

Request to delay action on 2024 Durant project until a future ZAB meeting

The seniors and others submitted public comments via email starting at Friday, March 8th, and throughout this past week, on Sunday, Tuesday, Wednesday, etc...

Despite our requests, staff did not forward the emails to ZAB members when they received them, but chose to wait until today to put them on the web and hand out the comments at the last minute. This harms the public's interest in having ZAB hear our concerns.

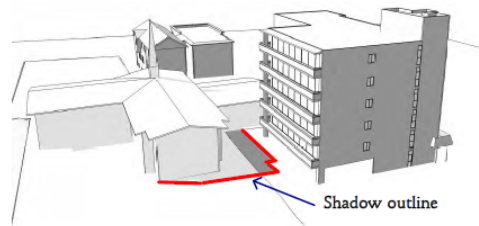
Request to delay action on 2024 Durant project until a future ZAB meeting

Comments should be forwarded to ZAB when they are received, especially when low-income seniors can't hire an attorney and may face delays doing research and writing.

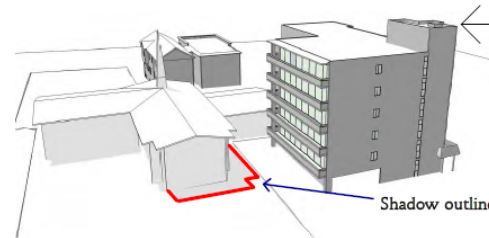
We request that action on 2024 Durant be postponed so that ZAB has adequate time read our public comments.

The existing church causes almost no shadowing of the senior home at all

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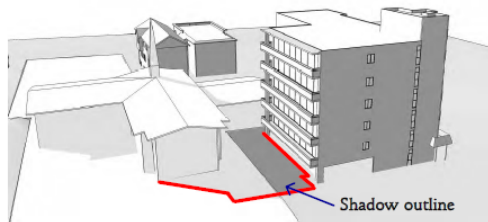
June 21 - 9am



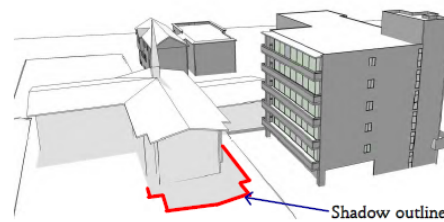
June 21 - 11am

Senior Housing

View from Durant
looking south



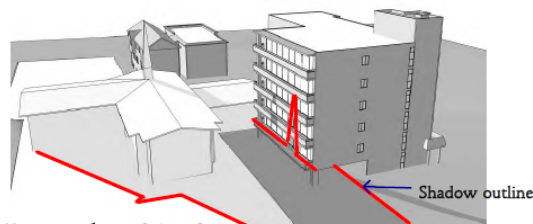
March/September 21 - 9am



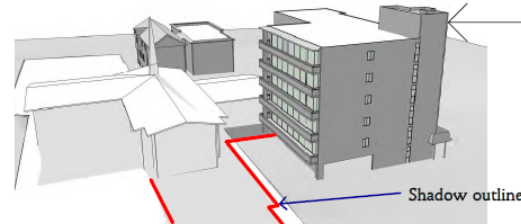
March/September 21 - 11am

Senior Housing

View from Durant
looking south



December 21 - 9am

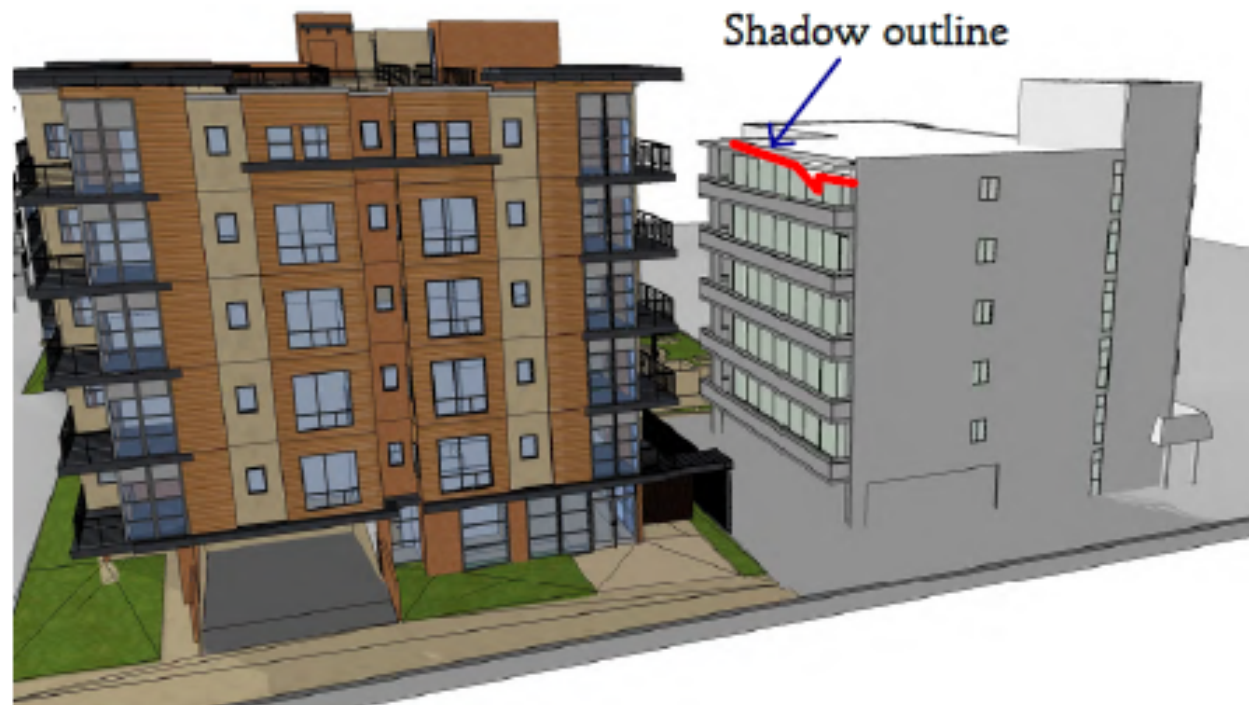


December 21 - 11am

Senior Housing

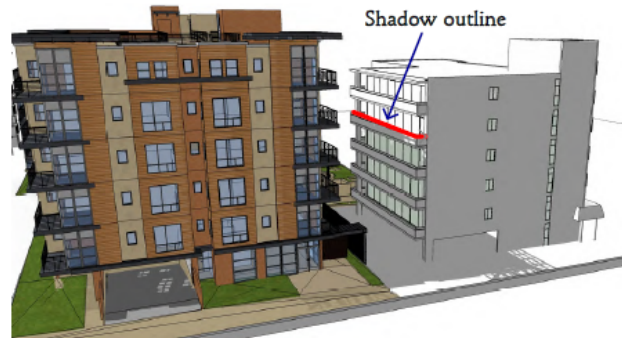
View from Durant
looking south

2024 Durant project will cause the
senior home to lose 80%-92% of direct
sunlight



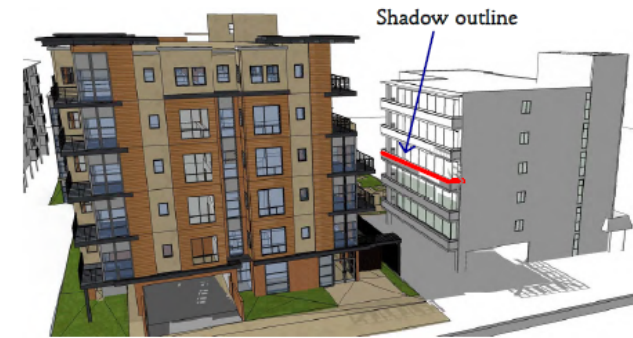
December 21 - 9am

Without 20' setback above 45'

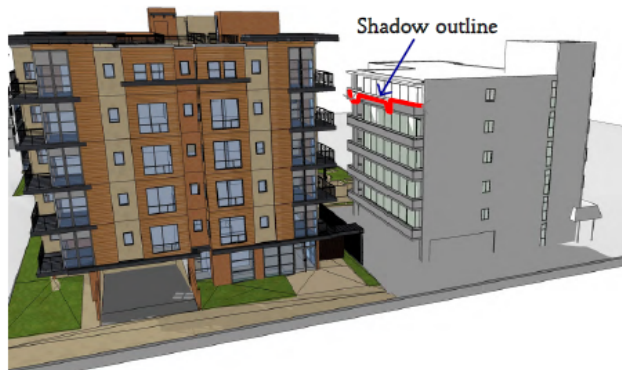


June 21 - 9am

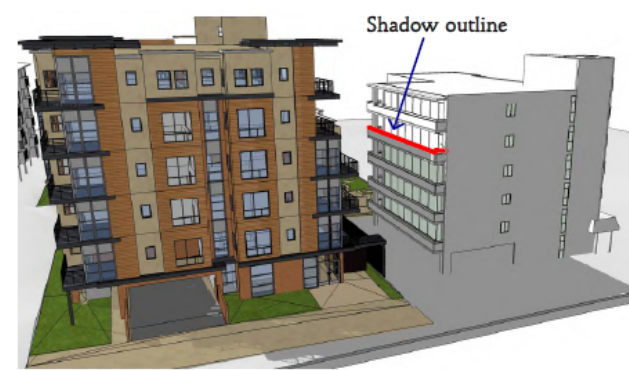
With 20' setback above 45'



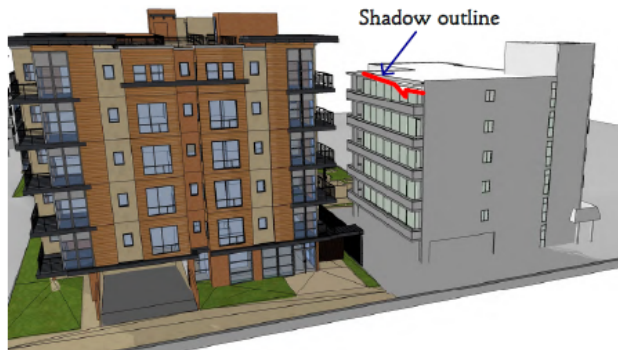
June 21 - 9am



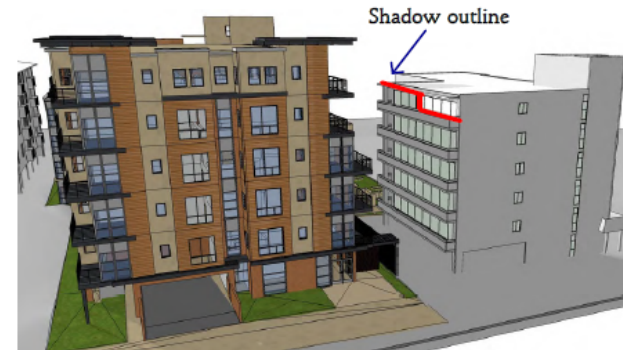
March/September 21 - 9am



March/September 21 - 9am

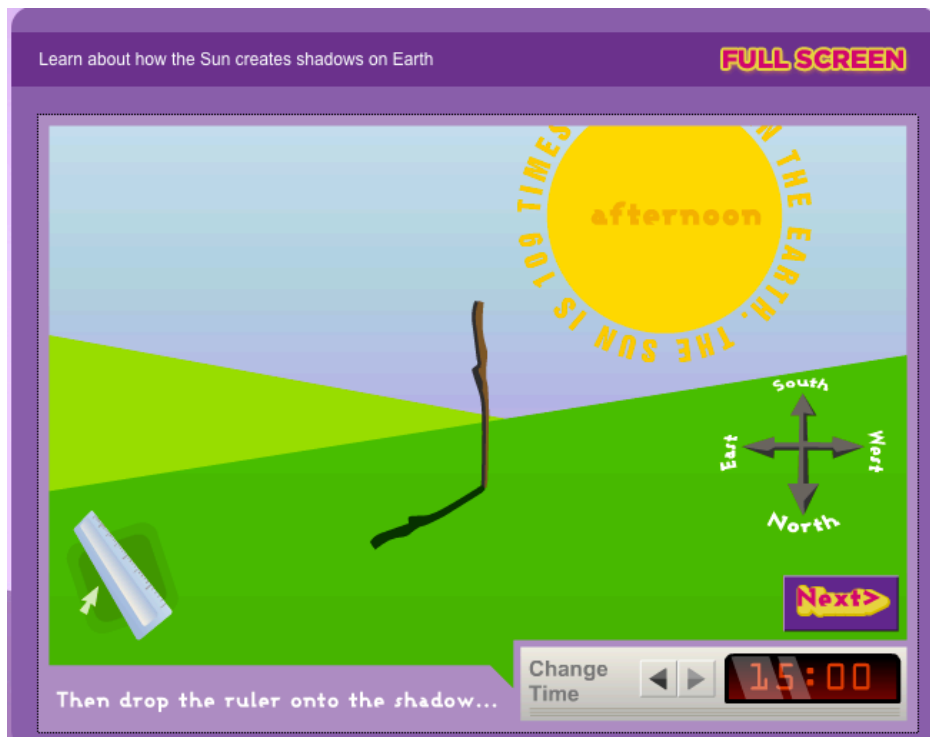


December 21 - 9am



December 21 - 9am

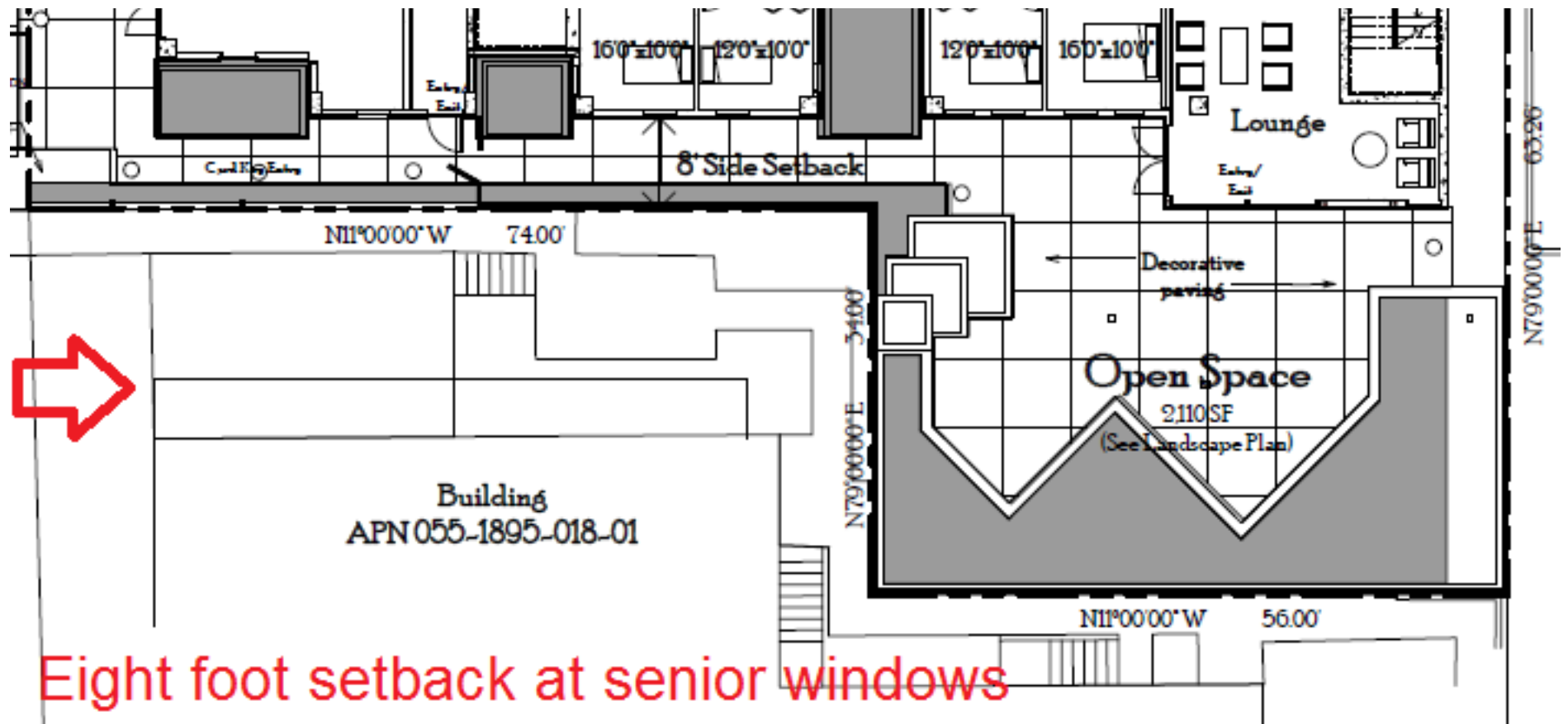
After 12PM, the senior home will shadow 2024 Durant, so will receive much less indirect light than it currently does



DRC on balconies

- “Balconies appear to be too close to adjacent building.”
- “The DRC was mixed on whether the balconies on the northwest corner of the building should remain in the design. The Committee requested that ZAB make a determination as to whether the balconies should remain as a quality design element or whether the impact on the existing adjacent residential units is too much.”

Setback is only 8' where it counts, by
the seniors' windows



Policy UD-31-Views

- "Construction should avoid blocking significant views, especially ones toward the Bay, the hills, and significant landmarks such as the Campanile, Golden Gate Bridge, and Alcatraz Island. Whenever possible, new buildings should enhance a vista or punctuate or clarify the urban pattern"

Protected views of Campanile and hills from senior home





Overflow parking at 2025 Channing



Seasonal Affective Disorder

- **Dr. Meir H. Kryger, MD, Yale School of Medicine:**
- **"The disorder seems to recur as light exposure starts to decrease "**
- **"...the greater the reduction in daylight...the more likely that SAD will be present. ...**
- **"...there is poorer sleep quality...the combination of factors can impact several hormone systems involved in appetite control and metabolism as well.**
- **"What is your advice to those who may be dealing SAD?**
- **"...make an effort to be exposed to sunlight in the morning. "**

Sunlight and elders

- BBC.uk, Warwick University:
- **“Spending more time in the sun could help older people cut their risk of heart disease and diabetes say experts.**

Sun exposure helps the skin make vitamin D - a vitamin older people are generally deficient in due to their lifestyles and ageing processes.”

Sunlight and elders

- BBC.uk, Warwick University:
- **"Vitamin D deficiency is becoming a condition that is causing a large burden of disease across the globe with particular deleterious impact among the elderly"**
- **"We have always advocated that older people get out into the sunshine for a bit each day if they can. A bit of sun is good for you. "**

Seasonal affective disorder

- WebMD:
"Depression doubles an elderly person's risk of cardiac diseases and increases their risk of death from illness. At the same time, depression reduces an elderly person's ability to rehabilitate."

Stressful life events lead to depression in elders

- BBC.uk:
- **"What Are Risk Factors for Depression In the Elderly?"**
- Factors that increase the risk of depression in the elderly include: Being female
- **Being single, unmarried, divorced, or widowed**
- **Lack of a supportive social network**
- **Stressful life events"**

Seasonal Affective Disorder

- WebMD:
- Depression also increases the risk of suicide, especially elderly white men. The suicide rate in people ages 80 to 84 is more than twice that of the general population. **The National Institute of Mental Health considers depression in people age 65 and older to be a major public health problem.**