




City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: Paula L. Houston		
Board/Commission Name: Seattle Housing Authority Board		Position Title: Commissioner
<input type="checkbox"/> Appointment OR <input checked="" type="checkbox"/> Reappointment	City Council Confirmation required? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Appointing Authority: <input type="checkbox"/> City Council <input checked="" type="checkbox"/> Mayor <input type="checkbox"/> Other: Fill in appointing authority	Term of Position: * 3/21/2024 to 3/20/2028 <input type="checkbox"/> Serving remaining term of a vacant position	
Residential Neighborhood: Rainier Beach	Zip Code: 98178	Contact Phone No.:
Background: Please see attached resume.		
Authorizing Signature (original signature):  Date Signed (appointed): June 12 th , 2025	Appointing Signatory: Bruce A. Harrell Mayor of Seattle	

*Term begin and end date is fixed and tied to the position and not the appointment date.

BIO

Paula L. Houston, Ed.D.

Dr. Paula L. Houston is currently the CEO of Sound Generations in Seattle, Washington, the largest non-profit in the state providing services and programs to seniors and those who care for them. Previously to assuming the top leadership role at Senior Services, she spent eight years as the Executive Director for the Meredith Mathews East Madison YMCA, a vibrant urban branch of the YMCA of Greater Seattle and was the Association Director of Public Affairs. Her other professional experience is in public health and community health administration. She also has a background in the fitness industry.

Immediately prior to her tenure with the YMCA, Dr. Houston was the Clinic Manager at Carolyn Downs Family Medical Center, part of the community clinic system in Seattle. She spent seven years with Public Health, Seattle & King County as interim Division Manager for the Division of Alcoholism and Substance Abuse Services and District Administrator for the Central Region Special Health Services. Additionally, she was business entrepreneur and owned her own fitness and wellness center for two years.

Dr. Houston is an active community leader, particularly in Central and Southeast Seattle. She has a passion for supporting programs that focus on improving quality of life for a lifetime, in the effort to strengthen the overall health and well-being of the community. She is currently a member of Seattle Rotary #4, where she has held an officer position, sits on the board of the Alzheimer's Association and is a member of the Seattle Art Museum's Education and Community Engagement Committee. She has also been a member of numerous other non-profit boards and served two terms on the Seattle Women's Commission.

Dr. Houston's zeal for helping communities attain and maintain optimal health and well-being stems from her personal commitment to physical fitness and the spiritual and emotional strength that being active and fit creates. She fulfills this passion by being a competitive powerlifter. Dr. Houston is an eleven time national and five time world champion powerlifter. In addition to being an elite athlete within powerlifting, she is a state and national official, past Washington State Chair of USA Powerlifting, and has served on national USA Powerlifting committees. She has also been a volunteer for Special Olympics powerlifting for over 15 years, coordinating their summer games event. In 2006 and again in 2010, Dr. Houston was Washington's state's powerlifting Athlete of the Year. She is a member of the Washington State Powerlifting Hall of Fame and in 2012 was inducted in the USA Powerlifting National Hall of Fame.

Finally, Dr. Houston has a B.S. from Syracuse University, a master's degree in Health Administration from the University of Washington and earned her Doctorate in Educational Leadership from Seattle University in 2014.

Seattle Housing Authority Board

7 Members: Pursuant to *Resolution 29821 and RCW 35.82*, all members subject to City Council confirmation, 4-year terms:

- # City Council-appointed
- 7 Mayor-appointed
- # Other Appointing Authority-appointed (specify):

Roster:

*D	**G	RD	Position No.	Position Title	Name	Term Begin Date	Term End Date	Term #	Appointed By
2	F	N/A	1.	Resident Commissioner	Twyla Minor	10/01/22	9/30/26	2	Mayor
6	F	N/A	2.	Commissioner	Kristin Ryan	3/20/23	03/19/27	1	Mayor
6	M	N/A	3.	Commissioner	Paul Purcell	12/02/22	12/01/26	2	Mayor
2	M	N/A	4.	Commissioner	Robert D. Crutchfield	12/02/22	12/01/26	2	Mayor
2	F	N/A	5.	Commissioner	Paula L. Houston	3/21/24	3/20/28	3	Mayor
2	M	N/A	6.	Resident Commissioner	Rita Howard	3/21/23	3/20/27	2	Mayor
6	F	N/A	7.	Commissioner	Sally J. Clark	3/21/21	3/20/25	1	Mayor

SELF-IDENTIFIED DIVERSITY CHART

	(1)				(2)		(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Male	Female	Transgender	NB/ O/ U	Asian	Black/ African American	Hispanic/ Latino	American Indian/ Alaska Native	Other	Caucasian/ Non-Hispanic	Pacific Islander	Middle Eastern	Multiracial
Mayor	3	4				4				3			
Council													
Other													
Total	3	4				4				3			

Key:

*D List the corresponding *Diversity Chart* number (1 through 9)

**G List *gender*, M= Male, F= Female, T= Transgender, NB= Non-Binary O= Other U= Unknown

RD Residential Council District number 1 through 7 or N/A

Diversity information is self-identified and is voluntary.