



Neighborhood News

February 2024

Elevating Voices: An art exhibit celebrating Black History Month

The City of Bellevue Diversity Advantage Team in partnership with Onyx Fine Arts Collective and MG2 invite you to visit a month-long art exhibit at City Hall featuring art from Pacific Northwest Black artists.


The exhibit, curated by Jay Taylor, will elevate the art of local Black creatives in honor of Black History Month and will be displayed throughout the month of February.



The exhibit will be open to the public during regular business hours, Mondays-Fridays, 8 a.m.-4 p.m.

Comprehensive Plan community engagement enters final phase

With almost two years of technical analysis and community input, the Periodic Update to the Comprehensive Plan is in the final stages of review. This plan will chart a course for the next twenty years and make sure that people who live, work, and play in Bellevue can thrive.

 For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-2735 (voice) or email mheilman@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.

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BellevueWA.gov/neighborhood-news

The previous twenty years have brought many changes to Bellevue. The city has become more urban, more global and more diverse. This diversity is a strength and something that people often cite as something they love about Bellevue.

The Comprehensive Planning Team wants to make sure that diverse voices are included in the planning process and so we are partnering with the Bellevue Diversity Advantage Network to host a special Bellevue **2024 Community Conversation** that will focus on equity, housing, human services and belonging.

Date: Thursday, February 8

Time: 5:30-8 p.m.

Location: Stevenson Elementary School
14220 NE 8th Street, Bellevue WA 98007

To support diverse participation translation and interpretation will be provided in Spanish, Mandarin, and Arabic. Translation and interpretation are available in other languages on request. Dinner with halal and vegetarian options will be provided and children are welcome.

Registration is not required, but is strongly encouraged to make sure we have enough materials on hand. [BDAN-Community-Conversation.eventbrite.com](https://www.eventbrite.com/e/bdan-community-conversation). Questions about the event or requests for translation, interpretation, or other accommodations can be sent to Brooke Brod at bbrod@bellevuewa.gov.



Bellevue 2044: Provide feedback on Draft Policies by Feb. 16

In January, the city released draft policy moves that are being considered as part of the Periodic Update to the Comprehensive Plan. Community members are invited to provide feedback by Friday, Feb. 16 by online questionnaires for each topic area.

- Neighborhoods
- Community Engagement
- Housing
- Human Services
- Land Use
- Economic Development
- Transportation
- Urban Design and the Arts
- Environment and Climate
- Utilities
- Capital Facilities
- Parks, Recreation and Open Space

Input will be shared with the Planning Commission and other boards and commissions as they make their recommendations before a final draft of the Comprehensive Plan is released later this year. More information about the Comprehensive Update can be found at engagingbellevue.com/bellevue-2044.

West Lake Sammamish Area NEP

The Neighborhood Enhancement Program kicked off in the West Lake Sammamish Neighborhood Area in January and is now in the project idea submission period. The Neighborhood Enhancement Program is a capital improvements program that provides residents with the opportunity to propose and select small-scale physical projects that improve the quality of life and enhance the character in their neighborhood area. The city has a budget of \$219,000 for you to spend on projects.



Don't miss the opportunity to let the city know what you'd like to see done in your neighborhood. Send in your NEP project ideas. The submission deadline for ideas is February 29!

Submit your ideas in two easy ways:

1. BY MAIL: Return the prepaid Project Idea Request Card all West Lake Sammamish households received in the mail in late-January.
2. ONLINE: BellevueWA.gov/nep

There is no limit on the number of project ideas you can submit, but all ideas must be received at City Hall or submitted online by Thursday, February 29, 2024.

Northeast Bellevue Residents – Mark your calendars for April 3 Virtual Kickoff meeting.

More details to come. Watch your mailbox for your invite!

NEP rotates through Bellevue's 14 Neighborhood areas, serving two areas each year. To find out which NEP Neighborhood Area you call home, when NEP will be in your area, and how much funding your area has been allocated, please visit BellevueWA.gov/nep. Questions? Contact Theresa Cuthill at tcuthill@bellevuewa.gov

Save the date!

Cultural Conversations presents:

Sharing our Art + Culture

March 21, 6:30 p.m. | Bellevue City Hall

Council Chambers and Concourse



Benefits of Yoga for Seniors

If you're a senior looking to improve your overall fitness yoga may be helpful. It is a beneficial practice for everyone, but it can have special benefits for seniors. Yoga is more than just a physical practice – it's a unique combination of mind-body-breathing practices which can help with the challenges of aging.



As people age, muscle mass declines leading to decreased strength and endurance. Joints and muscles become less flexible and often arthritis further limits motion and can bring pain into movement. Respiratory function can decline and sleep disturbances increase. Declines in coordination and balance can lead to increased risk of falling.

The gentle, low-impact stretches and movements of yoga can help maintain range of motion in joints and gently stretch muscles to improve flexibility. Yoga poses can also increase muscle strength. This increased strength and flexibility helps improve the performance of everyday activities such as picking things up off the floor and getting in and out of chairs. It also helps with fall prevention by strengthening the hips, knees, and ankles.

Some yoga poses are specifically designed to improve balance and coordination. Practicing balance can slow down and even reverse declines in balance which typically begin to occur in middle age. Yoga includes both static (non-moving) poses such as shifting the weight to stand on one leg and moving balances. The core strengthening that occurs with yoga also helps balance. Practicing balance on a regular basis can significantly lower the risk of falls.

Coordination of breath with movement is an integral aspect of yoga. This encourages full, deep breathing, thus strengthening the respiratory muscles, maintaining their flexibility, and improving oxygenation for all the cells in the body. The focus on the breath also acts as a mindfulness practice that increases relaxation and reduces stress. Each yoga session ends with short period

of relaxation which refreshes the mind and body and promotes a beautiful sense of peace to carry with you into the rest of the day.

There are a wide variety of Yoga classes readily available in Bellevue in yoga studios, gyms, the "Y" and of course through the Bellevue Community Centers. Classes that are described as Gentle or Chair Yoga are often a good place to begin. As with any other form of exercise you should check with your health care provider to make sure this is appropriate for you.

February is Heart Health Awareness Month!

Love is in the air! While we often "think with our heart," in the hustle and bustle of our daily lives, it's easy to overlook the physical health of our heart. Taking care of our heart health is crucial for overall well-being, and it's never too late to start adopting heart-healthy habits. There are simple and effective ways to show love to our hearts, promote a healthier and happier life and avoid getting a visit from Bellevue paramedics!



Eat the rainbow

A colorful plate is a healthy plate! Fruits and vegetables come in a variety of vibrant hues, each offering a unique set of nutrients that benefit our heart. Include a diverse range



of fruits and vegetables in your daily meals to ensure you're getting a wide spectrum of vitamins, minerals and antioxidants. These powerful elements play a key role in maintaining heart health by reducing inflammation and supporting optimal cardiovascular function.

Choose heart-friendly fats

Not all fats are created equal. Choose heart-healthy fats like those found in avocados, nuts, seeds and olive oil. These fats can help lower

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bad cholesterol levels while increasing good cholesterol, promoting a healthier heart. Limit saturated and trans fats, commonly found in processed foods to keep your heart in top shape.

Stay active

Regular physical activity is a cornerstone of heart health. Try to get some moderate intensity exercise each week. Whether it's walking, jogging, swimming or dancing, find an activity you enjoy and make it a regular part of your routine. Exercise strengthens the heart muscle, and also helps maintain a healthy weight, lower blood pressure and reduce stress.

Prioritize sleep

Quality sleep is a vital component of overall health, including heart health. Lack of sleep has been linked to an increased risk of heart disease and other cardiovascular issues. Aim for 7-9 hours of quality sleep each night to give your heart the rest it deserves.

Manage stress

In our fast-paced lives, stress has become a constant companion. Chronic stress can negatively impact our heart health. Find healthy ways to manage stress, through meditation, yoga, deep breathing exercises or spending time in nature. Taking moments for self-care can significantly contribute to a healthier heart and a more balanced life.

Kick the habit

If you're a smoker, consider quitting. Smoking is a major risk factor for heart disease. The moment you quit, your heart and lungs begin to heal. Seek support from friends, family, or professionals to help you on your journey to a smoke-free life.

Our hearts work tirelessly for us, and it's our responsibility to return the love by establishing heart-healthy habits.

Bellewood Farms neighborhood sign refurbished by residents

In the Bellewood Farms neighborhood, residents from 44 homes came together to restore the community's entrance sign that was originally installed in the 1950's.

Neighbors believe it was installed in 1953, which coincides with Bellevue's incorporation. The historic sign fell over in a windstorm in Jan. 2021. In 2023, resident Corey Ginsberg applied for a grant from the City's Neighborhood Match Program

to help restore the sign to its original condition. On August 27, 2023, an Unveiling Celebration was held to showcase the refurbished sign and provided a final example of how the city and community worked together through the program to support neighborhood character.

Created in 1997, the Neighborhood Match Program partnered with residents to fund and build small projects that improve neighborhoods. The program provided matching grants small-scale neighborhood improvements. The Match program was sunset at the end of 2023, but watch for the Neighborhood Enhancement Program to come to your neighborhood!



Project leads Corey Ginsberg, Carol Stewart and Gary White at Sign Unveiling Celebration

Share your input at online Grand Connection Crossing open house!

The Grand Connection program is progressing with the design of a signature crossing over Interstate 405 for people walking and rolling. Everyone is invited to share your ideas in an online open house available Feb. 26 -March 18.

The Grand Connection Crossing will provide a new safe and enjoyable access point between downtown Bellevue and Wilburton. The city's goal is to create a preliminary design (30% design level) of the crossing by the end



Early conceptual rendering of the Grand Connection Crossing. Image does not depict actual design.

of 2024. This preliminary design will help the city understand cost and potential environmental impacts, and coordinate with nearby property owners and multiple government agencies including WSDOT, Sound Transit and King County.

The Grand Connection Crossing is one of multiple transformative projects spanning 1.5 miles from Meydenbauer Bay Park through downtown Bellevue, across I-405 to Eastrail. Once completed, this grand pathway will function as a series of cohesive, connected and memorable spaces and people-focused experiences through the heart of downtown Bellevue.

You can learn more about the Grand Connection Crossing and provide feedback to the project team through the online open house at [engagingbellevue.com/\(BGC BITLY\)](https://engagingbellevue.com/(BGC%20BITLY)).



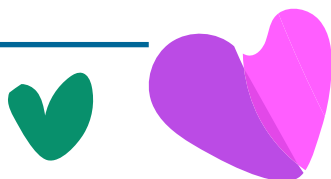
Bellevue Downtown Association's 50th Annual Celebration!

February 8

You're invited to the Bellevue Downtown Association's 50th Annual Celebration! Join us as we honor the people, projects, and partnerships that continue to shape our thriving Downtown community.

Downtown Bellevue's growth and evolution are a testament to a bold shared vision and five decades of courageous collaboration. Together with hundreds of other city builders and community leaders, we'll celebrate the making of a great place and toast the exciting opportunities that lie ahead.

Secure your seat by registering here: bellevuedowntown.com/events/annual-celebration



New Permit Center hours at City Hall

The Development Services Department is always striving to enhance our services and ensure that the customer experience is convenient and consistent. Customer feedback is extremely useful to the department, and we have been carefully listening to the suggestions and preferences we have received.

Starting on Feb. 5, the city will be implementing new hours in our Permit Center. The changes are designed to better accommodate customer needs and provide members of the community with even more flexibility in accessing our services.

Updated Permit Center hours:

Monday-Thursday: 10 a.m.-3 p.m.

The Permit Center will be open on Friday, 10 a.m.-3 p.m., although customers visiting City Hall may be served remotely by permitting staff.

Virtual Permit Center Hours:

Monday-Friday 8 a.m.-4 p.m.

The upcoming adjustments in hours are a result of the city's commitment to better accommodate both the needs and the preferences of our customers. We understand that change may raise questions, the city invites members of the community to share any feedback or questions regarding these changes with the Development Services Department (BellevueWA.gov/development-services). Learn more about the Virtual Permit Center and book an appointment on our Virtual Permit Center webpage (BellevueWA.gov/virtual-permit-center).

Weigh in on plan to reduce solo driving commutes

Bellevue transportation planners want input from area residents and workers on the draft 2024-2033 Transportation Demand Management (TDM) Plan, which include the city's strategies for expanding the use of non-drive-alone travel modes for getting to and from work and for other non-commute trips. Expanding the use of non-drive-alone modes, such as transit, carpool, vanpool, walking and biking, along with working from home and having flexible work schedules,

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will be crucial to maintain citywide mobility as Bellevue continues to grow. Reducing solo driving will help limit strain on the transportation system and will support the city's goal of reducing greenhouse gas emissions 50% by 2030 and 80% by 2050.



Bellevue's Transportation Demand Management program (BellevueWA.gov/city-government/departments/transportation/planning/transit-commuting/transportation-demand-management) focuses on employers, employees, property managers, residents, and students. Program offerings include, but are not limited to, helping employers and property managers set up employee commute programs; providing incentives for those who log non-drive-alone commutes via an online tool; and finding ride-matches for employees seeking carpools and vanpools.

Members of the public are invited to provide feedback on the draft TDM Plan at EngagingBellevue.com/tdm-plan-update. The city maintains a ChooseYourWayBellevue.org website and a Choose Your Way Bellevue app (chooseyourwaybellevue.org/app), which both feature information about sustainable transportation options and services to support Bellevue travelers. Visit our site to learn how to travel sustainably in Bellevue and visit Engaging Bellevue to weigh in on the city's upcoming 2024-2033 TDM Plan.

Bellevue Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and the City of Bellevue 20th Anniversary partnership

The 20th Anniversary partnership between the Bellevue Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and the City of Bellevue hosted the Dr. Martin Luther King, Jr. Health Fair on Jan 15 at Crossroads Shopping Center. The event provided a platform for health experts and community organizations to share valuable information with the community and foster a commitment to yearly service.



Boards and Commissions Meetings

Stay updated on meetings and cancellations:
BellevueWA.gov

All meetings are conducted at City Hall unless otherwise noted. Agendas are subject to change. If a holiday occurs on a Monday, please check the updated calendar. Agendas can be downloaded from the city's web pages listed below. Meeting alerts are available through subscribing to the City's Special Meeting Notices page.
BellevueWA.gov/city-government/departments/city-clerks-office/special-meeting-notice

Bellevue Diversity Advisory Network

(6 p.m., Bellevue City Hall) Last Tuesday of each month
BellevueWA.gov/city-government/departments/city-managers-office/diversity/bellevue-diversity-advisory-network

Arts Commission (4:30 p.m., 1E-113)

First Wednesday of each month
BellevueWA.gov/city-government/departments/community-development/arts-and-culture/arts-commission

Environmental Services Commission

(6:30 p.m., 1E-113) First Thursday of each month
BellevueWA.gov/city-government/departments/utilities/conservation-and-the-environment/environmental-services-commission

Planning Commission (6:30 p.m., 1E-113)

Second and fourth Wednesday of each month
BellevueWA.gov/city-government/departments/community-development/planning-commission

Transportation Commission

(6:30 p.m., 1E-113) Second Thursday of each month with fourth Thursday as needed.
BellevueWA.gov/planning/transportation-commission

Human Services Commission (6 p.m., 1E-113)

First and third Tuesday of each month
BellevueWA.gov/city-government/departments/city-clerks-office/boards-and-commissions/human-services-commission

LEOFF 1 Disability Board (6 p.m., Room 1E-118) First Wednesday of each month
BellevueWA.gov/city-government/departments/human-resources/retirees-former-employees/leoff-1-disability-board

Library Board (5p.m., Lake Hills, Bellevue or Newport Way Library) Third Tuesday of each month
BellevueWA.gov/city-government/departments/city-clerks-office/boards-and-commissions/library-board

Parks & Community Services Board

(6 p.m., 1E-113) Second Tuesday of each month
BellevueWA.gov/city-government/departments/city-clerks-office/boards-and-commissions/parks-and-community-services-board

The Bellevue Network on Aging (BNOA) 8:30

a.m., North Bellevue Community Center 4063 148th Ave NE, Bellevue) First Thursday of each month
BellevueWA.gov/bnoa

Special Events Committee (8:30 a.m., 1E-112)

Second Thursday of each month
BellevueWA.gov/city-government/departments/city-clerks-office/boards-and-commissions/special-events-committee

Youth Link Board (6 p.m., 1E-120)

Second and fourth Wednesday of each month
BellevueWA.gov/city-government/departments/city-clerks-office/boards-and-commissions/youth-link-board

Bellevue's Neighborhood Services Division offers a variety of programs and partnerships for neighborhood leaders and active residents. To learn more about citizen involvement opportunities and programs to enhance neighborhoods, please visit our website at: BellevueWA.gov/city-government/departments/community-development/neighborhoods or call 425-452-6836 or email: neighborhoodoutreach@bellevuewa.gov.

To subscribe to this newsletter, visit: BellevueWA.gov/neighborhood-news

City Council Bellevue.Legistar.com/Calendar.aspx

Day	Scheduled Meeting(s)	Location	Public Comment Opportunity
First four Mondays of each Month, except August and December	6 p.m. Regular Meeting	Council Chamber Bellevue TV channel 21 and BTV YouTube channel youtube.com/user/BellevueWashington	Emails to Council are accepted at council@bellevuewa.gov at any time. Further opportunities for public comment are published on each Council agenda and can be found at bellevue.legistar.com/Calendar.aspx
August – first Monday only			
December – first and second Mondays only			

