

CASCADIAN TERRACE APARTMENTS

Community Engagement Report

The Center for Public Interest Design

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SALAZARARCHITECT^{inc}



PLACE



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The Center for Public Interest Design (CPID) is a research [+action] center at Portland State University that aims to investigate, promote, and engage in inclusive design practices that address the growing needs of underserved communities worldwide. Through research and design, fieldwork, and public outreach, we promote a mode of practice that is socially conscious, environmentally sustainable, and economically accessible to all.

Executive Summary

The project is broken down into three phases:

1. Research

Public Health Interviews

Using an asset-based approach, OHSU-PSU School of Public Health conducted resident interviews over the course of two engagement events to identify key assets and needs as portrayed by the residents.

Findings:

- Food scarcity is a severe problem and many residents run out of food by the end of each month.
- Fresh produce and wholesome foods are particularly inaccessible to residents.
- Mental illness is very high among residents and assistance connecting them to services is an immediate need.

Design Charrettes & Walking Tours

The CPID and Salazar Architect held two design charrettes including walking tours with residents to generate concepts of community identity, establish daily routes throughout the building to inform wayfinding, determine perceived “hubs,” and identify potential challenges to shared community programs.

Findings:

- Residents feel safe in the building and surrounding neighborhood but disconnected from others.
- Residents desire to build relationships with other residents but feel that having gathering spaces at varying scales (both inside and outside) is necessary to do so.
- Residents feel that their apartment and kitchen are too small for entertaining guests and cooking.

- Residents experience confusion navigating through the building because each floor and wing looks the same.

Asset Mapping

OHSU-PSU School of Public Health and the CPID mapped local neighborhood assets within walking distances of 5, 10, 15 and 20 minutes. OHSU-PSU School of Health then narrowed down the asset map to focus on social services in the neighborhood that are available to Cascadian Terrace residents.

Findings:

- There is an abundance of services in the area but most are inaccessible to Cascadian Terrace residents.

2. Activate

To address findings from the interviews, design charrettes and walking tours, the design team recommended:

- Integrating a community kitchen and pantry
- Adding community gardens to grow fresh produce
- Activating the community room so that it functions at varying scales
- Utilizing the alcoves located throughout the building to make smaller, semi-private spaces for gathering
- Creating exterior seating areas for gathering
- Color-coding stairwells and hallways using resident selected colors and graphics for wayfinding

3. Connect

To address findings from the asset mapping exercises, the design team recommended:

- Strengthening connections with the neighborhood
- Strengthening connections with social services

Introduction

Standing outside the wrought iron fence peering into the barren parking lot, one cannot help but wonder, “Who lives here? Is the fence meant to keep passersby out or the residents in?” Once inside the building, the dated community space sits empty except for a few residents silently engulfed in a puzzle. The narrow, sterile hallways extend out from the building’s core for what seems like infinity. Every floor the same, a dizzying maze of beige. Small alcoves carved out on each floor sit empty. One cannot help but wonder, out of the 100+ residents, “Where is everyone?” But upon leaving the property, an oversized mural on the side of the building comes into view. Suddenly, there is a spark of vibrancy, a sense of beauty and art, a resident culture and community.

This report is the culmination of an interdisciplinary collaboration between Community Development Partners (CDP), the Center for Public Interest Design (CPID), Salazar Architect and OHSU-PSU School of Public Health documenting the resident engagement events, action research and design efforts at Cascadian Terrace Apartments. CDP acquired the property in 2015 with the intention of performing a complete renovation. CDP asked CPID to assist in the process using an Asset Based Community Development approach, engaging the residents and surrounding neighborhood, in order to define the scope of rehabilitation that is currently underway. Findings and recommendations focus on improvements to the community areas by activating underutilized space, building community identity among residents, new programming oriented around food security and nutrition, and creating paths to connect residents to neighborhood resources and social services.



CONTEXT

Neighborhood History

The Humboldt neighborhood sits at the upper northwest corner of the historic Albina district located on the east side of the Willamette River. The history of Albina is one of racial segregation, neighborhood disinvestment, displacement and gentrification. In the late 1880s, Albina was the fastest growing city in Oregon with over 6,000 residents (primarily European immigrants working for the Union Pacific Railroad) when it was annexed by the city of Portland in 1891.¹ By WWI, the area was booming with the addition of streetcar lines and 20,000 new homes.² This success was short lived. The construction of Interstate Avenue redirected traffic from the heart of Albina and businesses followed, leaving the neighborhood's once vibrant commercial strip on Williams Avenue vacant.³ A small community of African Americans moved to Lower Albina (south of Fremont Street) from NW Portland after the Great Depression. Discrimination in Portland's housing market and "ethical" real estate policies following WWII concentrated the Black population in Albina. After the Vanport flood in 1948, one-thousand Black residents were forced to move to Albina. In the 1940s and 1950s, Lower Albina was the heart of the Black community. Several Black residents owned businesses and the area had a thriving music and arts center known for its renowned Jazz scene. A series of urban renewal projects starting in the 1950s and spanning three decades (the Memorial Coliseum in the 1950s, Interstate-5 and Highway 99 in the 1960s and the Emanuel Hospital Urban Renewal Project in the 1970s) displaced many residents to Upper Albina (north of Fremont Street). *Continued on page 13.*

Understanding the Urban Context

Cascadian Terrace Apartments is located in the Humboldt neighborhood in inner North Portland. The neighborhood consists of 0.55 square miles, located approximately three miles outside of downtown Portland. The Humboldt neighborhood's population is 5,147 with a population density of 9,360 people per square mile.⁷ The neighborhood is experiencing rapid population growth and redevelopment causing property values to increase at exponential rates. Currently, the median home value in Humboldt is \$477,800, a 62% increase since 2008 and a 47% increase in just the past five years.⁸ The neighborhood's easy access to downtown, proximity to desirable neighborhoods and restaurants, bars and coffee shops, makes the Humboldt neighborhood a popular destination for young, middle-class urbanites. Today, the Humboldt neighborhood is described as "young, urban and hip,"⁹ ranked #18 out of 91 in 2018 as the "Best neighborhoods for millenials in the Portland area."¹⁰ The west and south sides of Cascadian Terrace border Portland Community College and the east and north sides are surrounded by residential, single-family homes.

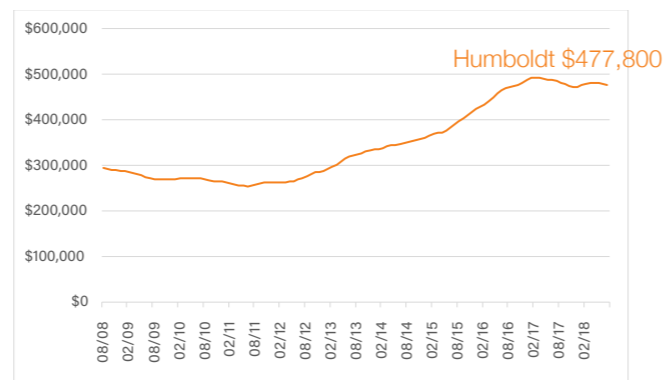


Fig. 1 Humboldt Neighborhood Changing Property Values¹¹



Building facing Kerby Ave



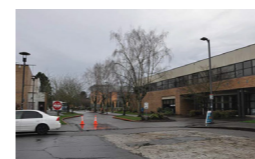
Adjacent Residential Properties



Building facing Kerby Ave



Building facing Jessup St



Adjacent PCC Campus

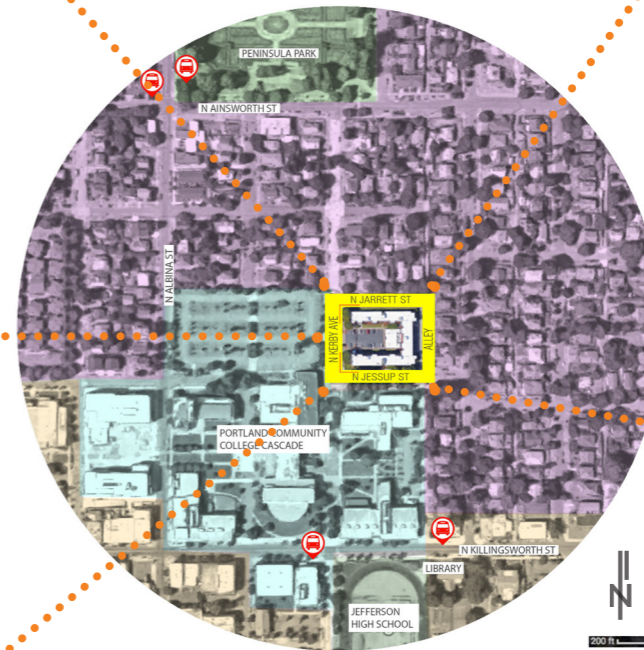


Fig. 2 Cascadian Terrace Vicinity Map



Building facing Jarrett St



Adjacent Residential Properties



Building facing the Alley



Adjacent Residential Properties

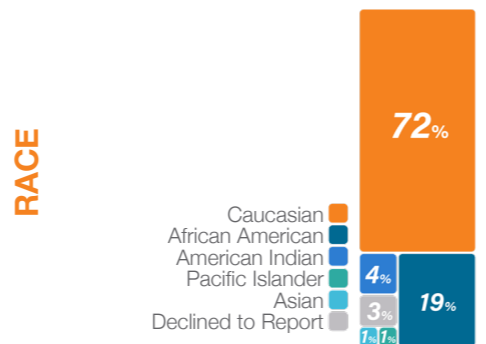
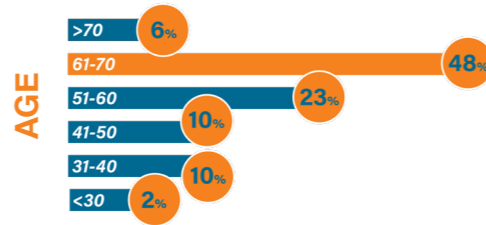
- PCC
- RESIDENTIAL
- COMMERCIAL
- PARK
- CAMERA POSITION

Comparing Demographics

Cascadian Terrace Apartments is an existing four-story, 103-unit affordable housing community serving seniors and disabled residents with income and rent restrictions. The property was built in 1967 as student housing for Cascade College. In the 1970s, the property was converted into affordable housing through the HUD Section 8 project-based rental assistance program. In 2003 the Housing Assistance Payment (HAP) contract was extended and the property was renovated under the Section 42 Low-Income Housing Tax Credit (LIHTC) program.¹² Today, the property consists of studios, one, and two bedroom apartments; all equipped with their own kitchen and bathroom.

Comparing demographics of residents at Cascadian Terrace Apartments to the demographics of the surrounding Humboldt neighborhood shows that age and income are the largest gaps between the two communities. The median age of Humboldt neighborhood residents is 34 years of age while the majority of residents at Cascadian Terrace are in their mid to late 60s. The income gap between Cascadian Terrace residents and Humboldt neighborhood residents is significant. The median household income in 2018 for Humboldt neighborhood residents is \$62,979¹³ while Cascadian Terrace residents all qualify for Section 8 Housing Vouchers meaning that their income is less than half (50%) of the typical income in the area. Cascadian Terrace residents' median income is between \$17,100 and \$28,500.¹⁴

Cascadian Terrace Resident Demographics As of August 2018



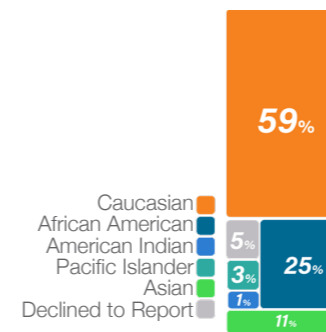
Humboldt Neighborhood Demographics



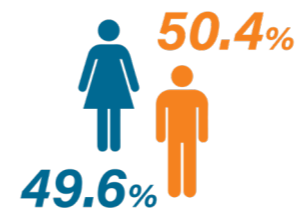
City of Portland 2017 Census



Pdxmonthly.com April 2018 & City of Portland 2017 Census



City of Portland 2010 Census
Note: this is for the city of Portland



Point2 Homes 2014

Neighborhood History Continued

Without access to capital (banks refused to offer conventional loans on homes in the area) the neighborhood declined to the point of abandonment and by 1980, Albina hit rock bottom. The decline in population (nearly 27,000 people since 1950)⁴ and rise in absentee landlords resulted in an area laden with gang warfare, crack cocaine, redlining and predatory lending. It was not until the early 1990s that the City of Portland began investing in the neighborhood following gentrification models used throughout the United States to 'revitalize' cities. For the first time in over 50 years the population of Albina grew and home values skyrocketed.⁵ Since 1990, median home values in the Humboldt neighborhood have increased 342%.⁶ Today, the area is still undergoing revitalization which is displacing lower income renters and homeowners to areas outside the central city and drawing in young, hip and affluent residents. In an effort to undo some of the wrongs forced upon the neighborhood's marginalized community members and attempt to lessen the effects of gentrification, the city is spending millions of dollars over the next seven to ten years to preserve existing affordable housing, help families stay in their homes, build hundreds more affordable units and even help families displaced from the I-5 corridor urban renewal project to buy back into the neighborhood. Many argue that the city's efforts are too little, too late. However, the implementation of an inclusive development strategy should result in a more diversified neighborhood, socially and economically, compared to other neighborhoods in Portland.

PHASES

RESEARCH
ACTIVATE
CONNECT

Phase 1

RESEARCH

Public Health Interviews

Event Overview

Dr. Paula Carder, Associate Professor at OHSU-PSU School of Public Health, held two resident engagement events at Cascadian Terrace focusing on "Health & Housing." At the events, six of Dr. Carder's undergraduate students and one graduate assistant conducted conversational style interviews using the Asset Based Community Development (ABCD) approach to question phrasing; focusing on services the residents utilize and aspects they enjoy about the building and their surroundings. This method differs from traditional community development models by focusing on "discovering and mobilizing" community assets, rather than "starting with a community's needs" and advocating for an outside solution.¹⁵ The ABCD method fosters sustainable development by focusing on a community's strengths rather than its weaknesses. At the event, residents had two opportunities to engage: 1) write notes on large posters hung on the wall, and 2) small group or individual interviews.

See Appendix 1: "Health & Housing" Event Flyer

Goals

Identify assets recognized by residents.

Results

A total of 13 residents sat for interviews and an additional four residents interacted with the posters only.

Incentives

Fruit and granola bars were offered to those who commented on the posters and a \$5 Fred Meyer gift card was given to interviewees, regardless of duration.

Phase 2

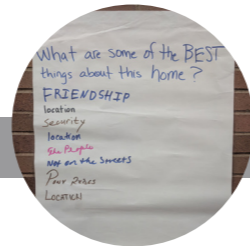
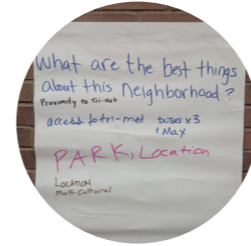
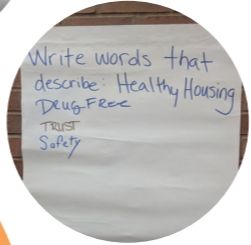
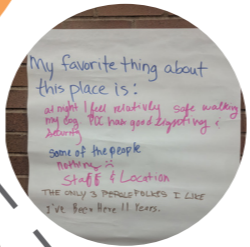
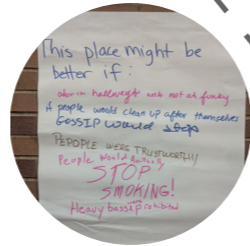
ACTIVATE

1 Activity 1: Poster Engagement

Duration: 5-10 minutes/person

Large posters were hung on the wall near the entrances. A bowl of healthy snacks and water bottles was placed on an adjacent table. Participants were invited to write on the posters in response to the prompt question and take snacks even if they did not contribute to the posters. While participants were engaging with the posters, they were invited to do a group or individual interview. See Appendix 2:

Poster Engagement Tool



ABCD Approach to Interviewing:

Is your kitchen big enough for you?
-- ***What works well for you in your kitchen?***

Does this neighborhood meet your needs?
-- ***What do you love about this neighborhood?***

Do you have enough food?
-- ***Tell me about your favorite meal.***

Note: The first question is an example of a deficit-based needs assessment. The second question, in bold italics, reflects the ABCD approach used.

2 Activity 2: Interviews

Duration: 10-30 minutes/person

After engaging in a short conversation with the posters, participants were invited to engage in a small group or individual interview. Interviewers were stationed by themselves or in pairs around the room. Participants were asked the list of pre-determined ABCD method questions.

See Appendix 3: *Interview*

Questionnaire

Phase 3

CONNECT

Findings

Cooking and Access to Healthy Food

Almost half of the residents stated that their apartment kitchen is too small to be functional, and one person even specifically mentioned it was too small to cook healthy food. Another person said they only eat packaged frozen meals because the kitchen is too small to cook. Lack of counter space, the inadequate, tiny sink, and limited shelving makes storing groceries and preparing healthy food impossible for more than three residents. Lack of money to pay for food seemed to be a fairly consistent stressor. A few residents alluded to utilizing food assistance services such as the food pantry and the senior food box, as well as using food stamps and structuring their shopping trips around cost-effectiveness. Several individuals described either running out of money for food at the end of the month, or noticing that other residents ran out of money for food.

Cascadian Terrace Community

Community spaces seem to be important to resident life. The community garden brings people joy, even those who don't use it. Multiple residents wished for more, varied, outdoor socializing spaces. The Community Room seems to be a neutral place where people can "check-in" on each other without violating personal space. It is used primarily for organized activities, puzzle parallel play, and a place for crossing and meeting. This community seems to be a collection of individuals from many walks of life. About half specifically mentioned experiencing homelessness, some mentioned using food stamps, and others spoke about constant money stressors. Mental illness is very high among residents and they need a lot of help connecting to services.

See Appendix 4: *Public Health Interviews* and Appendix 5: *Public Health Interview Findings*

Design Charrettes & Tours

Event Overview

CPID hosted the first design charrette during Cascadian Terrace's weekly morning meeting, 'Coffee and Conversation.' The team met with residents to initiate conversations and practice activities in a smaller setting to inform the approach at the larger evening charrette. The following night, CPID and Salazar Architect hosted the second design charrette with pizza and salad. Both events were held in the Community Room and residents received flyers on their doors inviting them to the events. At the events, three activities were used to engage residents in the planning and design as a way of building community. These activities included 1) Identity Cards, 2) Locate your Neighborhood, and 3) Walking Tours.

Goals

1. Generate concepts of community identity.
2. Identify daily routes throughout the building.
3. Identify perceived "neighborhoods" and "hubs."
4. Identify potential challenges to shared amenities.
5. Understand programming desires and implications.

Results

A total of 10 residents attended the morning charrette with a length of occupancy between 1-month to 13 years. Approximately 15-18 residents attended the evening charrette with a length of occupancy ranging from 1-month to 11 years.

Incentives

Residents received a \$5 Safeway gift card for participating in each charrette as well as dinner at the evening charrette.

1 Community Identity

Activity 1: Identity Cards

Duration: 30-45 minutes

Working in small groups of 5-6 residents and 1-2 design team members, Identity Cards were distributed and residents were asked to pick out cards that resonate with them and explain why. *Appendix 6: Identity Cards Tool*

Takeaway: Strategic place making informing colors, patterns and images residents would like to see in their space.



2 Wayfinding

Activity 2: Locate your Neighborhood

Duration: 15-30 minutes

Using printed floor plans and colored stickers, residents were asked to locate their apartment. They were then asked to locate apartments of their friends and neighbors.

Appendix 7: Locate your Neighborhood Tool

Takeaway: Determine if residents consider their "neighborhood" to be vertical (oriented around elevators and stairwells) or horizontal (on their same floor).



3 Hubs

Activity 3: Walking Tours

Duration: 45-60 minutes

Residents lead a walking tour of the common areas throughout the building (inside and out) that they frequent including routes to/from their apartment.

Takeaway: Identify common areas used or underutilized by residents as well as pros and cons of existing conditions and desires for future design.



Findings

Findings from the design charrettes determined that in general, residents feel safe in the building and the surrounding neighborhood (a sentiment that has improved over the past two years). However, several residents expressed their concerns regarding the removal of the front and back fences.

Residents feel disconnected from each other and expressed a desire to build relationships with other residents. They feel that their small apartments and the limited number of gathering spaces in the building act as barriers to building relationships. In particular, residents would like small semi-private spaces throughout the building to meet with friends, space in the Community Room to do group activities such as Tai Chi and private activities such as massage. Residents would like covered areas outdoors for non-smokers.

Recurring themes brought up during the 'Identity Cards' activity include an interest in building community, fostering growth and health, and bringing nature indoors.

'Locate your Neighborhood' found that there is confusion navigating through the building as each floor and wing looks the same. Residents consider their 'neighborhoods' to be oriented vertically (around elevator shafts and stairwells).

On the walking tours, residents pointed out small alcoves on each floor that could serve as small, semi-private gathering spaces. Residents also suggested putting a locked bike area at each floor underneath the stairs or a locked bike room.

Mapping Neighborhood Assets

Mapping Overview

The CPID mapped local neighborhood assets within walking distances of 5, 10, 15 and 20 minutes. Mapping was done using Google Maps searches and walking in the neighborhood. The map below shows all of the assets in the Humboldt neighborhood. For a complete list of assets see *Appendix 8: List of Neighborhood Assets*.















Goals

Identify key assets in the community surrounding Cascadian Terrace.

Results







A total of 220 assets were found within a 20-minute walking radius of Cascadian Terrace. These range from parks, healthcare, food markets, restaurants and bars, transportation, educational and cultural.

Primary Assets








-  Bus Stops
-  Parking
-  Max Station
-  Human Services
-  Fire Station
-  Postal Service
-  Police Station
-  Super Market
-  Culture Specific/Ethnic Stores
-  Grocery Stores
-  Farmers Market
-  Parks and Community Gardens
-  Medical Care
-  Dental Care

Secondary Assets

-  Recreational
-  Food bank
-  Community centre
-  Cultural organisation
-  Places of worship
-  Day Care
-  Schools

-  Library
-  Educational
-  Arts studio
-  Banks
-  Fitness
-  Charities/Non-profits

Tertiary Assets

-  Restaurants/Food Carts
-  Drinks
-  Cafes/Coffee Shop
-  Playgrounds
-  Local Businesses
-  Pet Store
-  Pet Care

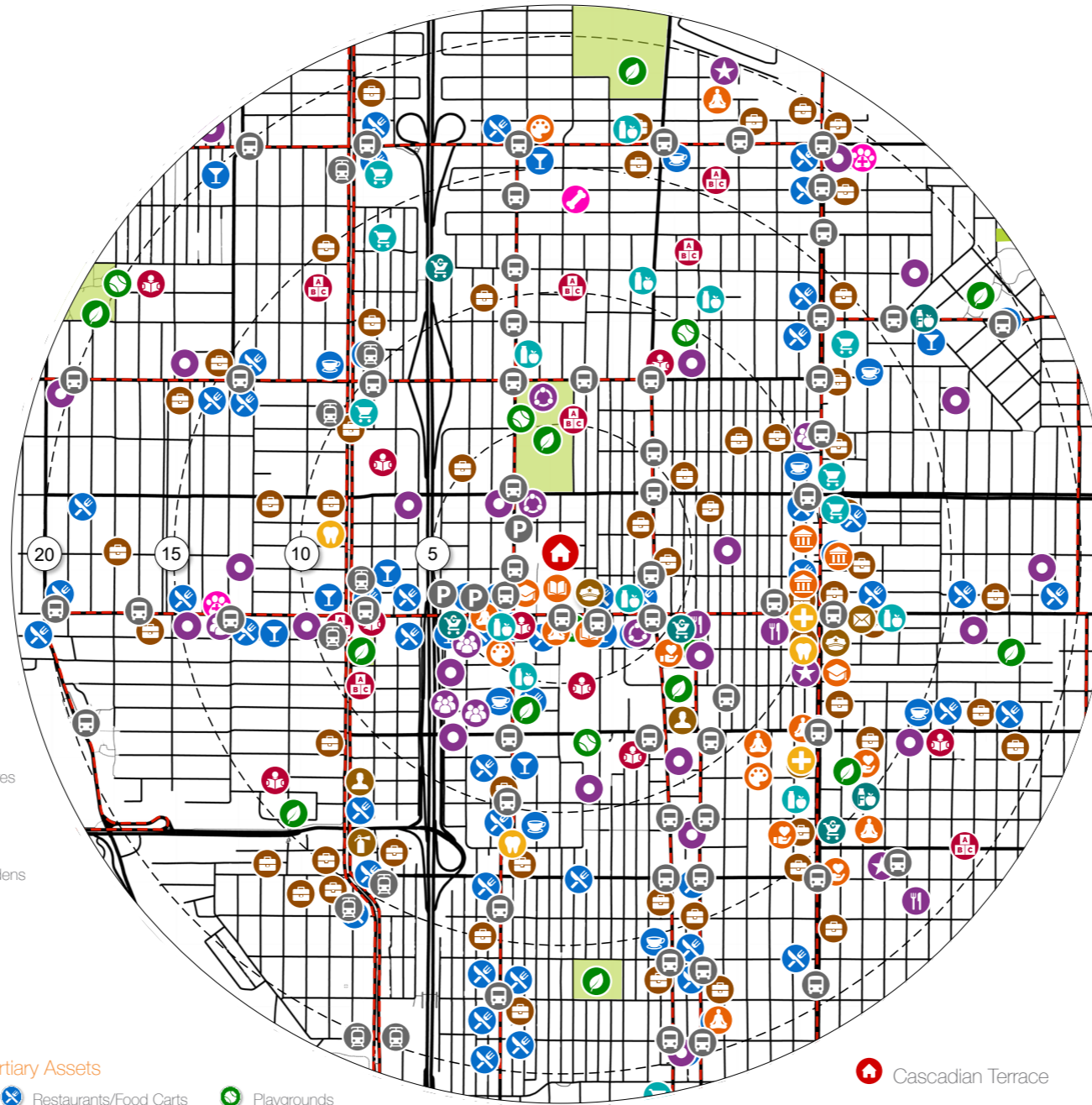


Fig. 3 Neighborhood Assets Map

CASCADIAN TERRACE APARTMENTS

Findings

As shown on the map, the Humboldt neighborhood has an abundance of assets within a 20-minute walking radius from Cascadian Terrace. However, many of the streets are lined with economically inaccessible retail shops and restaurants.

Within a 20-minute walking radius from Cascadian Terrace there are 25 parks and community gardens and five libraries, two of which are only within a couple blocks. There are over 55 places to eat out including restaurants, cafes and bars. These establishments range from small local eateries to big-name chains such as Taco Bell, KFC and Starbucks. Safeway is approximately 15 minutes walking distance from Cascadian Terrace as well as several small convenience stores and ethnic food shops for groceries. Residents mentioned shopping for food such as frozen dinners and snacks at these smaller stores, and using the bus or carpooling to larger grocery stores such as Winco, farther away.

Four bus lines surround Cascadian Terrace, providing access to Gresham, Downtown, transit connections, and surrounding services.

There are two community centers and several cultural and religious centers in the neighborhood that could potentially share resources with Cascadian Terrace residents.

Mapping Social Services

Mapping Overview

OHSU-PSU School of Public Health mapped neighborhood social services within a 20-minute walking radius of Cascadian Terrace. The map was created using recommendations from Friendly House staff, Google Maps and online searches. While the Humboldt neighborhood has an abundance of assets, this exercise focuses on social services pertinent and accessible to Cascadian Terrace residents.

Goals

Identify key social services in the neighborhood that are accessible to Cascadian Terrace residents and determine which services are being utilized.

Results

A total of 38 social services were found within a 20-minute walking radius of Cascadian Terrace. These range from food pantries, healthcare, mental health services and addiction services. See Appendix 9 for a complete list of Social Services in the neighborhood.

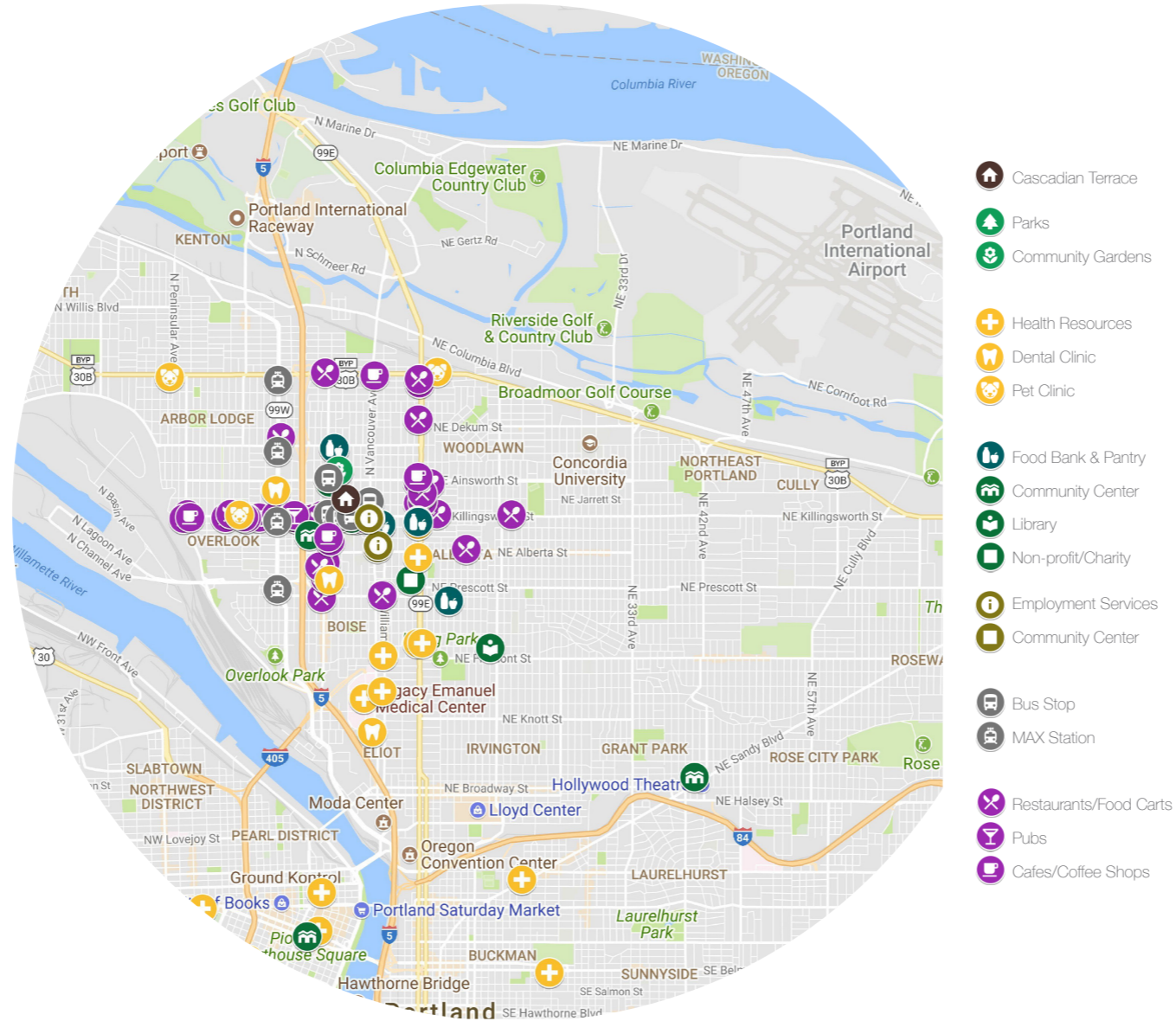


Fig. 4 Neighborhood Social Services Map

Findings

According to the Census Bureau's forecasting data released in 2016, about 22% (more than one in five) people in the Humboldt Neighborhood have incomes below the federal poverty line. The 2018 poverty level for a single individual is \$12,140. According to residents we spoke with and our preliminary analysis of local business and services, there are services that meet many of the basic needs of the low-income population currently.

Access to Food

The Salvation Army Food Pantry is a few blocks from Cascadian Terrace, and some residents mentioned utilizing this service. Urban Gleaners distributes free food at Peninsula Park (two blocks away) every Wednesday.

Access to Healthcare

The Multnomah County Health Department complex is a short bus ride east on Killingsworth which residents may use as their medical care office. There are fifteen health resource offices within a 20-minute walk from Cascadian Terrace, a few of which offer services for free, on a sliding scale or accept OHP. Residents have access to Cascadia Behavioral Health for mental illness and addiction services.

Access to Employment & Legal Services

Two employment offices are within a few blocks from Cascadian Terrace, although none of the residents mentioned utilizing this service. Residents can utilize the Senior Law Project and appointments are made at the Hollywood Senior Center.

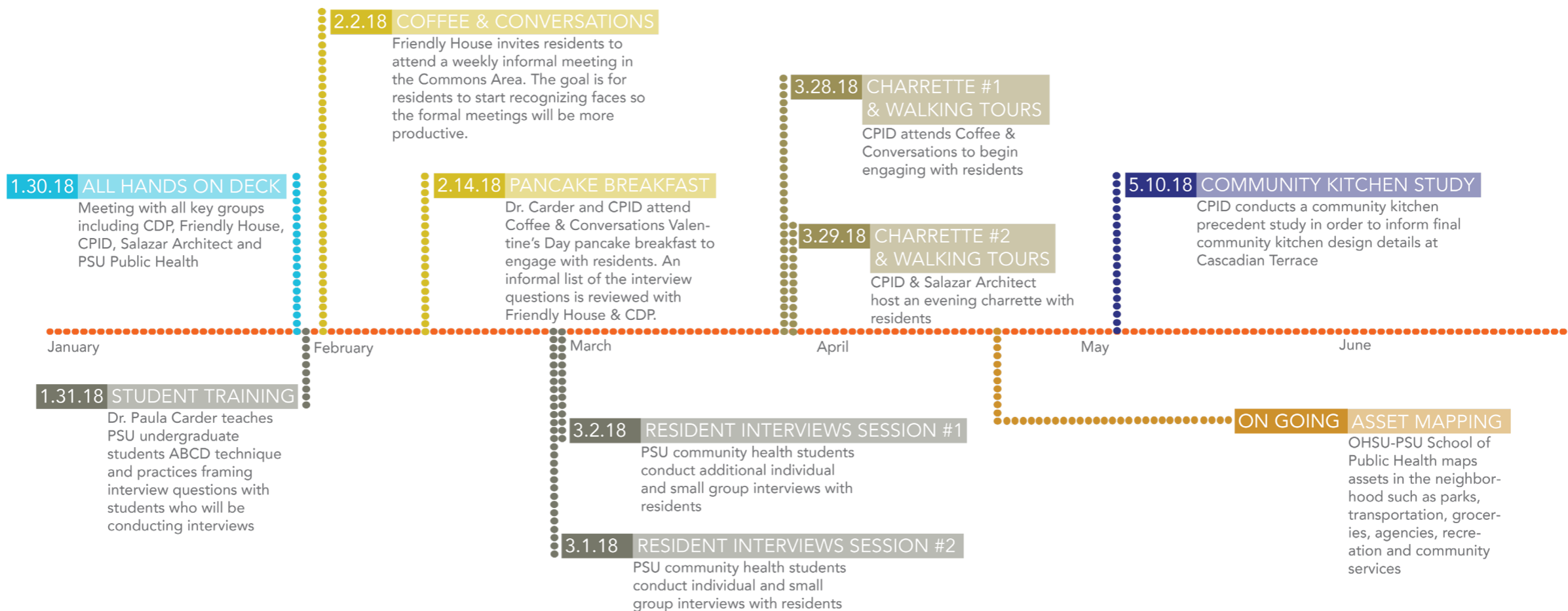
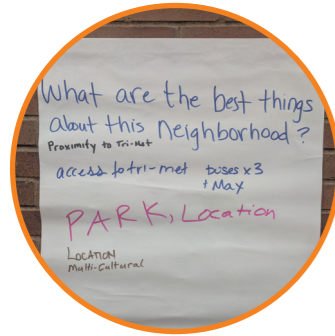
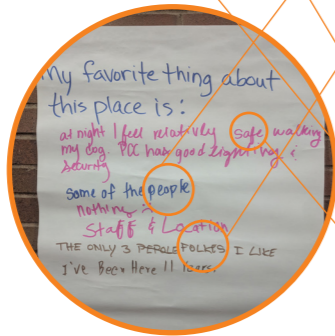
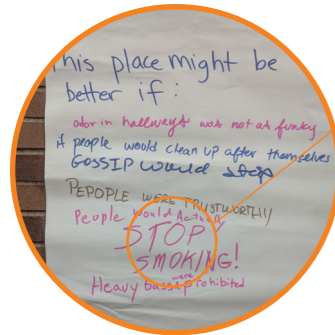
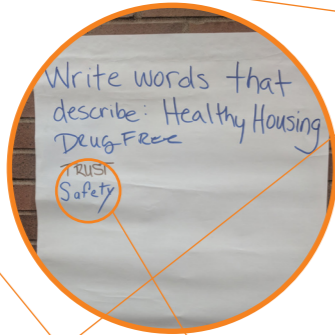
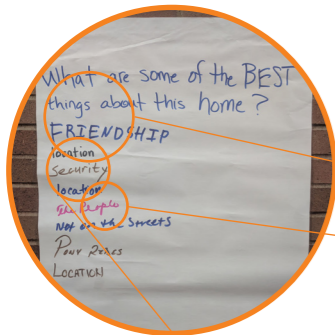


Fig. 5 Research Timeline

Identify Program Elements



Common Themes from Poster Samplings

HEALTH

PEOPLE

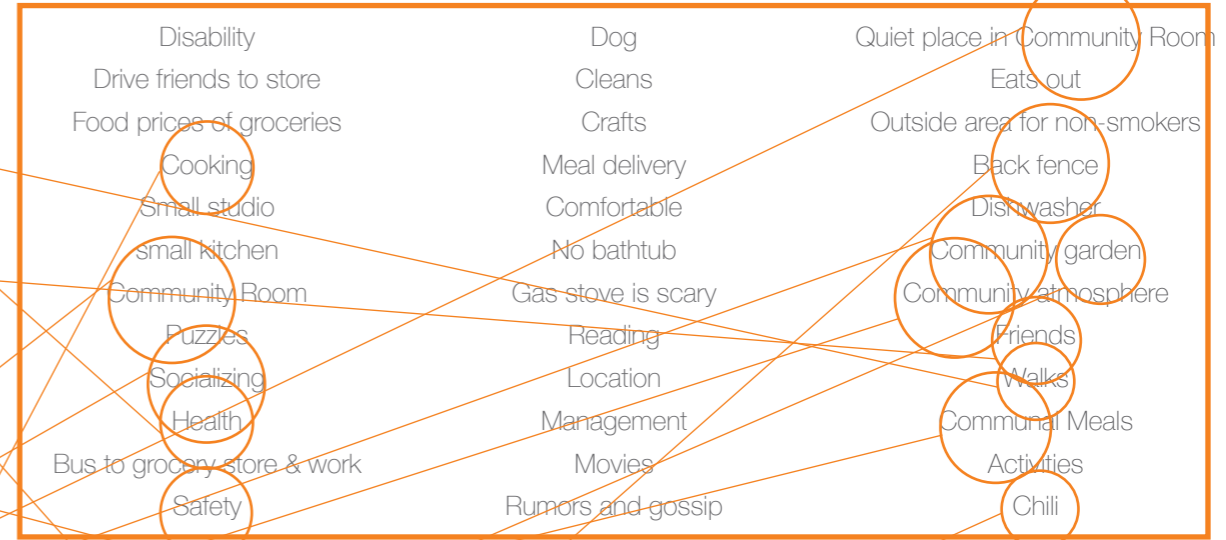
NATURE

COMMUNITY

GARDENING

COOKING

SECURITY



Common Themes from Public Health Interviews

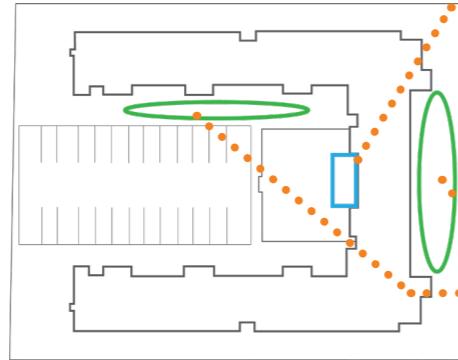


Common Themes from Design Charrettes

Fig. 6 The Program Web connects common themes expressed at the Public Health Interviews and the Design Charrettes

Identify Program Locations

ENSURE FOOD SECURITY



COMMUNITY KITCHEN
COOKING



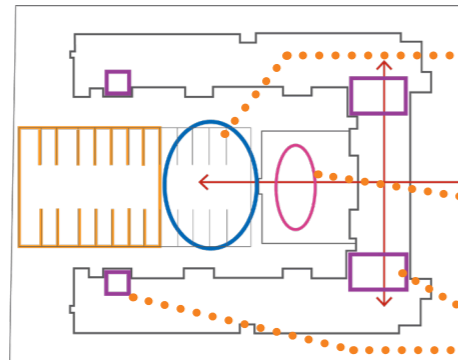
HEALTH
EATING TOGETHER



PRESERVING FOOD
COMMUNITY PANTRY



BUILD COMMUNITY



OUTSIDE AREA TO SOCIALIZE
COMMUNITY



STORYTELLING

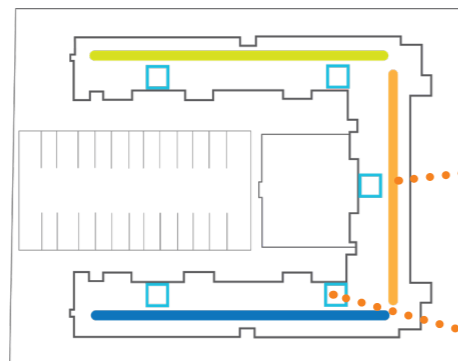
RAISED GARDEN BEDS



GARDENING



CREATE COMMUNITY IDENTITY



QUIET PLACE
SMALL ALCOVES



SEMI-PRIVATE GATHERING SPACE

ART CLASSES



PEOPLE
PUZZLES



WAYFINDING



BRING NATURE INDOORS

RESIDENT CHOSEN GRAPHICS



COLOR-CODING VERTICAL NEIGHBORHOODS

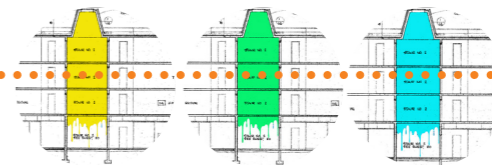


Fig. 7 The Program Location Diagram shows the program elements and their locations

RESEARCH

ACTIVATE

CONNECT

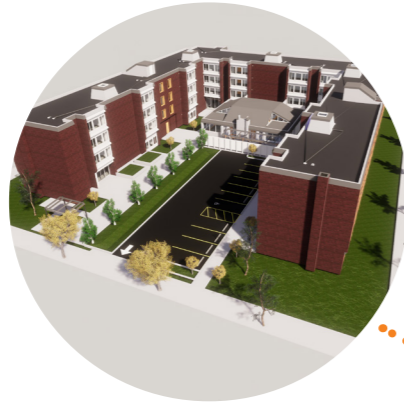
Design Development

Based on the programming elements and locations, the CPID and Salazar Architect designed a series of design interventions throughout the building to promote food security and health, build community and create community identity.



Existing Condition West Elevation

The existing parking lot and walkways will be reconfigured to create a large community garden and courtyard.



Rendering, New Design
Rendering: Salazar Architect



Existing Alcove

Existing alcoves will be renovated to allow for semi-private gathering spaces throughout the building. Metal grate doors will be removed to allow for more natural light. Glazing on North facing alcoves will be pushed out to make room for interior seating and glazing on South facing alcoves will be pushed in to allow for exterior seating.



Rendering, New Alcove
Rendering: Salazar Architect



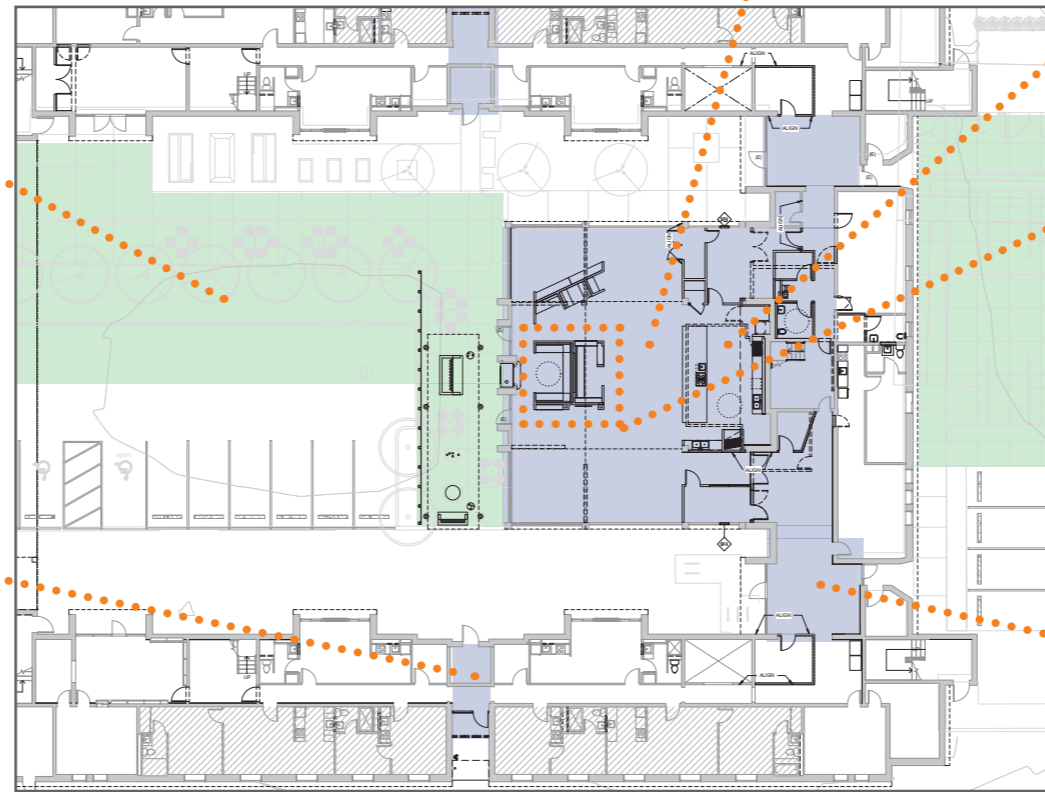
Existing Community Room



Rendering, Community Room & Kitchen
Rendering: Salazar Architect



The Community Room will promote gathering at varying scales from large groups to intimate conversations. The community kitchen will serve as a demonstration kitchen for cooking classes and community dinners. See Appendix 10: Community Kitchen Precendent Study.



FIRST FLOOR Interior Community Spaces Exterior Community Spaces

Fig. 8 Scope of Community Spaces Diagram
Diagram: Salazar Architect



Renderings, Living Room Cube
Rendering: Salazar Architect

The concept and design of the Living Room Cube is in direct response to the needs expressed by the residents for quiet, semi-private space in the Community Room. The Cube's programming includes seating areas for gathering, a library and reading area, space for watching tv and private nooks for computer stations.



Existing East Lobby



Rendering, New East Lobby
Rendering: Salazar Architect

These lobbies will serve as primary hubs and medium-sized gathering spaces. Glazing will be added to allow for more natural light and an indoor/outdoor connection.

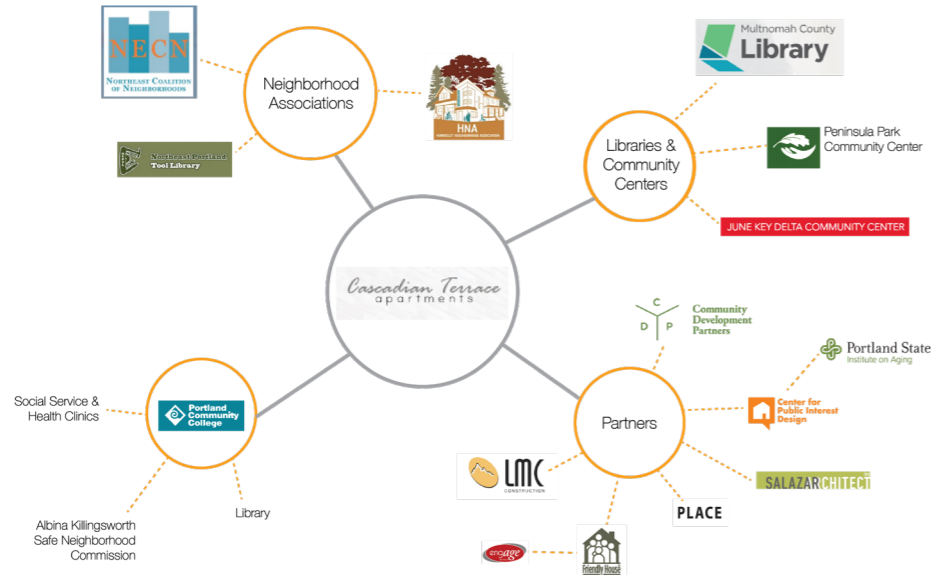


Fig. 9 Humboldt Neighborhood Connections Web

Connecting to Neighborhood Resources

Breaking Down Barriers

The metal grate fence in the front of the building and the chain link fence in the back were originally installed to keep those living in the building safe from the surrounding neighborhood. Crime in the neighborhood has since decreased and residents feel safe. The fence is no longer a necessity and removing the fence will help connect the residents to the community.

Affordable Housing in N/NE PDX

A search on HUD.gov for affordable housing that qualifies for Section 8 vouchers found that there are 19 apartment buildings in the North/Northeast Portland area, most of which are in close proximity to Cascadian Terrace Apartments. Eleven of these apartments are designated for families, four for elderly and three for disabled.¹² There is potential to connect with these communities and share resources such as health clinics, trainings and social service fairs. See Appendix 11 for a complete list of Affordable Housing in N/NE Portland.

Connecting with Neighborhood Food Sources

At the end of each month a large percentage of Cascadian Terrace residents run out of money, food stamps, or both, and as a result experience food insecurity. A significant number of residents rely on food assistance which can be limited in variety and choice. Multiple residents mentioned the small kitchen size as a barrier to accessing healthy food and others spoke of a lack of recipe knowledge, confidence in their cooking skills, and fear of the gas range as barriers. The community kitchen is a step toward alleviating these barriers and the communal space will support cooking classes, a place to gather around shared meals, and nutrition classes. The next step is to increase residents' connection to available food resources in the neighborhood such as The Salvation Army and Urban Gleaners. Many residents are keyed into these resources but Dr. Carder feels that most are not taking full advantage of them. Hosting Urban Gleaners' food pantry at Cascadian Terrace would help ensure residents have access to food each month.

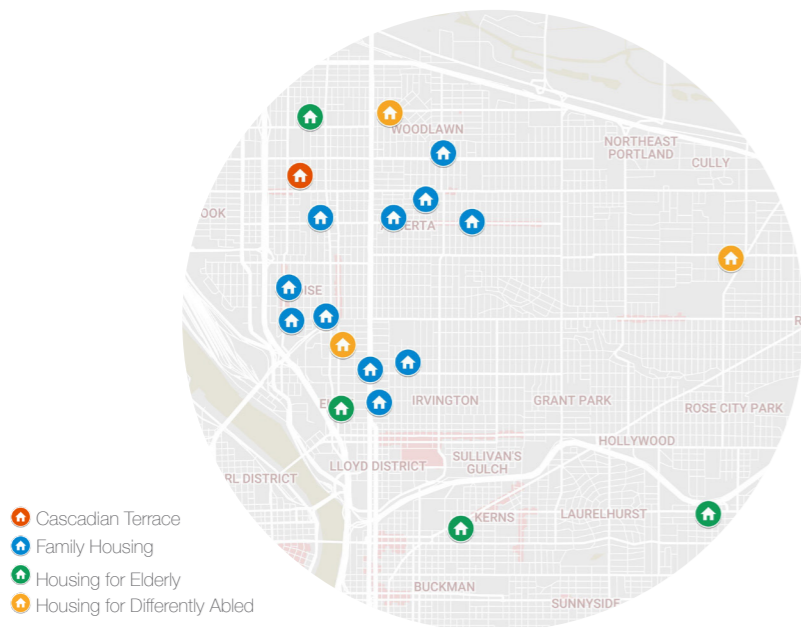


Fig. 10 Section 8 Affordable Housing in N/NE Portland¹⁶

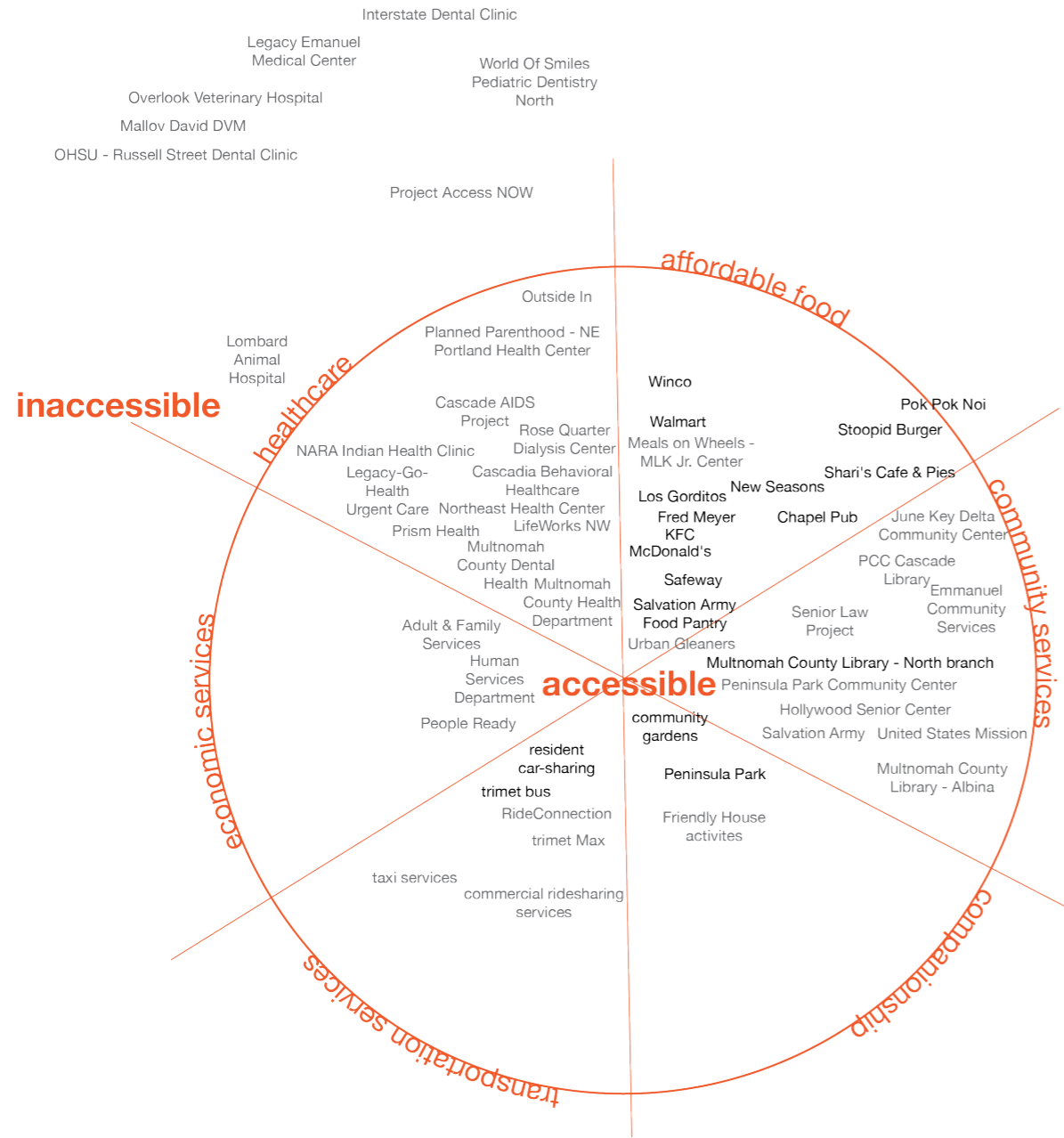


Fig. 11 Social Services Accessibility Circle

- Available Neighborhood Social Services
- Assets & Services Mentioned by Residents

Connecting to Social Services

Social Services Accessibility Circle

Figure 11 Social Services Accessibility Circle to the left marks the assets mentioned by residents and the available social services in the area on an accessibility circle. The closer to the center of the circle the more accessible the service, based on both distance and cost. The accessibility circle shows us which assets and social services are most accessible for residents. Assets marked in gray are all available services in the neighborhood and those marked in black are assets and services mentioned by residents during their interview. This exercise will be used at a future resident engagement event at Cascadian Terrace to gather more information from residents.

Mapping Utilized Services

OHSU-PSU School of Public Health mapped assets mentioned by residents during their interviews. Figure 12 Assets & Services Mentioned by Residents below documents which assets are actually being utilized by residents and gives a better understanding of those assets residents feel are most accessible to them. Several residents mentioned shopping at Safeway (a 16 minute walk from Cascadian Terrace) or Fred Meyer (a 23 minute walk) for their weekly groceries. One resident mentioned wanting to shop at New Seasons Market (a 15 minute walk) but that it was too expensive. Residents also mentioned shopping at Winco (a 20 minute drive from Cascadian Terrace) or Walmart (an 18 minute drive) when they have a ride. A few residents mentioned eating out at restaurants, primarily fast food chains such as McDonald's, KFC, Stoopid Burger and Shari's. While a couple residents mentioned utilizing social services such as The Salvation Army's food pantry, the local library and public transportation, many social services that are available in the area were not mentioned by residents during the interviews. See Appendix 12 for a complete list of services mentioned by residents.

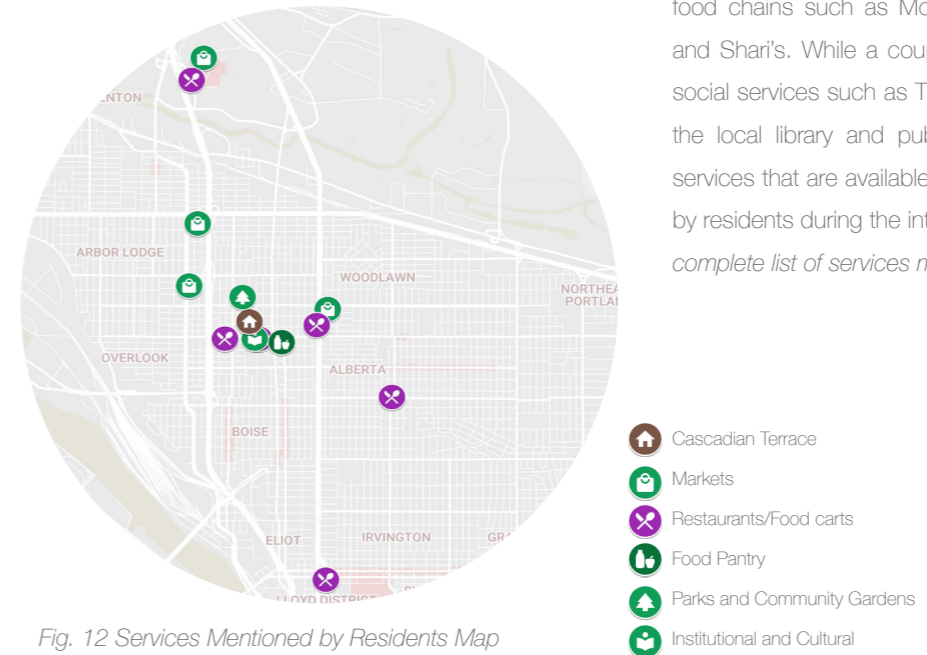


Fig. 12 Services Mentioned by Residents Map

**CONCLUSIONS
&
NEXT STEPS**

Conclusions

The interdisciplinary collaboration between Community Development Partners (CDP), the Center for Public Interest Design (CPID), Salazar Architect and OHSU-PSU School of Public Health included a series of resident engagement events and design interventions at Cascadian Terrace Apartments. Findings from Public Health interviews, design charrettes and asset mapping led to recommendations focused on improving community spaces throughout the property both inside and out. These improvements are intended to enrich the daily lives of residents by creating gathering spaces that support resident engagement and promote health and nutrition through cooking and gardening. These improvements are intended to help residents achieve wellness in public health with new programming oriented around food security and creating paths to connect residents to neighborhood resources and social services.

First, OHSU-PSU School of Public Health, the CPID and Salazar Architect researched existing conditions using an asset-based approach. Public Health interviews identified key assets and needs as portrayed by the residents. Design charrettes and walking tours generated resident conversation around community identity, informed wayfinding, identified perceived “hubs,” and investigated potential challenges to shared community programs. Asset mapping identified neighborhood assets and social services, both accessible and inaccessible to Cascadian Terrace residents.

Second, OHSU-PSU School of Public Health, the CPID and Salazar Architect recommended a series of design interventions based on research findings. Findings from the Public Health interviews showed that food scarcity is

a severe problem within the Cascadian Terrace community as well as access to fresh produce and wholesome foods. To address these needs, the design team recommended integrating a community kitchen into the existing community room and adding community vegetable gardens.

Findings from the design charrettes determined that residents feel disconnected from others and having gathering spaces throughout the building at various scales would foster resident engagement. Most residents feel that their apartment is too small for entertaining guests and that their kitchens are too small for cooking. To address these findings, the design team recommended activating the community room so that it functions at varying scales, utilizing alcoves located throughout the building to make smaller semi-private spaces and creating exterior seating areas for gathering.

Findings from the walking tours identified problems with wayfinding as residents expressed confusion navigating through the building. To address these concerns, the design team recommended color-coding stairwells, elevator shafts and hallways. Additionally, implementing resident selected colors and graphics to support community identity.

Finally, the CPID and OHSU-PSU School of Public Health recommended strengthening connections to neighborhood resources and social services. Findings from the asset mapping exercises and Public Health interviews confirmed that while there are an abundance of neighborhood assets, most are inaccessible to Cascadian Terrace residents either due to distance or cost. The Public Health interviews confirmed that mental illness is very high among residents and connecting them to services is an immediate need.

Next Steps

The next steps address these findings by connecting residents to neighborhood resources and social services in two different events. The first is a neighborhood engagement event drawing upon the resources of the Humboldt Neighborhood Association and the second is a social services fair. Both events will be held in the community room at Cascadian Terrace.

Neighborhood Engagement Event

The CPID will plan an all neighborhood potluck at Cascadian Terrace centered around food, gardening and building community. Residents who are interested will take a cooking class (already offered as a weekly activity) and will bring their dish to the potluck. Depending on the schedule, neighbors will help residents either build the planter boxes for the vegetable gardens OR plant the vegetable seeds/starts. Connecting with the Humboldt Neighborhood Association will help build partnerships between the residents and the surrounding community.

Social Services Fair

The CPID and OHSU-PSU School of Public Health will plan a social services fair at Cascadian Terrace. The fair will include booths with social service providers in the area as well as a public health clinic. This event will connect residents to social services they are not currently utilizing. Several residents are recovering from drug and alcohol abuse and the fair will help connect residents to these services as well. The Social Services Accessibility Circle will be used at the event as an engagement tool to help build a deeper understanding of the social services and assets currently used by residents, which ones are not being used and why.



APPENDICES

Appendix 1:
 “Health & Housing” Event Flyer

Community Health and Housing

You are invited to talk with Portland State University students in a class called “Health and Housing.”

For 5 years, Professor Paula Carder and her students have listened to over 100 people who live in affordable apartment building. We believe that listening to our community is a great way to inform students.

Students will be at Cascadian Terrace on the following dates:

- March 1 (Thursday), from 1 to 3 or
- March 2 (Friday), from 1 to 3

Please feel free to drop by to

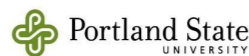
Meet with a small group of other Cascadian Terrace residents

Talk with a student one-on-one

Snacks and beverages will be provided

Students will write short papers that might be shared with architects, planners, and public health professionals, but your name will NOT be used.

For more information, please contact resident services.



Appendix 2:
 Poster Engagement Tool

Instructions

Posters are hung on the walls throughout the room. Participants are asked to write their comments on each poster in response to the question written at the top. While residents are engaging with the posters, they are invited to speak with an interviewer in either a small group or one-on-one.

Supplies

- Large Post-It Posters or Paper with Tape
- Markers

Goals

A warm-up exercise to engage participants, learn a little about their desires/concerns and ideally make them feel comfortable and engaged in order to do an interview.

Duration

5-10 minutes per person

Question Prompt Examples

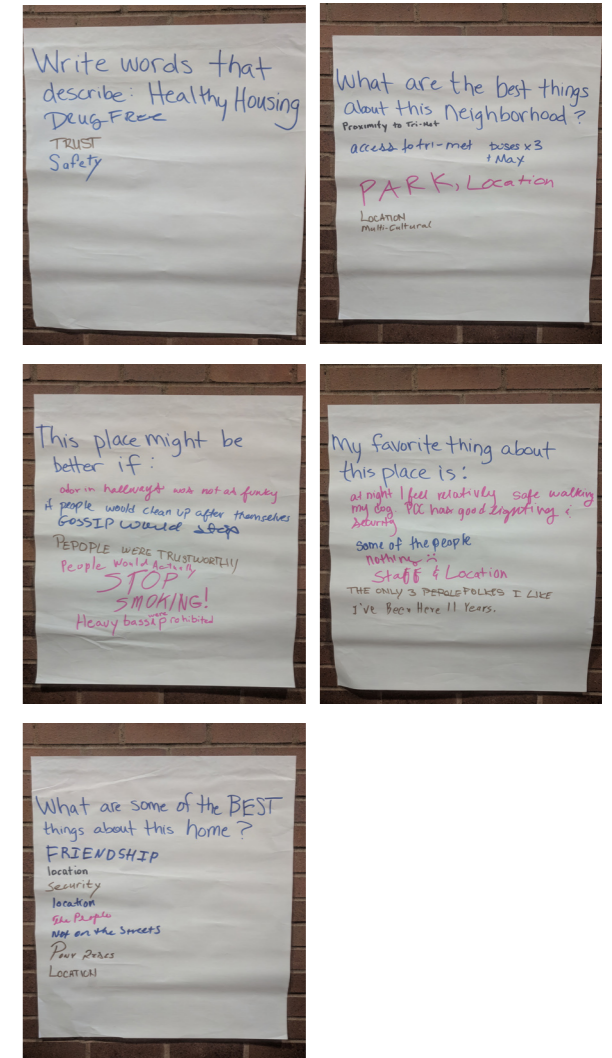
Poster 1: Write words that describe: Healthy housing

Poster 2: What are the best things about this neighborhood?

Poster 3: This place might be better if:

Poster 4: My favorite thing about this place is:

Poster 5: What are some of the best things about this home?



Photos of Posters used at Cascadian Terrace
 Public Health Engagement Events
 Photos: Aliza Tuttle

Draft Topics & Questions for Resident Interviews

1. Everyday life at Cascadian Terrace

- A. Tell me a little about you. How long have you lived here, and where did you live before moving to Cascadian Terrace?
- B. What's a typical day like for you? [Tell me some things you did yesterday or the day before]
- C. Where do you spend your time? [weekdays, weekends, evenings]

2. Food

Now we'd like to ask a few questions about food

- A. What are some of your favorite foods?
Tell me about your daily meals [do you cook, go out, shop]
- B. Where do you usually eat?
- C. Tell me about the last time you had a really special meal [what made it special?]

3. Friends, neighbors and family

These questions are about friends, neighbors, and family

- A. Who are some of the important people in your life these days? [no need to give names, just tell me their relation to you]
- B. What are some things that you like to do with the important people in your life?

4. Going places

These questions are about going places outside of the building

- A. What are some things you like to do outside of Cascadian Terrace?
- B. Where are some places you go pretty often, like every week or so?

5. Comfort and well-being

I have a couple of questions about comfort and well-being

- A. What are some things that make you feel most comfortable?
- B. What about feeling healthy. Are there some things you do to feel healthy?
- C. Does living here help you to stay healthy? Why?

6. Living at Cascadian Terrace

The last questions are about living here.

- A. What are some good things about living here?
- B. What are some of the best things about this building? What needs improved?
- C. What words would you use to describe this building? Feel free to say anything!

Appendix 4: Public Health Interviews

The following interviews were conducted by Dr. Paula Carder on March 1, 2018.

Interview 1:

This woman has lived at CT for 13 years. Terrie said she “doesn’t move around a lot” and referred to herself as “disabled” because of an injury she experienced not long ago when she was at a bus stop and some people knocked her down, resulting in a badly broken ankle. She wears braces on her leg. Fortunately Terrie has a car, and she takes other residents shopping to Fred Meyer and Safeway. She prefers FM because the prices are better. The food she makes in her apartment includes sandwiches, or chili. When she goes out for food, she likes McDonalds or KFC, both of which are nearby. Terrie said the apartment kitchens are small, but that it works fine for her. She has enough cabinets. Terrie spends a lot of time in the common room, working on puzzles, and over the three times I visited, I saw her working methodically on a puzzle. She socialized with other residents who passed through the space. She described some of the other residents as “not too healthy.” Sometimes people have to move to care facilities because their health declines. [age over 65]

Interview 2:

This relatively young man (Bob) has lived at CT for 9 years. He works part-time and is hoping to get full-time employment as a janitor. If he does, he plans to move to Beaverton to live closer to his parents and a sibling. He takes the bus to the grocery, to food carts, to work, and anyplace he needs to go. Bob mentioned several restaurants that he likes, include PokPok, the Chapel Pub, and Stoopid Burger. He would like to shop at New

Seasons but it is “too spendy” so he shops at Safeway. Bob cooks in his apartment but isn’t sure of recipes. Once he made chili and added one cup of Siracha. Bob is very social and seems to know every resident. He described an older man who was getting out of a cab in front of the building who didn’t get his walker set up properly and fell, hitting his head on the sidewalk. A hallway neighbor might be moving to a nursing home soon because he has been in and out of the hospital and doesn’t remember his way around anymore. Once the man burned papers on the stove, setting off the smoke alarm. Bob thinks the man is “getting onset of dementia” because he gets lost in the building, and once Bob ran into the man several blocks away, and the man didn’t know how to get home. He said the man “doesn’t belong here anymore” and “he doesn’t look good.” [age under 65]

The following interviews were conducted by Dr. Paula Carder on March 2, 2018.

Interview 3:

This young woman (Debby) has a small dog. She wasn’t convinced about talking to me, but then we talked for about 20 minutes. Debby has lived at CT for about 6 months, and before that was at the Bud Clark Commons. She said that felt “lucky not to leave in a body bag” and that she jumped at the chance to move to CT after being on the wait list for a few years. On a typical day, she walks her dog and cleans her apartment. She likes to do crafts in her apartment, and hasn’t yet joined any of the social activities in the common space. Debby said she keeps thinking that she will participate, but then she doesn’t. It seems that Debby doesn’t know how to cook or shop. She is thinking about ordering online meals but isn’t sure if the price is worth it. She has been living on bread that she makes, and knows she needs to change

her diet. To get around she takes the bus or Max. Debby feels very comfortable in her apartment. She likes that it is away from downtown and quiet compared to where she lived before. She thinks of CT as “regular housing” and she “likes it a lot.” The only negatives for her include the small size of her studio, the lack of a bathtub, and the gas stove, which scares her. She has talked to a few people but doesn’t know many other residents. [age under 65]

Interview 4:

Marge has lived at CT for about 6 years. She was homeless for a time before moving in, with help from NW Pilot Project. She wanted to move to CT because she had once lived in the area and knew people who live in the neighborhood. Marge drives a car and takes other residents to the store, for a fee. This pays her gas and insurance. There are some people she won’t agree to take. On a typical day, she reads two or three books, does puzzles, and socializes. She seems to know many residents and said it’s the main reason that she stays, though she has thought of moving near a friend. However, last year she was very sick for several months, and her neighbors and friends in the building helped her a lot, taking her to appointments, getting her food, and even helping her in the bathroom. Health issues include cancer, cataracts, and hip surgery. Marge shops at Fred Meyer and sometimes eats out at restaurants, especially Sharis. She says that this building, and the management, are better than another publicly subsidized building where she lived, but still, she describes CT as a “funky old building” with asbestos and bad air and plumbing. She said, “this building makes you sick.” There have been rumors of a renovation for years. Still, it’s comfortable, and she said “my door is always open” to her neighbors even though there are many “weird people” in the building. She loves the location and the management, and said that the staff from Friendly House are good, that they are trying, but

that other residents don’t really want to do the activities. [age over 65]

Interview 5:

Betty was homeless for a time before moving to CT with help from NW Pilot Project. She grew up on the East coast. She says that she does not socialize much, and she likes to sleep in so she doesn’t come to morning social events. Even if she doesn’t socialize, she knows several residents and looks out for a neighbor who she says has mental illness. She helps him out, they talk and might go to the store together. Betty said, “we all look out for each other” and ask about neighbors to see if they’ve come out of their apartment. One friend had not been seen for three days, so they called the police to do a wellness check on him. On a typical day, Betty watches movies. She used to read but doesn’t have eyeglasses and can no longer see to read. Betty doesn’t really cook; she heats up frozen meals in the microwave. She walks to the local market and rarely goes on a “shopping spree” to the grocery store. She says that she used to cook, when she was younger and had a good kitchen. The kitchen in her apartment is too small, especially the single sink. To improve it she would get a double sink. The bathroom is OK for her, as she doesn’t have any limitations or disability. Betty has a car but it is not currently operational. She likes the neighborhood and feels safe to walk or bus, though she is careful at night. The neighbors are nice. The best part of CT is the location – shops, bus stops, and stores. In terms of feeling comfortable, she does, mostly because of the people in the building that she likes. She feels that being healthy is her responsibility. [age over 65]

Interviews Continued

Interview 6:

Sisters. E'Lon was talking to two sisters who share an apartment. They used to live at NW Tower and like many things about CT better – it's like a "castle" after that, and "I love it." But there are problems. The kitchen is too small and needs a bigger sink, counter space, and shelving. The older sister said "I haven't been in a bathtub for five years" and she would really like a bathtub. About other residents – a few of them "are beyond help." They described a man who has gotten lost, falling, and isn't eating. "He's starving" and has lost a lot of weight. She said that most residents are "SOL" at the end of the month. "We're all trying to get a little help." Some of the residents need more help than can be provided here; they need assisted living. The younger sister needs coaching and mental health services that she cannot get. They "love" the new manager and think the "events coordinators are great." But a lot of people don't attend the social events because people who "spread rumors" go and so they don't want to be around them.

The following interviews were conducted by students of Dr. Paula Carder on March 1st and 2nd, 2018.

Interview 7:

My interview started out with a woman who has lived at Cascadian Terrace for about 13 years now and is currently on disability after hurting her ankle a while back. She utilizes the common area quite a bit because she loves to spend time doing the puzzles. The one thing she would like changed about this area is having a quiet place for the people who want to just do puzzles or read and not have a lot of noise around them. She said that sometimes the common area gets crowded and loud and she is unable to enjoy herself because of the noise and

sometimes she can't even do her puzzles because there is not enough space for her. She has some friends in the building but for the most part keeps to herself and stays out of the way of others. She really enjoys spending time with her god daughter who lives in the area. This woman does have a car and is able to drive around. Because of this, she offers to take people to the grocery store or other places and even will pick up things in town for people living in Cascadian Terrace. She enjoys her apartment and doesn't have any complaints about it. She says she has enough space for all of her things and is able to make simple foods in her kitchen when she wants to. For the most part she eats out in the area and likes how close the library is to her apartment. She didn't have much to say about the renovations being made except that she thinks they need to be done.

Interview 8:

Robert joined the interview after a little while and began telling me about his experiences in the apartments. He seems to be quite a social guy and I noticed that whenever someone walked by he knew who they were and would say hello to them. He really enjoys the common area, but wishes that there were more outside area for non-smokers to hang out and doesn't really like that the backyard area is completely fenced in with no door on the fence. He is really glad that renovations are happening and he talked about how old the building is and that it really needs a lot of work. One thing that he would really like changed in his apartment is he would like a dishwasher. Other than that he enjoys the space he lives in. Robert does not drive and takes public transportation to work and other places. He does not mind this, though, and says there are a lot of good restaurants and stores in the area that he is able to walk to. He also said he likes going to the community garden in the area where he can get fresh produce. Robert doesn't do much cooking

but sometimes he will make chili or other foods of that type, but typically he will eat somewhere in the area. His parents and some of his siblings live in Portland as well and he likes that he is able to visit them often. Him and the other women sort of fed off of each other with stories that they had to tell about the place and they both seemed to have a general agreement that Cascadian Terrace is a good place to live. They also agree that the new management has made some good changes and they are happy with the new managers.

Interview 9:

The main resident I got the chance to talk with was a woman named River. I honestly do not remember her real name, since she really only went by River. River was someone who 10 years ago, was having fun playing World of Warcraft with thousands of her online friends. Then, she fell down the shoot and became homeless. Since then she has had some other places to live but Cascadian Terrace was by far her favorite. Since living there she hasn't been able to find her old team members on World of Warcraft but she has tried. The main thing River tends to like at the place, was how management really started to care. The event manager goes all out for major holidays such as Christmas, Thanksgiving and Halloween. She felt that having the major holidays be such a big thing there, really makes a huge difference. Since they can't truly spend those holidays how they used to. She enjoys it the most since her sister has been living with her as well, for the past year. Spending holidays with her sister like that truly keeps the spirits up. River really had no problems with the place. Only had two requests as far as infrastructure. Those were for her to get more natural sunlight into her room, and to have walk-in bathtubs. She has a hurt back and just thinks bath tubs should be more suited for people with disability.

Interview 10:

I also got the chance to talk to another resident. He was a man, didn't share his name but did share how he liked the place. The thing he spoke about most was how the rent was unsubsidized. He loved how affordable the place was, along with getting a check every month. For people in their situation, it is the most fair. Sometimes their money might get really tight, and other times they just instantly want to spend it, but if they use their money wisely then it is a very good experience. Those are all the thoughts he had on the place. He is the one that told me most about how them being in the situation they were in, that Cascadian Terrace was the best place to live in. Just because of how the unsubsidized rent really helps those in their situation. All and all Cascadian Terrace is moving in the right direction, helping their residents feel like they are still people. There were no real problems mentioned about the setup of the place or the management since there had been a recent change. With the way everything is, Cascadian Terrace is keeping their residents in a good mood, even considering the situation they are all dealing with financially and systematically.

Interview 11:

Lived there for 6 months and now 5 ½ months
clean from drugs
Mornings: Clinic, cleaning, art (making candles), walks, cooking
Food: Stamps (comes in form of cash),
Makes fresh bread
Transportation: Rides the bus and max to acupuncture
About Cascadian:
*stresses how this is regular housing, no stigma
*does not like the gas stove, wants electric

Interviews Continued

*would also like a bathtub in her bathroom

*says management is 'understanding'

*likes that it is away from downtown, that's its quiet, and how her place is her own 'house'

*wants more space

Interview 12:

The resident lived at Cascadian Terrace for 14 years and before that lived at Gene's Place in PDX. She moved to PDX in grade school with her mother from OK. She likes to participate in things at Cascadian Terrace. This week she did Bingo, a movie night, and jewelry making. She spends most of her time in the building— either in her apartment or down in the common space doing the activities. She eats a lot of fruits and veggies. She likes roasted vegetables and meat. She cooks breakfast, lunch, and dinner for herself for nearly every meal. She shops once a month at Winco and sometimes, if she's running low, she'll go to the Salvation Army for food. She usually eats in her studio apartment. She recently had a birthday dinner and that was special. Her family and great-great grandkids took her out to Podnah's and they ate southern comfort food. Holidays are always special because she gets to see her family out in Gresham. She has some friends here in the building. She likes to socialize and play bingo. She likes to go on walks. Sometimes she'll walk to Safeway, or the park to see the roses. She feels safe but also as though someone could still jump over our gate. She thinks they could definitely have healthier foods in the vending machines. Sometimes she feels as though my kitchen is too small to cook as much as I'd like in order to stay healthy. She really enjoys the breakfasts and cookouts that they have at Cascadian Terrace. She said she needs more space. Her studio is far too small. Also, she always seems to have problems

with electricity. Her phone and cable are always needing to be fixed. She also has very rusty pipes. Sometimes, she can't shower because there is no hot water and maintenance has to come fix it.

Interview 13:

Resident moved here in 2009, moved into Cascadian Terrace in 2012. Previously lived in a cascadia health services building downtown called Royal Palm. Resident tries to stay active, walks around the building and off campus. Just does circles in the building through the hallways. Doesn't get lost. Cooks in apartment. Uses EBT and the senior boxes. Running out of food isn't an option for resident because they are diabetic so they get their monthly disbursement in three checks. Doesn't like the senior food boxes because it's always the same food. Has had canned salmon for 8 months in a row, is sick of that food. Has lots of friends here in the building. Uses social media to keep tabs on other friends. Misses the Royal Palm because it was across the street from the resident's favorite Chinese restaurant. Sometimes takes the bus down there, but it recently closed. Most of the resident's family is in the midwest. Has a sister in Washington. That's why they moved to Washington in 2011. "Living in a stable environment makes me feel healthy." Dislikes the "crazy drama." Cliques, crazy, drama, community. I know who I can trust.

The following short, conversational interviews were conducted by Aliza Tuttle on March 1st, 2018 while standing at the posters.

Resident 1

Resident since 2008. Conversation went quickly to the shooting last year. Mentioned the perpetrator only got 13 years. Resident felt like that wasn't enough. Mentioned wanting to move when given the chance, just waiting on

his job offer to get transferred. Has family in another town in Oregon. If he moves he will miss his friends here. Wrote "Friends" on the poster. His family does come to visit here but not often. His sister's kids also come to visit him.

Resident 2

Said shoulder pain was too much to participate

Resident 3

Wrote 101 reasons why this place is a good place to live. Resident can't access that list because his toilet overflowed and he had to move everything into another room. Promised to come back and answer questions after he got his pepsi. Did not return.

Resident 4

Said "body was broken" and needed to rest upstairs. Returned later and said major issue was safety, she doesn't steal but other people steal everything from her. They break into her apartment and steal food, clothing, everything.

Appendix 5: Public Health Interview Findings

Written by Dr. Paula Carder, Associate Professor at OHSU-PSU School of Public Health and Graduate Assistant, Aliza Tuttle

Thirteen residents sat for a full interview (note, some residents did not answer all the questions).

Stable, Affordable Housing is Relaxing

Five residents mentioned the length of time they lived at Cascadian Terrace. Their answers ranged from 6 months to 14 years, averaging 8.5 years. Notably, five residents mentioned, unprompted, that they had experienced homelessness in the recent past, either directly prior to entering Cascadian Terrace or shortly before. A local non-profit, Northwest Pilot Project, was described as the agency that helped them move from homelessness to housing. One participant stressed their favorite aspect of the building was its affordability. Having stable housing was a consistent stress reliever and health increaser for these participants.

Bigger Kitchen Needed to Cook Healthy Food

Almost half of the participants said their apartment kitchen was too small to be functional, and one person even specifically mentioning it was too small to cook healthy food. Another person said they only eat pre-prepared frozen meals because the kitchen is too small to cook. Lack of counter space, the inadequate, tiny sink, and limited shelving makes storing groceries and preparing healthy food impossible for more than three residents. One person said they were scared of the gas stove. Another mentioned wanting to cook more but feeling unsure of recipes, and another seems to live off of bread

they make themselves (but little else). Lack of money to pay for food seemed to be a fairly consistent stressor. A few residents alluded to utilizing food assistance services such as the food pantry and the senior food box, as well as using food stamps and structuring their shopping trips around cost-effectiveness. One resident wished for healthier food in the vending machines. Several individuals described either running out of money for food at the end of the month, or noticing that other residents ran out of money for food.

Wishing for a Bathtub

While a few residents mentioned their wish for a larger apartment in general, the only other consistently mentioned aspect that would make their life better is a bathtub. Over 20% of the interviewees mentioned specifically wanting a bathtub, one person lamenting they hadn't had a bath in years.

We Go By Bus, Max, and (our own) Car Share

Transportation doesn't seem to be a particularly strong stressor. Two residents mentioned riding the bus or the Max, another two mentioned owning a car. Both car-owning residents also mentioned sharing their car, one paying for gas and insurance by charging other residents for shopping trips and the other just sharing trips. Another resident mentioned car-sharing as the only way for them to access Wal-Mart, where they shop for affordable food when they can get a ride.

We Love the Management and Activities

Over half of the participants mentioned the management, and of those who mentioned the management 100% spoke highly of the new staff. Comments ranged from "they seem to care" to "I love the new management". Two residents used the verb love when describing management. Multiple residents really enjoy the

breakfasts, cookouts, and activities. Activities seem to play a very important role in Cascadian Terrace. The puzzle table is a gathering place, and residents seem to enjoy knowing they have the option of activities, even if they don't participate. Nearly every resident mentioned the change in administration and felt that the building was safer and more stable. Even those that do not participate in activities appreciate that activities are available.

Drug Use

One of the thirteen residents we spoke with mentioned past drug usage. This person moved into Cascadian Terrace six months ago, and proudly stated they were drug-free for five and a half months.

Resident Health

A few resident talked about their own health problems as well as the poor health of their neighbors. We observed that some residents use canes, walkers or wheelchairs to get around. Some residents described passively monitoring each other, even conducting wellness checks if neighbors didn't leave their room for a few days. One woman described a serious illness lasting a few months during which time the neighbors on her hallway helped her get showered and did her grocery shopping. A couple of residents described the declining health of one resident who had recently moved into adult foster care, and a current resident who appeared to have dementia or some type of cognitive impairment. This person had been found lost and walking alone many blocks from the building, and did not appear to be getting adequate food.

Cascadian Terrace Community

The general feeling of residents range from hostile towards others in the building to communal and familial. They enjoyed hanging out in the outdoor spaces, and wished

there were more places to just sit and socialize outside. Another resident spoke passionately about the negative gossip hindering their enjoyment of building residents and of people stealing from them.

Community spaces seem to be important to resident life at Cascadian Terrace. The community garden brings people joy, even those who don't use it. Multiple residents wished for more, varied outdoor socializing spaces like smoking areas, non-smoking areas, and just hanging out areas. The common area seems to be a neutral place where people can "check-in" on each other without violating personal space. It is used primarily for organized activities, puzzle parallel play, and a place for crossing and meeting. Two residents mentioned the fence. One said they don't like it; the other that it made them feel more safe but not safe because somebody could easily jump over it.

This community seems to be a collection of individuals from many walks of life. About half specifically mentioned experiencing homelessness, some mentioned using food stamps, and others spoke about constant money stressors.

Full Synopsis, Public Health Interview Findings Continued

Written by Dr. Paula Carder, Associate Professor at OHSU-PSU School of Public Health and Graduate Assistant, Aliza Tuttle

1. Apartments

- Sinks too small to deal with normal dish accumulation and cooking (not enough counters)
- Not enough countertops and kitchen cabinets (storage limited in kitchens)
- Bathrooms are small and dingy (bad lighting)
- People feel secure in the hallways and apartments these days (this has improved)
- If not possible to have bathtubs, desire for bather room. A common shared amenity in assisted living facilities, a shared ADA bathtub. One woman commented, "it's been five years since I had a proper bath, would love to immerse myself in warm water and relax."
- Bather rooms are shared and mean more staff time (or resident services coordination)
- Can mean that staff needs to coordinate use and clean-up
- One per wing might work and is typical in assisted living communities

2. Common Room

- Gets noisy, noise of doors (specifically the door to the maintenance room and back entrances) are very disturbing to people with anxiety problems - this keeps them away from the common room
- Gets windy and cold in the winter
- Welcoming, and able to peek in and decide whether to participate or not
- Feels safe

3. Site

- Gate is difficult, especially rotating the gate, it is impossible if you are taking in groceries or have a walker or cart
- Neighborhood feels safe these days but residents usually feel disconnected from the community, no relationships
- Front court is hot in summer and cold in winter

4. Community Kitchen

- Food scarcity is a severe problem for residents, most run out of food by the end of the month. Several food banks and food sources posted in community room but not sure if residents take full advantage of them.
- Kitchen is of interest to many residents, as is the idea of learning and collaborating with cooking.
- Hygiene and security will be an issue and may mean either more staff time or organization of the community around these issues
- Mental illness may be a problem with kitchen plans
- Interest in community cooking but also other activities (make sure other things can happen in the common room without being intruded by the kitchen)
- Some people hang out in the kitchen because their rooms are small or lonely (could there be lobbies as living rooms away from bustle or scale of common room support this smaller scale and quieter hanging out?)

5. General

- Mental illness is high among the residents. Typical of public very low income facilities, but noticeable here.
- Community needs a lot of help connecting to services. Could the common room help to be a site for this?
- Seems to be a lot of emphasis on activities but there

- needs to be more help connecting people with needed services. Several residents are falling through the cracks.
- Disconnect between Management and Resident Services. Different goals and both are disconnected from the resident population.
- High alcohol and drug problems, no program yet to support these members

Appendix 6: Identity Cards Tool

Instructions

Working in small groups, Identity Cards with images are passed around the table. Each card is approximately 4"x5.5". A total of 100 different cards are used with images including themes such as fresh produce, cooking, gathering over food, native northwest animals and plants, regional landmarks, texture, materials and patterns. Participants are asked to pick out cards that resonate with them and explain why.

Supplies

- Premade 4"x5.5" Cards (approx. 100 different images)

Goals

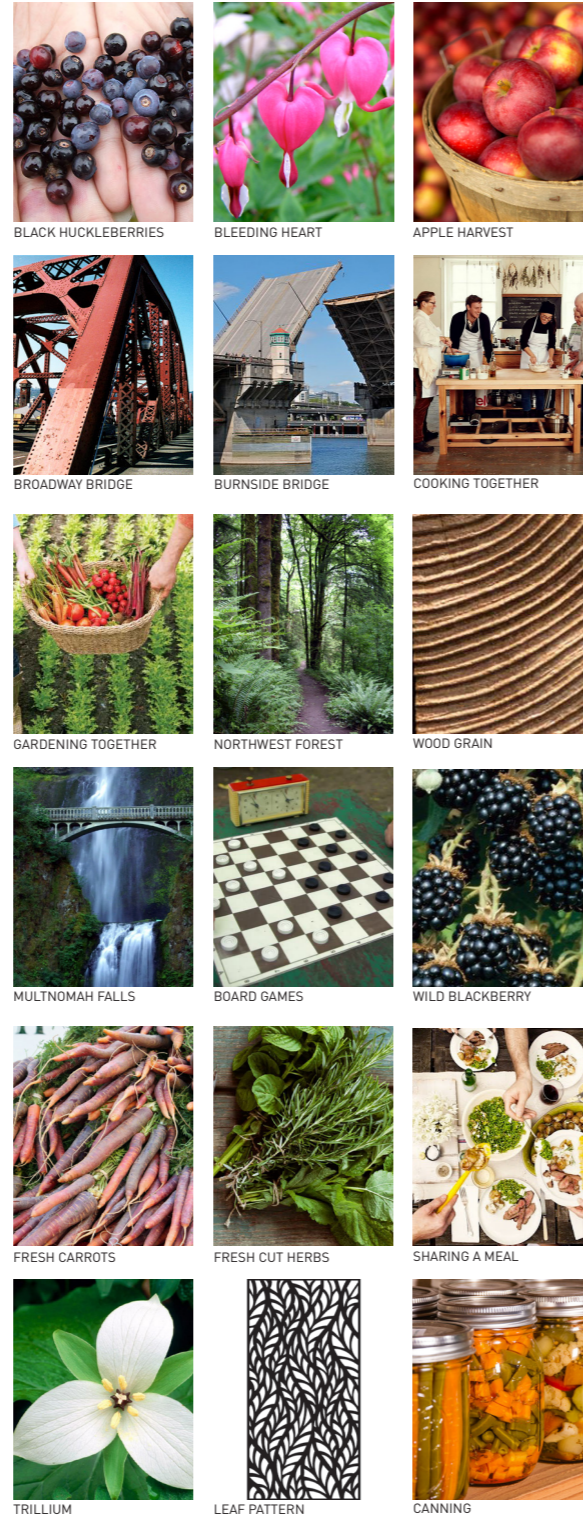
This activity aids in strategic place making and can inform the colors, patterns and images participants would like to see in their space. Examples could be wall colors, murals, abstract images, architectural screens, etc.

Duration

30-45 minutes

Card Theme Examples

- Colors
- Meaning
 - Fresh Produce, Cooking, Gathering
 - Animals (regional)
 - Landmarks (ex. Keller Fountain, bridges)
 - Nature (ex. mountains, streams, trees)
- Blank Cards to be Drawn On
- Texture, Materials, Fiber
- Patterns (ex. sun filtering through a tree canopy)



Identity Card Examples

Appendix 7: Locate your Neighborhood Tool

Instructions

Using printed floor plans, colored stickers and markers, participants are asked to locate where they live, where their friends live and how they navigate through the building to get to/from their home. Participants are asked questions such as:

- Where do you live?
- How do you move through the building?
- Where is your "neighborhood?"
- Where do you hang out and what are the "hubs?"

Supplies

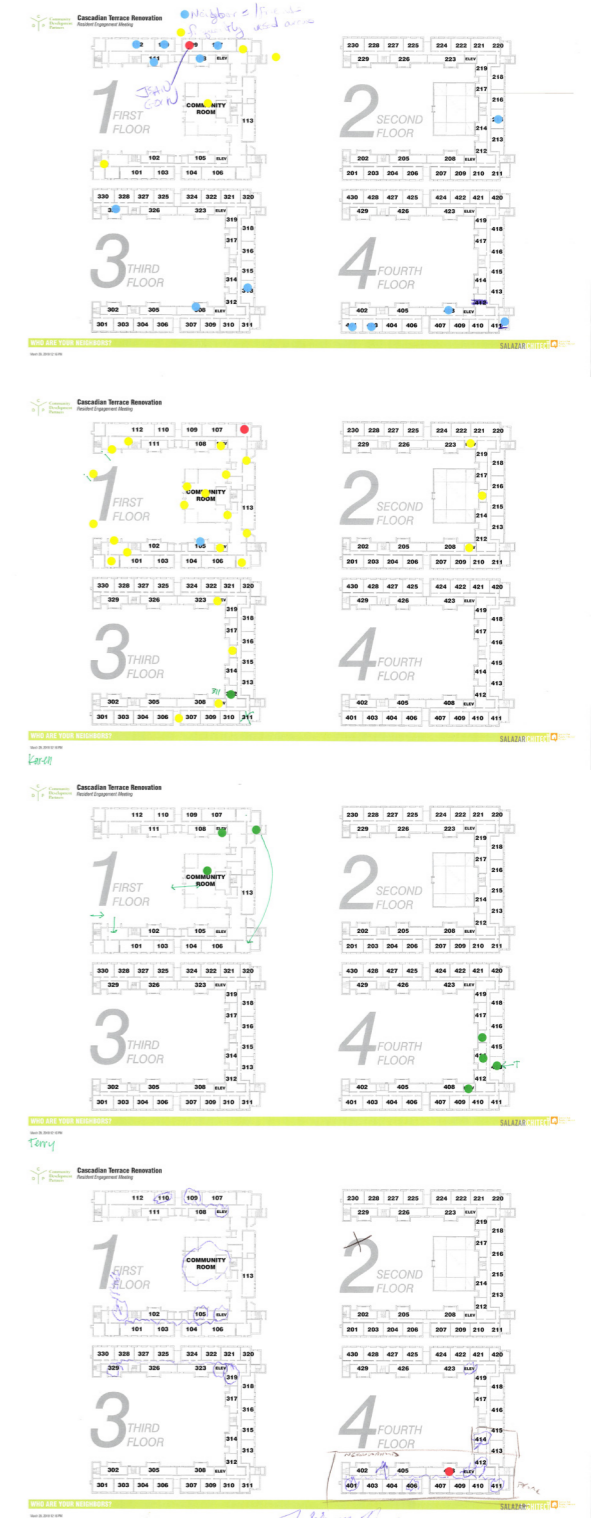
- Printed Floor Plans
- Markers
- Colored Stickers

Goals

This tool is used to inform how residents use the building. Identify daily routes through the building to inform wayfinding while also determining perceived "hubs" and areas that are underutilized.

Duration

15-30 minutes



Scans of Floor Plans used at Cascadian Terrace Events

Appendix 8:
List of Neighborhood Assets

PARKS, PLAYGROUNDS, COMMUNITY GARDENS

Peninsula Park Rose Garden	Park
Patton Square City Park	Park
Patton Community Garden	Community Garden
Woodlawn Community Garden	Community Garden
Sabin Community Garden	Community Garden
Sabin Community Orchard	Community Garden
Beach Community Garden	Community Garden
Peninsula Park Rose Garden	Community Garden
Alberta Park	Park
Denorval Unthank City Park	Community Garden
Woodlawn City Park	Park
Sumner Albina city park	Park
Alberta playground	playground
Roselawn city park	Park
playground	playground
Dog Bowl	Park
Chiang Memorial Field - Salvation Army	Park
Salvation army playground	playground
Jefferson High School South Field	playground
School playground	playground
Open space	open space
school playground	playground
School park	Park
Peninsula Park Playground	playground
Harper's Playground - Arbor Lodge Park	playground

HEALTH RESOURCES

Planned Parenthood - NE Portland Health Center	Health Clinic
Multnomah County Dental Health	Dental Clinic
Legacy-GoHealth Urgent Care	Health Clinic
Legacy Emanuel Medical Center	Hospital
Cascadia Behavioral Healthcare	Behavioral health
Cascade AIDS Project	Health resource
Multnomah County Health Department	Health Clinic
LifeWorks NW	Behavioral health
Outside In	Health Clinic
Prism Health	Health Clinic
OHSU - Russell Street Dental Clinic	Dental Clinic
Northeast Health Center	Health Clinic
NARA Indian Health Clinic	Health Clinic
Project Access NOW	Health resource
Overlook Veterinary Hospital	Veterinary Hospital
Lombard Animal Hospital	Veterinary Hospital
Mallov David DVM	Veterinary Hospital
Interstate Dental Clinic	Dental Clinic
World Of Smiles Pediatric Dentistry North	Dental Clinic
Fresenius Kidney Care Pnrs Rose Quarter Dialysis Center	Health resource

FOOD MARKETS

New Seasons Market	Super market
In N Out Food Market	Grocery store
Safeway	Super market
Fred Meyer	Super market
Jesusito Market	Culture specific stores
Vieng Lao Oriental Food Center	Culture specific stores
Portland Farmers Market - King	Farmers market
NE Portland Saturday Market	Saturday market
Cherry Sprout Produce	Grocery store
Hashi Halal Market	Culture specific stores
K C Market	Grocery store
El Torito Grocery Store	Grocery store
Civic Food Mart	Grocery store
Dr Pepper Grocery	Grocery store

FOOD CARTS, CAFES , PUBS AND RESTAURANTS

Long Do Thai Food Cart	Food cart
PDX Dönerlånd Food Cart	Food cart
Thai Food Cafe	Food joint
The Grilled Cheese Grill	Food joint
Mi Burrito Authentic Mexican Food	Food joint
Mississippi Marketplace	Food joint
Los Gorditos	Food joint
Pho Jasmine Restaurant	Food joint
McMenamins Chapel Pub	Pub
Mio Sushi	Food joint
milk glass mrkt	Food joint
Lucky Labrador Tap Room	Pub
Podnah's BBQ	Food joint
Backyard Social	Food joint
The Old Gold	Food joint
Olrosfe Taqueria	Food joint
Enat Kitchen Restaurant	Food joint
Saraveza	Pub
The Portland Ice Cream Company	Food joint
The Fish & Chip Shop	Food joint
Sabor Cubano	Food joint
Hash It Out	Food joint
Atomic Pizza	Food joint
Jamaican Homestyle Cuisine	Food joint
Coffeehouse-Five	Cafe
Pop Tavern	Pub
Killingsworth Dynasty	Pub
E'Njoni Cafe	Food joint
George's Corner Tavern	Pub
Greeley Avenue Bar and Grill	Food joint
Blend Coffee	Cafe
Killingsworth Station Food Cart Pod	Food cart

FOOD CARTS, CAFES , PUBS AND RESTAURANTS Continued

Haymaker Bar	Pub
Up North Surf club	Food joint
Garagiste Wine Bar	Pub
KFC	Food joint
Subway Restaurants	Food joint
Sabor Casero Pupuseria	Food joint
Popeyes Louisiana Kitchen	Food joint
Safeway Bakery	Food joint
Wing's World Chicken And Waffles	Food joint
Starbucks	Cafe
Rico's Burritos	Food joint
Albina Press	Cafe
Victoria Bar	Pub
Little Bloom Lao and Thai Cuisine	Food joint
Red Fox	Food joint
Sweeedeedee	Cafe
Mongolian Grill	Food joint
Taco Bell	Food joint
Black Rock Coffee	Cafe
MLKJ Hot Dogs	Food joint
Rovente Pizzeria - N Williams	Food joint
Coco Donuts	Food joint

INSTITUTIONAL AND CULTURAL

holy Redeemer Church	Religious institution
Bethel Lutheran Church	Religious institution
St Andrew Catholic Church	Religious institution
The Church of Jesus Christ of Latter-day Saints	Religious institution
Fremont United Methodist Church	Religious institution
Kenton Church	Religious institution
St. Philip the Deacon Episcopal Church	Religious institution
New Song Community Church	Religious institution
Muslim Community Center of Portland	Religious institution
Al Furqan Islamic Center of Portland Oregon	Religious institution
Multnomah County Library - North Portland	Library
Multnomah County Library - Albina	Library
Multnomah County Library - Hollywood	Library
Multnomah County Library - Belmont	Library
Friends of the Children	Non-profit
PCC Cascade Library	Library
Open Signal, Portland Community Media Center	Community Media center
SEI	Non-profit
Blessed Temple Community Church	Religious institution
Heart of Wisdom Zen Buddhist Temple	Religious institution
Emmanuel Temple Church	Religious institution
Powerhouse Temple Church-God In	Religious institution
Walker Temple Church of God	Religious institution
Peninsula Park Community Center	Community center

List of Neighborhood Assets
Continued

INSTITUTIONAL AND CULTURAL Continued

June Key Delta Community Center	Community center
Falcon Art Community	Arts center
Emmanuel Community Services	Community services
Portland Community Reinvestment Initiatives	Community services
U.S. Bank Branch	Bank
Wells Fargo Bank	Bank
Bank of America Financial Center	Bank
U.S. Bank ATM	ATM
ATM (Wells Fargo Bank)	ATM
Albina Church of God	Religious institution
PODKREPA	Cultural organization
Christ Memorial Church	Religious institution
Vipassana center	Meditation center
PCC Cascade Gym	Fitness center
ME FITNESS STUDIOS	Fitness center
Lifeline Christian Church	Religious institution
Antioch Missionary Baptist Church	Religious institution
Piedmont Presbyterian Church	Religious institution
Curious Comedy Theater	Recreational
Salvation Army	Non-profit
Bethesda Christian Church	Religious institution
Alberta Abbey	Arts center
Mod Physique - Barre, Pilates, Cardio, Prenatal, Core Rehab	Fitness center
Lahash International	Non-profit
Berean Baptist Church	Religious institution
True Vine Missionary Baptist	Religious institution
Unite Oregon	Cultural organization
Ethos Music Center	Music center
Portland Youth Redirection	Community services
Meals on Wheels People MLK Jr. Center	Food bank and meals
Salvation Army	Food bank and meals
Allen Temple Food Pantry	Food bank and meals
United States Mission	Non-profit

GOVERNMENT AGENCIES

Portland Police Department	Police
PCC Public Safety/Police	Police
Portland Police Department	Police
Portland Fire Department Station 24	Fire department
United States Postal Service	Postal service
United States Postal Service	Postal service
Adult & Family Services	Social services
Human Services Department	Human services

EDUCATION

Rosemary Anderson High School	School
Jefferson High School	School
Holy Redeemer Catholic School	School
Ockley Green Middle School	School
Chief Joseph Elementary School	School
Humboldt School	School
Trillium Charter School and Preschool	School
Saint Andrews School	School
Martin Luther King, Jr. School	School
Beach Elementary School	School
Rising Song Preschool	Preschool
Willow Tree Preschool	Preschool
Little Imprints	Preschool
Rivendell Preschool	Preschool
Aprende con Amigos Preschool Academy	Preschool
Sunshine Center Montessori Themed Preschool	Preschool
Jackson Hall	University
Margaret Carter Technology Education Building	Educational
Albina Head Start	Day care
Mad Science of Portland and Vancouver	Educational
Crayola Kids Child Care	Day care
Alliance High School at Meek	School

TRANSPORTATION

N Albina & Killingsworth	Bus stop
N Killingsworth & Albina	Bus stop
N Killingsworth & Kerby	Bus stop
N Killingsworth & Commercial	Bus stop
N Killingsworth & Commercial	Bus stop
N Vancouver & Jessup	Bus stop
N Vancouver & Jessup	Bus stop
N Killingsworth & Vancouver	Bus stop
N Vancouver & Killingsworth	Bus stop
N Killingsworth & Vancouver	Bus stop
N Killingsworth St MAX Station	MAX station
N Killingsworth St MAX Station	MAX station
Rosa Parks MAX Station	MAX station
Rosa Parks MAX Station	MAX station
N Lombard TC MAX Station	MAX station
N Prescott St MAX Station	MAX station
PCC Cascade Parking Lot 1	Car parking
PCC Cascade Parking Lot 7	Car parking
parking	Car parking

PET CARE

Pet care	Pet care
The Filling Station Pet Supplies	Pet store

Appendix 9: List of Neighborhood Social Services

PARKS, PLAYGROUNDS, COMMUNITY GARDENS

Peninsula Park Rose Garden	Park
Peninsula Park Community Garden	

HEALTH RESOURCES

Planned Parenthood - NE Portland Health Center	Health Clinic
Multnomah County Dental Health	Dental Clinic
Legacy-GoHealth Urgent Care	Health Clinic
Legacy Emanuel Medical Center	Hospital
Cascadia Behavioral Healthcare	Behavioral health
Cascade AIDS Project	Health resource
Multnomah County Health Department	Health Clinic
LifeWorks NW	Behavioral health
Outside In	Health Clinic
Prism Health	Health Clinic
OHSU - Russell Street Dental Clinic	Dental Clinic
Northeast Health Center	Health Clinic
NARA Indian Health Clinic	Health Clinic
Project Access NOW	Health resource
Overlook Veterinary Hospital	Veterinary Hospital
Lombard Animal Hospital	Veterinary Hospital
Mallov David DVM	Veterinary Hospital
Interstate Dental Clinic	Dental Clinic
World Of Smiles Pediatric Dentistry North	Dental Clinic
Fresenius Kidney Care Pnrs Rose Quarter Dialysis Center	Health resource

INSTITUTIONAL AND CULTURAL

Multnomah County Library - North Portland	Library
Multnomah County Library - Albina	Library
PCC Cascade Library	Library
Peninsula Park Community Center	Community center
June Key Delta Community Center	Community center
Emmanuel Community Services	Community services
Meals on Wheels People MLK Jr. Center	Food bank and meals
Salvation Army	Food bank and meals
Allen Temple Food Pantry	Food bank and meals
United States Mission	Non-profit
Hollywood Senior Center	
Senior Law Project	
Urban Gleaners	

GOVERNMENT AGENCIES

Adult & Family Services	Social services
Human Services Department	Human services
People Ready	Human services

TRANSPORTATION

N Albina & Killingsworth	Bus stop
N Killingsworth & Kerby	Bus stop
N Killingsworth & Commercial	Bus stop
N Vancouver & Jessup	Bus stop
N Vancouver & Killingsworth	Bus stop
N Ainsworth & Albina	Bus stop
N Killingsworth St MAX Station	MAX station
Rosa Parks MAX Station	MAX station
N Lombard TC MAX Station	MAX station
N Prescott St MAX Station	MAX station

Appendix 10: Community Kitchen Precedent Study

At the request of CDP, the design team studied three local community kitchens and one demonstration kitchen in order to ensure all aspects of the community kitchen at Cascadian Terrace were considered. Areas of study included cooking, cleaning, layout, materials, storage and programming.

Providence Milwaukie Community Kitchen



Cooking

Cleaning



Seating

ADA Seating



Dry Storage

Cold Storage

Summary

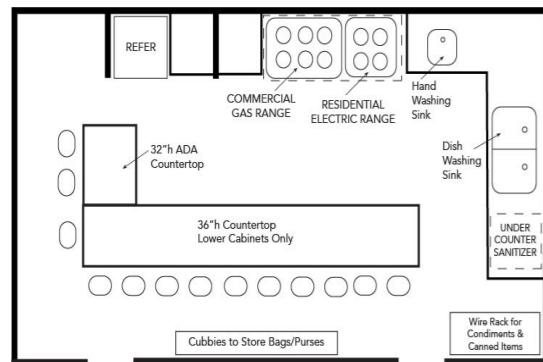
Providence community kitchen is managed by Providence staff and volunteers. An Oregon Food Bank trained instructor teaches nightly cooking classes to 10-12 students. There is also a community pantry open daily. Providence receives a large amount of their donations from Bob's Red Mill, Pacific Foods & OFB. A dry storage room and cold storage commercial refrigerators and freezers make receiving these donations possible.

Kitchen Notes

- Cooking**
- (1) gas range, (1) electric range, (1) microwave
 - Hotplates used if extra cooktops needed
 - Large hood with water hoses for fire
 - Fire extinguisher directly next to stove
- Cleaning**
- No dishwasher, 90-second sterilizer only
 - Handwash and stage with rack to left of sink
 - (1) hand washing sink
 - (1) double-well dish washing sink
- Storage**
- Dry Storage Room (approx. 12'x12')
 - Cold Storage Room (approx. 8'x12')
- Layout & Materials**
- 36" counter height (10 stools with backs)
 - ADA counter height (4 sturdy chairs)
 - Quartz countertops throughout

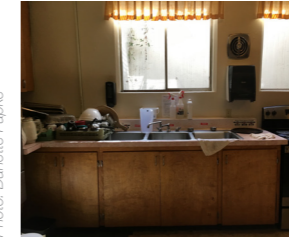
Take Aways

- (2) ovens is ideal
- Allow space around sink (it gets crowded)
- Slope countertop into sink on one side
- Open shelving/drawers for convenience
- Space for garbage/recycle/compost
- Commercial faucet with extension hose
- Plenty of dry and cold storage for donations
- Area that is ADA accessible



General Layout - Not to Scale

Leaven Community Center Kitchen



Cooking

Cleaning



Cleaning

Cleaning & Prep



Refrigeration & Garbage

Pass Through & Storage

Summary

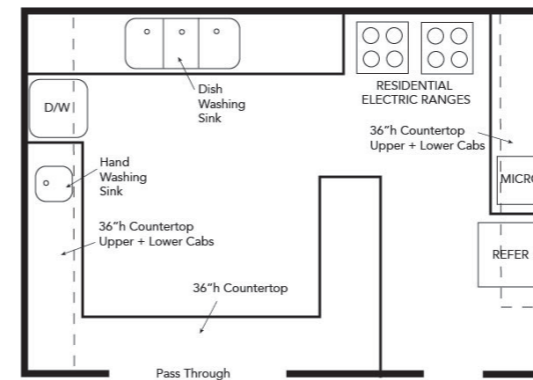
Leaven community kitchen is managed by seven different local organizations who use the space throughout the week. There is one person who oversees the calendar and keeps track of the events. The kitchen is large and functions nicely. It was mentioned on the tour that two ranges is ideal (which they recently purchased instead of (1) commercial range with money from a grant). The biggest complaint is the need for a larger refrigerator.

Kitchen Notes

- Cooking**
- (2) residential grade ranges
 - No hood
 - (1) microwave
- Cleaning**
- Jackson dishwasher (hard to service)
 - (1) hand washing sink
 - (1) triple-well dish washing sink
- Storage**
- (1) regular sized refrigerator
 - Space for spices & condiments
 - Colanders, big pots & baking sheets
 - Canning supplies
 - Closed shelving & drawers
- Layout & Materials**
- 36" counter height
 - No ADA counter height
 - Large garbage can in middle of room

Take Aways

- Designate space for garbage, recycle
- Designate space for compost
- (2) ovens is ideal
- Designate "Kitchen Managers"



General Layout - Not to Scale

Central Lutheran Church Kitchen



Photo: Danette Papke

Cooking



Photo: Danette Papke

Cleaning



Photo: Danette Papke

Open Shelving



Photo: Danette Papke

Layout & Refrigeration



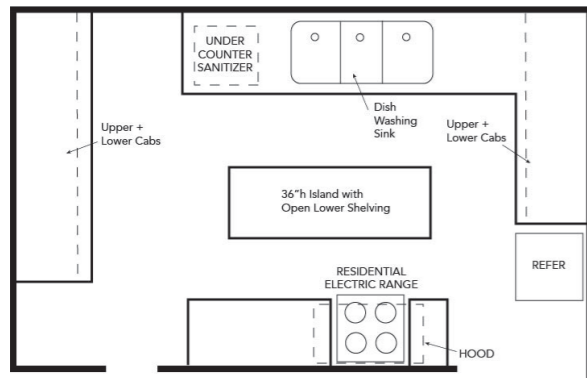
Photo: Danette Papke

Layout & Storage



Photo: Danette Papke

Layout & Storage



General Layout - Not to Scale

Summary

Central Lutheran has a nice, big kitchen that is extremely under used. The kitchen is managed by church staff and used primarily for Sunday coffee/pastries. The hood in the kitchen does not work so they cannot use the stove for cooking. Most events hire outside caterers to bring in the food because of this.

Kitchen Notes

- Cooking**
- Events mostly catered at this facility
 - No working hood so they cannot fry/sautee, mostly use the kitchen to bake & warm food
 - (1) Residential range
 - (1) Microwave
- Cleaning**
- (1) Triple-well sink
 - (1) Sterilizer
- Storage**
- (1) Regular sized fridge
 - (1) Small freezer
 - Upper & lower cabinets, some lower cabinets with open shelving
- Layout & Materials**
- Laminate countertops throughout
 - Center island
 - Marmoleum flooring
 - Pass through

Take Aways

- Large coffee maker
- Recommended a refrigerator with glass doors
- Include a lower counter height burner (ADA and for making large pots of soup)
- If cabinets all have doors, be sure to label everything
- Floor mats in front of sink area
- Open shelving for convenience

Sur La Table Demonstration Kitchen



Photo: Danette Papke

Cooking



Photo: Danette Papke

Cooking



Photo: Danette Papke

Baking & Open Storage



Photo: Danette Papke

Cleaning



Photo: Danette Papke

Refrigeration



Photo: Danette Papke

Portable Tables

Summary

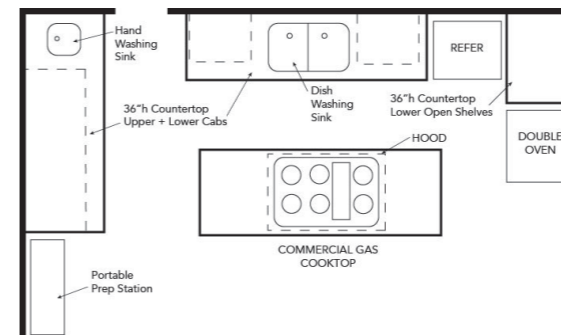
While Sur La Table is not an actual "community kitchen," it is used as a precedent to see how a busy demonstration kitchen is laid out. This kitchen boasts all the amenities (large hood, large commercial range, double ovens and a nice fridge). Stainless countertops are great for wet areas around the sinks (with undermounted sinks preferred). However, stainless scratches easily and granite or butcher block countertops are recommended on the center island.

Kitchen Notes

- Cooking**
- (1) Commercial range
 - (1) Large angled mirror above stove
 - (1) Large hood
 - (2) Stacked ovens, separate from stove
- Cleaning**
- Dishwasher OR Sterilizer located in BOH
 - (1) Double-well dish washing sink
 - (1) Hand washing sink
- Storage**
- Mix between open and closed cabinets
 - Vertical baking sheet storage solution
 - Also note the open drawer system
 - Mix of upper and lower cabinets
- Layout & Materials**
- (2) portable tables with butcher block top
 - Stainless countertops throughout

Take Aways

- Extra portable tables for prep
- Canisters on countertop with cooking utensils
- Chalkboards
- Commercial faucet with extension hose
- Separate double oven is ideal
- Large hood
- Floor mats in front of sink area
- Stainless countertops



General Layout - Not to Scale

Appendix 11:
List of Affordable Housing in N/NE Portland

1	Cascade Management Corp.	A. PHILLIPS SQUARE	Family
	Phone: 503-287-2162	606 NE SACRAMENTO ST	
	margartecarter@cascade-management.com	PORTLAND, OR 97212-3870	
2	Manor Management Service	ALBERTA SIMMONS PLAZA	Elderly
	Phone: 503-240-4198	6611 NE Martin Luther King Blvd	
	salerno@teleport.com	Portland, OR 97211-3069	
3	Cascade Management Corp.	ALBERTA STREET APTS	Family
	Phone: 503-281-7131	5010 NE 19th AVE	
	albertastreet@cascade-management.com	PORTLAND, OR 97211-5655	
4	Cascade Management Corp.	ALBINA PLAZA	Family
	Phone: 503-493-1140	3965 N ALBINA AVE	
	mayaangelou@cascade-management.com	PORTLAND, OR 97227-1252	
5	Avenue Plaza Affordable Housing, Inc.	AVENUE PLAZA	Family
	Phone: 503-287-4876	5025-1 NE 8TH AVE	
	mschoenclark@hotmail.com	PORTLAND, OR 97211-3872	
6	Cascade Management Corp.	CARITAS PLAZA	Disabled
	Phone: 503-288-3186	2830 N WILLIAMS AVE	
	caritasplaza@cascade-management.com	PORTLAND, OR 97227-1633	
7	Guardian Management LLC	CASCADIAN TERRACE	Family
	Phone: 503-283-3541	5700 N KERBY AVE	
	cascadian@gres.com	PORTLAND, OR 97217-2348	
8	Emerson Plaza Affordable Housing, Inc.	EMERSON PLAZA	Family
		5312 NE 13TH AVE	
		PORTLAND, OR 97211-4371	
9	Providence Supportive Housing Providence Health &	EMILIE HOUSE	Elderly
	Phone: 503-236-9779	5520 NE GLISAN ST	
	shannan.stickler@providence.org	PORTLAND, OR 97213-3170	
10	Estates Plaza Affordable Housing, Inc.	ESTATES PLAZA	Family
		5421 NE 14TH PL	
		PORTLAND, OR 97211-4977	
11	Norris & Stevens	FREMONT MANOR	Family
	Phone: 503-287-3704	233 N Fremont St	
		Portland, OR 97227-1453	
12	Quantum Residential	GRACE PECK TERRACE	Elderly
	Phone: 360-696-9000	1839 NE 14TH ST	
	garyo@qresinc.com	PORTLAND, OR 97212-4331	
13	Portland Habilitation Center, Inc.	HALSEY TERRACE	Disabled
	Phone: 503-261-1266	12428 NE Halsey	
	JMurphy@phcnw.com	PORTLAND, OR 97230	
14	Cascade Management Corp.	KING DISHMAN	Family
	Phone: 503-287-2162	101 NE Knott ST	
	margartecarter@cascade-management.com	PORTLAND, OR 97212-3011	
		Phone: (503) 682-7788	

15	Cascade Management Corp.	L. ROY GARDENS	Family
	Phone: 503-287-2162	735 N FREMONT ST	
	margartecarter@cascade-management.com	PORTLAND, OR 97227-1254	
16	Cascadia Behavioral Healthcare, Inc.	LONE PINE APARTMENTS	Disabled
	Phone: 503-503-238-0769	111 NE 162ND AVE	
	maggie.jonnsen@cascadiabhc.org	PORTLAND, OR 97230-5888	
17	Cascade Management Corp.	M. CARTER PLAZA	Family
	Phone: 503-287-2162	626 NE BRAZEE STREET	
	margartecarter@cascade-management.com	PORTLAND, OR 97212-3882	
18	Cascadia Behavioral Healthcare, Inc.	MARTIN LUTHER KING MANOR	Disabled
	Phone: 503-503-238-0769	6620 NE Sixth AVE	
	maggie.jonnsen@cascadiabhc.org	PORTLAND, OR 97211-3065	
19	Cascadia Behavioral Healthcare, Inc.	MCCARTHY PLACE	Disabled
	Phone: 503-503-238-0769	959 NE 165TH AVE	
	maggie.jonnsen@cascadiabhc.org	PORTLAND, OR 97230-6148	
20	Quantum Residential	MULTNOMAH MANOR	Family
		9110-1 NE HASSALO ST	
		PORTLAND, OR 97220-5769	
21	Cascade Management Corp.	PARK TERRACE	Family
	Phone: 503-282-6111	315 N ALBERTA ST	
	parkterrace@cascade-management.com	PORTLAND, OR 97217-2844	
22	The Salvation Army, a California Corporation	PORTLAND SILVERCREST RESIDENCE	Elderly
	Phone: 5624918767	1865 NE DAVIS ST	
	susan.lawrence@usw.salvationarmy.org	PORTLAND, OR 97232-3077	
23	REACH Community Development, Inc.	PRESCOTT PLACE	Disabled
	Phone: 503-231-0682	5802 NE Prescott ST	
	kleveland@reachcdc.org	PORTLAND, OR 97218-2264	
24	Quantum Residential	UNTHANK PLAZA APARTMENTS	Elderly
	Phone: 360-696-9000	2500 N Williams AVE	
	garyo@qresinc.com	PORTLAND, OR 97227-1942	
25	REACH Community Development, Inc.	WALNUT PARK APARTMENTS	Elderly
	Phone: 503-282-7449	5272 NE 6TH AVE	
	jrud@reachcdc.org	PORTLAND, OR 97211-3265	

Appendix 12:
List of Services Mentioned by Residents

PARKS, PLAYGROUNDS, COMMUNITY GARDENS

Penninsula Park Rose Garden

HEALTH RESOURCES

FOOD MARKETS

Walmart Supercenter
Safeway
New Seasons
Fred Meyer
Winco Foods

FOOD CARTS, CAFES , PUBS AND RESTAURANTS

McMenamins Chapel Pub
McDonald's
Pok Pok Noi
KFC
Stoopid Burger
Los Gorditos
Shari's Cafe & Pies

INSTITUTIONAL AND CULTURAL

Salvation Army Food Pantry
Multnomah County Library

GOVERNMENT AGENCIES

EDUCATION

TRANSPORTATION

ENDNOTES

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- 3 Harper, "Historic Resources," 45.
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- 16 "Affordable Apartment Search." *Hud.gov*, U.S. Department of Housing and Urban Development, 28 August 2018, apps.hud.gov/apps/section8/results.cfm?city_name_text=PORTLAND&county_name_text=Multnomah&zip_code=97217&property_name_text=&client_group_type=&bedroom_one=true&max_rec=20&state_code=OR&statername=Oregon&start=1.