D.C. OFFICE ON AGING
Multi Service/ Senior Wellness Center
1035 5th Street, NE
Washington, DC 20002
Capital Project No. A0
BZA Application # _____

Request Statement

The D.C. Office on Aging/D.C. Government, pursuant to 11 DCMR 3104.1, requests for a special exception under 205 to allow A SENIOR WELLNESS CENTER in a R-4 District at premises known as 1035 fifth Street, NE. (LOT 816 SQ 830)

Who We Are

The D.C. Office on Aging is the State and Area Agency on Aging designated by the Mayor of the District of Columbia to plan, develop and implement programs and services for residents 60 years of age and older. The mission of the District of Columbia on Aging is to advocate, plan, implement and monitor programs in health, education, employment, and social services which promote longevity, independence, dignity, and choice for our senior citizens. We fund a senior service network of providers (Office on Aging Senior Service Network) consisting of 24 community- based nonprofit Organizations (including four universities) that operate over 40 different programs for senior citizens. The Office on Aging's philosophy is to sustain meaningful roles for older Persons in their homes and in their communities, and to promote healthy lifestyles and positive aspects of aging. The proposed wellness center will continue the thrust of the Office on Aging for the 21st Century to address the concept of wellness for the elderly of the District through the development and expansion of preventive health care programs and services, including nutrition and fitness.

Background

The Office of Aging received capital authority to build a senior wellness center in Ward 6 in 1998. Ward 6 is the home of over 9,000 seniors (persons 60 years and older) and that number is growing. A facility is needed that will serve as a headquarters, wellness center, one stop service and training center.

The Office on Aging wants to develop this facility on District owned property known as the "Old Hayes School" in Ward Six.

The site is Lot 816/Square 830 and the site is 22,902 square feet. The site is located at the northeast corner of Fifth and 'K' Streets NE and is zoned R-4. The current address is 1035 Fifth Street, N.E.

This project will address the retaining of the West Façade of the Hayes School to the design of the Office on Aging Service and Wellness Building including architectural, electrical, mechanical, plumbing and HVAC in accordance with new programming

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District of Columbia
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EXHIBIT NO.7

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Exhibit No. 7

requirements and existing programs in place at their current location 441 Fourth Street, N.W., 9th Floor. The architect is working to determine the most feasible utilization of the site and existing West Façade.

The pre-design efforts include:

Feasibility of retaining the West Façade of the existing Facility.

Operation programs for the facility with references to service delivery concepts, functions, operational patterns and flows, and room concepts.

The facility will front on 5th Street NE, and will provide adequate off-street parking. The site is public transportation accessible.

If all of the activity space was being used concurrently, there may be up to 200 persons (60 years and older) utilizing the facility, one stop service and training, administrative and its various health and wellness program including nutrition counseling, health screening, strength-building exercises, line dancing, health seminars, surfing the internet for state of the art health information, etc. The activities will primarily take place during weekday daylight hours.

Community Impact

The site is zoned R-4. Under the R-4
designation A SENIOR WELLNESS CENTER IN A R4 ZONE
A senior wellness center is a new, unique phenomenon. This type of facility does not fit existing definitions of child/elderly day care centers as outlined in the zoning regulations. This is our judgment the following factors should be taken in consideration by Board. The center will not adversely impact the community because:

1. Codes and Licensing- The center will be capable of meeting all applicable code and licensing requirements by the District Government.

2. Uses-The center will provide health and wellness activities for seniors, which include but not limited to health screening and education, aerobic exercise, etc. These activities will take place inside the facility. The office functions will support one stop service and training programs for seniors.

3. Hours of Operation- The staggered arrival and departure times for different activities in the center will not adversely impact traffic and noise conditions in the neighborhood. Staggered times for different activities will take place in the facility during the course of the day primarily from 9pm to 3pm. Activities could range from 1 to 4 hours. This multi-service wellness center will not be an overnight operation.

4. Traffic- The center will provide sufficient off-street parking spaces to meet the reasonable needs of teachers, other employees, and visitors. The facility will not

exceed the number of off site parking spaces for this center. There is on street parking available. The facility fronts a main public transportation route in the area. Also, a new metro station is under construction (New York Avenue on the Red Line). The station is due to open in late 2003. Most of the seniors in the Ward are transit dependent. The location of the center in the Near NE community off H Street (a commercial business corridor) makes it easier for seniors to reach it by public transportation. The staggered arrival and departure times depending on the activity and scheduling will help diminish any traffic impact.

5. Outdoor activities- Most of the activities will take place inside the facility and will not have a noise impact on adjacent or nearby properties. There will be no outside play area or leisure space.

6. Compatibility with surrounding uses- The churches, businesses, public and private community facilities and surrounding single-family houses will not be adversely impacted by this facility. Many nearby single-family homes have elderly occupants. The facility could have an intergenerational educational connection with the nearby National Capital Childrens' Museum and J.O. Wilson Elemetary School.

7. Physical Look- The physical look of the facility will not be out of character with the surrounding uses. This facility is three story with cellar and will not block the natural sunlight and views of the surrounding uses.

8. Community Support- The community, particularly seniors, have been enthusiastically waiting for this center.

9. Environmental Improvement- The site was a vacant school and has been a nuisance property due to illegal trash dumping and vacancy in the past.

The following are functions that will be carried out in different rooms for wellness center. The total square footage for this facility is 23, 905 sf

OFFICE/ ADMINISTRATIVE

Type	Square Footage	Typical Per Person Requirement
Administrative Office Space (includes training and one stop center)	8,630NSF	100 GSF

WELLNESS CENTER

Type of Activity in Rooms	Square Footage	Typical Per Person Requirement
Multipurpose	1,600	12 square feet
Health Fitness	1,728	25 square feet
Computer Access	302	13 square feet
Health Education	508	13 square feet
Reading/ Meditation	307	19 square feet
TOTAL	4,445	

*In the absence of specific space requirements for this type of use we used the childcare requirements (derived by dividing total activity space by 35 = 127). Based on these figures, we feel our request of 100 persons is reasonable.

SOURCE: Baker, Cooper, and Associates calculations

Office on Aging Administrative Space (Second/Third Floor) — 6,538 square feet

One Stop Center Information, Assistance Training Center — 2,092 square feet

Senior Wellness Program (Lower Level/ First Floor) — 3, 497 square feet

Source: Bryant, Bryant, Williams calculations

The Need

The senior wellness center will provide services that promote good health habits, enhance social, mental, and spiritual and physical well being and help to prevent unnecessary and costly medical problems associated with aging process. Specifically, seniors will gain access to health regimens, activities and programs tailored to those needs.

In a senior wellness center setting the new focus is on nutrition, fitness, and wellness activities that promote and reinforce older Washingtonians' capacity for learning and caring their own health, based on their ready access to information, skills and activities.

The location of this facility is an underserved area and would give the area residents access to needed social and health services. Four of every five seniors in the area are African-American. The chronic disease of aging show up more often with more complications in African Americans. According to the Office on Aging Study "Health Needs Assessment Survey of Senior Citizens Living in Washington, D.C.". Ward 6 seniors had a high incidence of arthritis, diabetes, heart disease and hypertension.

A lifetime of increased levels of stress due to poor economic conditions and less adequate health care increase incidence of certain diseases. Chronic disease accounts for a relatively long period of time toward the end of life and while there may be little hope of a cure through the traditional medical model, the onset of such disease may be postponed through modifications of the risk factors mentioned above. These conditions can be controlled through monitoring and changes in behavioral and health habits that a wellness center can offer. This center will permit seniors with limited or no access to social and health promotion and disease prevention services to receive information, assistance and services to help keep themselves well.

Community Support

The Office on Aging held several presentations on the conceptual and final design of the wellness center with the Ward 6 Mini-Commission, senior consumers, and other stakeholders in the community. We held two community briefings (morning and evening) on December 18 to brief the stakeholders of the concept. The architect for this project, Bryant, Bryant, and Williams. The Office on Aging and the Property Management staff made formal presentations at community meetings. The community's comments and concerns were addressed. Their suggested challenges and comments were incorporated into the final plans. (E.g. maintenance of the west façade and modification of a window design) The community unanimously approved the concept.

Given the highly positive response from organizations and groups in the area we anticipate that this center will develop strong community partnerships.

Conclusion/ Recommendation

In the zoning ordinance, elderly day care/development center is not clearly distinguished from child care/ development center. The issues of safety, noise uses and licensing are different.

If the senior wellness center is not constructed, there will remain a critical unmet need for health focused programs and services for seniors living in Ward 6. The impact would be to deprive senior citizens who are economically and socially vulnerable, services and activities that could postpone or prevent unnecessary and costly institutionalization.

In addition to the senior wellness center, the multi-service activities such as the one stop information, assistance and training center and office and grant administration will not adversely impact traffic, noise and peace of the neighborhood. The facility itself will blend in with the character of the neighborhood.

Based on the above referenced information, the Office on Aging requests THE SENIOR WELLNESS CENTER special exemption from 205 to allow the Senior Wellness Center in an R-4 District at premises 1035 5th ST. N.E (LOT 816 SQ 830)