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Narrative Statement  
Special Exception Application – Medical Office Building  
4 Elements Vitality Institute, LLC  
1300 Sullivan Avenue (Formerly 8 Collins Lane)  
South Windsor, Connecticut  
DPI Project No. 5195  
March 28, 2024  
Revised April 17, 2024

Dr. Vasanth Kainkaryam, M.D., M.S. (hereinafter “Dr. K”), of 4 Elements Vitality Institute, LLC of South Windsor (applicant/property owner) has submitted a special exception/site plan application to the South Windsor Planning & Zoning Commission for a medical office building at 1300 Sullivan Avenue (formerly 8 Collins Lane) in the community’s Rural Residential zoning district between Sand Hill and Pierce Roads. Dr. K. intends to relocate and expand his medical practice, known as 4 Elements Direct Primary Care, LLC, a short distance from 1199 Sullivan Avenue to the historic Collins House, which was erected some 155 years ago in 1869. His proposal for the 4.8 acre property is to preserve and convert this historic structure in accordance with the purpose and requirements of the Office Conversion Overlay regulations (Section 5.3). The exterior of the iconic structure will remain substantially unchanged while the interior of the building will be renovated to the allowed professional office use. There are four (4) elements to Dr. K’s practice: 1) Direct Primary Care & Integrative Medicine; 2) Immigration Exams & Primary Care for International Visitors; 3) Aesthetic Medicine & Massage; and 4) Vitality Medicine & Weight Optimization.

The 4 Elements Vitality Institute LLC is a one-of-a-kind wellness sanctuary in the heart of South Windsor that will house 4 Elements Direct Primary Care & Wellness Space and its wellness services, including massage therapy, clinical hypnosis, aesthetics, and educational opportunities. Primary Care access has been decreasing nationally, and costs of care have been increasing. With the 4 Elements unique model of care to provide affordable and accessible primary care, they serve individuals of all socioeconomic and geographic demographics, with patients coming all the way from Ridgefield, from Northampton, Massachusetts, from Boston, and everywhere in between.

Their goal is to keep people out of the “Sick Care” system and surround them with “Health Care”, focusing on resources and opportunities that focus on prevention, including state-of-the-art options and mindfulness experience. They are excited to make South Windsor a known entity for health innovation in the state. At 4 Elements, over the past four years, they have also cared for over 2,600 immigrants as they go on their journey to becoming American citizens and are excited to celebrate the diversity of their patients and of the state.



Dr. K. has retained a team of professionals to design the subject property for his modern medical practice to better serve his patients. These include: 1) Design Professionals, Inc. of South Windsor (DPI) for Civil Engineering, Land Surveying, Land Planning, & Landscape Architecture services; REAL Engineering, Inc. for traffic engineering; and REMA Ecological Services, LLC of Vernon for soils and wetlands related services.

The development is proposed to be built in three phases. The first phase will have 19 parking spaces (15 required) behind the building to serve patients and staff for the medical practice in the existing 3,800 square foot historic structure. The second phase, if approved, will include a small single-story barn for community health related activities and patient therapies (1008 sq. ft.), just off the north side of the parking lot, requiring an additional four (4) spaces. The third phase will be a future 1,800 sq. ft. building expansion off the left rear corner of the building (seven (7) additional parking spaces required) with the same historic architectural style. Total required spaces for all three phases are 26, which will be met in the second or third phase when another eight (8) spaces are built, for a total of 27 installed spaces, including a second Handicap Accessible space. In order to accommodate electric vehicles, two parking spaces will be EV installed. One EV space will be an EV van space and the other EV space will be a handicapped-restricted van space as required by the zoning regulations.

The site is currently served by public sewer services. A new water service is proposed from Sullivan Avenue to serve the proposed medical use. The existing well (water has been tested) will be used for irrigation purposes. Plumbing for it will be disconnected from the medical practice.

DPI's civil engineers have determined that only approximately one acre of the site's approximately five acres will be disturbed for development to accommodate the widened driveway, parking lot (all phases), sidewalks, enclosed dumpster pad, future building expansion, future small barn, minor regrading, connecting the historic house to public water, and installation of two small water quality/detention areas. Stormwater runoff from proposed paved surfaces will be directed to the water quality basins. Water quality treatment measures have been deployed to ensure that water quality runoff from the site meets guidelines from the 2024 Connecticut Department of Energy and Environmental Protection's Stormwater Quality Manual. Moreover, stormwater runoff is being attenuated for all design storm events (2, 10, 25, 50 and 100 year), such that peak runoff rates will be less than existing conditions pre-development. Best management practices (BMP) have been the foundation for this design, with an objective of low impact development. Erosion & sedimentation control measures also meet the new 2024 DEEP Guidelines for Soil & Erosion Control.

REMA Ecological Services has determined the entire five (5) acre property is free of wetlands. Nevertheless, an application has been submitted to the Inland Wetlands Agency with respect to erosion & sedimentation control measures.

As depicted on the site plan's cover sheet (C-T1), the property abuts other RR zoned properties to the east, west and south, A-20 zoned properties to the north, and a three (3) office building complex across Sand Hill Road in the Restricted Office zoning district.

A landscaped buffer 10 feet in width is required within the side and rear yards. DPI's landscape architects have proposed to retain most trees within the designated buffer, and to interplant the area



with a large number (108) of mountain laurel and rhododendron plants in alternating clusters of five shrubs each (up to 10 feet in height), which thrive in the forested areas. In addition to these evergreen flowering shrubs, they have proposed to install buffer rows of Dark American Arborvitae (27 in number) at the southeastern and southwestern ends of the buffer for additional screening. Nearly all of the numerous existing trees on the property will remain and provide additional screening. The proposed dumpster is fully screened by an ornamental opaque fence and evergreen plantings. The abutting property to the north, a Senior Residence Development, has a required evergreen buffer 25 feet in width. The abutting property to the east along a 525 feet common line is part of Nevers Road Park (Collins Hill), and it is heavily wooded.

The development's exterior lighting system employs LED luminaires (full cut-off) on residential scale standards (only 12 feet in height). The entire lighting system will be dark-sky compliant, and no light will be emitted onto adjoining properties, with the exception of modest lighting at the entrance drive.

Expected hours of operation will be 9:00 am – 5:00 pm Monday-Friday, however, they may be extended to 7:00 pm on weekdays and include 9:00 am-3:00 pm on Saturdays. There are two full-time employees and four part-time employees presently, although that may grow over time.

The commissioned Traffic Impact Study by REAL Engineering, Inc. concluded, in summary, that the improved site will generate a modest amount of new vehicular trips during the morning and afternoon peak periods (15 and 17, respectively), that the Level of Service at the Pierce and Sand Hill intersections will remain unchanged, that the left hand turn queue lengths from Sullivan Avenue to those intersections should be shortened and restriped (see Sheet C-SP1) which will facilitate ingress and egress for the site driveway, that the driveway width be increased to accommodate two-way traffic, and turning radii at the entrance be increased as shown with a stop bar and stop sign installed, that the development will not contribute to a deterioration of area traffic operating conditions, and that improvements in Route 194 are subject to ConnDOT District 1 approval pursuant to an encroachment permit. Representatives of ConnDOT, the South Windsor Police Department, and the Town Engineer met with the client, Real Engineering and DPI at the site's entrance early in the site design process. Of note: Collins Lane was formally abandoned in favor of the abutters at a meeting of the South Windsor Town Council on September 18, and that abandonment was favorably endorsed by the Planning & Zoning Commission on August 15<sup>th</sup>.

## **Zoning Regulations**

### **8.4. Special Exception Standards and Procedures**

The proposed medical office is subject to the Special Exception Review Criteria outlined in Section 8.4 B of the Zoning Regulations. We believe the proposed medical office meets the review criteria, namely:

1. The proposal is consistent with the goals and objectives of the Plan of Conservation and Development.  
Preservation and conversion of this five acre residential property is consistent with many areas of the POCD, especially Strategies A, B, D, E & F of the Community Character section.
2. The application has met the requirements of the zoning regulations.  
The proposed medical office conversion meets the requirements of the zoning regulations, including parking, EV charging stations, stormwater management, erosion control measures, and, in Section 5.3.3 A, conditions 1-8 (building is 50+ years old, lot frontage 150+ feet, line of sight to ConnDOT requirements, 10 feet wide buffers, future addition under 100% of existing structure, doctor offices, less than 40% impervious coverage (we are around 10%), and we are preserving the architectural features of the 155 year old building, and as per Section 5.3.4 A, have a location on Sullivan Avenue.
3. The land is physically suited to the proposed use.  
The land is physically suited for a medical office in a historic building in a parklike setting.
4. Minimal, if any, adverse environmental impacts are created.  
No adverse environmental impacts are expected due to the development. No existing wetlands are on site. Low impact development and BMP measures have been followed in the design. Most of the large number of existing trees are being preserved, many of which are specimen ornamentals (see end of REMA report).
5. No traffic or other hazards will be created.  
No adverse traffic impacts or other hazards are expected resulting from this project. A traffic impact study has been submitted with this application and has a favorable conclusion.
6. The impacts on the capacity of the present and proposed utilities, street, drainage systems, sidewalks, and other elements of the infrastructure will be minimal.  
Infrastructural capacity impacts are negligible for this small development with minimal land disturbance.
7. There will be minimal or no adverse effects on existing uses in the area.  
The proposed medical office conversion will not adversely affect the neighboring properties.
8. Surrounding property values will be conserved.  
Existing property values will be conserved due to this preservation plan.
9. The character of the neighborhood will be maintained or minimally disrupted.  
The character of the neighborhood will be minimally disrupted and maintained due to the modest size of the proposed development, preservation of most of the trees and the iconic historic building, and sheer distances from other uses. .
10. The general welfare of the community will be served.



The general welfare of the community will be served through the development of a new medical office and preservation of this building and landscaped site.

11. There is a balance between neighborhood acceptance and community needs.  
The proposed development will supply additional medical care in the community and should be well received by the neighborhood.
12. Historic factors are adequately protected; or due consideration to preservation of historic factors has been demonstrated.  
The historic structure will be preserved.
13. The overall physical appearance of the proposed development is compatible with surrounding development and the Commission's goals for the neighborhood/corridor.  
The proposed low impact development and beautifully landscaped property will remain compatible with the surrounding neighborhood.
14. The architectural design is aesthetically pleasing and blends well into the surrounding area.  
The historic architectural design is arguably aesthetically pleasing and largely unchanged.
15. Noise created by on-site activities, including vehicle equipment noise.

Limited sounds discernible to off-site residences will be created by the proposed medical office use. Distances to area residences is significant. Generated vehicular traffic is extremely low volume. Occasional delivery vehicles, property maintenance and normal refuse collection on-site activities are routine. Offensive sounds will be from the Sullivan Avenue traffic, especially during peak periods.

In conclusion, 4 Elements Vitality Institute LLC and its design team are proposing a low-impact development which is designed to preserve the historic property's attributes, including its parklike setting with many mature trees, to serve the local community by offering a variety of medical services to improve patients health, while meeting the requirements of zoning and minimizing any impact on abutting properties. We appreciate the assistance and recommendations from Town staff in preparing this application.