

Aging in Place



BY **SUSAN NOACK, CHAIR, TUALATIN AREA AGING TASK FORCE**

What is 'Aging in Place'? What does it mean to our senior community in Tualatin? The Tualatin Aging Task Force perceives aging in place as seniors wanting to live in place which means staying in Tualatin. It means being able to downsize and afford to continue to live in Tualatin. It means living close to accessible transit, shopping and medical facilities. (Please be sure to read the Letter to the Editor written by one of our Task Force members, Beverly Phelps, to learn more.)

The City of Tualatin planning staff is in the process of updating the Development Code, which includes housing, pedestrian and bicycle plans, and transit. The Aging Task Force feels it is very important for the senior community (which comprises approximately 18% of our population) to have a voice in this process. An effective housing element provides for the necessary conditions for developing and preserving an adequate supply of housing, including housing affordable for seniors, families and workers in the community.

It is vital that, in order to address these issues, all the critical stakeholders in our community, residents, businesses and housing providers, need to be involved. This should be a local plan and reflect the vision of priorities in the community.

For our 50+ citizens, please join the Aging Task Force at their next meeting on Monday,

February 13, 3:00 pm, Juanita Pohl Center. Our guest will be Aquila Hurd-Ravich, Planning Manager for the City, to walk us through the progress of the update and to answer any questions/concerns we have.

It is important that we have a voice and are heard. Nothing will change if we don't speak up. This will be our opportunity to express our ideas and give input to the committee and the city.

If you have questions or want more information, please contact susancnoack@hotmail.com.

Susan Noack has lived in Tualatin for 15 years. Before retirement, she was a development director/event planner for non-profits. Now as an "Aging in Place" senior, her passion is being an advocate for seniors and giving back to the community. She is a member of both the Meals on Wheels People and Juanita Pohl Center advisory committees and chair the Tualatin Area Aging Task Force committee.



In My Opinion

Dear editor,

The following are things I have learned from listening to meetings of the Tualatin Aging Task Force and from auditing an Urban Studies class at Portland State University.

- Our city of Tualatin needs to help people who are growing older stay here in their town.
 - There needs to be a larger number of affordable home options.
 - Millennials and empty nesters also want smaller, affordable homes.
- Can our city create policies which will:
- Help people who live here keep living here, not be forced to move.
 - Help people who work here live here. Today we do not have enough appropriate housing for employees of our own businesses.
 - Provide for short commutes allowing workers more time with family.
 - Short commutes mean fewer cars on our streets and less pollution.
 - Short commutes allow people to use more healthful transportation like walking, bike riding and public transit.
 - Short commutes may help employees' attitudes and efficiency.

- Encourage construction of apartments and condos, up to 6 or 8 stories. We need an elevator as we get older.
- The ground floor can be used for shops and businesses creating mixed use areas.
- A percentage of all developments should include affordable housing.
- Public transit should be provided at each affordable site.
- Allow spaces and buildings to be used temporarily and creatively for additional housing.
- Establish a public transit center at the WES station.
- The WES station has space. The train cannot be moved.
- Reroute all TriMet busses, including Ride Connection, to interact at the WES station.
- Build housing at the WES station, including affordable housing.
- Bring back a grocery store at the WES station.

Tualatin must accept and support solutions to Portland's housing crisis. We are living that crisis.



Beverly Phelps, 3 year Tualatin resident, life long Portland area resident, retired professional mental health counselor (LPC).