



Cedar Mill News

Volume 3, Issue 8

August 2005

Featured Business

Living at Home Senior Care

Sharon Inahara and husband, Markus Staib, were motivated to start Living at Home Senior Care when Sharon's mother required more care than family members could provide after major surgery a few years ago. They realized the need for in-home companion care, for recovery patients as well as seniors who just need some help at home.

The entrepreneurial couple, both with successful careers in marketing in Los Angeles and Honolulu, decided to provide a service for seniors in need. "People want to live independently at home for as long as they can," says Markus. "And not everyone has the financial ability or the desire to live in an assisted living facility." They run the company from their Cedar Mill home.



Sharon Inahara enjoys her home business

"Baby boomers are caring for aging parents, aunts and uncles, and feeling the crunch of everyday living. With career demands, taking care of children, meals, housekeeping, and laundry, it's a balancing act, finding time to care for an aging parent. The result is stress: a compromised family situation, lost hours at work, and guilt for not spending quality time with their elderly loved one," she explains.

Sharon Inahara was raised in a medical family. Her father, Dr. Toshio Inahara, now retired, practiced vascular surgery in Portland, and headed St. Vincent Hospital as President from 1975-76. Inahara says, "Dad is my mentor - he encourages my growth, and my love for seniors. He consults with me on health issues related to our aging population."

Markus Staib was born and raised in Zurich,
Continued on page 3

Next Meeting

Cedar Mill Business Association

No August Meeting - see you in September!

Board Meeting August 16, 4 pm at the Library

Growing Pains

Town Center road construction impacts local businesses

By Virginia Bruce, editor

While the County promises an improved downtown for Cedar Mill, many local businesses are suffering the area's growing pains. Most of the business people we talked to are optimistic about final results, but several businesses are having trouble seeing through the dust and inconvenience caused to their customers.

Gabby Montgomery, a salesperson at "Baby and Me," says that a lot of their customers stop in while they're out running errands to see what's "new" in the children's resale shop. "But now by the time they get through the traffic, they're so tired and late that they don't stop in." Business in the shop, located in the 7-11 shopping center right at the center of the two construction areas, is down from previous years. "We're trying to hold on but our numbers aren't even close to this time last year. We can't wait for it to be over!" she says.

Several owners complained of damage to signs and other property. "They broke our temporary sign when they moved it," states Jordan Stockton of Cedar Mill Chiropractic. "And they plug into our electrical outlet and use our water without asking permission," he continues. "Sometimes they even block our driveway with their equipment and I have to ask them to move it so patients can get in. We haven't had a new client since the construction began."

Across Cornell, Terry Johnson of Apollo Pools & Billiards mentions that the contractors tore out the sprinkler system for his streetside landscaping. "But maybe the new landscaping

they're putting in will replace it and they'll do the watering," he says hopefully. "Our customers complain, but we have a specialty business so they come in for what they need anyway." They haven't noticed much of a reduction since the project began.

Steve Frame, owner of Cedar Mill Home Theater, is bothered by the noise and dust, but he does most of his business on the phone or in customers' homes. "It will be for the better in the long run. It's going to be nice when the new sidewalks are in," he says.

At the Pet Barn in the Bales Thriftway shopping center, Laurel Hennessy observes, "We have felt a bit of a down turn, but not what we expected. We prepared by offering up extra specials and discounts. We also have a loyal customer base that comes to us for the experience and knowledge of our employees and our



Westbound Cornell - preparing the grade with curbs and sidewalks in place

customer service. Our closest competitors are PetSmart and Petco, and neither of these offer these services. We also have competitive prices with the "big guys", and most of our customers find this out fairly quickly. In the long run, the road expansion will help us all."

After selling cupcakes to a young customer, Jolene Moore at Evelyn's Bakery mentions that
Continued on page 5

Hobitt is back

Dabra Shields has opened the new Hobitt Café in the Cedar Mill Plaza Shopping Center at the southwest corner of Cornell and Murray. "The kitchen here is bigger than the old café," she laughs. They're still serving your breakfast and lunch favorites during their expanded hours of 2 am – 2 pm. And they're adding dinner service in the next month. Stop in and take a look at the sprites and fairies Dabra has painted on the walls and ceilings. Their large banquet room and wireless internet access add to our community resources.



Cedar Mill Talent Contest

There's still time to enter the Cedar Mill Talent Contest! Submit your recording along with the entry form available at the Cedar Mill Farmers' Market and on the Cedar Mill website (cedarmill.org/market/talent.html) for your shot at local fame and (a little bit of) fortune!

Entry is open to musical performers and groups as long as one member resides in Cedar Mill. Winners will receive prizes donated by local merchants.

Finalists will be chosen from recordings that we receive, and the finals will be held August 27th live at the Market. Complete rules are on the entry form. Winners will perform at the Farmers' Market during September 2005.

All entries must be received by August 12th, 2005 so don't wait, get your entry in today!



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The Cedar Mill News
Published monthly for CMBA by Cedar Mill Advertising and Design
12110 NW West Rd., Portland, OR 97229
Online at cedarmill.org/news
cedarmill.org/CMBA • vrb@teamweb.com
Publisher/Editor: Virginia Bruce
503-629-5799 • vrb@teamweb.com
Printing courtesy of Pacific Office Automation

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Senior Care, continued from page 1

Switzerland and handles the administrative and financial side at Living at Home Senior Care, Inc. Sharon heads their Client Services division. "We are currently a staff of 15 and growing quickly," notes Markus.

Living at Home Senior Care, Inc. is licensed by the Oregon Health Care Division and is an affiliate of 'The Senior's Choice'. Providing dependable, affordable and high quality companion care since 2000, The Senior's Choice is the largest network of independent businesses that offer in-home, assisted living for the elderly and the only to boast the Certified Companion Aide program.

Clients range in age from 63 to 103. Services include housekeeping and laundry; errands, transportation and shopping; menu planning and meal preparation; bathing, dressing and toileting; medication reminders; companionship and personal assistance; and pet maintenance and walking.

"Our caregivers love seniors; they are patient and kind, experienced, and trained by our network in senior care. They are carefully screened, bonded and insured; considerate, hardworking, and committed to making a real difference in elders' lives. We exercise stringent standards in hiring, and require random drug testing. All caregivers have a clean DMV record, full insurance coverage and a good vehicle," Inahara states..

Serving greater Portland, Beaverton/Cedar Mill and Hillsboro areas, they provide all levels of service; respite, part or full-time to live-in care. "We are not just for seniors with health challenges, but for those who need help with daily chores or transportation. We can vacuum, walk the dog, take our clients to the doctor or church, or help them in the garden. Whatever their heart's desire! We are affordable and provide a complimentary in-home assessment as part of our service," offers Sharon.

You can reach Living at Home Senior Care, Inc. at 503-432-8300. Website is www.LHSeniorcare.com



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Community Calendar

August 16
 CMBA Board Meeting,
 4 pm Cedar Mill Library



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Cornell and Barnes Road Improvements underway!

by Anne Madden, Senior Program Educator, Washington County Department of Land Use and Transportation

Washington County is making progress on some major improvements to Cornell and Barnes Roads in Cedar Mill. Several years ago the county identified safety and congestion problems on these roadway sections and requested funding to address them. In 1995

medians in some locations to improve safety for vehicles and pedestrian crossing.

New traffic signals are being added at Barnes and Saltzman and "Old Barnes" and Cornell. A new right turn lane that has been completed – heading south on Saltzman onto Cornell – will also help ease congestion. The county worked with the historic Leedy Grange to give them a facelift in the process.

For Barnes Road, the PAC selected an alignment that shifts slightly to the north of the existing road. For Cornell Road, the PAC selected an alignment that is widened on both sides of the existing centerline of Cornell Road. On both Barnes and Cornell the number of existing property access points are being reduced by combining existing driveways, where possible, to improve both safety and mobility. A center

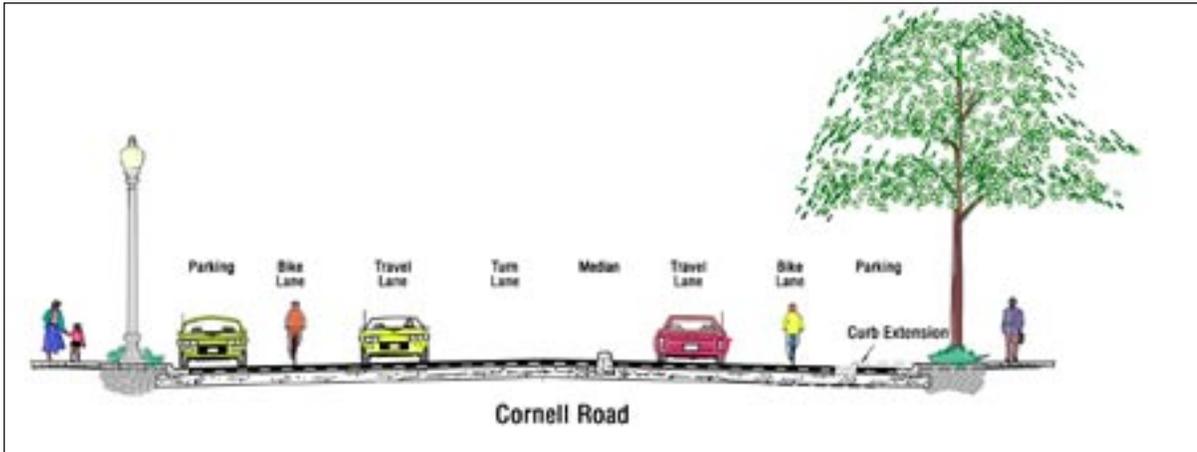
lane on each roadway will include turn lanes for property access, as well as some landscaped median islands.

Town Center look and feel the goal

Cedar Mill was designated by Metro as a Town Center several years ago at the request of residents and neighborhood groups. In 2000 the Washington County Board of Commis-

sioners made the designation official when they approved corresponding changes to the Cedar Mill Community Plan.

The Town Center is envisioned to be a compact area with retail activity, offices and housing that serve as a hub of community activity. The approved Town Center plan stipulates a number of features for the



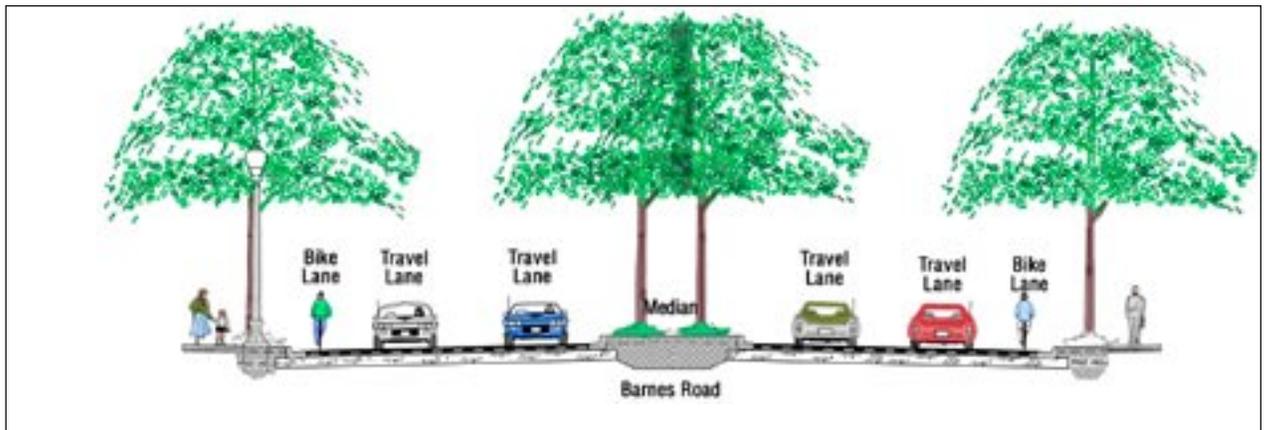
Washington County voters approved this funding when they voted for the Major Streets Transportation Improvement Program (MSTIP 3). At last the projects are in full swing. Most of the work should be completed by this Thanksgiving.

The Cornell and Barnes Road project limits extend from Murray to Saltzman on Cornell Road and from

Saltzman to 119th on Barnes Road (see map). The emphasis is on addressing multi-modal transportation needs by widening Cornell Road to three lanes and Barnes Road to five lanes. The roads are designed with additional improvements including sidewalks, bike lanes, and other features consistent with the goals of the Cedar Mill Town Center.

Cornell Road generally will have two travel lanes (one in each direction) and a center turn lane with wider than usual (12-foot) sidewalks, bike lanes and on street parking in many locations. Barnes Road will have four travel lanes (two in each direction) and a center turn lane with wide (10- foot to 14-foot) sidewalks and bike lanes but no on street parking. Both roads will have street trees and pedestrian-friendly "acorn" style lighting. Both will include partial

The construction contract has an estimated final completion date of May 2006. However, good news - the contractor is making every effort to complete Cornell Road by this October and Barnes by this November. Although the landscaping and final details would not be finished until Spring, that would make for a very happy Thanksgiving for Cedar Mill!



Project Advisory Committee on the job

A Project Advisory Committee (PAC) made up of residents, business owners and impacted agencies met several times during the spring and summer of 2002 to discuss and recommend alternatives for the design of these roadway improvements. The PAC used the results of an alternatives evaluation and input from public comments received at open houses and at PAC meetings as they discussed and fine-tuned their recommendations.

ultimate improvement of Cornell and Barnes Roads, including bike lanes, on-street parking, sidewalks, street trees and other design features to promote pedestrian and transit activities. Almost all of these features are implemented with this project.

Other attractive new features on Cornell include a special "scoring" pattern on the sidewalks and irrigation to streetlights to accommodate future hanging baskets (not part of this project). The new street trees will be planted in cast iron tree grates with the words

“Cedar Mill” appearing in a decorative pattern. Concrete bus shelter and bench pads will be provided at five locations; Tri-Met will install new shelters and benches.

Private contractor and utilities partners in construction

Robinson Construction of Hillsboro, the successful low bidder with a bid of \$7 million, started construction in August 2004. The total project cost, including design and right-of-way acquisition and construction management, is approximately \$13 million.

Construction progress has seemed slow because of the amazing amount of underground utility work that has been necessary. Water, telephone, electric and fiber optic services are all being carefully laid underground, to add to the beauty and safety of the Town Center.

Work on the storm sewer installations and underground utility construction is just about complete on Cornell, and is expected to be complete by the end of the summer along Barnes. Traffic has been switched to the south side of Cornell so that road sub-grade construction can begin on the north side.

Wetland swale to feature public overlook

Both projects have been designed to improve the natural environment, especially where they cross streams or tributaries. A large box culvert replaces the existing culvert on Cornell Road, and a fish-friendly bridge over Cedar Mill Creek replaces the former culvert on Barnes. A wetland mitigation area and water quality swale is being constructed on the north side of Cornell Road (directly west of *A Cut Above*), with a landscaped overlook for pedestrians on the new sidewalk.

Need More Information?

For more information on the project, please contact Alex Sander, Washington County Project Manager, at (503) 846-7817, or via email at alex_sander@co.washington.or.us. Or visit the project web site at <http://projects.ch2m.com/cornellbarnes>.



Growing pains, continued from page 1

although they have lost some business, the construction workers have become regular customers for their baked goods and coffee. “Our customers have found it pretty confusing. Sometimes they park in the lot next door and walk over!” she exclaims. “But our regulars find a way in.”

Dantes Reyes, a partner in SGS Computers, says his customers have been frustrated with the traffic. But the large signs they’ve recently put up have attracted new customers so business is up overall.

Peter Leonard, Executive Director of the Cedar Mill Community Library, says “The library has not experienced any downturn in use or attendance. Last year, library loans increased by 6.7% and sales in the resale shop increased by 13.6%. We’ve seen an increase in new residents who are avid library users. Sadly, the library is operating on the same amount of public funding we received 5 years ago.

Many business people were pleased and surprised to hear that the contractor, Robinson Construction, expects the really disruptive work to be done by this fall. The sidewalks and curbs have been installed along most of the north side of Cornell, and the final grading

is nearly done. Traffic will be re-routed to the north side while work progresses on the south side. Final overlay paving is slated for October 19 for both sides.

Curbs are in on the north side of the Barnes project, and final paving for that roadwork is expected in mid-November.

Robinson Construction Project Manager Rob Boren and Washington County Project Manager Alexander Sander host weekly project meetings Tuesday mornings in the project office. They invite anyone with concerns about the construction work to join them after 11 am. The office is located next to the State Farm office behind Tillamook Restaurant.

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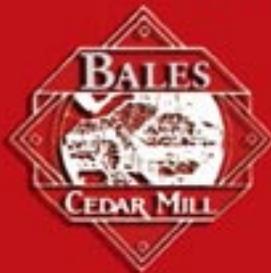
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