

# DISPLAY THIS CARD ON PRINCIPAL FRONTAGE OF WORK CITY OF PORTLAND

Please Read Application And Notes, If Any, Attached

BUILDING DEPARTMENT

## PERMIT

Permit Number: 040229

This is to certify that Boyd Properties Inc  
has permission to Suite E Change of Use to Physical Therapist & Massage Therapist Tenant fit-up

AT 125 Presumpscot St Portland, ME 04103 425 A002001

provided that the person or persons, firm or corporation accepting this permit shall comply with all of the provisions of the Statutes of Maine and of the Ordinances of the City of Portland regulating the construction, maintenance and use of buildings and structures, and of the application on file in this department.

Apply to Public Works for street line and grade if nature of work requires such information.

Notification of inspection must be given and work on permit in progress before this building or part thereof is closed or enclosed-in. **48 HOURS NOTICE IS REQUIRED.**

A certificate of occupancy must be procured by owner before this building or part thereof is occupied.

### OTHER REQUIRED APPROVALS

Fire Dept. [Signature]  
Health Dept. \_\_\_\_\_  
Appeal Board \_\_\_\_\_  
Other \_\_\_\_\_  
Department Name

[Signature] 3/30/04  
Director - Building & Inspection Services

**PENALTY FOR REMOVING THIS CARD**

**City of Portland, Maine - Building or Use Permit Application**

389 Congress Street, 04101 Tel: (207) 874-8703, Fax: (207) 874-8716

Permit No: 04-0229 Issue Date: APR 01 2004 City: 25 A002001

**PERMIT ISSUED**

Location of Construction: 125 Presumpscot St	Owner Name: Boyd Properties Inc	Owner Address: 142 High St Ste 614	Phone: CITY OF PORTLAND (207) 874-7717
Business Name:	Contractor Name:	Contractor Address:	Phone:
Lessee/Buyer's Name	Phone:	Permit Type: Change of Use - Commercial	Zone: 1M

Past Use: Vacant: Suite E	Proposed Use: Suite E Change of Use to Physical Therapy & Massage Therapy; tenant fit-up "professional office"	Permit Fee: \$186.00	Cost of Work: \$10,000.00	CEO District: 4
		FIRE DEPT: <input checked="" type="checkbox"/> Approved <input type="checkbox"/> Denied	INSPECTION: Use Group: B Type: SB 3/30/04	

Proposed Project Description:  
Suite E Change of Use to Physical Therapy & Massage Therapy; tenant fit-up

Signature: *[Handwritten Signature]* Signature: *[Handwritten Signature]*

PEDESTRIAN ACTIVITIES DISTRICT (P.A.D.)

Action:  Approved  Approved w/Conditions  Denied

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Permit Taken By: kwd Date Applied For: 03/10/2004

**Zoning Approval**

<p>1. This permit application does not preclude the Applicant(s) from meeting applicable State and Federal Rules.</p> <p>2. Building permits do not include plumbing, septic or electrical work.</p> <p>3. Building permits are void if work is not started within six (6) months of the date of issuance. False information may invalidate a building permit and stop all work.</p>	<p>Special Zone or Reviews</p> <p><input type="checkbox"/> Shoreland</p> <p><input type="checkbox"/> Wetland</p> <p><input type="checkbox"/> Flood Zone</p> <p><input type="checkbox"/> Subdivision</p> <p><input type="checkbox"/> Site Plan</p> <p>Maj <input type="checkbox"/> Minor <input type="checkbox"/> MM <input type="checkbox"/> Denied</p> <p>Date: <i>3/16/04</i></p>	<p>Zoning Appeal</p> <p><input type="checkbox"/> Variance</p> <p><input type="checkbox"/> Miscellaneous</p> <p><input type="checkbox"/> Conditional Use</p> <p><input type="checkbox"/> Interpretation</p> <p><input type="checkbox"/> Approved</p> <p><input type="checkbox"/> Denied</p> <p>Date: _____</p>	<p>Historic Preservation</p> <p><input checked="" type="checkbox"/> Not in District or Landmark</p> <p><input type="checkbox"/> Does Not Require Review</p> <p><input type="checkbox"/> Requires Review</p> <p><input type="checkbox"/> Approved</p> <p><input type="checkbox"/> Approved w/Conditions</p> <p><input type="checkbox"/> Denied</p> <p>Date: _____</p>
	<p><i>Separate sign-off requires a separate permit application and approval</i></p> <p><i>ok with conditions</i></p>		

**CERTIFICATION**

I hereby certify that I am the owner of record of the named property, or that the proposed work is authorized by the owner of record and that I have been authorized by the owner to make this application as his authorized agent and I agree to conform to all applicable laws of this jurisdiction. In addition, if a permit for work described in the application is issued, I certify that the code official's authorized representative shall have the authority to enter all areas covered by such permit at any reasonable hour to enforce the provision of the code(s) applicable to such permit.

SIGNATURE OF APPLICANT ADDRESS DATE PHONE

RESPONSIBLE PERSON IN CHARGE OF WORK, TITLE DATE PHONE

**City of Portland, Maine - Building or Use Permit**

389 Congress Street, 04101 Tel: (207) 874-8703, Fax: (207) 874-8716

<b>Permit No:</b> 04-0229	<b>Date Applied For:</b> 03/10/2004	<b>CBL:</b> 425 A002001
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<b>Location of Construction:</b> 125 Presumpscot St	<b>Owner Name:</b> Boyd Properties Inc	<b>Owner Address:</b> 142 High St Ste 614	<b>Phone:</b> 207-874-7717
<b>Business Name:</b>	<b>Contractor Name:</b>	<b>Contractor Address:</b>	<b>Phone:</b>
<b>Lessee/Buyer's Name</b>	<b>Phone:</b>	<b>Permit Type:</b> Change of Use - Commercial	

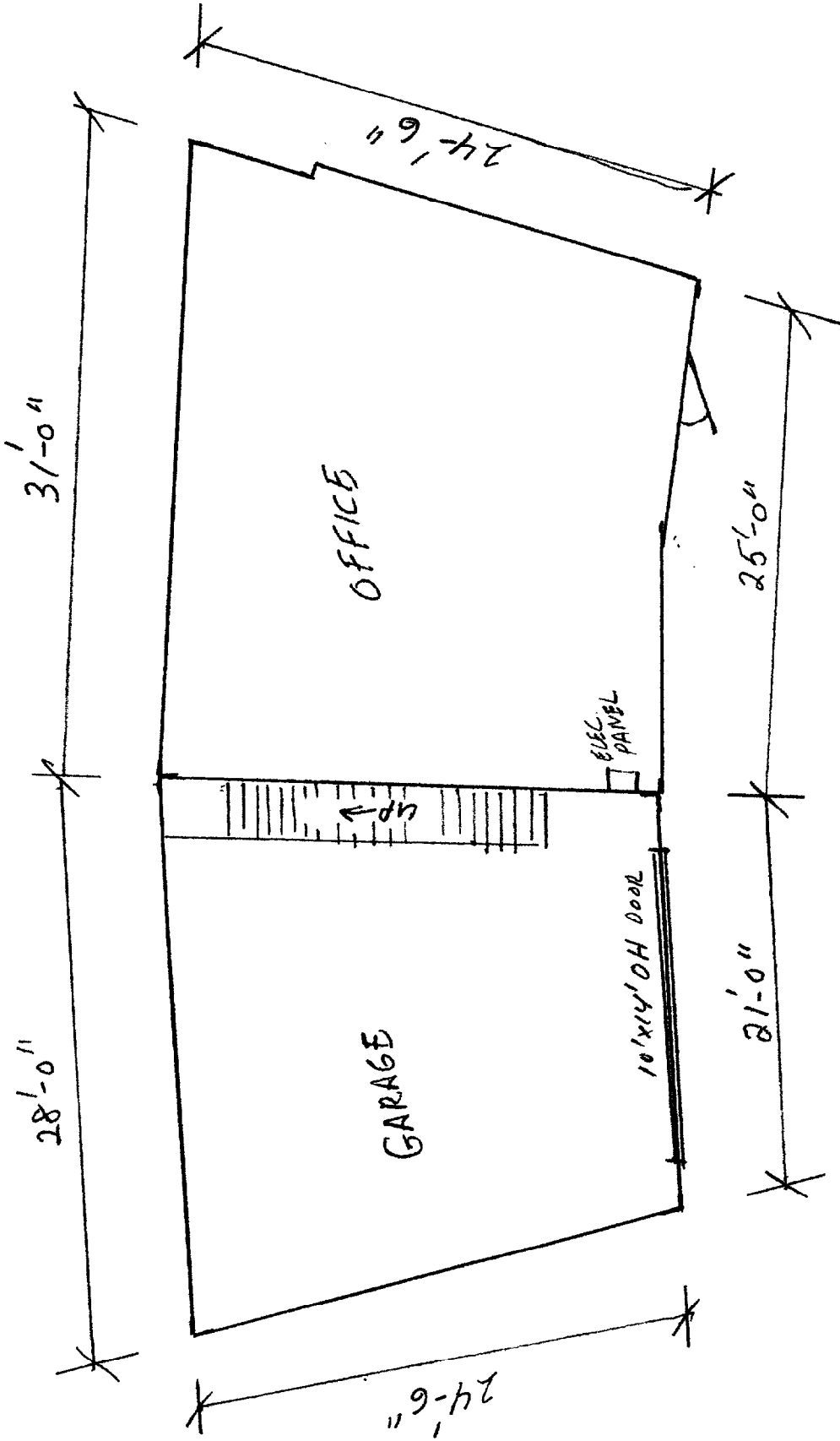
<b>Proposed Use:</b> Suite E Change of Use to Physical Therapy & Massage Therapy; tenant fit-up (professional office)	<b>Proposed Project Description:</b> Suite E Change of Use to Physical Therapy & Massage Therapy; tenant fit-up
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**Dept:** Zoning      **Status:** Approved with Conditions      **Reviewer:** Marge Schmuckal      **Approval Date:** 03/16/2004  
**Note:** see determination letter based upon submitted information on use - considered to be a "professional office"      **Ok to Issue:**   
 1) Your professional office use is based upon submitted information that you have previously supplied this office.  
 2) Separate permits shall be required for any new signage.

**Dept:** Building      **Status:** Approved with Conditions      **Reviewer:** Mike Nugent      **Approval Date:** 03/30/2004  
**Note:**      **Ok to Issue:**   
 1) Advised builder that the stair treads cannot have nosing. Lou Auger advised and agreed  
 Occupancy of "class room" limited to less than 30

**Dept:** Fire      **Status:** Approved with Conditions      **Reviewer:** Lt. MacDougal      **Approval Date:** 03/17/2004  
**Note:**      **Ok to Issue:**   
 1) stairs shall be 7' maximum riser and 11' minimum tread  
 2) the fire alarm system shall be maintained to NFPA 72 standards  
 3) the sprinkler system shall be maintained to NFPA 13 standards

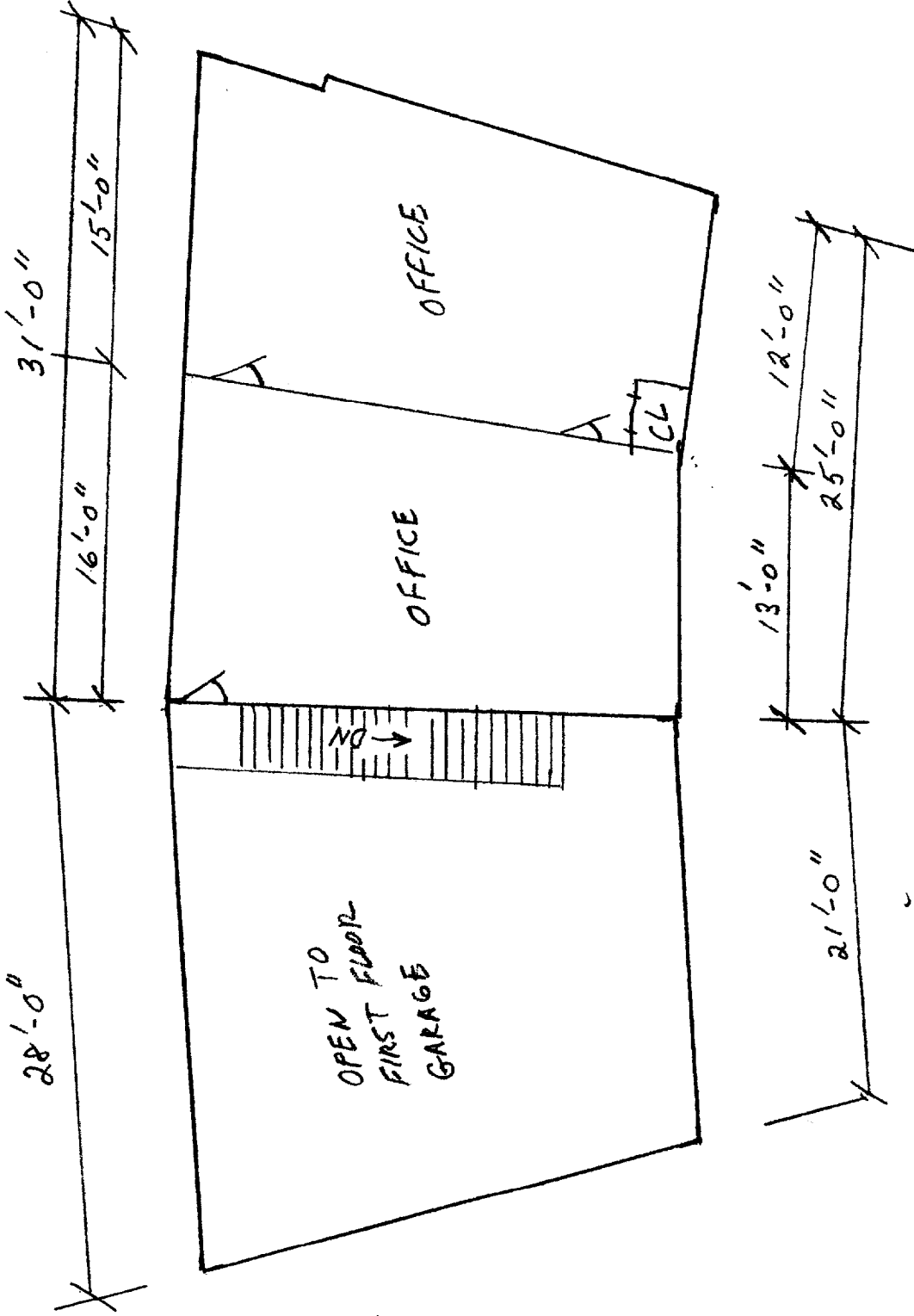
**Comments:**  
 3/18/2004-mjn: Left a message with the applicant requesting a call back, Questions on Stair treads and risers, floor load for class room, egress etc. Corrected the plans (except for the nosing issue)



EXISTING

1<sup>ST</sup> FLOOR PLAN  
BEFORE CONSTRUCTION

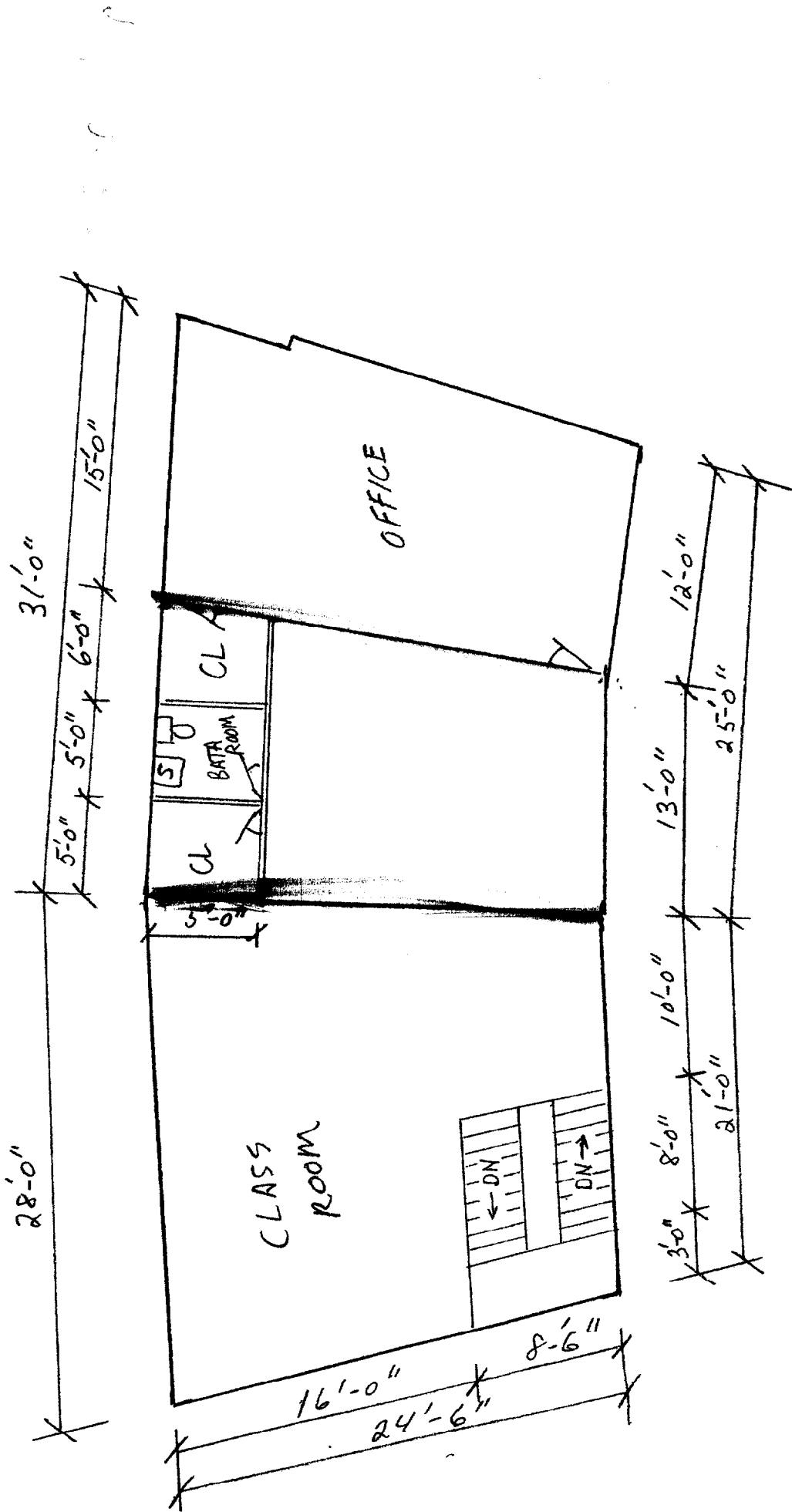
3-3-04  
 SCALE: 1/8" = 1'-0"



existing

2<sup>nd</sup> FLOOR PLAN  
BEFORE CONSTRUCTION

3-3-04  
SCALE: 1/8" = 1'-0"



2nd Floor PLAN  
**AFTER CONSTRUCTION**

250808ed

3-3-04  
 SCALE: 1/8" = 1'-0"

Zoning Division  
Marge Schmuckal  
Zoning Administrator

Department of Planning & Development  
Lee Urban, Director



**CITY OF PORTLAND**

January 26, 2004

Marie Dittmer, MSPT, LMT  
C/o Focal Point Manual Therapies  
477 Congress St. - Suite 411  
Portland, ME 04104

RE: 125 Presumpscot Street - 425-A-002 - IM Industrial Zone

Dear Marie Dittmer,

I am in receipt of your request to determine whether your massage therapy use meets the listed permitted uses at 125 Presumpscot Street. This property is located within the I-M Industrial Zone. Section 14-247 lists that "General, business, and professional offices" are permitted.

The description of your use would fall under that of a professional office. Your use as described would be allowed within the I-M Industrial Zone.

Please note that you may need a building permit for a change of use if the existing use is considered different than a general, business, or professional office. If there is not change of use permit required, then you may need a tenant fit-up permit to show what changes you would be doing in the floor plans. Certainly any new signage would require a separate permit application, review and approvals.

This zoning determination letter is not a substitute for a required permit application. If you have any questions, please do not hesitate to contact me at 874-8695.

Very truly

Marge Schmuckal  
Zoning Administrator

CC: File

## **FOCAL POINT MANUAL THERAPIES**

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Marie Dittmer, MSPT, LMT  
477 Congress St. Suite 411 • Portland, ME 04101  
(207)253-1707 • focalpoint11@hotmail.com

1/8/04

Ms. Marge Schmuckal  
Housing and Neighborhood Services Division  
City of Portland  
389 Congress St.  
Portland, ME 04101

Dear Marge:

Thank-you for your time today, explaining the beginning of the process needed for me to ascertain whether I can use space at 125 Presumpscot Street. I have included information as you suggested; I have also enclosed a check for \$150, to cover the costs as you described.

I am a physical therapist, and graduated with my Masters Degree in physical therapy, from Springfield College in 1991. I spent the first two years of my career working in an acute care hospital in Richmond, VA. The next two years I worked in a rehabilitation hospital in Braintree, MA, on the stroke unit. In 1994 I moved back to Maine, and worked in a PT private practice in Falmouth. After working there for 5 years, I decided to open my own practice. I decided that massage would be a good adjunct to my PT license, allowing me to offer better access so that I could treat patients with and without insurance coverage. I graduated from the Downeast School of Massage in 2000, and have been in practice in Portland for over three years.

I work closely with physicians, and receive written and verbal referrals from physicians, whether I am seeing a patient through insurance or not. My current patient load is 40% PT covered by insurance, 55% PT (patients self-pay) and 5% relaxation massage. Patients are seen for specific acute and/or chronic injuries, to promote and maintain their health, and to improve/maintain their current home exercise regimes. This practice is by appointment only, and I consider my practice to be medical in nature. While I support the right of a massage therapist to work in a spa setting, that is not my outlook for the future of FOCAL POINT manual therapies.

As you may be aware, it is not uncommon for physicians (DO, MD) or chiropractors (DC) to utilize massage therapists for treatment of patients. It is in this same vein that I intend to use massage therapists. My practice has been expanding quickly, and by utilizing massage therapists, I can offer a high quality of manual techniques to promote and maintain the health of my patients, and still have it be cost-effective. These therapists will not be of the spa quality---my standard of care is much higher. Each therapist will go through extensive training, in order to heighten their evaluative and manual techniques, reaching the highest potential that their licensing and training allow. They will be closely supervised to ensure that patients receive



## **FOCAL POINT MANUAL THERAPIES**

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Marie Dittmer, MSPT, LMT

477 Congress St. Suite 411 • Portland, ME 04101

(207)253-1707 • focalpoint11@hotmail.com

appropriate treatment. We will be using manual techniques, education, exercise, and appropriate modalities to promote and maintain health.

I have two therapists lined up to work with me. The first has a Bachelor's degree, has been a licensed massage therapist for over three years, and is strongly considering going back to school to become a physical therapy assistant. The other holds a Bachelor's Degree in physiology of exercise and will graduate from massage school this summer.

The main focus of these therapists will be to help me develop a PT and massage supported maternity practice. Patients will be referred by their OB./GYN or mid-wife for specific manual treatment of pregnancy-related problems (i.e.: high blood pressure, back pain, anxiety, etc.). We will follow these women through pregnancy, support them through the birthing process through education and manual treatment (massage, myofascial release, cranio sacral therapy, exercise, etc.), and continue to support them post-partem, to allow for a better physical transition and a healthier outcome.

I hope the information above will be sufficient to determine that FOCAL POINT manual therapies meets the requirements of office space usage which has already been approved at 125 Presumpscot Street for the Department of Motor Vehicles and Patient Advocate offices. Please let me know when you have made your final determination. Please do not hesitate to call regarding information you may still need. Thank-you for your attention to this matter.

Sincerely,



Marie Ann A. Dittmer, MSPT, LMT

Boyd Properties, Inc.  
142 High Street, Suite # 614  
Portland, ME 04101  
Toll free: 877-474-7717

TO: Inspections FAX: 874-8701  
FROM: Melinda Pray [mpray@ahp-llc.com]  
DATE: March 9, 2004 # Pages with cover: 2  
RE: 125 Presumpscot St., Portland

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Following is a rough sketch of the Roundhouse formerly part of the railroad. We have assigned suite letters for our tenants as follows:

Suite A: Patient Advocates  
Suite B: Photographic Traditions  
Suite C: vacant  
Suite D: Bureau of Motor Vehicles  
Suite E: Focal Point Manual Therapies  
Suite F: Granger (storage)  
Suite G: Bowker  
Suite H: Coveside  
Suite I: Burleigh Electric (out building)

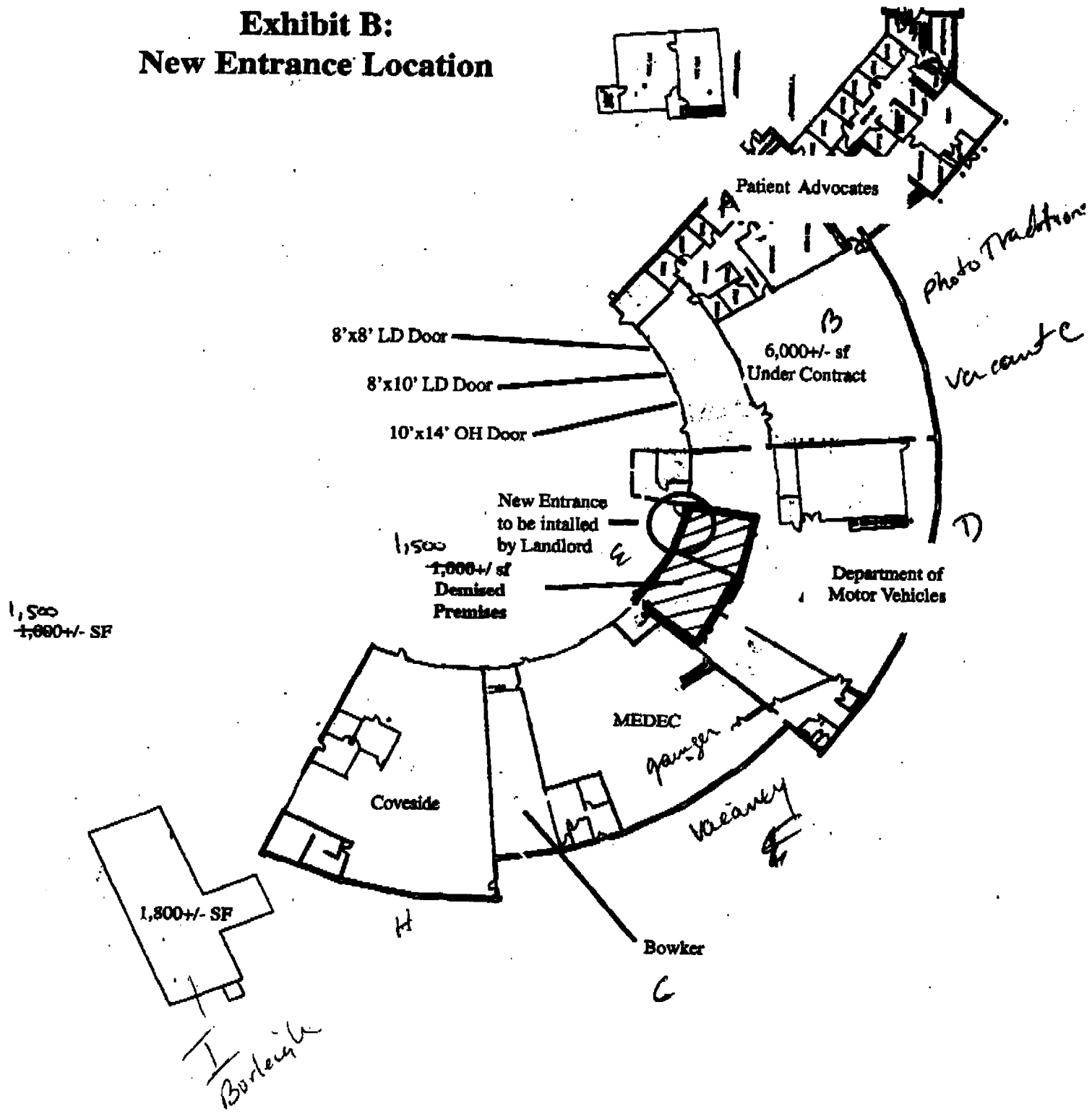
Thanks.

Melinda Pray (for Matt Orme)  
AHP, LLC  
142 High Street, Suite 614  
Portland, ME 04101  
207/874-7717 x4  
207/773-2810 (fax)

Phone: 207.874.7717

Fax: 207.773.2810

# Exhibit B: New Entrance Location



MAAO

# SELTZER & RYDHOLM, INC.

Bottlers of Carbonated Beverages Since 1923

191 Merrow Road, P.O. Box 1090, Auburn, ME 04211-1090

Telephone (207) 784-5791

## FAX TRANSMISSION COVER SHEET

DATE: 3-29-04

TIME: 12:00

TO

FROM

FAX No: (207) 874-8716

FAX No: (207) 784-8685

DIRECT TO: MIKE NUGENT

FROM: LOU AUGER

Number of Pages: 2 (Including Cover Page)

Special Instructions/Messages: CALL ME WITH ANY QUESTIONS. I WOULD LIKE TO START BUILDING BY THE END OF THIS WEEK.

THANKS

LOU AUGER

(207) 784-5791 EXT. 131

FOCAL POINT

125 PRESUMPSCOT

PORTLAND MAINE

Please call (207) 784-5791 if all pages are not received.

FAX Operator: LOU

PEPSI-COLA ♦ DR PEPPER ♦ SCHWEPPEs ♦ DOLE ♦ LIPTON TEA

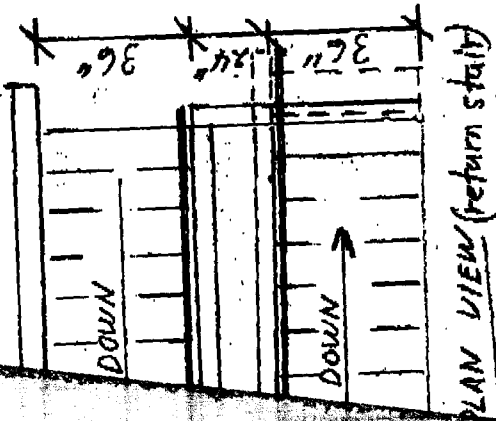
PEPSI AUBURN

03/29/2004 12:16 2077848685

UNDESIGNED PEOPLE & FLOOR  
42" KNEE WALL ON INSIDE  
OF STAIRWAY WITH RAILING  
36" HIGH

1/4" PLYWOOD FLOOR

1" FAB FLOOR JOIST  
200 FLOOR JOIST  
live load 30 lb/ft<sup>2</sup>  
CEILING  
ABOVE 1<sup>ST</sup> FLOOR



STAIR PLAN  
FOCAL POINT  
125 PRESUMPCOT  
PORTLAND, MAINE  
L.R. AUGER  
207-784-5791



**CITY OF PORTLAND, MAINE**  
Department of Building Inspections

3/10 20 04

Received from Focal Point Manual Therapies  
Location of Work 125 Presumpscot St.

Cost of Construction \$ \_\_\_\_\_

Permit Fee \$ 186.00

Building (BL)  Plumbing (IS) \_\_\_\_\_ Electrical (IZ) \_\_\_\_\_ Site Plan (U2) \_\_\_\_\_  
Other 75.00

CBL: 425 A 002

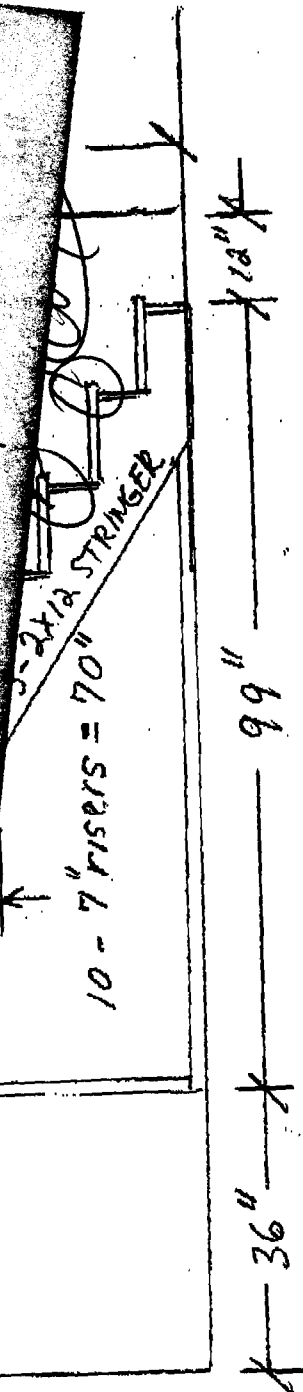
Check #: 1641, 1644

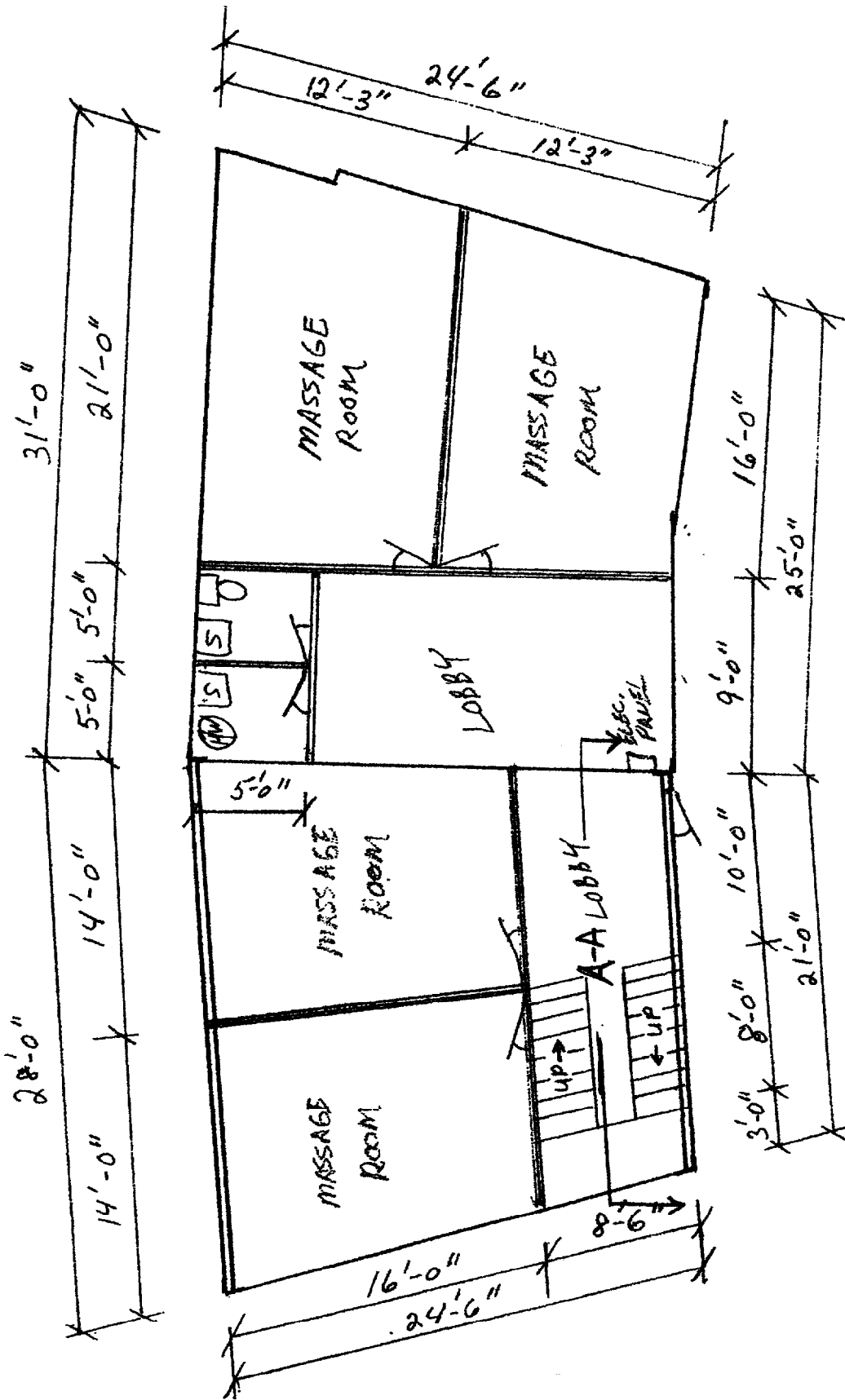
Total Collected \$ 186.00

**THIS IS NOT A PERMIT**

No work is to be started until PERMIT CARD is actually posted upon the premises. Acceptance of fee is no guarantee that permit will be granted. PRESERVE THIS RECEIPT. In case permit cannot be granted the amount of the fee will be refunded upon return of the receipt less \$10.00 or 10% whichever is greater.

WHITE - Applicant's Copy  
YELLOW - Office Copy  
PINK - Permit Copy



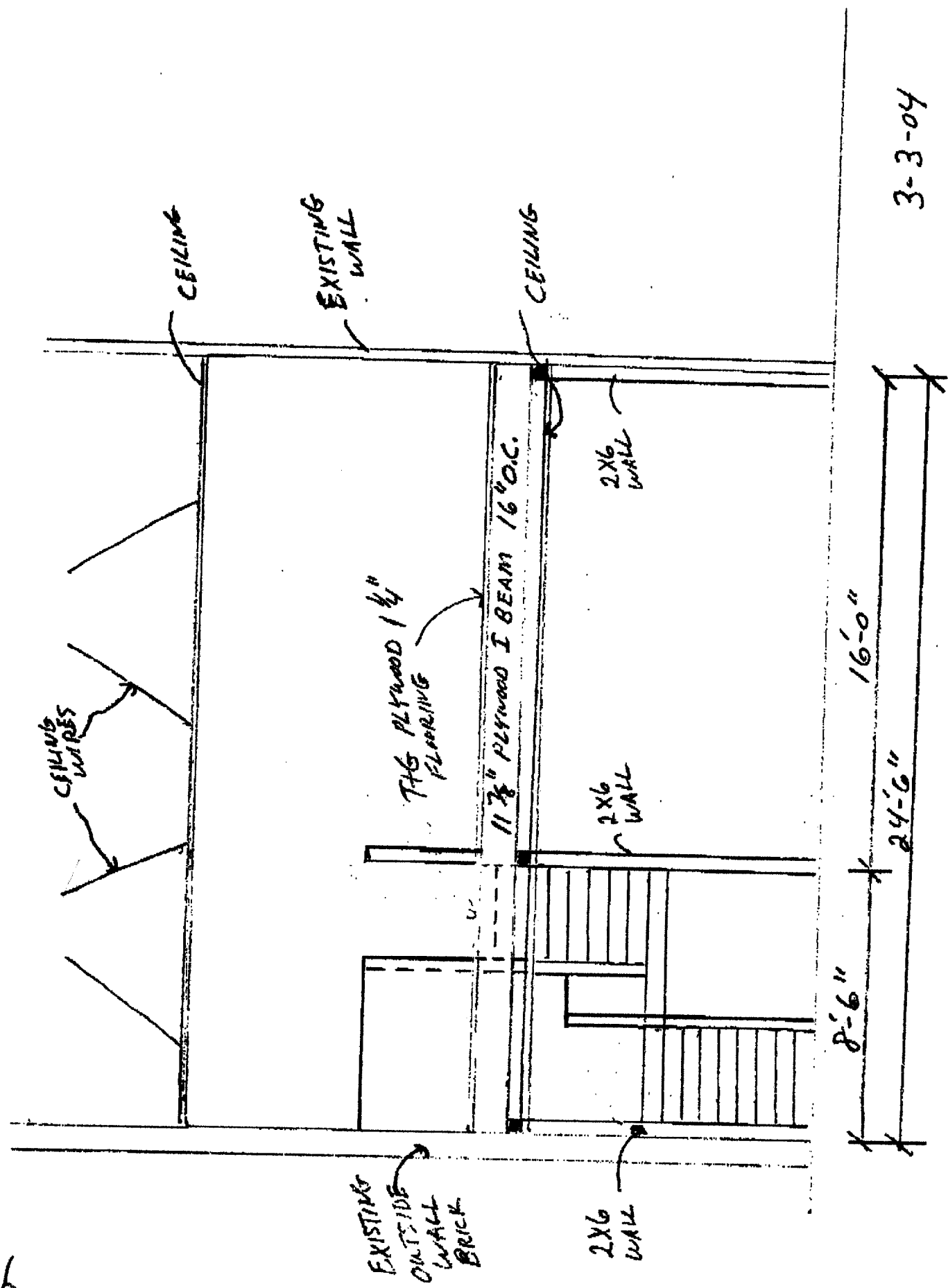


1<sup>ST</sup> FLOOR PLAN  
 (AFTER CONSTRUCTION)

3-3-04  
 SCALE: 1/8" = 1'-0"

Proposed

AU



3-3-04

9

- dropped by on 3/4/04
- added "materials list", as requested and dropped entire file of ① on M 3/6/0

## FOCAL POINT MANUAL THERAPIES

Marie Dittmer, MSPT, LMT

477 Congress St. Suite 411 • Portland, ME 04101

(207)253-1707 • focalpoint11@hotmail.com

March 3, 2004

Dear Sir or Madam:

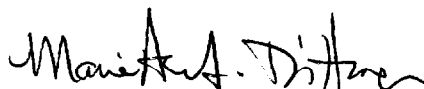
Enclosed please find all of the application materials required for a building permit for the 125 Presumpscot St. space designated on Exhibit A. The space is being converted into office space. An approval letter for the change of use was written by Marge Shmuckal on January 26, 2004. All of the improvements of this space included in this application are for the interior of the building.

The modifications to the 125 Presumpscot St. space will be as follows:

1. The downstairs will be subdivided into four treatment rooms, one bathroom and one closet.
2. The downstairs bathroom will be connected to already existing water and sewer lines located directly behind the space.
3. The second floor will be increased to cover the entire space. Second floor will be supported by 2X6 load bearing walls. The completed second floor will feature one large room, two smaller rooms, a closet, and a bathroom.
4. The upstairs bathroom will be connected to already existing water and sewer lines located directly behind the space.
5. A new stairway will be constructed to replace the old stairway. One set of stairs will have a rise of (8) stairs to a three foot by eight foot-six inch landing. The second set of stairs will have a rise of (8) stairs to the second floor.
6. All downstairs entrances, doorways, egresses and hallways will be fully compatible with the American with Disabilities Act.

If you have any questions about the construction in the 125 Presumpscot St. space, please do not hesitate to call me, at 253-1707. Thank-you very much for your consideration of this permit application.

Sincerely,



Marie Ann A. Dittmer



**Summary of material to be used**

**Walls: To be built**

Constructed of 2"x 6" wood studs, Batt insulated for sound, 1/2" sheetrock taped and painted.

**Second floor over garage area: Live load 40 lbs. Sq. ft. and Dead load 20 lbs. Sq. ft.**

Constructed of 11 7/8" prefabbed wood I beams, 16" O.C., Span not to exceed 16'

(Supporting walls to be 2"x 6" 16" O.C. on each end and at 16' of wood I beams)

Flooring to be 1 1/4" T+G plywood, then carpeted

**Stairs: 36" wide**

Stringers 3- 2"x12"

Risers 17 @ abt. 7 1/2", closed with 3/4" plywood

Treads 16- 2"x10"

Landing 3- 2"x12" with two layers of 3/4" plywood

Railings to be constructed of 2x4 knee walls 42" high, 1/2" sheetrock taped and painted

1 1/4" round rail on inside of knee wall at between 34" and 38" high

**Ceilings:**

Suspended acoustic ceiling

**Doors:**

9 Inter- 3'-0" x 6'-8" 6 panel wood doors