives they deserve.

The COVID-19 pandemic had a drastic effect for senior living facilities, and construction projects seemed near impossible for fully-occupied communities. Responsively, J&S Construction® adapted its operations and implemented plans to effectively maintain a safe work environment while adhering to guidelines established by CDC and OSHA.

Charter Senior Living, a trusted name in retirement living, recently completed upgrades to its Gallatin site, including major face lifts to the common areas, hallways and dining spaces which were comprised of beautiful new flooring, custom cabinetry and LED lighting. Like Charter Senior Living of Gallatin, inaptly used spaces can also be reworked to provide your staff the much needed office space, additional nurse stations and new restrooms required to efficiently function on a day-to-day basis.

Simple changes such as removing dated wallpaper from halls and common areas while adding a new coat of paint are inexpensive alternatives that will automatically bring a room up to date. Additionally, replacing hallway and common area lighting with LED fixtures will provide more longevity while helping decrease your utility costs. Upgrading artwork, signage, window treatments and furniture are just the final touches you can provide to ensure your site has produced a clean, fresh appearance for your residents.

J&S Construction has proudly completed more than 35 senior living projects across the state of Tennessee and into Kentucky since the beginning of the pandemic. We can assist you with any size project, from quick unit upgrades to full-scale renovations to your entire facility.

Workwear Outfitters Adds New Test Site

Workwear Outfitters, formerly VF Image-wear and a leader in workwear apparel and footwear, has turned to J&S Construction's versatile manufacturing experience for more than 15 various-sized projects at its Whites Creek facility, ranging from small restroom remodels to several building expansions, and now Workwear Outfitters' very own, stand-alone, textile and garment analysis center.

The 6,500 square-foot building will serve as both the company's testing facility and truck maintenance site. This portion of Workwear Outfitters' operation will allow the company to stand behind all products it sells, using various fabric tests such as a wash cycle endurance procedure, flammability tests and color fastness trials, as well as different testing components for footwear products.

Considering the volatility of construction material pricing and availability, J&S Construction considered two options for our valued client. The first being a pre-engineered metal building, and the second option consisting of a metal framed structure with light gage metal trusses. Both provided the client's required clear span structure, but the light gage metal trusses had a much shorter lead time, allowing for a faster occupancy date. The cost difference on this size of building was negligible, so the quicker time frame of the light gage truss option was favored by the client.

Testing at the new site is expected to begin this summer.



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J&S' Know-how Leads to \$15.5 Million Expansion for Permobil

After months of planning and organizing, J&S Construction was in attendance as Tennessee Gov. Bill Lee, Department of Economic and Community Development Commissioner Bob Rolfe, and Permobil, Inc. officials announced a \$15.5 million expansion to the global giant's North American headquarters in Middle Tennessee.

Headquartered in Sweden, Permobil produces custom power and manual wheelchairs and other products that aide individuals across the world with innovative solutions. Since its founding 55 years ago, Permobil has enabled millions of end users with empowering innovations, including the first standing power wheelchair, the world's most advanced seating solutions, the world's most configurable lightweight manual wheelchairs, and the world's first connected power wheelchair, among many others.

Adding to Middle Tennessee's booming industrial momentum, the 113,000 square-foot, Lebanon hub currently employs more than 240 team members, all of which attended the momentous announcement. Permobil, which opened its doors in Middle Tennessee in 2000, plans for the 70,000 square-foot expansion to create 70 new jobs over the next five years.

"Permobil's decision to expand its Tennessee manufacturing operations is a testament to our strong business climate, highly skilled workforce and quality of life. I thank Permobil for its investment in Wilson County and look forward to the company's continued success." – Gov. Bill Lee

J&S Construction was selected because of our experience in these types of critical timeline projects, to collaborate with Permobil to design and construct a state-of-the-art, sleek addition that will seamlessly tie into the company's existing operations. A few of the addition's modern features will include an HVAC system that will maintain a 72 degree temperature throughout the manufacturing space, skylights to increase the natural sunlight, and high bay lights tied into a photocell system that will dim and brighten lighting as needed. All of these and many other features were designed into the building to assist the client in recruiting a world-class team in its manufacturing division.



Pictured from left: Senator Mark Pody; Chuck Witkowski, president, Permobil Americas; TNECD Commissioner Bob Rolfe; State Rep. Clark Boyd; and Wilson County Mayor Randall Hutto.

"This expansion and investments like this only happened because of the great work of the people in the company who drive us for growth, that allow the company every day to continue to enrich the lives of individuals," said Chuck Witkowski, president, Permobil Americas. "Thank you to our employees who made this expansion possible."

Permobil is a wholly-owned subsidiary of Investor AB, a Swedish company that owns other world-class brands such as Husqvarna, AstraZeneca, and SAAB. "It's always a high honor when a company like Permobil, one that could work with literally any contractor in the world, chooses J&S Construction. It's a testament to the professionalism and craftsmanship of our team," said Jack Stites, CEO, J&S Construction. "They bring an expectation of excellence that our team is known for and that continually calls us to be our best."

Once complete, J&S Construction will be successful in providing more than one million square feet of upgrades, expansions and new construction for various manufacturing and logistics spaces across Tennessee since the start of the pandemic.

J&S Construction has worked to prove itself worthy of the trust its clients have placed with the Middle Tennessee builder since 1957.

About Permobil: Permobil founder Dr. Per Uddén believed that helping individuals achieve the greatest level of independence is a basic human right and, for over 50 years, that has been the driving force behind Permobil's innovative assistive technology. The company is passionate about understanding its users' needs and helping them live life to the fullest. Permobil has 1600 team members in more than 15 countries around the world. For more information regarding the company's storied history and complete product line, visit permobil.com.

Premier is UC's Hub for Women's Health

As mammograms and diagnostic imaging remain an essential part of a woman's life, Premier Diagnostic Imaging wanted to create a more comfortable and positive experience for women of the Upper Cumberland. Premier Center for Women provides state-of-the-art imaging technology, digital mammography and breast care services for whole-body health in a newly updated and expanded space that brings privacy, comfort and service unmatched to any location in Cookeville.



While still part of Premier Diagnostic's outpatient imaging facility, Premier Center for Women now features a separate entrance, dedicated reception area and additional treatment rooms to assist in quicker appointment scheduling, speedy check-ins, and faster in-and-out service. J&S Construction strategized with Premier's team on how to successfully complete demolition and construction of the existing space and nearby cafeteria, all while leaving one mammo room up and running for patients' needs throughout the project's duration. A beautiful, warm space was designed to include curved walls, luxury vinyl flooring, accent lighting, custom inset wood shelving, dune wall panels, and sliding pocket doors with etched glass. J&S Construction successfully incorporated new exam rooms, changing rooms, a bathroom, a mammography room, sound proof walls, speaker system, and new custom cabinetry throughout as the office remained fully operational.

If you are looking to update your medical office building or considering a new development, J&S Construction would welcome the opportunity to discuss your future plans and to consider us as a trusted partner on your project.

Hope Center to Host Ninja Challenge

J&S Construction has partnered with Hope Center Adoption and Family Services to bring Ninja Nation®, the leading franchise provider of world-class, state-of-the-art obstacle course arenas, to Cookeville's Hyder-Burks Agricultural Pavilion for a day of competition and community fun. This exciting event will be open to the public on Saturday, Nov. 5, and will include a 125-foot, ninja warrior obstacle course, prizes, various vendors, and food trucks, and much more.



Spectators will have the opportunity to witness four-man teams prove their agility and strength on a timed, parkour obstacle course with the best team's time taking home the title. The course will also be open for use to individuals (ages six and older) throughout the day and will allow anyone to test his/her skills in a positive, encouraging, family-fun environment.

"Cookeville Ninja Challenge is going to be a fun time for everyone," said Crystal Young, Executive Director of Hope Center. "All of the proceeds will go to helping women, children, and families in our community. We are honored that J&S Construction would partner with Hope Center to bring this to our community."

Hope Center, a non-profit adoption agency located in Cookeville, has been serving women and families through affordable adoption services since 2018. All ticket sales and entry fees for this event will help in raising funding to further their work with women, children and families. Vendors and food truck owners interested in attending, contact Hope Center at (931) 252-7159. More information about the event will be posted on Hope Center's social media accounts @hopecenteradoptions.

All in the Family

Birthdays

- April**
- Jason Ross..... 4/1
 - Gadiel Leyva..... 4/11
 - Emma Jean Puckett..... 4/23
 - Ronald Warf..... 4/25
 - Michael Carroll..... 4/26
 - Colby Langford..... 4/27

May

- Colin Long..... 5/2
- Joe Muscarnero..... 5/9
- Bill Stephens..... 5/17

June

- Phil Adams..... 6/1
- Ryan Williams..... 6/1
- Mark Ford..... 6/4
- Chaney Gooch..... 6/5
- Stephen Conley..... 6/8
- Tim Olivarez..... 6/29

Anniversaries

- Tricia and Joey McNeiece.....4/7
- Kristi and Brian King.....4/8
- April and Mark Ford.....4/17
- Kathy and Tom Thompson.....5/5
- Jenny and Josh Stites.....5/6
- Glenda and Robert Bean.....5/12
- Katie and Colby Langford.....5/22
- Stefanie and Andy Stites.....6/4
- Lisa and Danny Hatfield.....6/18
- Lisa and Bryan Cole.....6/21

With Deepest Sympathy in the Loss of Loved Ones:

- Kota Goodwin** - Grandmother
- Emma Jean Puckett** - Brother

WHAT WE ARE ALL ABOUT

From: Tom Hackleman [mailto:thackleman@me.com]
Sent: Wednesday, March 30, 2022 10:58 AM
To: Hap Salyer <hsalyer@jcsconstruction.com>
Cc: Matt Davenport <MDavenport@jcsconstruction.com>; Lu Louie <loulieu@yangtzeus.com>; Phil Adams <PAdams@jcsconstruction.com>

Subject: Columbia VA Clinic

Hap,

You are doing a great job of at conducting a diverse orchestra and making it all look easy and sound great.

Thanks for your hard work!



Tom Hackleman
 Lu Enterprise, LLC
 Cell (817)629-3727

Email sent from another Delighted Client!

Why TEAM-BUILD?

J&S Construction's Design-Build concept is based on a TEAM approach:

Together **E**ngineers **A**rchitects **M**anagers

All design and construction services are wrapped up in one contract, providing a **single source** of responsibility with diversified perspectives from all TEAM members.

Early cost is determined to ensure project is **within budget constraints**.

Design and pricing phases are synchronous, allowing **construction to start 20% sooner** than traditional delivery systems.

Final accountability is placed with J&S Construction as the leader of the TEAM-Build delivery system.

Numbers Matter:

Metric	TEAM-Build vs. Design-Bid-Build
Project Cost	6.1% lower
Construction Speed	12% faster
Delivery Speed	33.5% faster
Cost Growth	5.2% less
Schedule Growth	11.4% less

Source: Construction Industry Institute (CII)/Penn State research comprising 351 projects ranging from 5K to 2.5M square feet. The study includes varied types and sectors.

Our Actions and God's Plans

Christians believe that God is in control of all things, but we also believe that human beings make meaningful choices. But, how can both be true? Let's find out as we discuss the relationship between God's plan and human actions.

God is in complete control over all things. This is what Christians mean when they call God "sovereign." God's sovereignty, or authority, is absolute. His plans for the world cannot be challenged or prevented. What God says will happen will happen.

And then, there are our choices; the simple choices and the moral decisions we make every day. Does God's authority contradict our ability to make decisions that matter and have an effect on the world?

The Bible says that both of these are true. In fact, it says that the Lord's plans go forward through the choices of human beings as moral agents, including our freely chosen sinful actions!

Everything we do is what we want to do, while also being a part of God's plan. They are what we want and what God wants.

The Bible shows us the perfect example of this in the death of Jesus. Jesus' death on the cross was intended by God in order to save sinners. But Jesus was killed by people who wanted Him to die. They were responsible for their actions, even though they were a part of God's plan.

The relationship between God's plans and human action is a difficult one for us to understand, let alone accept and embrace. It's a truth that is too big for us to fully grasp. And while it is difficult and creates confusion and sometimes frustration, it also gives us hope: God is working all things for the good of those who love Him, and we can trust that none of the sinful choice of human beings will stop Him from doing exactly that.

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6)

(Retrieved from: <https://gospelproject.lifeway.com/human-action-god-plans/>)

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