



IT'S THE FUTURE! IT'S NOW!

Bradlee Shared Medical Space is Revolutionary



Open House

The Bradlee Shared Medical Space will be having an open house on Thursday, January 11 from 4:30 pm to 7:00 pm at 3543 W. Braddock Road, Alexandria, VA 22302. Doctors, administrators, real estate brokers and anyone who may be curious are welcome to stop by for a tour of the facility. For questions about the event, contact Cecilia Gondor at (703) 751-5100.

For information about renting the space, visit www.alexandria-sharedmedical.com or contact Jim Maloney at (703) 309-8833.

Photos by Larry Goller and Courtesy of Cecilia Gondor.

The Bradlee Shared Medical Space features a comfortable reception area, a conferencing room for physicians to speak with patients, and four fully-equipped exam rooms as well as nurses' stations, a lab, a break room, and abundant storage space.



BY MARY DEMPSEY

A new doctor's office concept is coming to Alexandria to better serve area physicians and residents alike. A portion of the Bradlee Medical Building has recently been converted into what is called a shared medical space.

Unlike a traditional medical practice which operates out of a given space six or seven days a week, a shared medical space is rented out by physicians for particular days of the week. For instance, one medical practice might make use of the space on Mondays and Wednesdays, while other practices operate out of the same space on the other days of the week. The concept offers flexibility to physicians and variety to patients.

"We really wanted to get some specialists into the [Bradlee] building, so it can be a one stop shop for patients," said Cecilia Gondor, one of the owners of the Bradlee Medical Building and Managing Member of L&M Management. "Around the same time, we started to talk to some local doctors looking for some office space and struggling to find something to suit their needs."

According to Gondor, finding suitable places to practice has become a challenge for area physicians for a variety of reasons.

"One of the things doctors have experienced over the years, with changes in the insurance market and the way they are reimbursed, is less revenue and a lot more

regulatory demand," Gondor said. "They are required to have secure internet connections, access to electronic records, HIPAA compliant rooms, and ADA compliant

Photo by Mary Dempsey:
Cecilia Gondor, one of the owners of the Bradlee Medical Building, worked with her asset manager, Chris Hanna, and real estate broker Jim Maloney (not pictured) to create the new Bradlee Shared Medical Space.



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restrooms as well as medical equipment and lab space. In some cases, that can be overwhelming for older doctors trying to stay in the field as well as new doctors just starting out.”

All of these requirements, as well as the generally high cost of property in the area, make practicing in Alexandria nearly impossible for many doctors.

“A lot of doctors would love to have a presence in Alexandria,” said Chris Hanna, who has been working in commercial real estate in the D.C. area for over a decade and leads asset management for Gondor. “Some physicians might feel that they have an obligation to serve this market, but landlords generally charge high rents with long lease terms because medical spaces require a lot of build-out costs.”

Such difficult real estate market conditions impact area residents as well, as they are losing convenient access to care.

“Doctors are being squeezed out in favor of residential or retail spaces,” said Jim Maloney, president of M Point Realty,

“A lot of doctors would love to have a presence in Alexandria”

the listing agent for the Bradlee space as well as Gondor’s other properties. “If you don’t have doctors and specialists where you live, how far do you have to travel to find them?”

That is where the concept of a shared medical space comes in. Physicians are provided with a state-of-the art, all-inclusive medical facility at a reasonable price.

“Our buildings are older, but the space is built-out to Class A specifications,” Gondor said. “We have gone with a builder who is very experienced with medical build-outs. The new space is 1,900 square feet and features an on-site lab, sterilizing equipment, examining rooms, a front desk and a spacious waiting room with WiFi for the clients. We are renting it out by the day. So we can accommodate doctors who only want to use the space on particular days of the week.”

Another key aspect to the concept of a shared medical space is privacy. To ensure HIPAA compliance, Gondor has developed a system wherein physicians can store their equipment and files in modular units which can be locked away securely on the days they are not practicing.

The goal of the space is to cater to the needs of doctors while also increasing access to various physicians and specialists in the Alexandria area.

According to Gondor the space is best suited to “three different types of doctors: new doctors who want a beautiful, well-equipped location, but don’t have the financial means to build-out such a space themselves; doctors who have a presence in another area but also want to be in Alexandria for one or two days a week; and older doctors who are nearing retirement and want to reduce

their hours without giving up their practice entirely.”

Gondor’s background and personal connection to the Bradlee Medical Building make her uniquely sensitive to the needs of the community. Both of her parents were beloved physicians in the Alexandria area for 50 years. Her father, Dr. Leslie P. Gondor, was a general practitioner and her mother, Dr. Magdolna A. Irandy, was a pediatrician. Together, they built the Bradlee Medical Building in the 1960s.

“They were innovators when they established their business,” Gondor said. “They believed in working with doctors to make it affordable and practical to practice, while always keeping in mind how to best serve the patients.”

Gondor and her siblings inherited the Bradlee building as well as several other commercial and residential

spaces when their father and mother passed away. Her brother took over the pediatric practice their mother established, while Cecilia assumed the role of managing their properties, making it a priority to continue in their spirit of serving the community.

“There are really unfortunate real estate conditions these days,” Hanna said. “Owners seldom care about elevating the dignity of their renters and the community. Cecilia isn’t like that. Regardless of whether it’s medical, residential, or retail, she keeps her focus on affordability and excellent service. She really finds passion in finding solutions for renters and helping their businesses grow.”

Gondor hopes that the concept will be a boon to area physicians who are seeking out an office space to serve Alexandria residents. If the current space is successful, she has plans to expand into other parts of the Bradlee building.

“We are hoping that [the concept] fits in with what the doctors need. We want to free them from having to worry about facilities-related headaches so that they can focus on giving quality care to their patients.”

A Harmony of the Arts at River Farm

BY ROBERT F. MURRAY

There is an art to just about everything including the historic George Washington’s “River Farm.” This open, clear twenty-five acres, is a beautiful sunny spot on the Potomac and an artful place. The stately colonial mansion, the gardens, the grounds, the reaching view up and down the Potomac banks of the river, the children’s garden, the year-round weddings and receptions and the rotating exhibits of paintings – all make River Farm an Alexandria art treasure.

The bucolic farm property is the last acquisition made by George Washington before his death in 1799. Our first president might be very pleased by the most recent acquisition of the property by the American Horticultural Society (AHS) which makes River Farm its national headquarters. It is open to the public free of charge in the summer months from 9 to 5, Mondays through Fridays and Saturdays from 9 to 1; during the winter it is open 9 to 5, Monday through Friday.

AHS actively promotes the “art of gardening” across America. The children’s art garden receives constant attention and is grounds for



Courtesy photos

Above, a bride and groom approach the River Farm mansion.

At right, the wedding garden.

dozens of kid activities. The experience of a River Farm wedding is enviable either in the garden arbor area, near the historic and nationally famous, Osage Orange Tree, brought back from the Lewis and Clark Expedition or on the sprawling front with its reaching Potomac River vistas. Receptions are arranged in and outside the mansion, weather permitting.

I am most familiar with the exhibitions I have been privileged to arrange and

curate in the ballroom, former dining area and living room in the mansion. The subject matter is always horticultural in theme i.e., flowers, botanicals, landscapes etc. in all varieties of mediums and art styles. Every exhibiting individual artist or in a school of art is asked to make a partial contribution of any sales to the AHS. There is so much pleasure for an artist to show in such a classical American venue where every aspect of the property lends

majesty and beauty.

Incredibly, River Farm is missed by many local residents and tourists alike, yet it is nestled right off the George Washington Parkway about halfway between Old Town Alexandria and the Mount Vernon Estate. There are clearly marked signs for

the turnoff and there is never a wrong reason for stopping in for a visit. It is not unusual to catch artists with their easels moving around the lawns to get better creative perspectives. On any nice day you may find folks on the front porch chatting, reading or just mediating amidst all the glorious surroundings. River Farm is a quiet place. It is one of the many meccas that make Alexandria and America great all the time. It is free to all.

Expect to meet the



welcoming Janet Daniels (703.768-5700 ext 114 or rentals@ahsgardening.org) in her front office to seek any further information or make any arrangements. River Farm is located at 7931 East Boulevard, Alex., VA 22308-1300.