

We Are Up Plan of Operations for Community Center

The Community Center is at the heart of We Are Up.

Location

We Are Up located at 144-146 Weirup on 15.4 acres - AP # 509-181-000. The project is considered to be infill development since it is just one block off Central Avenue, bordering the existing Grocery Outlet and Auto Zone on the West. The property has an existing duplex, barn, and sheds that are in disrepair. It was previously used for cattle grazing and hay production. When completed the project will consist of 50 units of housing, a community center with commercial kitchen, a greenhouse, barn, orchard, and other agricultural amenities.

Need and Uses

We Are Up is a paradigm shift in how we provide care for seniors and people with Autism (ASD) and other intellectual disabilities (I/DD). Instead of siloing and isolating, We Are Up weaves together diverse people and activities to create a dynamic and functioning whole. Gathering and enrichment with classes, services, life skills, employment, training, and events, residents and the community at large will use our grounds and community center. We will improve the lives of seniors and people with ASD and other I/DD by creating an ecosystem of care and a replicable model of inclusion with individual and community supports. Families from the community at large will benefit by having more sustainable caregiving options and a place for day participants whose families currently must drive to Eureka for programs. Overall, We Are Up will lower societal costs of supports and increase benefits to families, residents, and the community at large.

We see a younger resident working with a senior to learn cooking skills. Together they help prepare a farm-to-table meal for residents and neighbors in the Community Center's commercial kitchen using produce from the We Are Up farm. Another resident with autism feels a sense of purpose as she earns supplemental income by designing and selling flower arrangements for an onsite wedding with flowers grown in the We Are Up garden. Yet another greets and seats guests for a Rotary meeting being held onsite. We see a future where our model is replicated, helping to reduce the societal costs of a broken care system. The model builds bridges, allowing more people to discover the gifts and contributions of populations that are too often siloes rather than being celebrated.

The three to four level community center building with upper levels designated for housing and lower levels designed as a Community Center for multiple uses and purposes is key to the success of, We Are Up. Studies show that seniors and people with ASD and I/DD experience loneliness at higher rates than the general population. There are warranted concerns around loneliness and isolation with 40% of adults with a disability reporting feeling lonely and/or socially isolated. Loneliness has been linked to major health implications including a more than 60% risk of

premature death, a 50% increased risk of dementia, and 32% increased risk of stroke. We Are Up with its intergenerational design can change those statistics.

Size and general Design

The three to four story design of the community center building provides onsite housing with accessible enrichment and life skills activities. The height lowers the overall footprint allowing over 80% of the site to remain as open space and decreases the need for a large mass of housing on the northern boundary that might block existing views. The first floor of this building would be approximately 13,000 SF and would consist of a large multifunctional meeting room with partitionable space, including an approximately 1,800 SF commercial kitchen. The commercial kitchen, which may utilize gas utilities, will allow residents to prepare meals, produce value added products, and provide many other learning opportunities.

Purpose and Special Events

The community center would serve the residents by providing a site for regular enrichment classes of their choosing, a site for value added product production, income generation, and important socialization and job skills opportunities. It would also serve the community at large by providing rental space for events such as rotary meetings, weddings, and other similar gatherings. In addition to community building, these uses would also provide income for residents and improve sustainability for the non-profit, thus decreasing its need for as many grants or other ongoing and often fickle sources of public funding.

Creating opportunities on site allows residents to lead a fuller life. Inviting the community at large increases those opportunities for residents and allows the greater community to become welcoming members of the We Are Up community. Opportunities will be designed by residents primarily for residents and may include:

- Classes, workshops, and activities for residents would occur primarily on Monday - Friday during typical business hours, with occasional weekend and evening activities. Classes would be designed primarily by and for residents, and would include such offerings as computer skills, yoga, art, music, movement, life skills, cooking, etc. These classes may, in time, be available to others from the community at large with about 50 guests the expected maximum.
 - Events such as those listed above would primarily be held in the community center and its outdoor areas, and may include visits to the greenhouse, orchard, or barn where residents and guests may be walking between the onsite locations to access the various amenities, harvest fruit or vegetables.
- Special event hosting, such as weddings, community gatherings such as fundraising, rotary, or similar events would occur onsite. Special events would be those with over 50 guests and up to 215. They would occur up to 24 times per year.
- A weekly dinner, breakfast, or similar open event would be held at the site with an estimated total of 112 visiting guests (not part of special events above).

Noise

- Events will primarily be held indoors and will on occasion utilize microphone for speakers or amplified music that will not exceed county regulations for noise.
- Should there be outdoor events or outdoor amplified music, the events will end no later than 10 PM

Traffic and Parking

The number of daily one-way trips associated with the facility during operation are calculated in Table 3.17-1 of the ISMND. The assumptions associated with the trip analysis are as follows:

- Only a portion of the residential occupants would drive, of the approximately 69 occupants projected for the facility only 24 are anticipated to drive.
- A total of 10 daily visitors and deliveries are anticipated, separate from activity and event traffic.
- A weekly dinner, breakfast, or similar open event would be held at the site with a total of 112 visiting guests, with a car occupancy rate of 2.2 (FHA 2003).
- The facility would have one live-in full-time employee that takes a trip offsite an average of once per day.
- The facility would have six non-live-in full-time employees that would each take one trip per day during the work week.
- The facility would have five part-time employees that would each work 4 days a week and take one trip per day on the days that they are working at the facility.

Special Events

- The site plan provided in the IS/MND would result in 86 available parking spaces for special events.
- Studies show that many of the wedding guests travel together as couples, families or groups of friends, and a vehicle occupancy factor of 2.7 persons per vehicle represents a common assumption (FHA 2003). Available paved spaces would be used in addition to additional temporary parking. With the use of this temporary parking, 215 participants would be able to be accommodated.
 - An estimate of 41 spaces would be in at any one time which would leave 35 open permanent spaces.
 - An additional 51 temporary parking spaces may be located at:
 - 10 on gravel road west of storm drain piping
 - 15 on gravel road east of barn
 - 13 along gravel road west of barn
 - Eight east of gravel road hammerhead

- Community supporters MCSD and Jackson & Eklund, have both offered their parking lot for We Are Up use on weekends with 21 and 22 spaces respectively.
- The majority of larger special events will take place on weekends.

Utilities and Services

The Community Center would receive services from:

- McKinleyville Community Services District for public water and sewer. We Are Up would not require septic tanks or alternative wastewater disposal systems.
- The venue will have extensive solar capacity and be connected to Pacific Gas & Electric Company, (PG&E) for electricity.
- Humboldt Sanitation will be the primary waste management vendor. Recycling will be implemented for paper, glass, plastics, and aluminum.

There will be sufficient restrooms in the Community Center for resident and guest use at events.

Emissions

- There will be light outdoors for safety however the plan is sensitive to night sky and light pollution by down casting lighting.
- There may be gas cooking facilities in the commercial kitchen.

By Products

The Community Center expects to produce waste typical of a restaurant, wedding, or meeting venue.

Those byproducts will be composted, recycled, or disposed of in accordance with existing regulations.

Fire Safety

The Arcata Fire Protection District and McKinleyville Station provide protection and emergency response services to the McKinleyville community. They have been consulted and their recommendations were incorporated in the site design.
