

UPCOMING EVENT

## Lighting and Wellness

**When:** Thursday, January 23, 12:00 p.m.–1 p.m.

**Location:** Hilton Garden Inn

**Sponsor:** IES Cleveland

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### PRESIDENT'S REPORT | January 2020

Happy New Year! I hope you had an enjoyable holiday season and spent time with family and friends. Thank you to all who attended our last program on *The uses and advantages of emergency lighting technology*. This event, presented by Steven Surges with Myers Emergency Power Systems, highlighted the uses and advantages of the emergency lighting technology; how to appropriately size inverters for specific projects; and the applications utilizing the technology today.

**DON'T FORGET:** The Illumination Awards submission period is open now through February 21. If you have worked on (or know someone who has) a lighting project that goes above and beyond, please consider applying! Contact our local IA Chair, [Bob Halper](#) for more information.

You don't want to miss our next event on **Thursday, January 23 at 11:30 a.m.** at the Hilton Garden Inn at 1100 Carnegie Avenue, Cleveland, Ohio. Lindsay Stefans, with Francis Krahe & Associates, will be presenting on Lighting and Wellness, so [sign up on our event page](#). **RSVP by Tuesday, January 21.**

Our program-year schedule is wrapping up. Stay tuned for dates and venues, but in the meantime, if you would like to sponsor an event or suggest a speaker for next program year (2020–2021), please contact

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our Program Chair, [Sean Keenan](#).

And finally, our next Board of Managers meeting will be held on Friday, January 10 at noon via conference call. These meetings are open to all members. If you would like to get involved, please let [Henry Barker](#) know and he will add you to the meeting invitation.

I look forward to seeing you at our January program!



**Marian K Perez, LC, MIES**  
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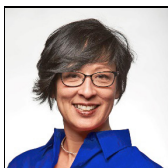
## Upcoming Event

### Lighting and Wellness

*Presented by: Lindsay Stefans, IALD, LC, LEED AP,  
Francis Krahe & Associates*

The National Institute for General Medical Sciences describes circadian rhythm as “physical, mental, and behavioral changes that follow a daily cycle. They respond primarily to light and darkness in an organism’s environment.” Light is, therefore, a great regulator of the body’s time clock. This, in turn, affects our sleep-wake behavior, or hormone secretion, gene expression, and our general mood. The body detects light by using three types of photoreceptors to detect light. The first two, rods and cones, form most of our vision. The third type is called intrinsically photoreceptive retinal ganglion cells (ipRGCs).

In this seminar, we will review the basics of how light affects our biological and behavioral processes and also cover the latest research in the field of circadian lighting and health. A general overview of reducing phase disruption, improving sleep quality and positive mood impact as covered in the guidelines of The WELL Building Institute will be presented. These findings will be placed in the context of methods and metrics of light in the built environment and how practitioners can integrate these scientific findings into their work in implementing Circadian Lighting Design.



About the speaker: Lindsay Stefans is a lighting polymath with over two decades of experience in lighting design, lighting education, lighting product design, and marketing management. She has served as lead designer on projects spanning the globe. Her design philosophy is one that embraces practicality, elegance, and longevity. She approaches each project with a high priority on human well being. Concurrently, she is extremely tech-savvy and can guide clients to solutions that are integrated within the

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architecture and systems that are integrated within the building's digital intent. Her projects have ranged from intimate hospitality spaces to extremely complex medical facilities and gigantic media facades. Lindsay is responsible for overall design direction and business development in the Midwest and MidAtlantic region delivering a high-quality design that Francis Krahe & Associates is known for.

- **When:** Thursday, January 23, 2020
- **Registration and lunch buffet:** 11:30 a.m.
- **Program:** 12 p.m.–1 p.m.
- **Sponsor:** IES Cleveland
- **Location:** Hilton Garden Inn Downtown Cleveland  
1100 Carnegie Avenue, Cleveland, Ohio 44113
- **Cost:** \$30
- **RSVP by:** Tuesday, January 21

Pay by check or cash at the event, or by credit card using PayPal below.

Note: If you're paying at the event send an email to [iescleveland@yahoo.com](mailto:iescleveland@yahoo.com) so we get a correct count on attendees.

## Register

Single Program - Lighting and Wellness \$30.00 USD

Add to Cart