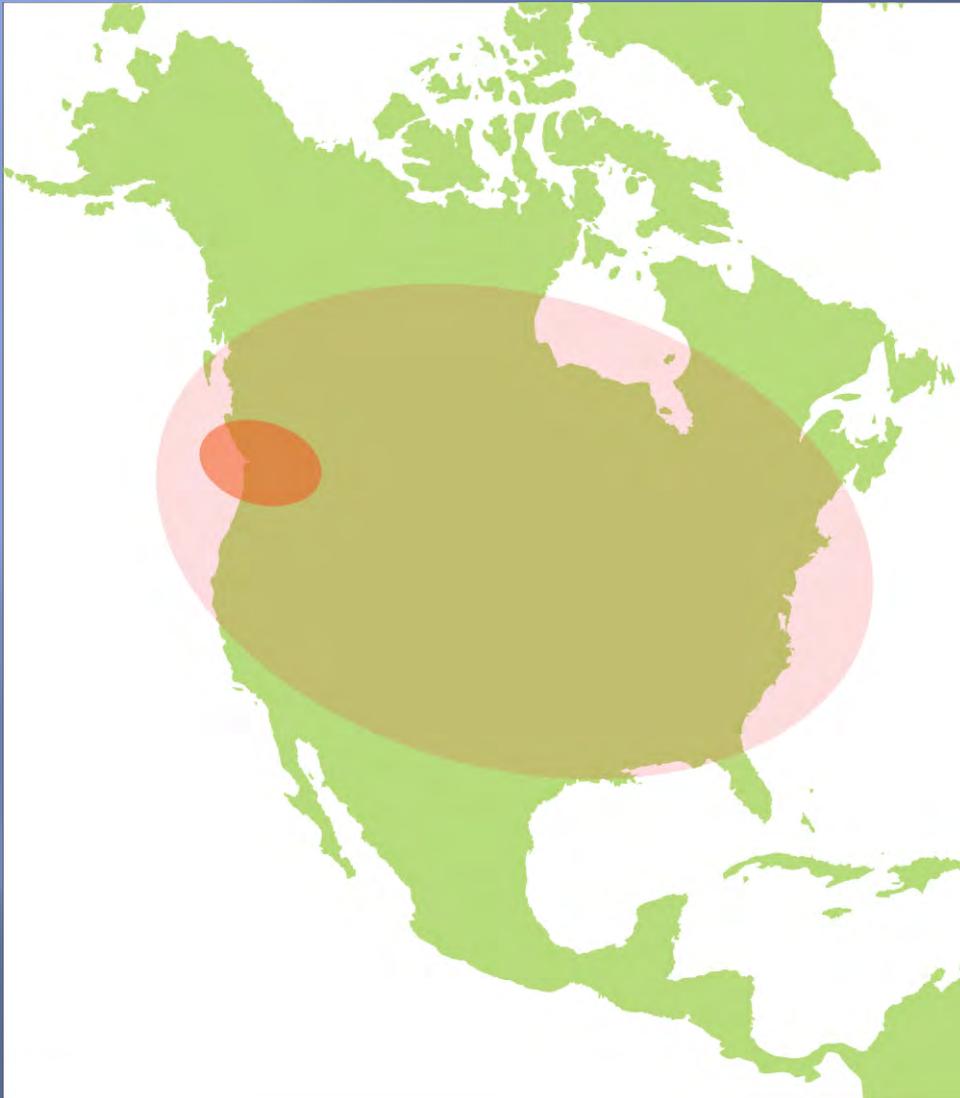


INNOVATION, PARTNERSHIPS & NEW MODELS OF SENIOR HOUSING

PANEL

Valerie Thiel, Sage Architectural Alliance
Jay Woolford, SHAG
Darlene Storti, Northaven

SETTING THE STAGE



Community– Based

Walkable Communities

**Beyond limitations of
regulations & too little
money**



Darlene Storti / Northhaven
Wolf Saar/ VIA

Legacy House , SCIDpda
The Terraces, SHAG

Courtland - Dakota
Jay Woolford/ SHAG

QUALITY LIFESTYLE

- Access to services enables seniors to extend their personal independence and quality of life.

Metrics correlated to Longevity

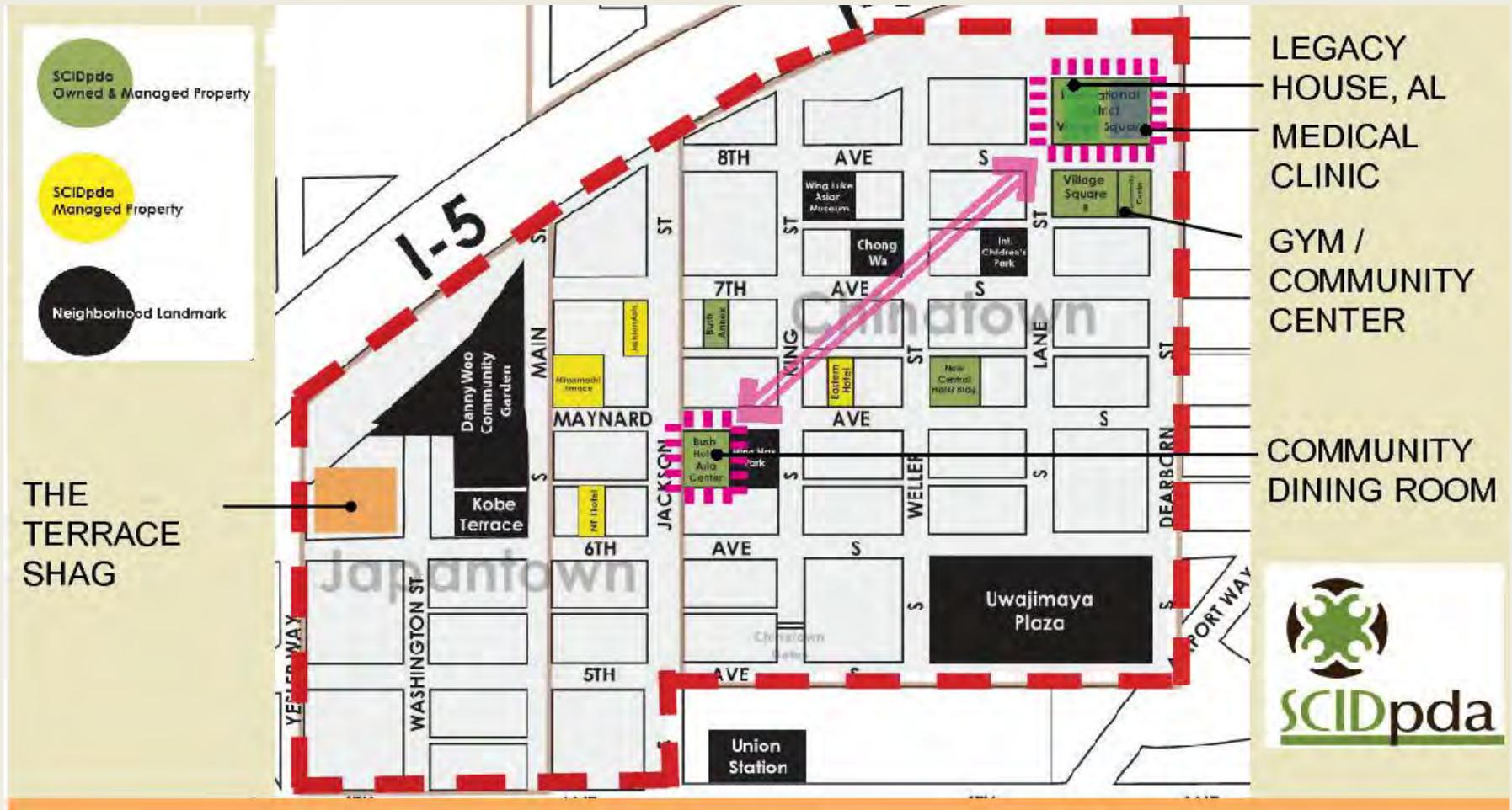


- Social Connection
- Nutrition
- Exercise
- Health Care
- Self-Reliance



INTERNATIONAL DISTRICT

CCRC WITHOUT WALLS



HUB OF SERVICES – LEGACY HOUSE



CHILD CARE

MEDICAL

LEASE OFFICE

CLASSROOM

CLASSROOM

DAYCARE

TERRACE

LOUNGE

ENTRY

RECEPTION

NURSE

STAFF

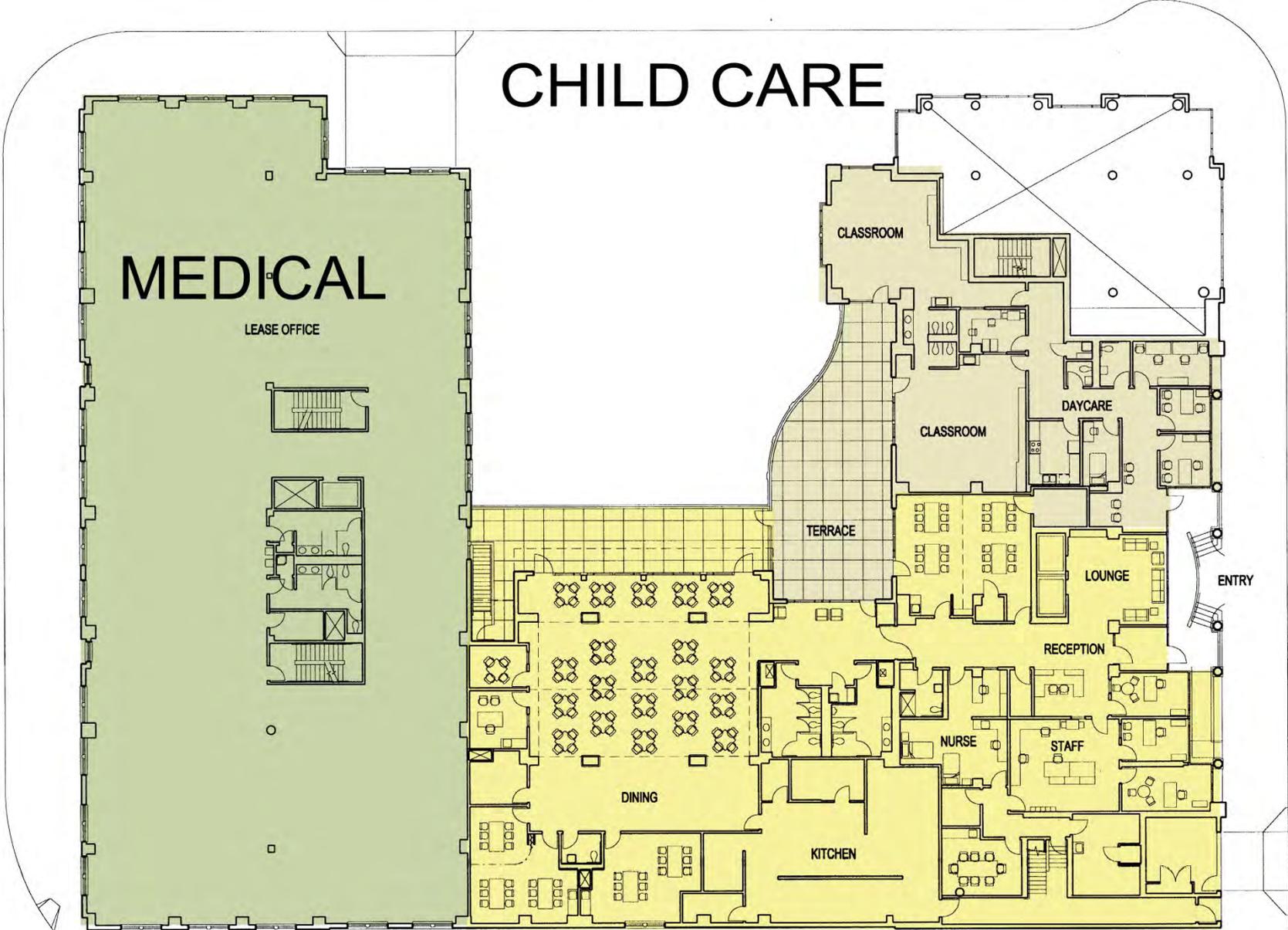
DINING

KITCHEN

ASSISTED & INDEPENDENT



FIRST FLOOR PLAN



FLEXIBLE DINING TO EXERCISE



FLEXIBLE DINING TO EXERCISE



ACCESS TO REGULAR CHECK-UPS



1-ROOM CLINIC WITH 2 RNS



MODEST PT / OT



KITCHEN - 200 LUNCHES PER DAY



50 COMMUNITY LUNCHES PER DAY



MEALS FUNDING: AGING & DISABILITIES; USDA; DONATIONS



IL / AL AS THE HUB OF COMMUNITY SERVICES



Social Connection

Adult Day Services

Bush Hotel Community Meals

Nutrition

Legacy House AL meals

Legacy House ADS meals

Bush Hotel Community meals

Exercise

AL Exercise Program

Legacy House ADS program

Health Care

Adult Day Services PT / OT

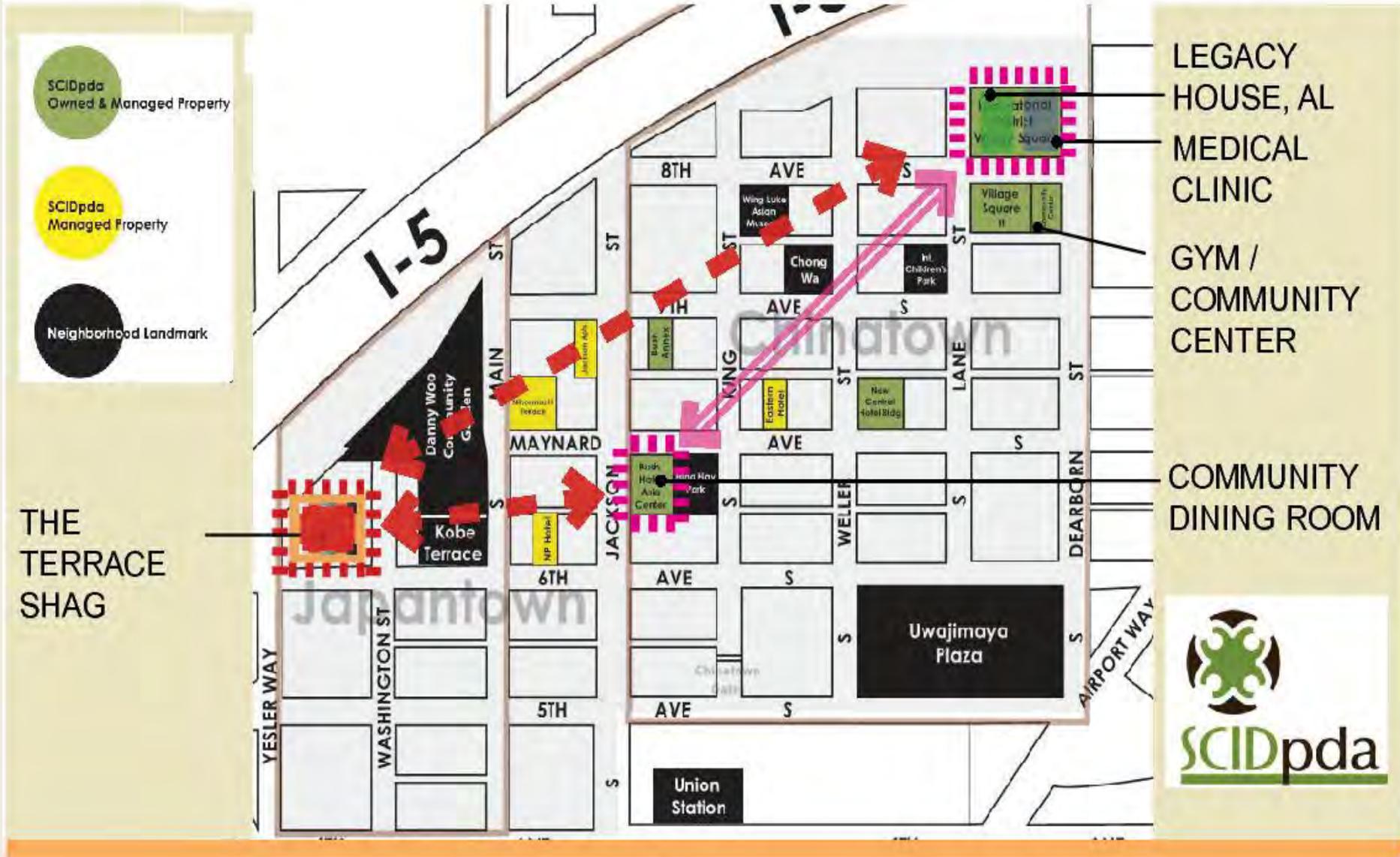
Legacy House Clinic

Self- Reliance

Access to Support



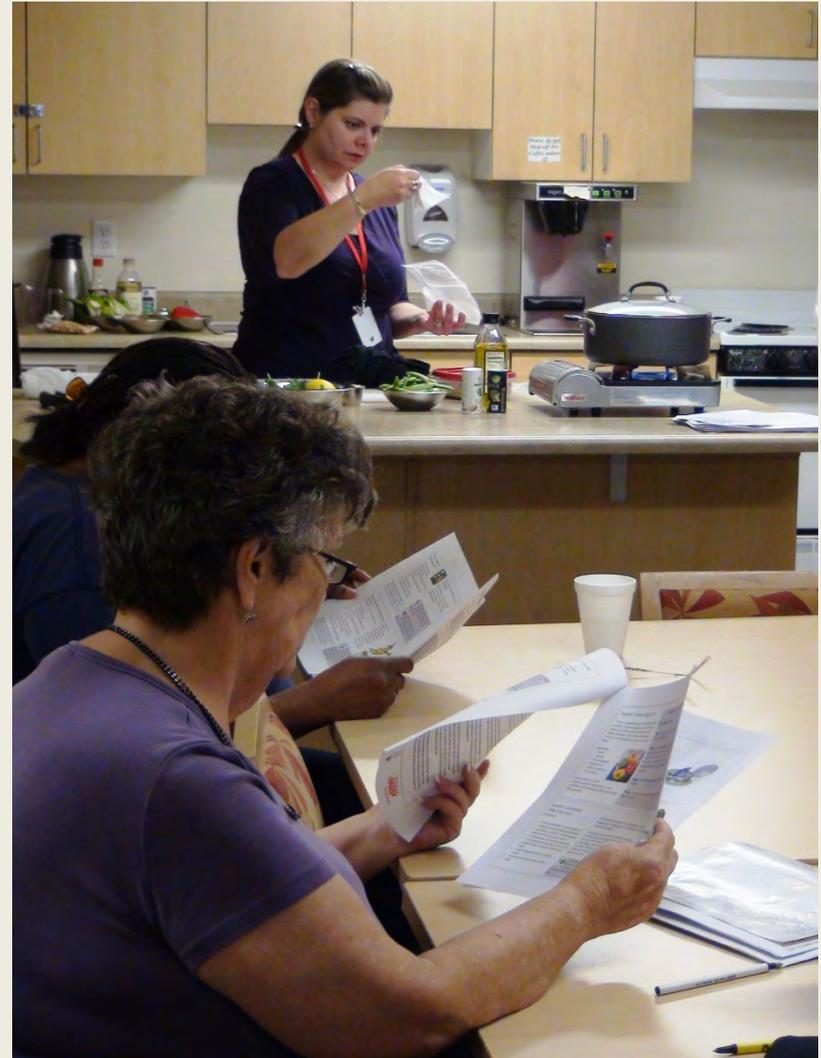
THE TERRACES – PARTNERSHIP OF SCIDpda & SHAG



THE TERRACES – PARTNERSHIP OF SCIDpda & SHAG

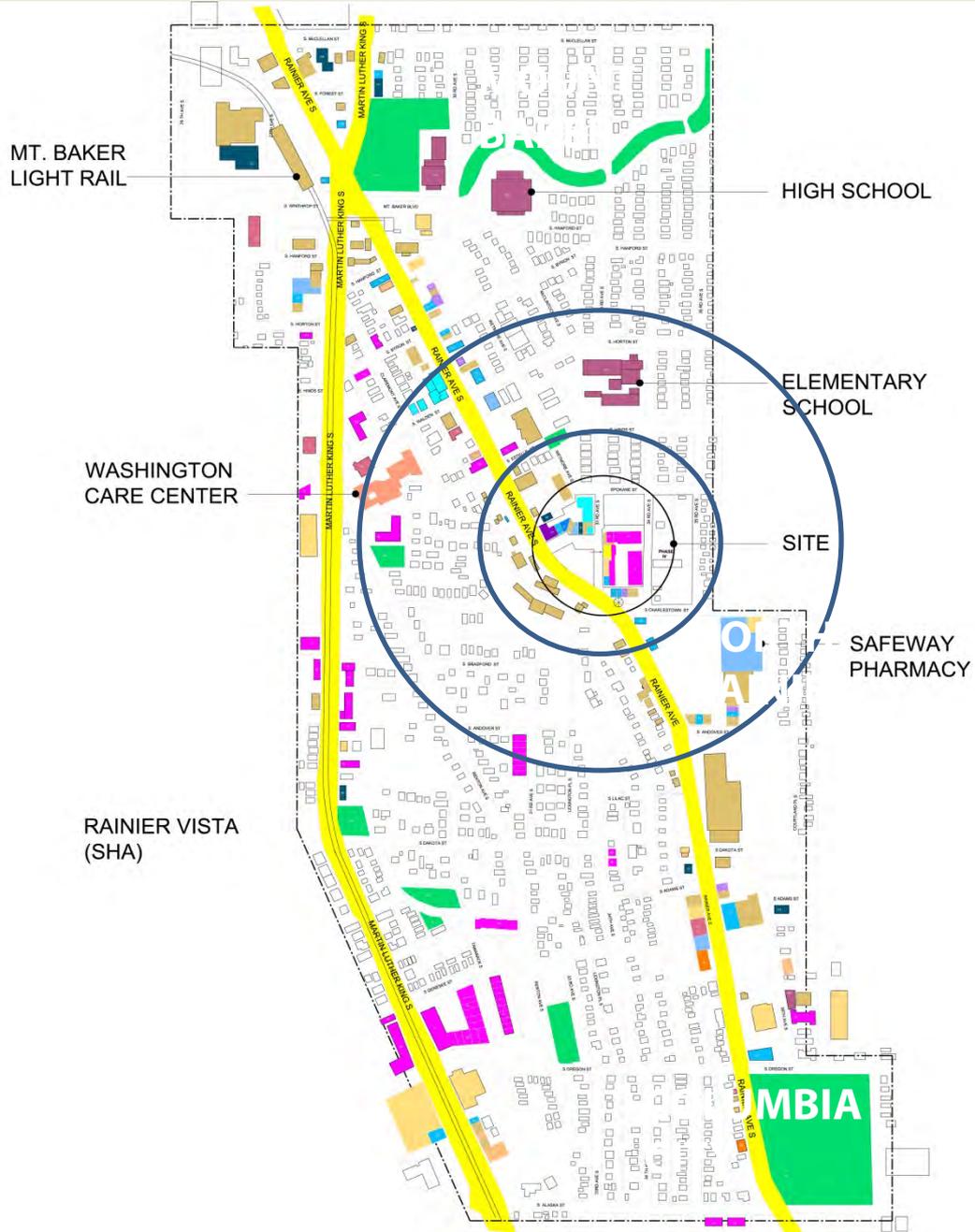


THE TERRACES – PARTNERSHIP OF SCIDpda & SHAG



NORTH RAINIER COMMUNITY CULTURAL CENTER



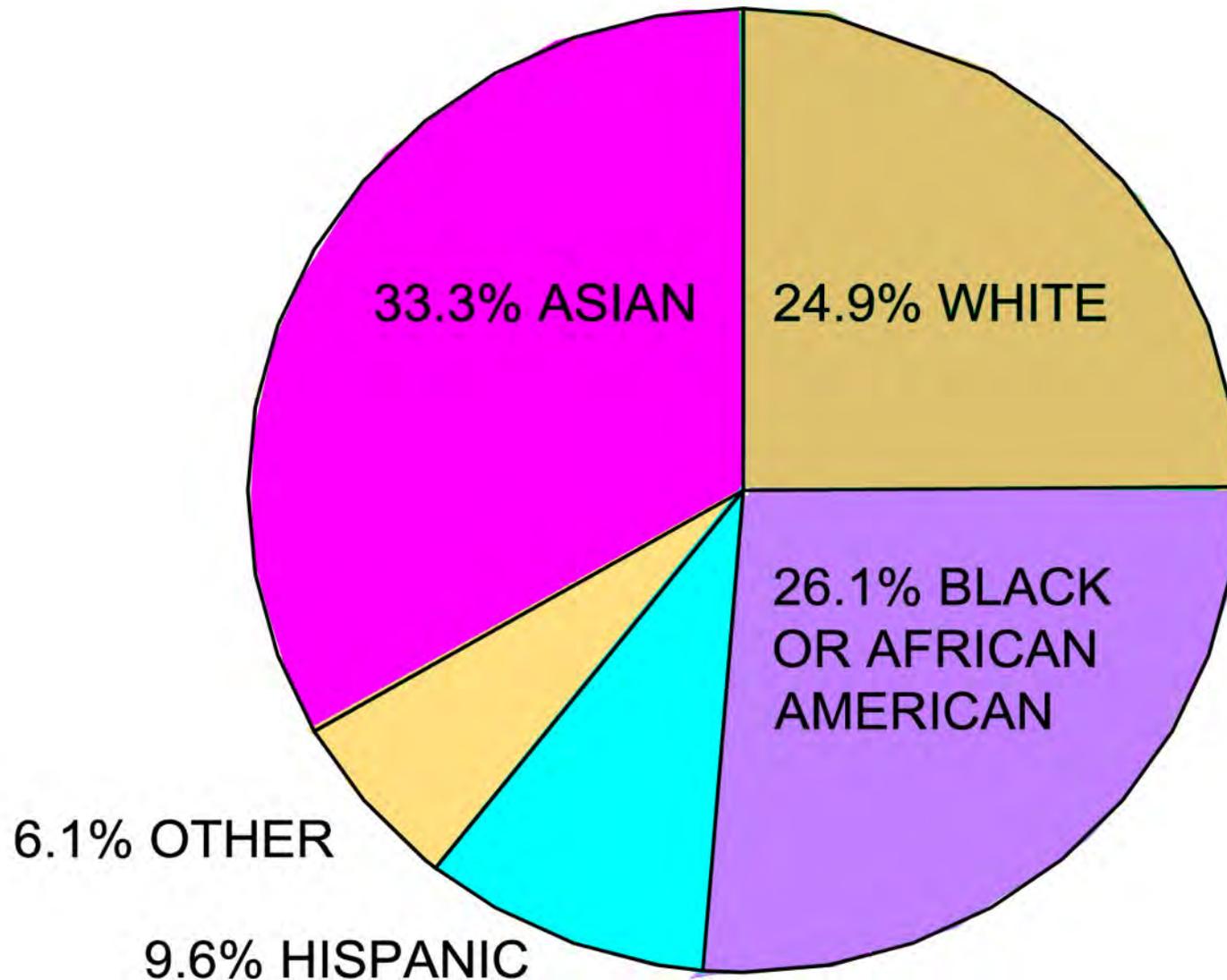


CREATING THE NORTH RAINIER COMMUNITY CULTURAL CENTER

Jay Woolford, SHAG

Valerie Thiel, Sage
Architectural Alliance

NORTH RAINIER - RACE DISTRIBUTION



COURTLAND SENIOR HOUSING



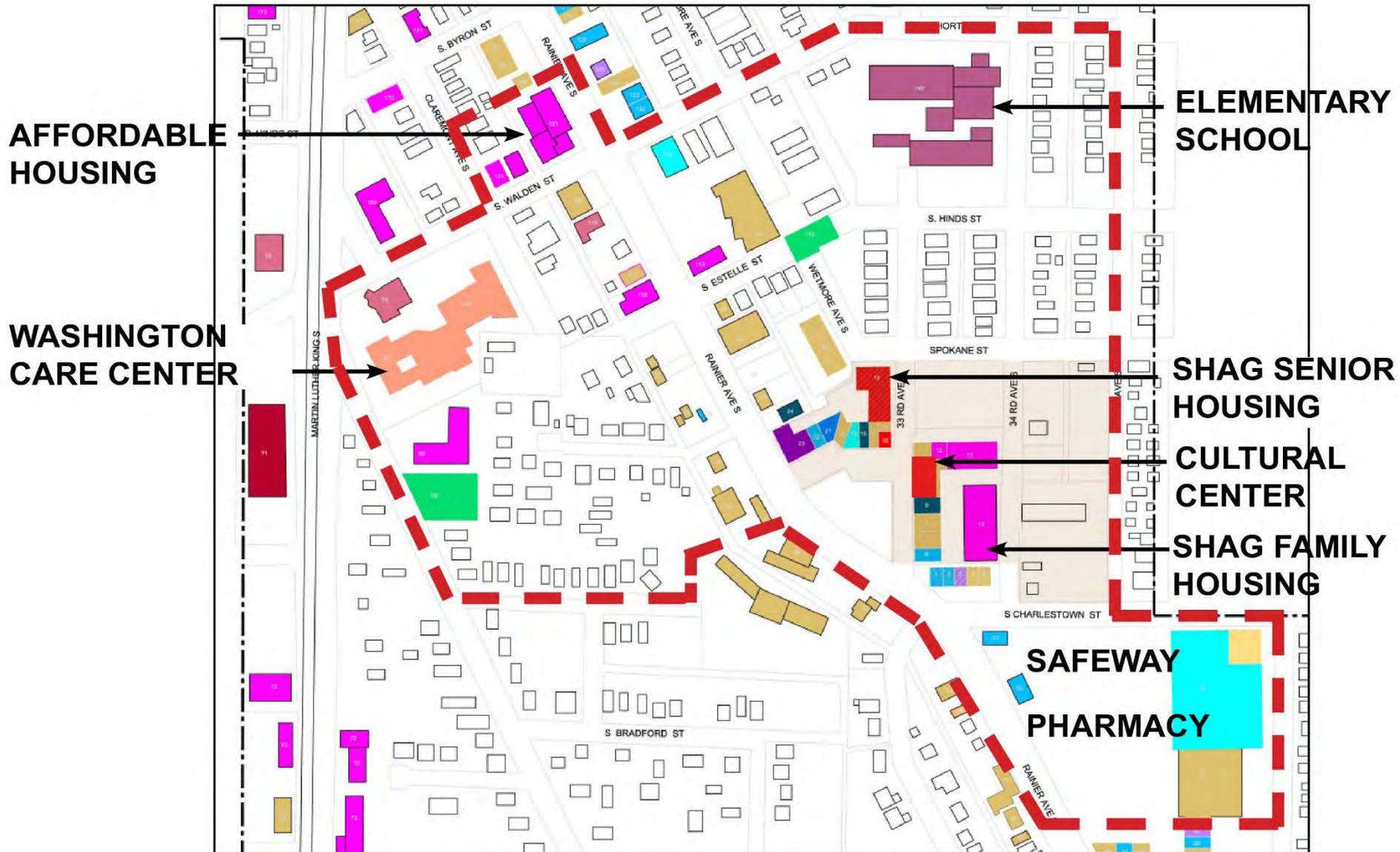
DAKOTA MULTI-FAMILY HOUSING



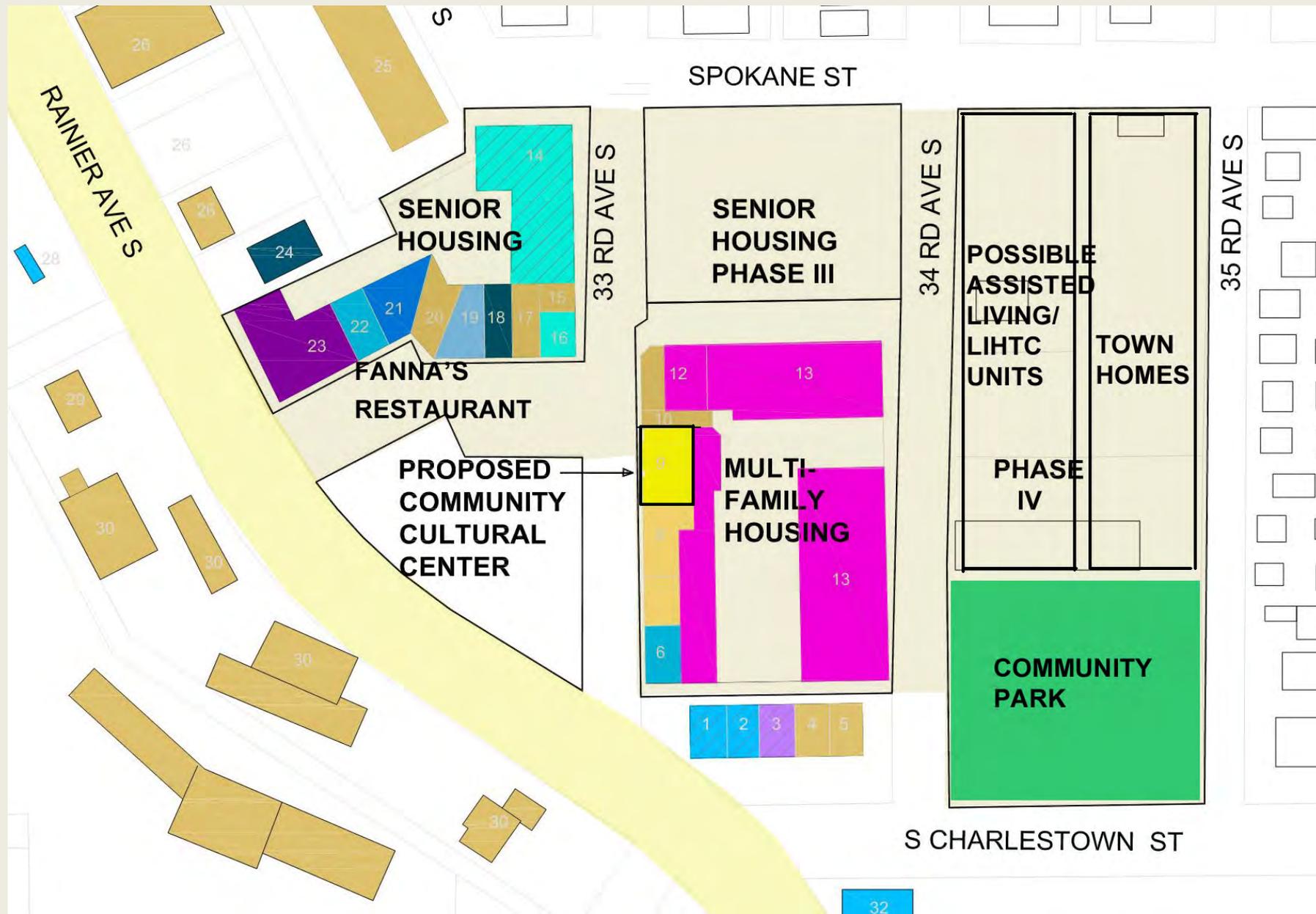
The Process

- Understanding your environment & context
- Understanding the resources around you
- Understanding the issues, desires & needs of your residents & neighbors
- Establishing partnerships & collaboration to collectively address the opportunities
- Find the support
- Find the bucks

RAINIER COMMUNITY CULTURAL CENTER



RAINIER COMMUNITY CULTURAL CENTER



ORGANIZING STAKE HOLDERS

- **OPERATOR**
- **DEVELOPER/ PROPERTY OWNER**
- **NEIGHBORHOOD COORDINATOR**
- **ON-SITE DELI OWNER**
- **ON-SITE AFTER-SCHOOL PROGRAM OPERATOR**
- **CITY OF SEATTLE PLANNING DEPARTMENT**

**DISCUSSING THE MOST EFFECTIVE
MEANS TO REACH OUT TO RESIDENTS**

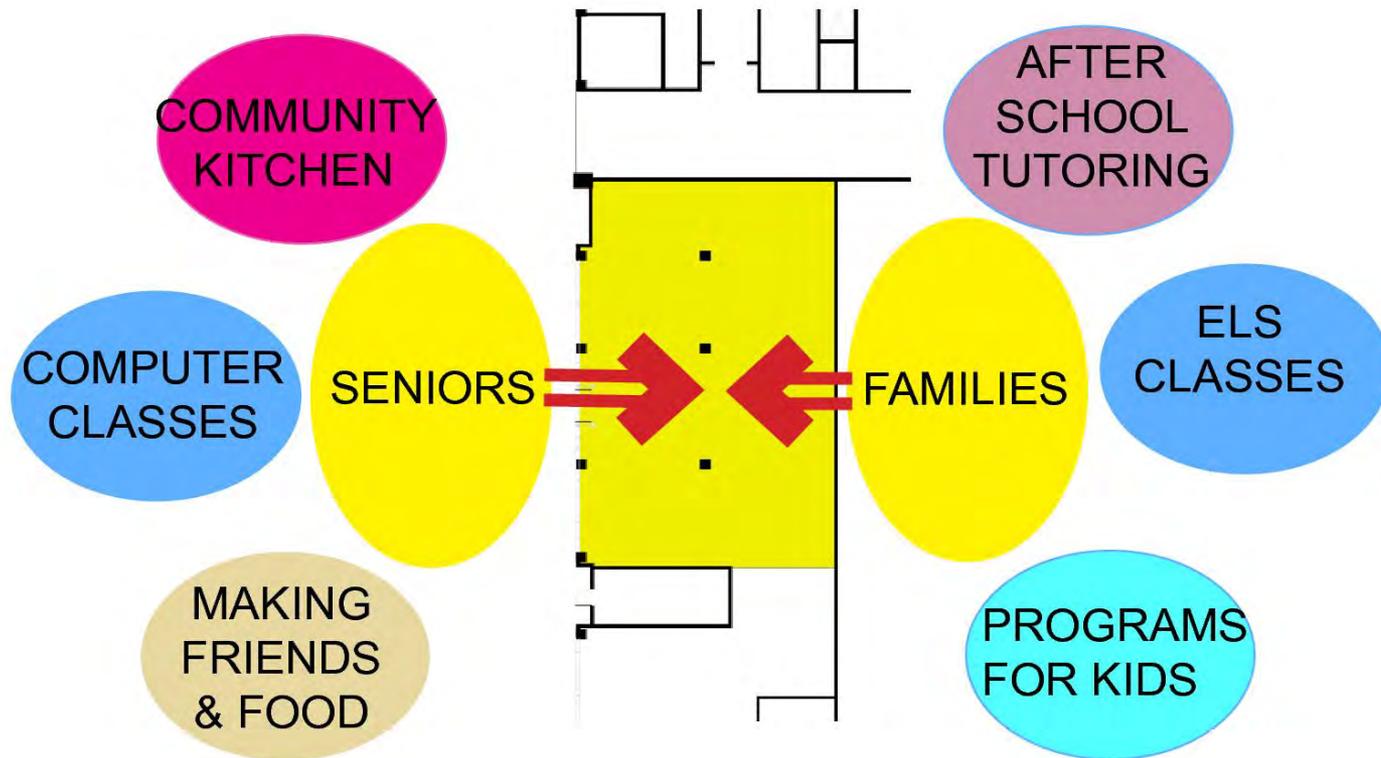
IDENTIFYING COMMUNITY LEADERS



FOCUS GROUP MEETINGS

COMMUNITY OUTREACH WORKSHOPS

COMMUNITY CULTURAL CENTER RESIDENT IDEAS



GOALS

- Walkable Sustainable Community
- Safe
- Provides Intergenerational Programming, Life-Long Learning & Exposure to the Arts
- Volunteerism
- Neighbors helping Neighbors
- Face to Face Connections

**NORTHAVEN INDEPENDENT
HOUSING
WITH SERVICES**

AGING IN PLACE

SERVICES CURRENTLY OFFERED

WELLNESS PROGRAM

- ❖ EXERCISE PROGRAM
CORE PLUS-TAI CHI-STRENGTH/FLEXIBILITY-DANCE
YOGA-BALANCE-STRETCH -PERSONAL TRAINING
- ❖ LOW-VISION & DIABETES SUPPORT GROUPS
- ❖ WELLNESS CLINIC-2X WEEKLY WITH RN'S
RESIDENTS-RN'S ASSURE FOLLOW-UP
PLAN IN PLACE FOR DISCHARGES
CONDUCT EDUCATIONAL SEMINARS
PHARMACIST-MEETSQUARTERLY WITH
RESIDENTS ASSESSING MEDICATIONS
- ❖ ACUPUNCTURE-CHIROPRACTOR-MASSAGE
FOOT CARE-AUDIOLOGIST
- ❖ ANNUAL WELLNESS FAIR-OVER 35 VENDORS
PARTICIPATING

WELLNESS FAIR

OVER 35 VENDORS ATTEND
ANNUAL WELLNESS FAIR

INVITE SURROUNDING
COMMUNITY TO PARTICIPATE



Do you have questions about
the exercise?
Are you interested
in learning more?



- ❖ **MONTHLY EDUCATIONAL WELLNESS SEMINARS
WITH PROFESSIONALS FROM COMMUNITY**
- ❖ **RESIDENT SERVICE COORDINATORS/SOCIAL WORKERS**
- ❖ **MOBILE DENTAL AND MAMMOGRAPHY VAN**
- ❖ **TRANSPORTATION-
MEDICAL VAN-MONDAY-FRIDAY
WEEKLY BUS TRIPS
GROCERY SHOPPING TRIPS WEEKLY**
- ❖ **MEAL SERVICE-MONDAY-FRIDAY 7:30 AM-6 PM
SATURDAY & SUNDAY- OPEN 11 AM- 1:30 PM
(mandatory meals dinner only - Mon-Fri)**
- ❖ **HOUSEKEEPING
1 FREE HOUR PER MONTH
ADDITIONAL HOURS- \$12.00 pr hr**

GOAL: KEEP RESIDENTS ENGAGED, INVOLVED IN COMMUNITY & HEALTHY



 **WITH A LITTLE HELP**
Services for Seniors

LESSEN ISOLATION



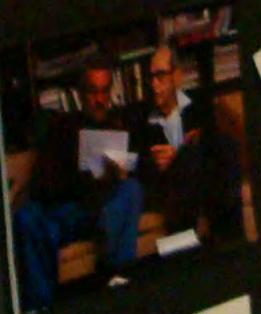
BILL PAYING



TRANSPORTATION



ORGANIZING



STAYING CONNECTED
WITH FAVORITE ACTIVITIES

*Sign up
for Making Great
a choice to use
\$15.00 QFC
Shop Card.*

2 HOUR MINIMUM

24 HOUR CARE

OVERNIGHT STAYS

RESPIRE CARE



OUTINGS







**ADDING ADDITIONAL SERVICES TO ASSIST RESIDENTS
TO AGE WITH CHOICE IN PLACE**

**PARTNERING WITH ORGANIZATIONS THAT PROVIDE IN-HOME
CHORE SERVICES/MEDICAL OVERSIGHT (MEDICATION ASSISTANCE)**

**EXPANDING PROVIDENCE ELDERPLACE (PACE PROGRAM) TO
INCLUDE INDEPENDENT RESIDENTS - PACE CLINIC ON SITE**

EXPAND WELLNESS CLINIC-POSSIBLY NURSE PRACTITIONER

**APPLIED FOR 2 GRANTS TO PROVIDE IHOME HEALTH SOFTWARE
WITH
SERVICES THAT RESIDENTS CAN MONITOR OWN HEALTH**

**NORTHAVEN'S GOAL IS TO KEEP RESIDENTS ENGAGED, HEALTHY
ACTIVE WITHIN THEIR OWN COMMUNITY AND THE COMMUNITY AT
LARGE**







URBAN VILLAGE
CONCEPT



NORTHAVEN Planning Workshop

Visioning Charrette



October 9th 2012

Recent Planning History

- Northgate Area Comprehensive Plan, zoning 1993
- Neighborhood planning workshops 2000
- Open Space & Pedestrian Connections Draft Plan 2004
- Stakeholders Group 2004-2009
- 5th Ave NE Streetscape Design Plan 2005
- Thornton Creek Water Quality Channel design 2005-2007
- CTIP transportation investment plan 2006
- Northgate Way Corridor Rezone EIS 2009
- Design Guidelines update 2010
- Northgate TOD – Urban Design Framework 2012 - 2013



□ Light Rail Station



Northgate Way Corridor – Future Projects

Potter Properties

Additional 170 affordable housing units



Mullally Properties

Contract Rezone from MR to
NC3-85



Wallace Properties

Phase II

238 Residential Units

Opportunity

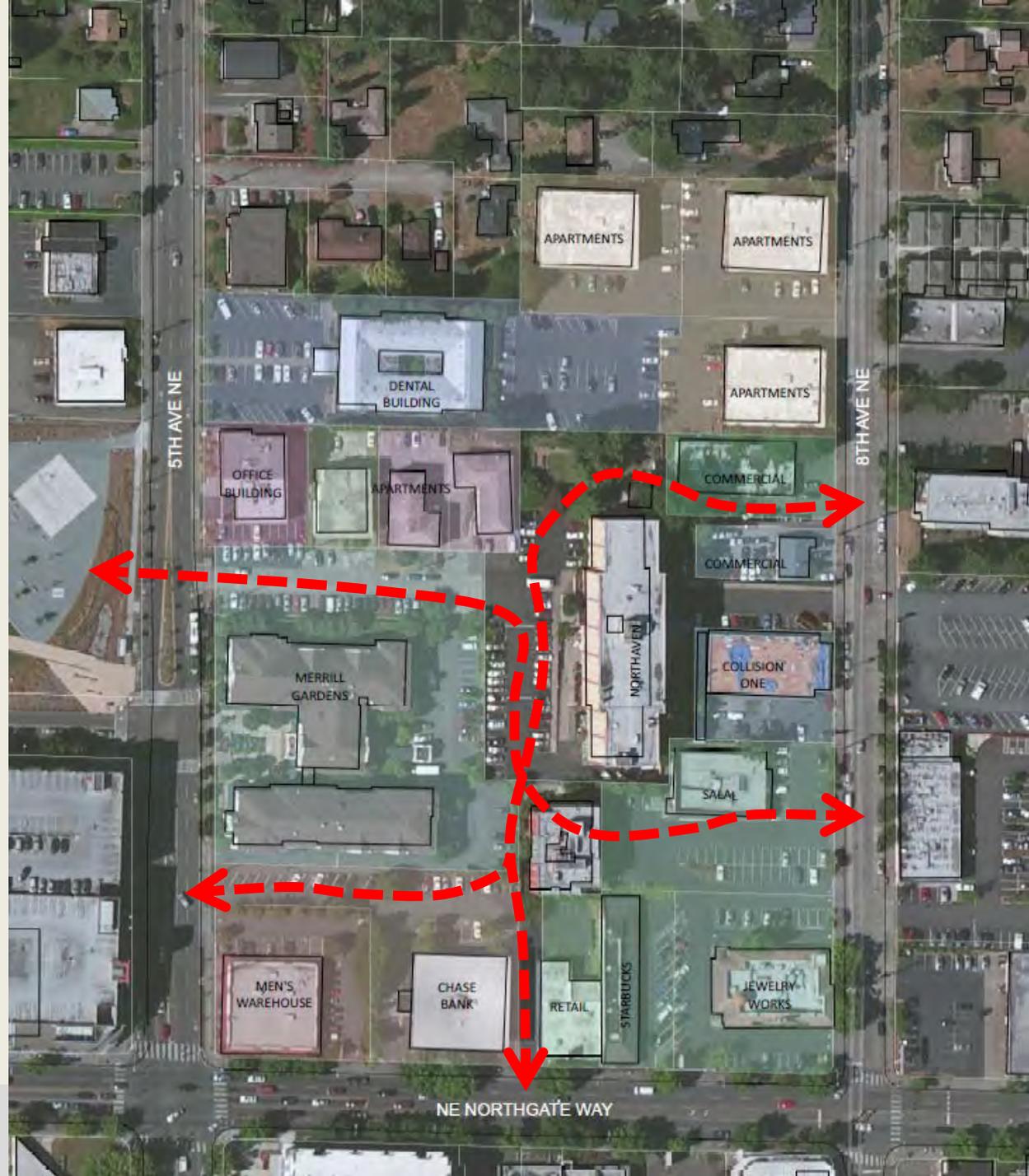
Transition from car dominance to a more urban, walkable and sustainable type of neighborhood



Commons

What could be shared, combined, used at different times?

- Internal walkways & streets
- Plaza, courtyard, green space, playground
- Parking
- Passenger drop off
- Alleys, service areas, fire lanes, parking access lanes
- Meeting facilities
- Reception areas
- Security staff
- Maintenance staff and facilities
- IT Staff



Scheme 1

Merrill Gardens:

- Improvements to easement lane
- Possible addition
- Modify entrance

Northaven

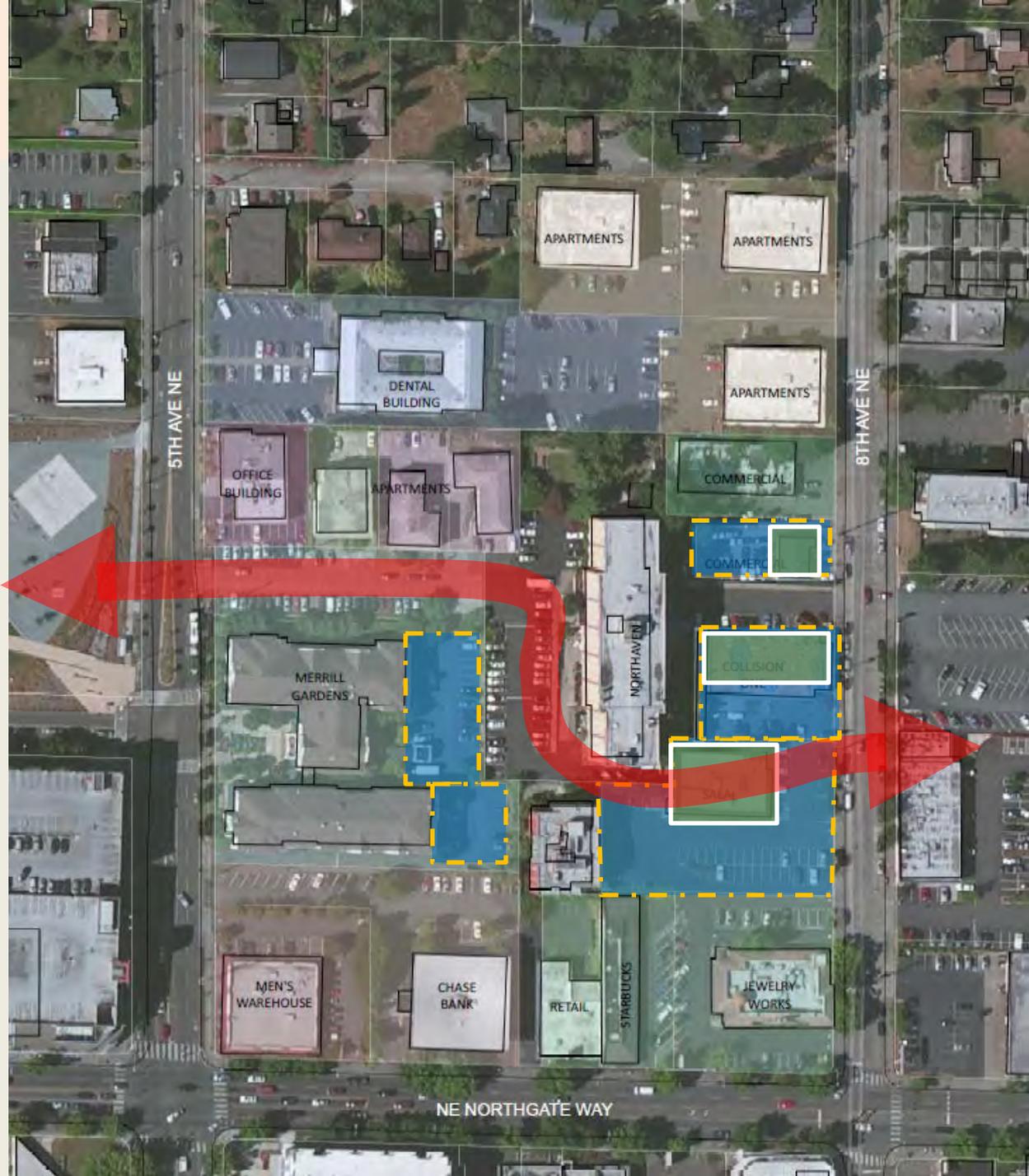
- Modify parking lot into plaza & internal street
- Below grade parking, possible sharing/co-development with Merrill
- AL addition to east

Collision 1

- Consolidate & redevelop
- Possible partnership or sell to NH

Salal /AIG

- Demo, create partial street & redevelop



Scheme 2

Merrill Gardens:

- Improvements to easement lane
- Possible addition & new entrance

Northaven

- Modify parking lot into plaza & internal street with below grade parking, possible sharing/co-development with Merrill
- AL addition to east

Collision 1

- Consolidate & Redevelop
- Possible partnership with NH

AIG

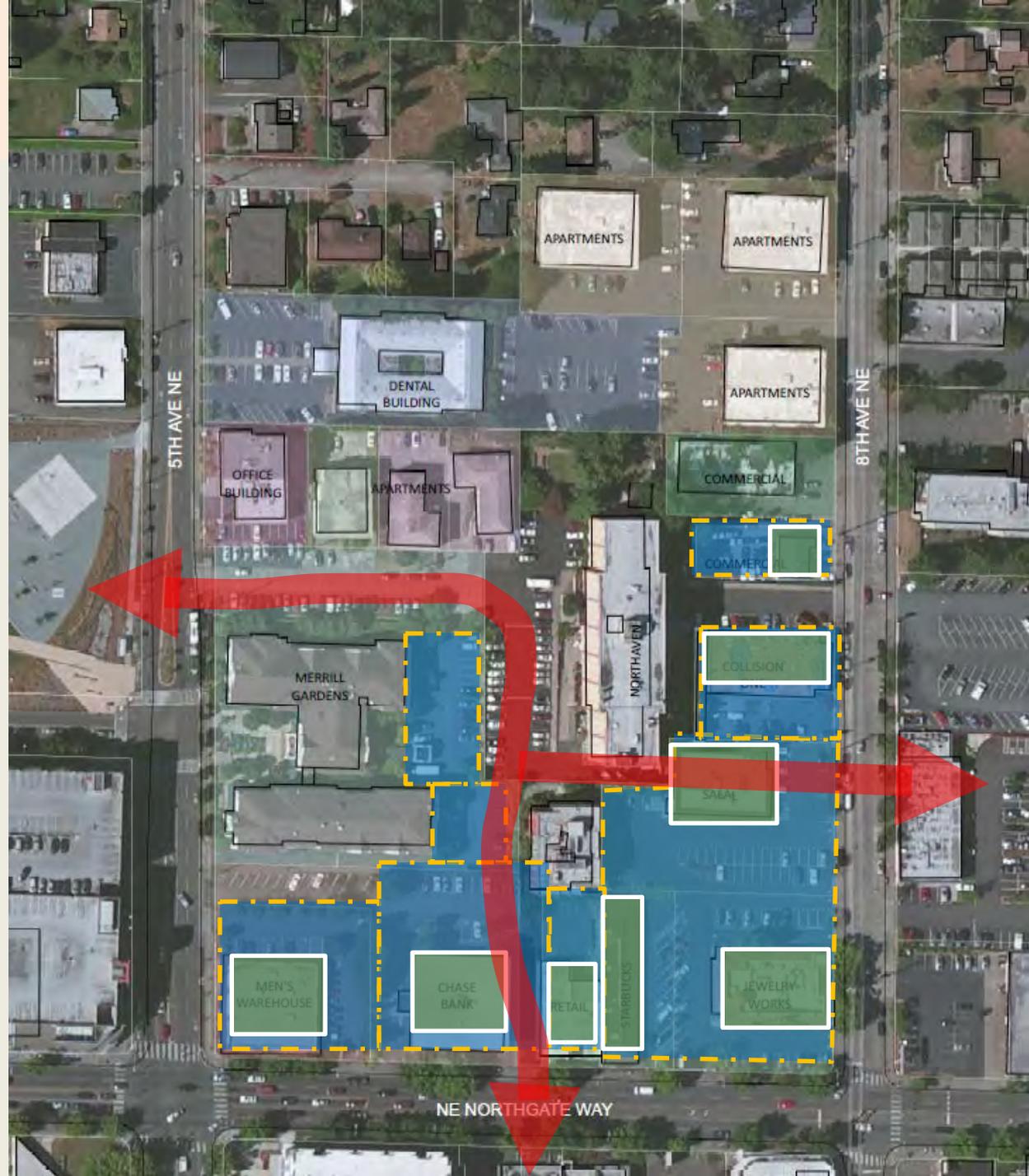
- Demo & redevelop
- Partner with NH to create internal street & AL addition

Mary Firmer Building

- Partner or sell to AIG

Men's Warehouse & Chase

- Create internal street
- Partner or sell - redevelop mixed use



Scheme 3B

Entire Block Re-develops

- New 112th internal street
- Pedestrian only North-South mid-block “mews” courtyard square with parking below
- New addition, drop off court and entry for Merrill Gardens
- Potential large floor plate medical office Building at chase/Men’s Warehouse sites
- AIG re-develops large mixed use project



Question

Looking into the future, what would make this place distinctive and successful?

Uses

- ▣ Day Care
- ▣ Drug Store
- ▣ Medical Office
- ▣ Housing

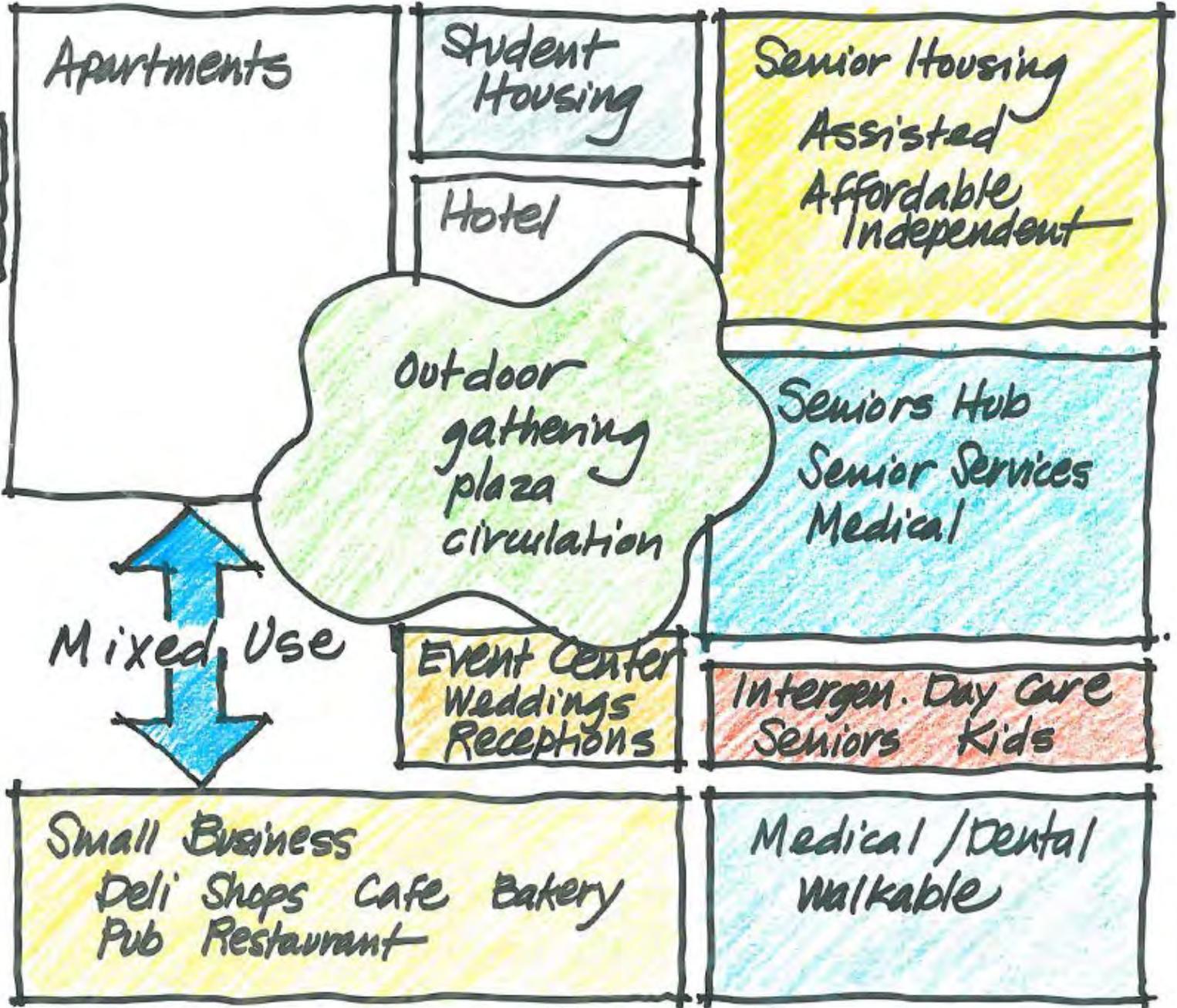
Character

- Urban Village
- Park-Like
- Walkable
- A Similar Neighborhood

Experiences

- Sunday Market
- Music
- Exhibitions
- Festivals

Uses:



Mixed Use

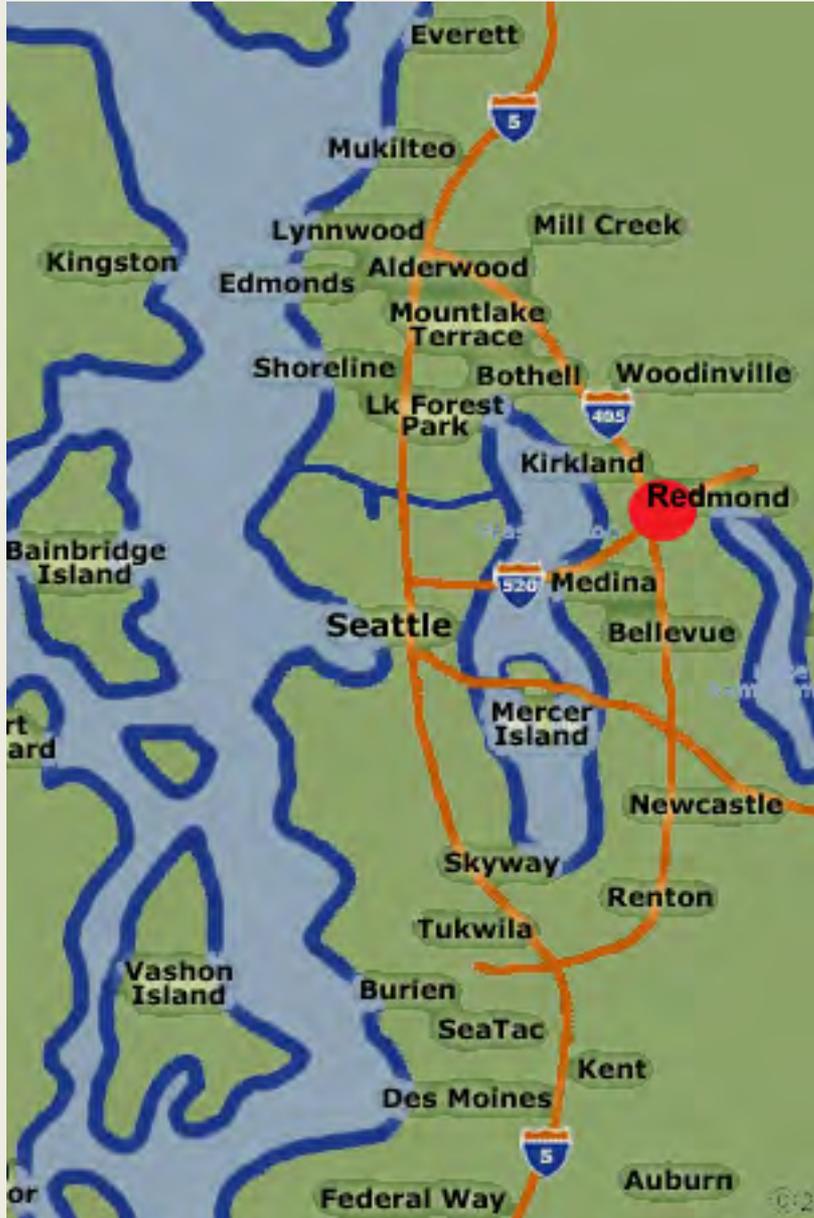
Common Themes:

- ❑ Community Space
- ❑ Small business · opposite of the "BIG BOX"...
retail, restaurant,
services
- ❑ Parking - incremental strategy
- ❑ Height Limit and Opportunities
- ❑ Hub for senior services
medical, dental, health
- ❑ Shared multi-use w/residential/
greater priority than office use
- ❑ City is open to reviewing/changing
existing zoning.

VIA

via-architecture.com

REDMOND VILLAGE CENTER



Partnerships

**Mapping
Resources**



**Enhancing
Community
Vitality**



SAGE ARCHITECTURAL
ALLIANCE
DESIGN FOR AGING

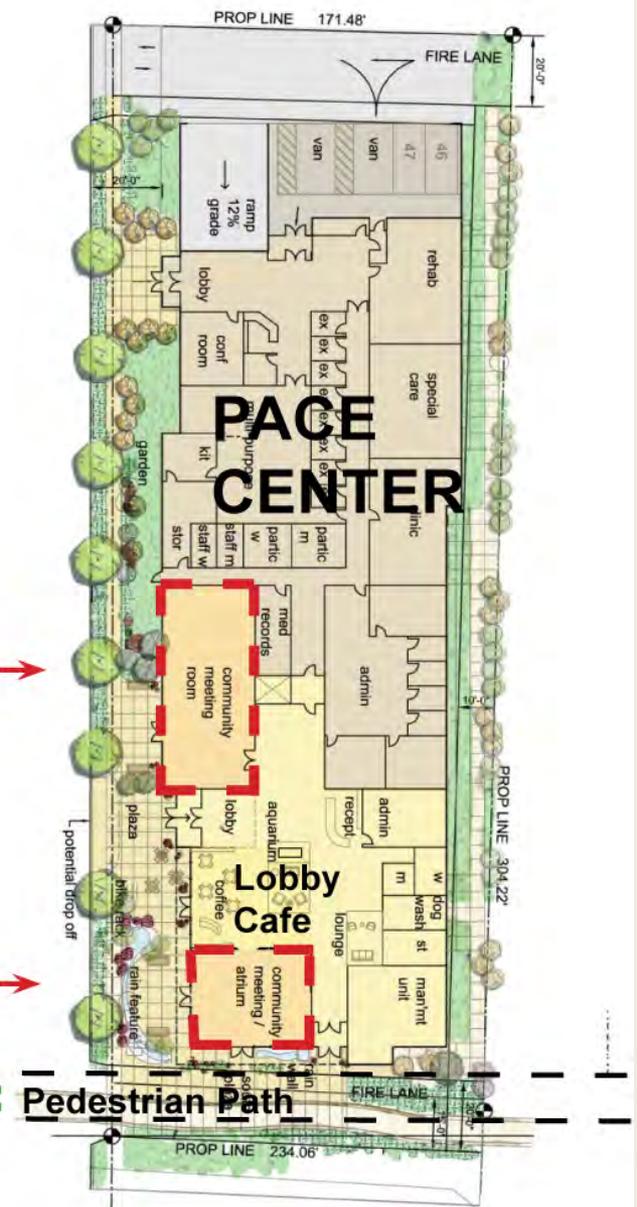
ROBUST SENIOR RESOURCES



CONNECTION TO SENIOR CENTER



--- Pedestrian Path ---



--- Pedestrian Path ---

CONNECTION TO ADJACENT RESOURCES



DESIGN FOR SOCIAL CONNECTION & WELLNESS



Metrics correlated to Longevity

- Social Connection – Senior Center
 - Lobby Café
 - Lobby Meeting Room
- Nutrition – Grocery Store
 - Senior Center Meals Program
- Exercise – Senior Center
 - Lobby Meeting Room
- Health Care – Medical Clinic
 - Senior Center Wellness Programs
 - PACE
- Self-Reliance – Adjacent Resources

MULTI – BLOCK NETWORKS OF RESOURCES

Community #1:

Legacy House – IL/ AL as the Community Hub

Community #2 – North Rainier Community Cultural Center as Social Hub/ SNF as Health Hub

Community #3 – IL/ AL as the Catalyst for a Sustainable Neighborhood & Hub of Senior Services

Community #4 – Community Center as Social Hub/ PACE as the Health Hub

EVOLUTION OF COMMUNITY

- Most educated generation in history
- Life expectancy 30 years longer
- Creation of a New Stage of Life
- Communication systems are creating new worlds of possibilities
- Trend toward denser lifestyles

EVOLUTION OF COMMUNITY

- Senior Living has developed an expertise in supporting residents living in community.
- The metrics of Quality of Aging are also the metrics of a healthy community for all.
- By 2030 24% of the population will be over 65. Can the growing demographic that has been foreseen as a crisis be part of the leadership that transforms our communities toward a sustainable, healthy, connected lifestyle?

THANK YOU

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