



Ridge Record

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MEET THE SPRUCE PROJECT MANAGER

BY SUSAN AUSLANDER

Sydney Worobel is Project Manager for the new Spruce Assisted Living area currently under construction. Ten years into her profession, she is now with Stamford-based AP Construction Company, dealing with subcontractors, scheduling building supplies (difficult with the breakdown in supply chains), paying the bills as the project progresses, working with her own staff, and meeting weekly with architects and ownership to ascertain a smooth work-flow.

Last summer, a well-meaning visitor to Meadow Ridge warned her that she should not be walking in the chain-link fenced construction area, as “it might not be safe.” “I’m Construction Manager,” she responded. The guest quickly recovered and followed with a question about the attitude of workers taking orders from a woman. “The younger guys have zero problems and don’t bat an eyelash,” she answered. “But the more senior guys sometimes do. One older town official on a past municipal job asked, “Is there a man from your company who could help us?” “I’m that guy! Let’s get started,” she responded.



Photo by Carol Morgan

The first of her family to graduate from college (Central CT State University, where she earned a BS in Construction Management), Sydney was one of three women in her class. Raised by a single mother in a restored historic one-room schoolhouse in Bridgewater, CT, she recalls that her Mom always told her, “Together there is nothing we can’t do!” She developed an interest in the construction field because of her uncle, who had a construction company specializing in restoring historic homes and buildings. She fondly recalled a roofing job at the Yale University performance center, Woolsey Hall, that required slates decreasing in size towards the roof line.

Married a year ago, Sydney and her husband plan to go to Vermont for a second honeymoon. On their first, a thunderstorm with high winds uprooted all of the trees around their cabin. They spent the week muddy and sweaty, working with chain saws to help crews clear the roads for emergency vehicles. Such experiences—professional and personal—have her well prepared to take Spruce’s IL wing and turn it into Assisted Living, with two floors, dining room, patio, and covered connection to the main building. Challenges, you think? The money’s on Sydney! 🍀