CLAIMS

1. A ceiling panel for installation in a grid of suspended T-bars having vertical stems and horizontal
flanges, the panel comprising:

(a) an upper frame sized to fit between the vertical stems and within a cell of the T-bar grid, and to rest upon the horizontal flanges of the T-bar grid, and

(b) a lower frame that is reversibly attachable to the upper frame when the upper frame is resting upon the horizontals of the T-bar grid;

wherein the lower frame, when attached to the upper frame, together with the upper frame defines a channel that at least partially encloses the horizontal flange of the T-bar upon which the upper frame is resting.

2. The ceiling panel according to claim 1, wherein the lower frame attaches to the upper frame by means of spring wire retainer clips, the clips being attached to one frame and engaging with slots in the other frame.

3. The ceiling panel according to claim 1, further comprising LED lighting elements affixed to one of the frames.

4. A suspended ceiling, comprising:

(a) a suspended grid of inverted T-bars having vertical stems and horizontal flanges;

(b) upper frames according to claim 1 fitted between the vertical stems and within a cell of the T-bar grid, and resting upon the horizontal flanges of the T-bar grid; and

(c) lower frames according to claim 1 reversibly attached to the upper frames,

wherein adjacent lower frames together with the adjacent upper frames to which they are attached define channels that at least partially enclose the horizontal flanges of the T-bars upon which the upper frames are resting.

5. The suspended ceiling according to claim 4, wherein the channels entirely enclose the horizontal flanges of the T-bars upon which the upper frames are resting.

6. A method of constructing a suspended ceiling, comprising the steps of

(a) suspending an inverted grid of T-bars from an existing ceiling,

(b) installing between the vertical stems of the T-bar grid and within a cell of the T-bar grid upper frames according to claim 1 and that rest upon the horizontal flanges of the T-bars; and

(c) reversibly attaching lower frames according to claim 1 to the upper frames;

wherein adjacent lower frames together with the adjacent upper frames to which they are attached define channels that at least partially enclose the horizontal flanges of the T-bars upon which the upper frames are resting.

7. The method of constructing a suspended ceiling according to claim 6, wherein the channels entirely enclose the horizontal flanges of the T-bars upon which the upper frames are resting.