St. Elizabeth Hospital
The Fremont Tower:
Highlights for Associates & Volunteers
The 5-story Fremont Tower at St. Elizabeth Hospital has new patient rooms, is a good space for healing, and is sustainable.

Patients will move into the rooms on January 10.
There are 90 new patient rooms, designed to be places of healing.
- The new rooms are all private, with a bathroom and shower.
- Each room has a large window to let in natural sunlight.
- The rooms have relaxing colors and themes for a warm, welcoming environment.
The new rooms will be more convenient for patients and their families.

- Input was gathered from 700+ patients and associates before the rooms were designed.
- Patients will be able to control the lights, window shades, TV and music from their bedside.
- Each room has a special chair for family members, which pulls out into a flat sleeping surface.
The rooms have been designed for efficient healthcare.
- There is a locked supply closet with doors inside the room and outside the room, so staff won’t have to disturb patients when they re-stock supplies.
- Every new patient room has a large window to let in natural light, which has been shown to help people heal more quickly and with less pain medication.
- Horizontal spaces in the rooms are minimized, so there are fewer spots for germs to stick.
A quiet environment is better for healing, so the walls of the new patient rooms have sound-absorbing materials.

- The patient floors also have double corridors, which decrease noise in the hallways outside patient rooms.
- Noise can have a significant impact on a patient: studies have linked louder environments to higher blood pressure rates, elevated stress, delayed wound healing and many other effects.
- It will be much quieter in the new rooms.
The new cafeteria, the Marketplace, is a great place to get good food.

- The Marketplace highlights healthy, fresh food options.
- It has a variety of stations, including an area where people can place orders and watch their food being made.
- The Marketplace opened on December 8.
The Fremont Tower has many sustainable features, including efficient mechanical systems. 
- Also, the building was deliberately positioned at an East/West angle, making the best use of passive solar energy.
- The new building will use less energy and water than most hospital buildings its size.
- This saves money and helps us be good stewards of our natural resources.
- These features help us play a leading role in healthcare sustainability efforts on a national level.
The new building has ground-floor and rooftop gardens, which benefit patients and our environment.

- The rooftop garden provides sound insulation and a more appealing view from patient rooms.
- Research shows that patients who view natural scenes heal more quickly and need less pain medication.
- In addition to helping patients, hospital gardens also absorb rain run-off and improve air quality.
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We’re glad you’re with us during this exciting time!