



Dodd
Dodd Kattman, AIA, LEED AP
Principal
MKM architecture + design

Affordable Housing Strategies that Promote Personal Well-Being and Success

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MKM believes that individual well-being is essential for communities to thrive. That's why we work so hard to improve the culture of health with stakeholders across the care continuum.

We are in the business of designing meaningful places.

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COMMUNITY PLANNING

4 conditions that must be met in order to design a successful, vibrant, diverse and attractive neighborhood...

- ① Primary mixed uses: "The district, and indeed as many of its internal parts as possible, must serve more than one primary function; preferably more than two. These must insure the presence of people who go outdoors on different schedules and are in the place for different purposes, but who are able to use many facilities in common."
- ② Small blocks: "Most blocks must be short; that is, streets and opportunities to turn corners must be frequent."

— Jane Jacobs, *The Death and Life of Great American Cities*, 1961

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COMMUNITY PLANNING

4 conditions that must be met in order to design a successful, vibrant, diverse and attractive neighborhood...

- ③ Aged buildings: "The district must mingle buildings that vary in age and condition, including a good proportion of old ones. (...) Old ideas can sometimes use new buildings. New ideas must use old building."
- ④ Density: "The district must have a sufficiently dense concentration of people, for whatever purpose they may be there. This includes people there because of residence."

Neighborhoods =
Opportunities

— Jane Jacobs, *The Death and Life of Great American Cities*, 1961

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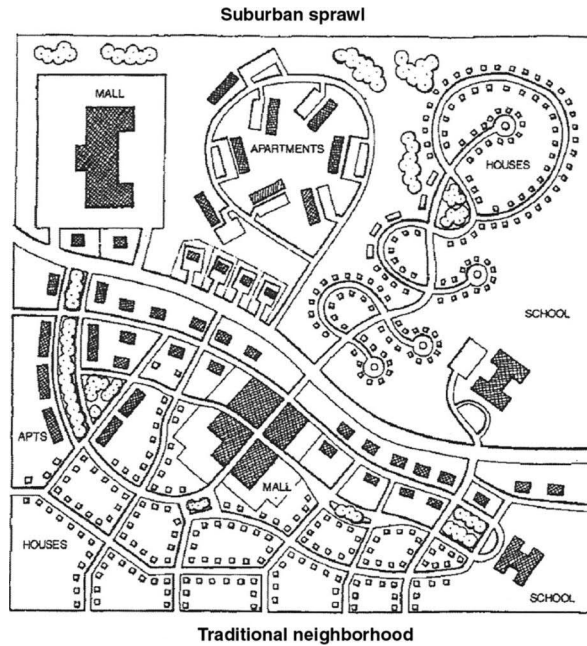
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COMMUNITY PLANNING

Development patterns matter. The positioning of homes, schools, businesses, parks, and sidewalks within a neighborhood can influence physical activity. Neighborhood design typically considers 4 land uses: residential, industrial, green space, and institutional (eg, schools). Sprawling urban design has less mixing of these types (or less "land-use mix"). The adjacent diagram illustrates this distinction. Houses and apartments in the lower section of the diagram (the traditional neighborhood) are closer to other types of destinations such as the school or the mall, and the houses in the upper section (suburban sprawl) are more isolated. This figure also demonstrates a second core concept from urban planning known as "connectivity," or the ease of moving between origins (eg, home and work). Street grids with many intersections provide many options for navigating to a destination. In the low-density upper part of the diagram, although there are houses that are not far from the school "as the crow flies," getting to the school requires winding out of the enclave of houses to a busy main road. Thus, a child who lives close to school may still find walking to school prohibitive.

In addition to mixed-land use, other measures, such as higher residential density, smaller street blocks, and access to sidewalks, have been reported to translate to increased walking in adults. Increased urban sprawl, by which farther distance between destinations decreases walkability, has been associated with less physical activity and directly correlated to decreased well-being.

Source: Duany Plater Zyberk as shown in Spielberg F. The traditional neighborhood development: how will traffic engineers respond? ITE J. 1989:59:17.



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COMMUNITY PLANNING

ghetto

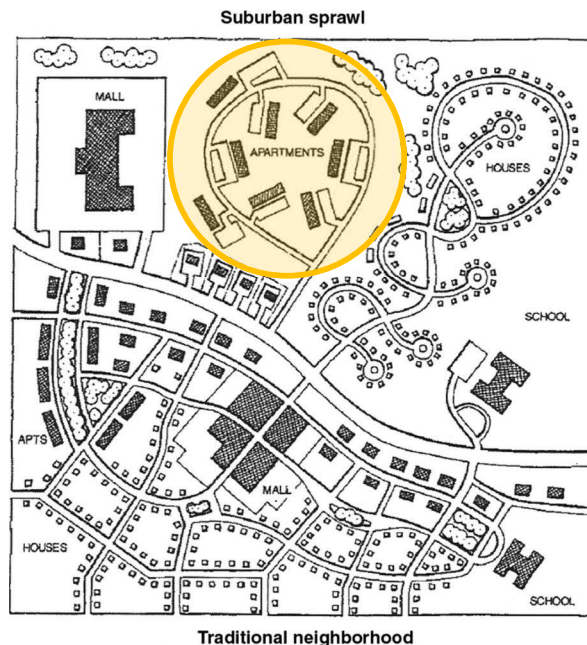
noun

ghet-to | \ 'ge-(,)tō \
plural ghettos also ghettos

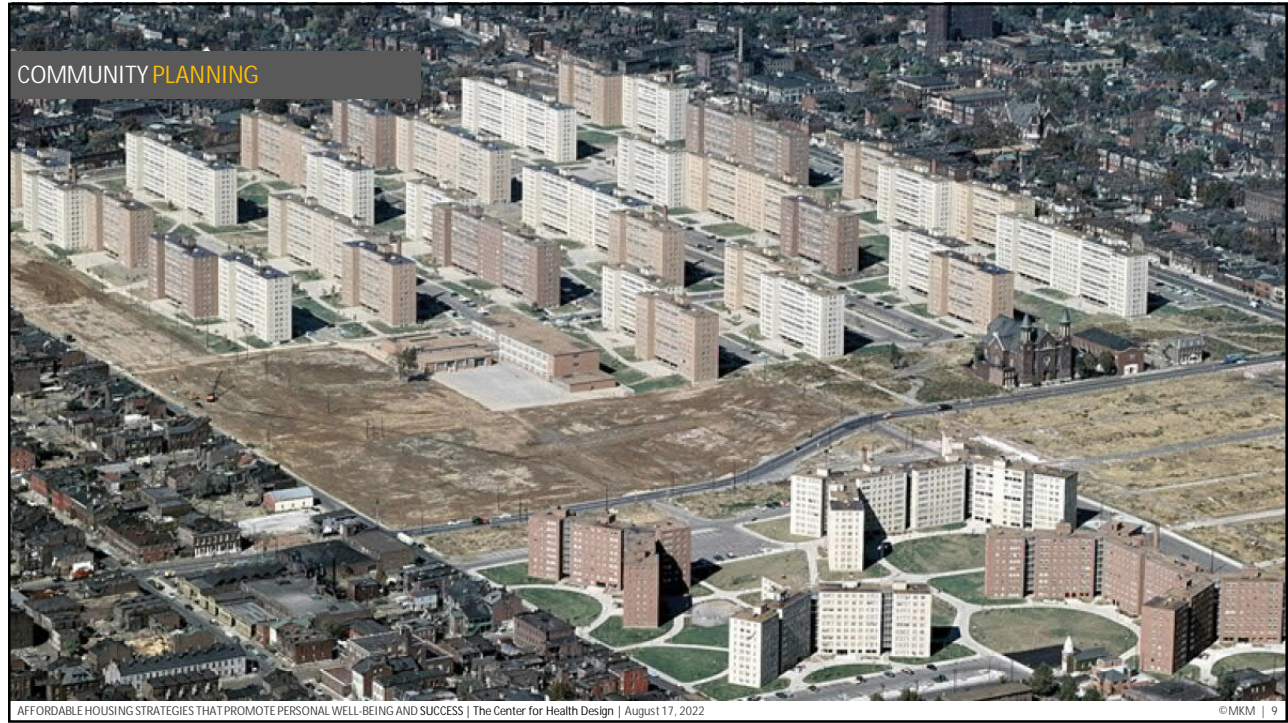
Definition of ghetto

- 1: a quarter of a city in which Jews were formerly required to live
- 2: a quarter of a city in which members of a minority group live especially because of social, legal, or economic pressure
- 3a: an isolated group (a geriatric ghetto)
- 3b: a situation that resembles a ghetto especially in conferring inferior status or limiting opportunity

<https://www.merriam-webster.com/dictionary/ghetto>



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COMMUNITY PLANNING



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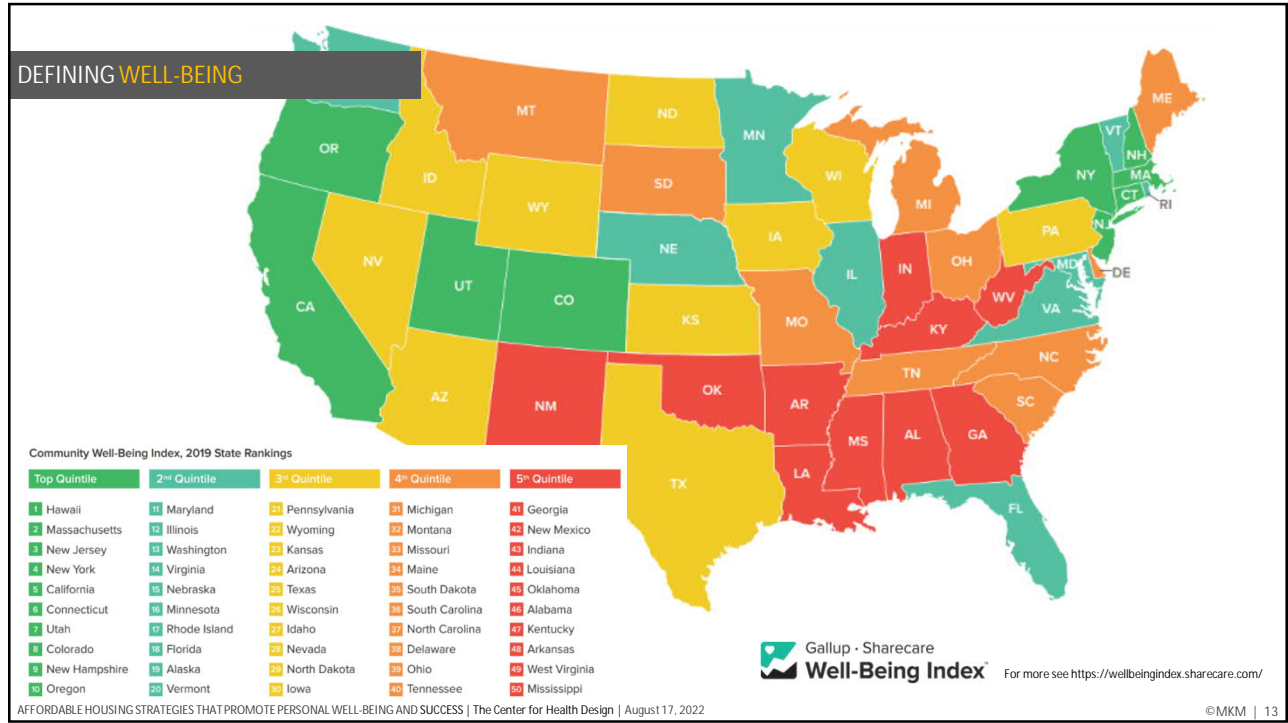
THESIS

Affordable Housing initiatives **must follow the same metrics for success** that we use to measure successful neighborhoods and communities. Specifically, they should **enhance an individual's Well-Being** through Purpose, Social, Financial, Community and Physical Health.

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DEFINING WELL-BEING

The Gallup-Healthways Well-Being Index

Gallup and Healthways have developed a comprehensive, definitive source of well-being measurement, the Gallup-Healthways Well-Being Index. This scientific survey instrument measures, tracks and reports on the well-being of populations. The five essential elements of well-being are:

- Purpose:** liking what you do each day and being motivated to achieve your goals
- Social:** having supportive relationships and love in your life
- Financial:** managing your economic life to reduce stress and increase security
- Community:** liking where you live, feeling safe and having pride in your community
- Physical:** having good health and enough energy to get things done daily

For more see <https://wellbeingindex.sharecare.com/>

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DEFINING WELL-BEING



8 Dimensions of Wellness



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DEFINING WELL-BEING

AARP Livability Index

HOUSING
Affordability and access

NEIGHBORHOOD
Access to life, work, and play

TRANSPORTATION
Safe and convenient options

ENVIRONMENT
Clean air and water

HEALTH
Prevention, access and quality

ENGAGEMENT
Civic and social involvement

OPPORTUNITY
Inclusion and possibilities



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DEFINING WELL-BEING

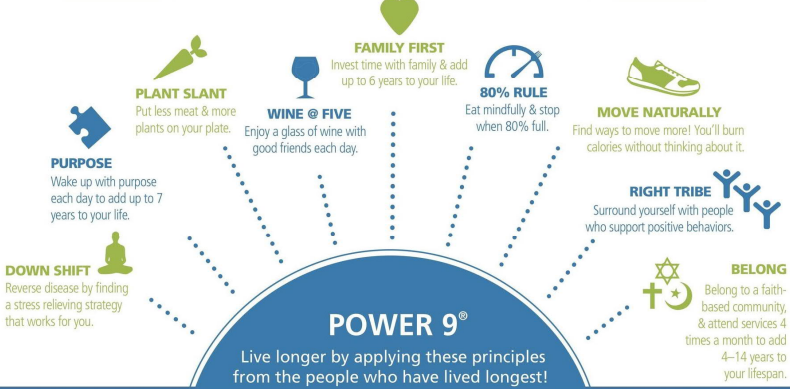
EXPERIENCE
BLUE ZONES PROJECT®

START CREATING A HEALTHIER, HAPPIER LIFE, TODAY.

FEEL THE DIFFERENCE WHERE YOU LIVE, WORK, AND PLAY.
Blue Zones Project supports well-being improvement in each of these 7 areas:

- CITIZENS**
Take the personal pledge and make small changes that can have a big impact on your well-being for years to come.
- WORKSITES**
Improve the physical, emotional, and social well-being where you spend most of your time—work.
- SCHOOLS**
Teach kids healthier habits they can carry with them for a lifetime.
- RESTAURANTS**
Experience a better dining environment with healthier menu choices.
- GROCERY STORES**
Shop where healthy foods are easy to find.
- COMMUNITY POLICY**
Use city design, policies, and social networks to create an environment to support healthy choices.
- FAITH-BASED COMMUNITIES**
Nurture your faith and your well-being.

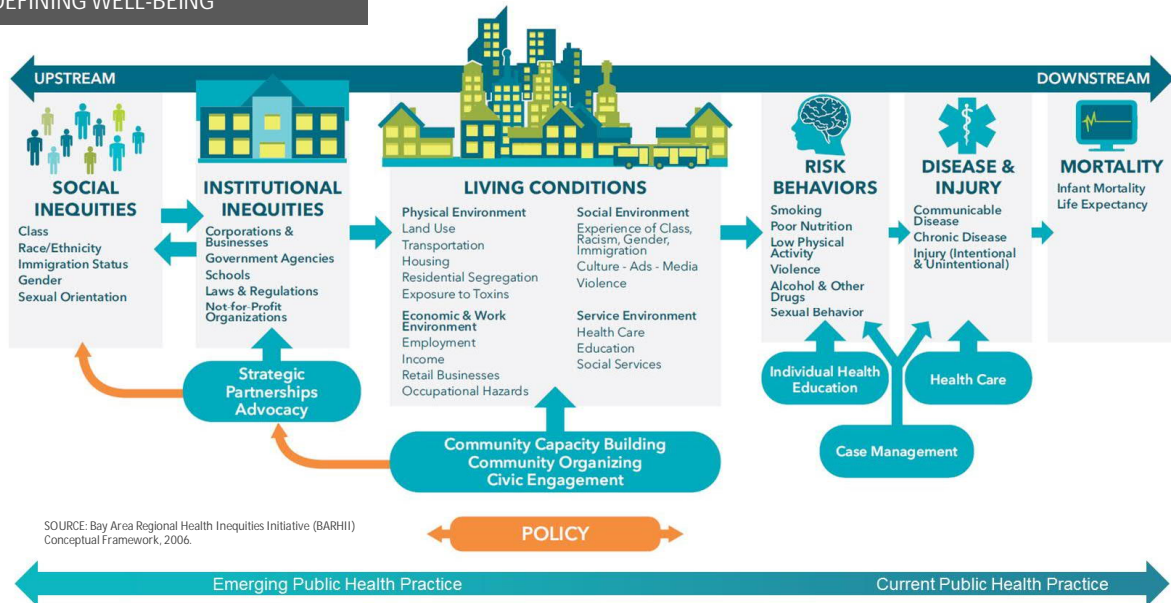
Be a part of transforming well-being so the healthy choices become easy choices for you and your community.



<https://www.youtube.com/watch?v=0V4u0M4IB0>

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REDEFINING WELL-BEING



SOURCE: Bay Area Regional Health Inequities Initiative (BARHII) Conceptual Framework, 2006.

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THESIS

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CASE STUDY **BRIDGE HOUSING**

Armstrong Place Senior Housing

Our mission: BRIDGE Housing strengthens communities and improves the lives of its residents, beginning—but not ending—with affordable housing.

- San Francisco's Bayview District, along the Third Street light rail line, just a block from the light rail stop
- 116 affordable apartments for seniors, 71 of which are HUD subsidized.
- 23 set aside for formerly homeless seniors.



Armstrong Place Senior Housing

Adjacent to affordable for-sale housing in the Armstrong Townhomes, the property's amenities include 9,000 square feet of commercial space, community services and retail shops. The property surrounds a courtyard rain garden and has several communal spaces. Twenty-three of the apartments are set aside for formerly homeless seniors participating in San Francisco's Direct Access to Housing Program. These residents are eligible for intensive social services which will enable them to transition in to independent living.

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Armstrong Place Senior Housing

Financial Partners:

- U.S. Department of Housing & Urban Development;
- California Department of Housing & Community Development (TOD Program);
- San Francisco Redevelopment Agency;
- Wells Fargo Bank;
- Federal Home Loan Bank/Far East National Bank (Affordable Housing Program);
- Enterprise Community Investment, Inc.;
- Enterprise Green Communities

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CASE STUDY BRIDGE HOUSING



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CASE STUDY BRIDGE HOUSING



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CASE STUDY BRIDGE HOUSING

BRIDGE is known for creating award-winning affordable homes that not only reflect the character of the community but also display the same quality of design and construction as market-rate housing. A nonprofit and seasoned developer, we are uniquely equipped to find and leverage capital, lower development costs and forge community partnerships. Our specialized real estate development team and network of relationships allows BRIDGE to offer a range of cost and quality advantages with every project. Our expertise can also help other developers meet their affordable housing requirements. As a leading community development partner, we aspire to add value to every deal.

BRIDGE partners with local agencies and the best providers in the field to bring programs to residents for free. We tailor programs directly to resident needs and we coordinate classes and workshops from a central location, keeping staffing costs lower.



CASE STUDY BRIDGE HOUSING

5600 3rd Street

[Add scores to your site](#)

Bayview, San Francisco, 94124

Commute to **Downtown San Francisco**

16 min 35 min 33 min 60+ min [View Routes](#)

[Favorite](#) [Map](#) [Nearby San Francisco Apartments on Redfin](#)

[More about 5600 3rd Street](#)

The Gallup-Healthways Well-Being Index

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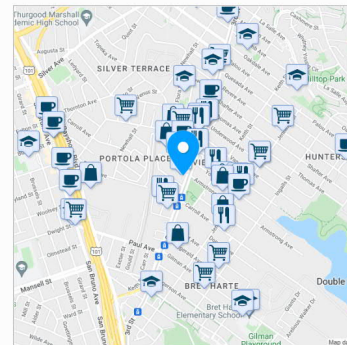
- Purpose:** liking what you do each day and being motivated to achieve your goals
- Social:** having supportive relationships and love in your life
- Financial:** managing your economic life to reduce stress and increase security
- Community:** liking where you live, feeling safe and having pride in your community
- Physical:** having good health and enough energy to get things done daily

Walk Score **89** Very Walkable
Most errands can be accomplished on foot.

Transit Score **72** Excellent Transit
Transit is convenient for most trips.

Bike Score **75** Very Bikeable
Biking is convenient for most trips.

[About your score](#)





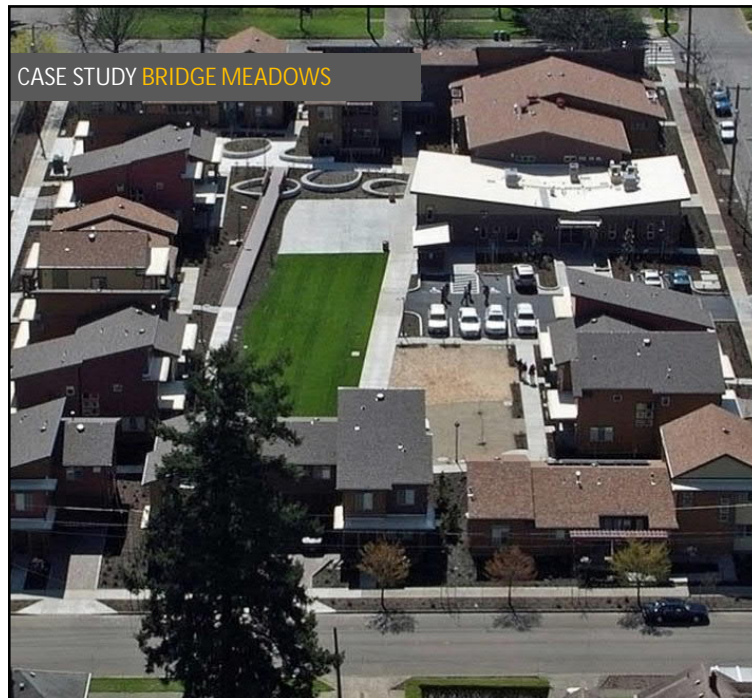
CASE STUDY BRIDGE MEADOWS

Bridge Meadows North Portland

Our mission: Bridge Meadows creates and inspires intergenerational communities for the well-being of children, families, and elders.

Social Purpose: To provide permanency of home and family for children and youth who have been impacted by foster care.

Vision: To create a world where every generation is cherished.



CASE STUDY BRIDGE MEADOWS

Bridge Meadows North Portland

Family Homes: 9
Elder Apartments: 27

Special Features & Amenities: Bridge Meadows North Portland includes several green features including bio-swales, an ecological method of stormwater management, and garden boxes located in the central courtyard. The community also features a multi-purpose community room, library and computer room, the Bridge Meadows Resident Art Gallery (BRAG) and rock garden, and multiple therapy rooms.

Volunteer Agreement

CASE STUDY BRIDGE MEADOWS

Bridge Meadows North Portland

Housing: We build affordable housing with independent townhomes and apartments to support permanency. Intentionally designed spaces encourage connection and relationship-building, while providing safety and security.

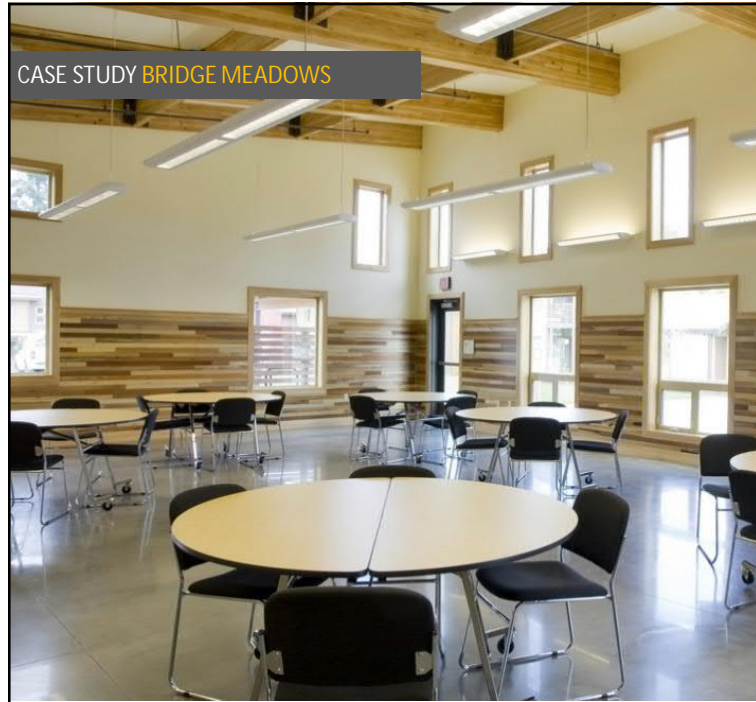
Connection: The community connects around the shared social purpose of permanency for youth formerly in foster care. Connection means shared meals, conversations, and games after dinner. A summer evening stroll after tending the community garden, and checking in on a neighbor.

Clinical Support: Clinical staff weave the community together with trauma-informed support services and community-building expertise to facilitate connection and mutual support. Our approach is strengths-based, meaning that we believe every individual is inherently capable and resourceful. Strengths-based approaches can improve social networks and enhance well-being.



CASE STUDY BRIDGE MEADOWS










CASE STUDY BRIDGE MEADOWS

Bridge Meadows North Portland

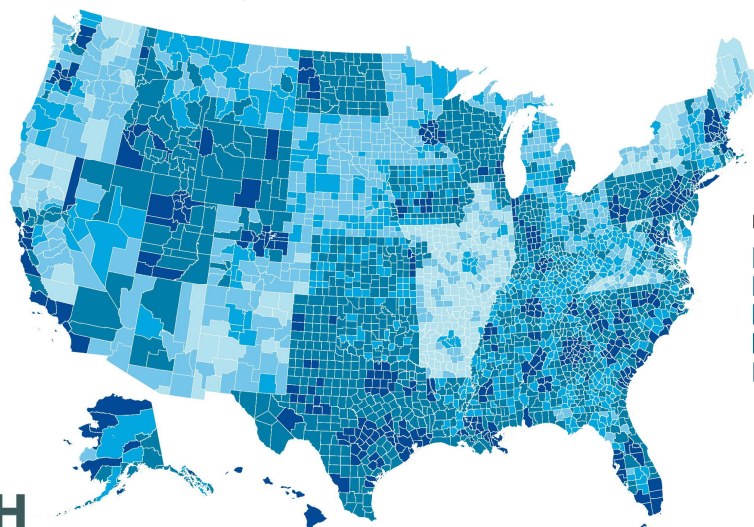
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-  **Purpose:** liking what you do each day and being motivated to achieve your goals
-  **Social:** having supportive relationships and love in your life
-  **Financial:** managing your economic life to reduce stress and increase security
-  **Community:** liking where you live, feeling safe and having pride in your community
-  **Physical:** having good health and enough energy to get things done daily

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HOURS AT MINIMUM WAGE NEEDED TO AFFORD A ONE-BEDROOM RENTAL HOME AT FAIR MARKET RENT IN 2022



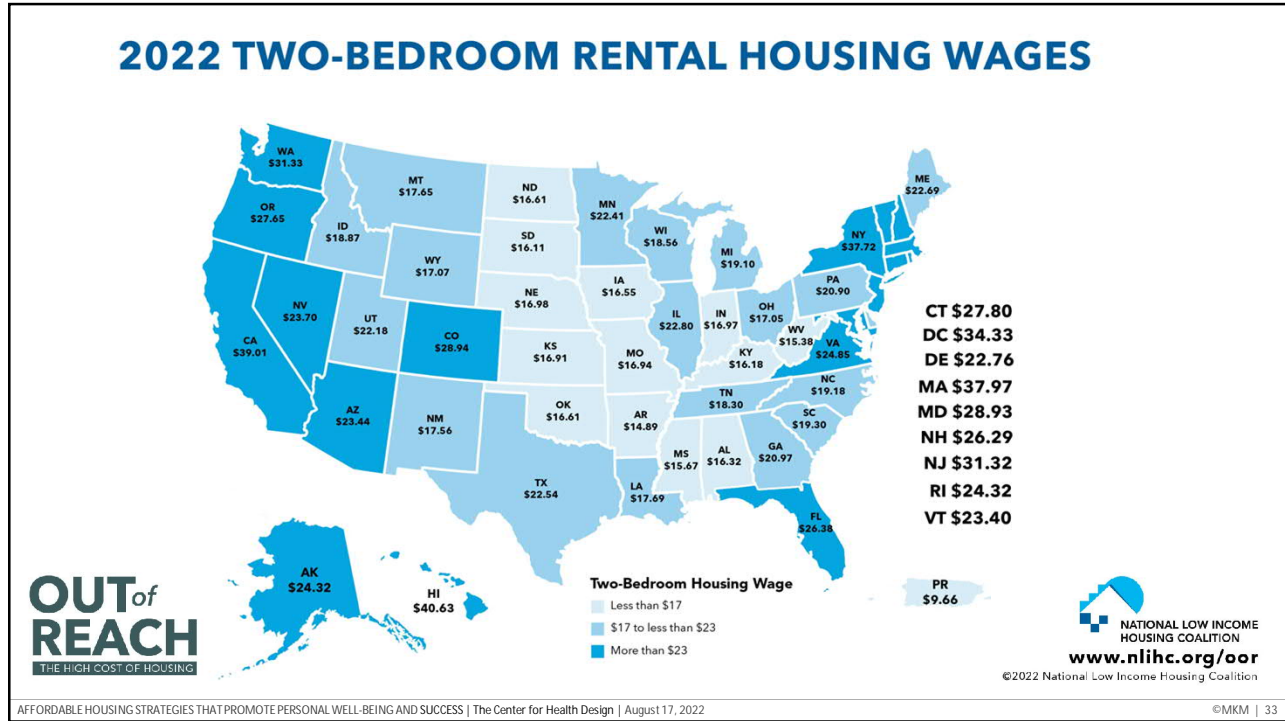
Hours at minimum wage

-  40 hours per week or fewer
-  41 to 50 hours per week
-  51 to 60 hours per week
-  61 to 80 hours per week
-  More than 80 hours per week

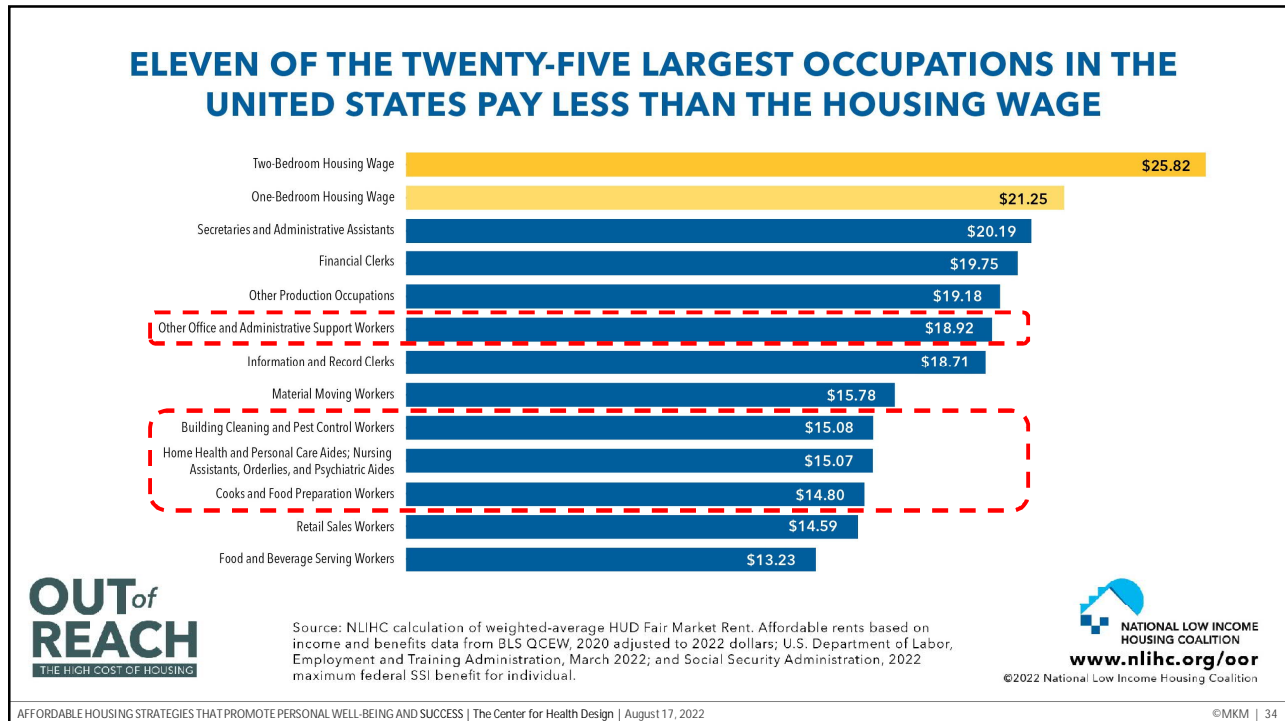


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Byron Wellness Community

Our mission: Byron Wellness Community provides an inclusive multi-generational community fostering purpose-filled lives by focusing on the individualized strengths of our family members.

Vision: Byron Wellness Community will fundamentally change long-term-care through compassion and innovation.

Foundational Belief: We join each resident on their journey as guests in their home, advocating on their behalf.

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CASE STUDY BYRON WELLNESS

Who We Are: Byron Wellness Community is a unique type of community. Over 30% of our residents have lived here for over 10 years and nine of those residents have called Byron home for over 20 years. Byron is their home and we are their family. Our caregivers provide exceptional medical care in an organization built on the values of inclusion, acceptance, compassion and encouragement. At Byron, we all lead purpose-filled lives. **THIS IS WHAT MAKES US UNIQUE.** Our residents are our family and we are theirs. Our facility is their home. As caregivers, we strive to help each family member thrive along their individual journey, whatever that may be.

Byron Wellness Community concentrates on serving those who are most vulnerable. We pride ourselves on meeting the needs of individuals who have complex medical conditions most often coupled with psychiatric or developmental disorders. These common psychiatric and developmental disorders include, but are not limited to:

- Traumatic Brain Injury (TBI) •
- Mental Illness (MI) •
- Intellectual Developmental Disability (IDD) •
- Huntington's Disease (HD) •
- Dementia



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Reimbursement, Financial and other Trends

- Increasing priority to serve residents through Home and Community Based Services (HCBS).
- Higher acuity required to qualify for Medicaid Waiver reimbursement.
- Assisted Living setting providing more care.
- Nursing Care costs not keeping up with reimbursement.
- Staffing shortages.
- Community housing cost exceeding staff pay.

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Proposed Solution

Develop a community of caring that includes a mixture of:

- Licensed Assisted Living
- Secure housing for residents and aging family caregivers serving those with common psychiatric and developmental disorders.
- Opportunities for campus and community social engagement.
- Mix of congregate and detached housing.
- Affordable housing for healthcare workers and others.

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Likely financial and care components:

- Low Income Housing Tax Credit (LIHTC) development incentives.
- Local project area tax increment financing (TIF district).
- Municipal bond financing and/or land donation.
- Rental assistance.
- Donations and corporate match.
- Provider care and case management.
- Developer property management.

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In Summary, quality affordable housing must:

- Be located in an area that enhances social engagement and personal well-being.
- Include creative partnerships and diverse funding strategies.
- Provide a unique cocktail of housing and service to provide exceptional value unique to your area.
- Integrate residents into the community.
- Offer multiplicity of choice.
- Be driven by informed, passionate team members to make sure that it's done well.

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References

- Jane Jacobs, *The Death and Life of Great American Cities*, 1961
- Duany Plater Zyberk as shown in Spielberg F. The traditional neighborhood development: how will traffic engineers respond? *ITE J.* 1989;59:17.
- <https://livabilityindex.aarp.org/>
- <https://www.youtube.com/watch?v=0V4uooM4IBQ>
- SOURCE: Bay Area Regional Health Inequities Initiative (BARHII) Conceptual Framework, 2006.
- <https://bridgehousing.com/properties/armstrong-place/>
- <https://www.walkscore.com/>
- <https://bridgemeadows.org/about-us/#Communities>
- <https://www.youtube.com/watch?v=oQNKi8R4niY&t=1s>
- <https://nlihc.org/oor>
- <https://network.aia.org/communities/community-home?communitykey=a83686b6-4432-4ac2-a3a1-b91a6808a014&tab=groupdetails>

Dodd Kattman AIA, Principal
MKM architecture + design
dkattman@mkmdesign.com
260-422-0783

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