

Context

History

In 1887 the small settlement of Stony Prairie, as Beausejour was then referred to, saw its first population boom. The construction of the Canadian Pacific Rail Line attracted settlers and businesses, and by 1906 the Manitoba Glass Factory had opened in the area, attracting another wave of newcomers. In 1906 Beausejour was incorporated as a village and finally as a town in 1912.



photo credit: The University of Alberta Peel Library

Park Avenue

For years, development was centred around the Million Dollar Mile, as Park Avenue was once known. This title was the result of new lighting fixtures that were erected along the mile-long stretch of Park Avenue in the 1940s.



photo credit: Town of Beausejour

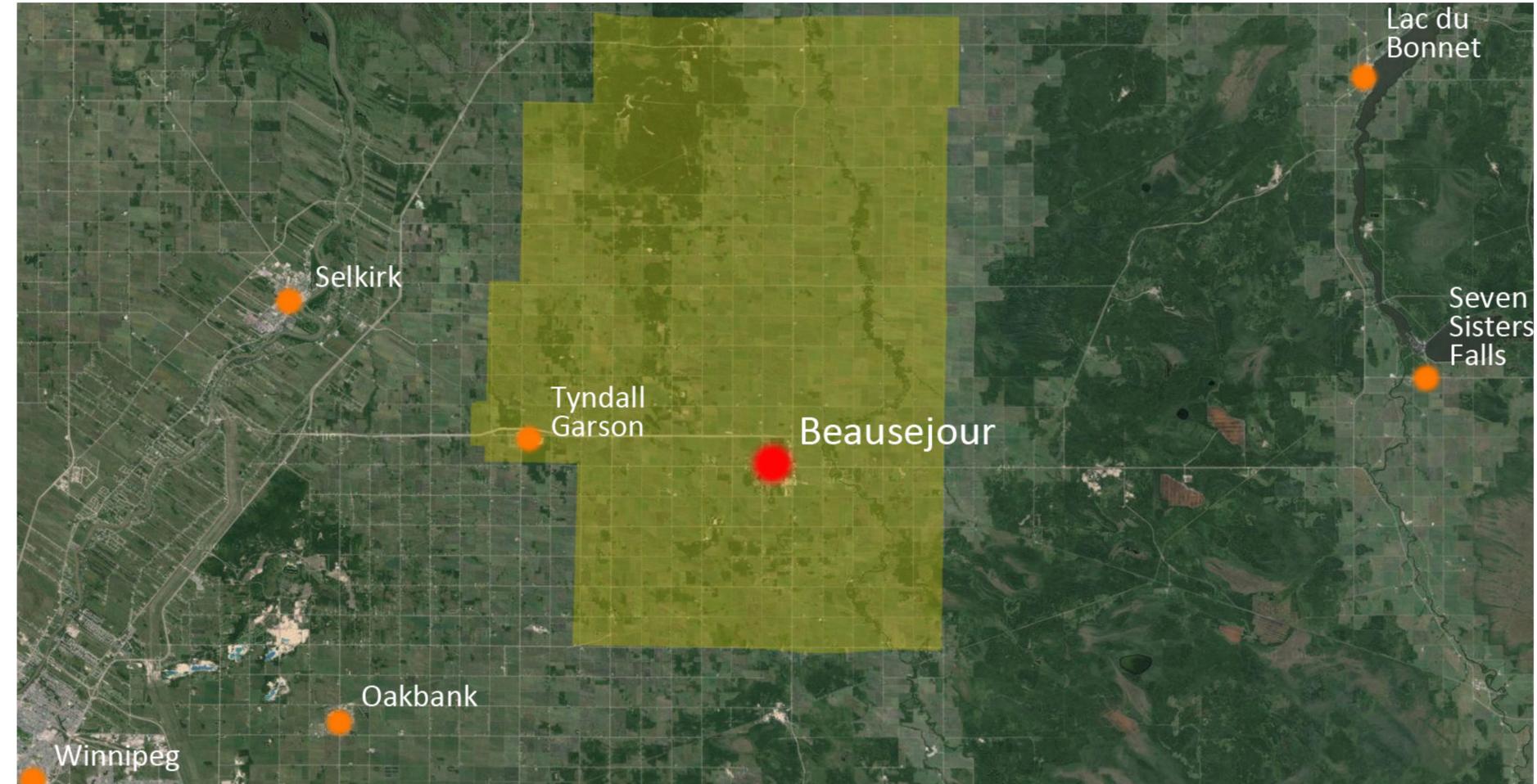
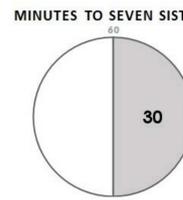
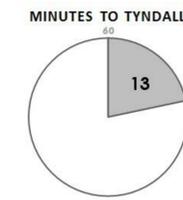


photo credit: The University of Alberta Peel Library

In 1974, the arrival of the Department of Highways maintenance garage and a new Provincial office building meant an increase in local jobs. A wave of additional government workers caused an increase in population and resulted in a major need for housing. Since 1970, numerous residential developments consisting of low density, single family residential units were constructed.

Location & Proximity

The largest town in the R.M. of Brokenhead, Beausejour is considered the gateway to the Whiteshell. It is favoured as a place to put down roots due to its proximity to both Winnipeg and some of Manitoba's best cottage country. In addition, many other smaller nearby communities depend on the services and amenities available in Beausejour.



Location of Beausejour within the R.M. of Brokenhead (yellow) and proximity to some other rural Manitoban communities.

photo credit: Created by Gaelen Pierce

Population

Growth

Between 2006 and 2011, Beausejour's population increased 9.7 per cent, compared with the province of Manitoba's 5.2 per cent. According to Statistics Canada, the town of Beausejour had a population of 3126 people as of 2011.

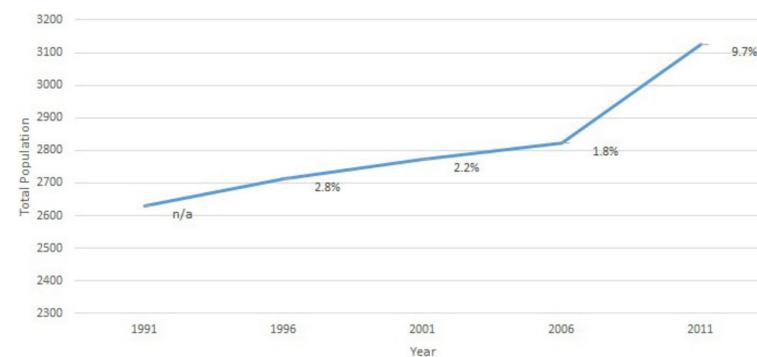
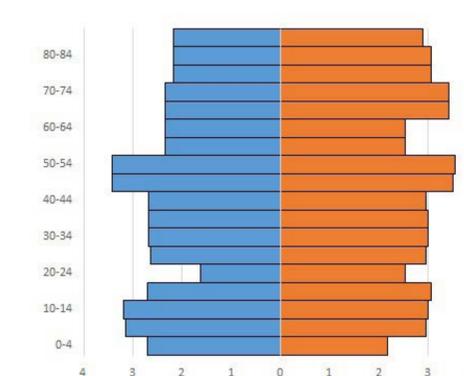


photo credit: Statistics Canada

Distribution

According to Statistics Canada, the largest age group in Beausejour is forty five to sixty years old. At 32 per cent, this is higher than the provincial average. This group represents the baby boomers who are increasingly choosing to age in place. This suggests that in the near future, Beausejour's largest age group will be those over the age of sixty five.

Beausejour Population by Percentage (2001)



Beausejour Population by Percentage (2011)

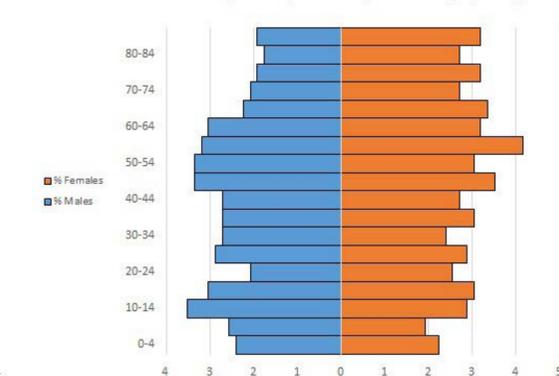


photo credit: Statistics Canada



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December 2013

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Why Age-Friendly?

An Aging Population

The global population is aging and North America is no exception to this trend. In 2011, the first of the baby boomers turned sixty five and in the following decades two million more people are expected to reach this age. The *Rural and Small Town Canada Analysis Bulletin* identifies three key factors that have led to this demographic shift in Canada: aging baby boomers, low birth rates, and longer life expectancy. According to the *Rural and Remote Communities Initiative*, it is estimated that within the next ten years, Canadians aged sixty five and over will outnumber those aged fifteen and younger. This will have significant consequences for our health care system. Right now, 44 per cent of health care spending in Canada goes towards seniors, who make up only 13 per cent of the population.

PERSONS AGED 65 YEARS AND OVER IN CANADA

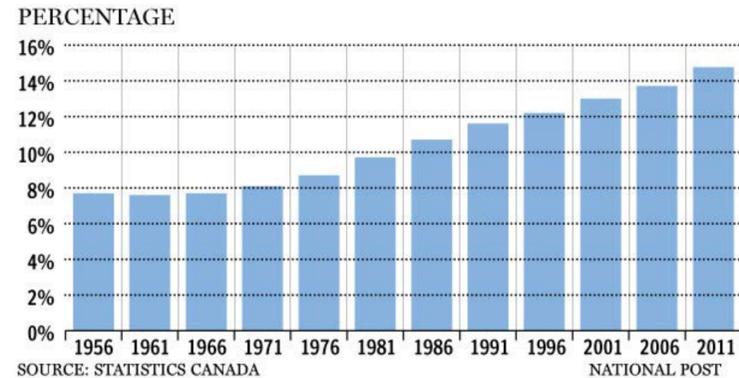
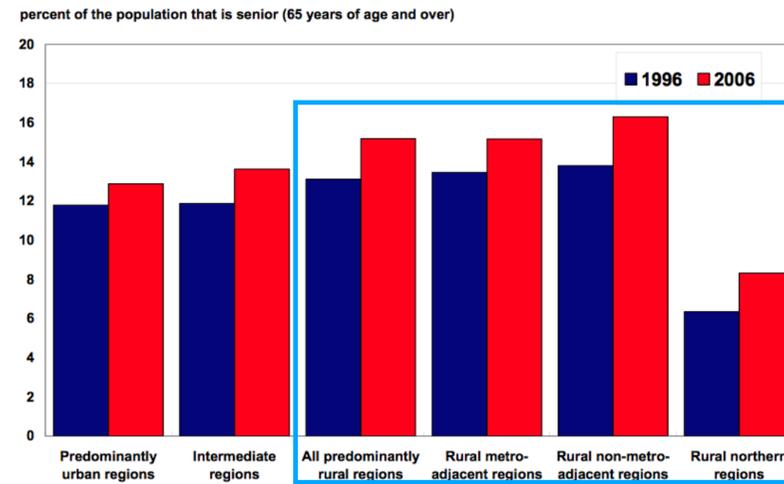


photo credit: <http://news.nationalpost.com/2012/05/29/canada-census-2011-aging-population-a-potential-health-care-time-bomb/>

Aging in Rural Communities

According to the *Rural and Small Town Canada Analysis Bulletin*, Canada's rural population is older than the urban population. Rural communities are aging faster for two reasons: first, they experience an influx in older adults as people choose to retire to small town life. Secondly, they see an exodus of young adults moving to larger urban centres for education and employment.



It's good for everyone

Age-friendly design is often described as inclusive design. It is important not only because we are all aging, but because it results in increased accessibility and equity for everyone. Beausejour, a town in the rural municipality of Brokenhead, is a growing community that boasts an outstanding quality of life and sense of community for its people. In this way, Beausejour has a responsibility to ensure that this exceptional quality of life is possible for all of its residents, including aging adults.



photo credit: <http://www.torange.us/People/People-on-rest/Grandmother-and-granddaughter-walk-in-the-park-4533.html>

Guiding Documents

Global Age-Friendly Cities

The World Health Organization (WHO) has published *Global Age-Friendly Cities* as a guide to help cities manage the issues associated with an aging population. It stresses that older adults are a resource for those around them and their potential can be fully realized and appreciated by creating age-friendly cities, or cities that encourage active aging.



photo credit: World Health Organization

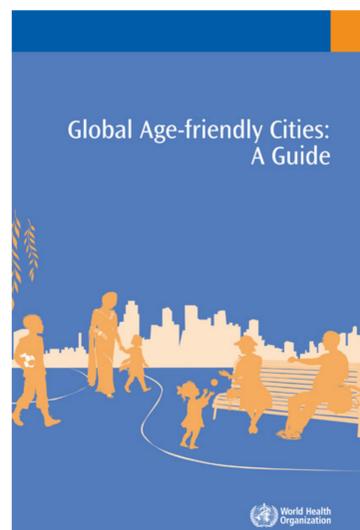


photo credit: World Health Organization

Age-Friendly Rural & Remote Communities

This document was released in 2006 and builds on the World Health Organization's *Global Age-Friendly Cities* document. It aims to increase awareness of age-friendly characteristics in rural and remote communities, and to produce a guide that can be used by rural communities across Canada. This guide identifies the unique social and physical challenges that can impact rural seniors' ability to age in place.

This initiative used the same research method as the World Health Organization's approach to *Global Age-Friendly Cities*. They established focus groups in 10 communities across Canada where older adults were actively involved in identifying and discussing age-friendly issues in their rural or remote communities. This resulted in checklists for each of the eight categories identified in *Global Age-Friendly Cities*, but they were directed at rural and remote communities.

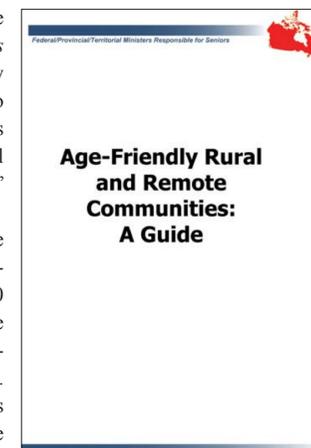


photo credit: Public Health Agency of Canada



Complete Communities



Winnipeg

An OurWinnipeg Direction Strategy

photo credit: City of Winnipeg

One of four direction strategies described in *OurWinnipeg*, *Complete Communities* outlines a number of tools for the implementation of various directions and strategies for Winnipeg neighbourhoods to follow in order to become a complete community. The document identifies complete communities as "...places that both offer and support a variety of lifestyle choices, providing opportunities for people of all ages and abilities to live, work, shop, learn and play in close proximity to one another."



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What we found

More than 90 per cent of Beausejour's residents use cars to commute. People who cannot drive due to health concerns, disabilities, finances, or age, will encounter transportation challenges within town. Many seniors are forced to rely on friends and family for transportation and if these options are not available, they may have to pay for the Handivan service or walk.



Seniors can use the Handivan service for their daily activities. *photo credit: Vanessa Scarola*

Why it's important

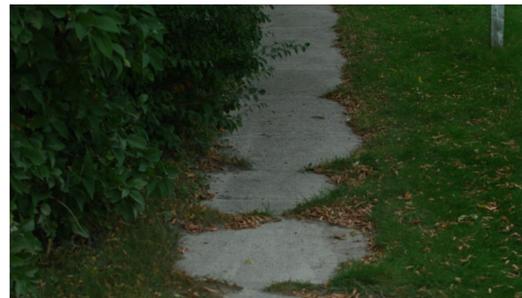
According to *Age-Friendly Rural and Remote Communities*, seniors living in rural areas are less likely than those living in larger centres to have access to suitable transportation options. As Beausejour's population is aging, there is an increasing need for better sidewalks and active transportation paths throughout town. For example, the Town must complete path and sidewalk connections through parks, across the railroad tracks, through recent neighborhoods that lack sidewalk infrastructure, and most routes to important social gathering places.



Train Whistle Park has a pleasant but incomplete gravel walking path. *photo credit: Adam Kroeker*

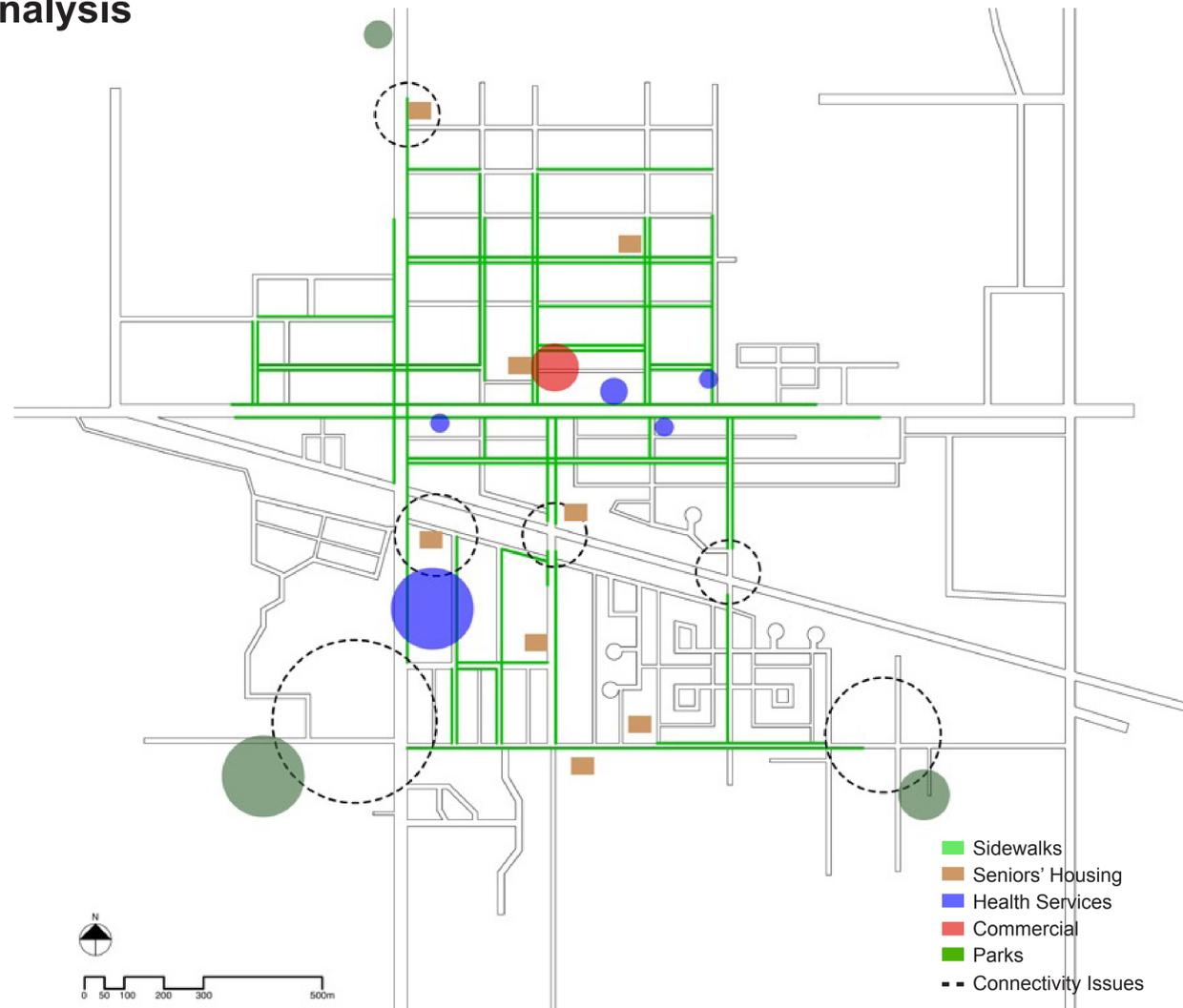
Strengths & Opportunities

According to Statistics Canada, only eighty-five of Beausejour's 3000 residents reported walking as their method of commuting. This is possibly because while many streets have sidewalks, the overall sidewalk network is incomplete. Beausejour has a great opportunity to improve walkability because many services are already clustered in a few areas. Completing the sidewalk network will give residents more freedom to move through their town.



Many sidewalks have cracked pavement and are overgrown by vegetation. *photo credit: Gaelen Pierce*

Analysis



We identified a number of connectivity issues in town by mapping the locations of seniors' housing, services, and social destinations, and overlaying this information onto the network of existing sidewalks. *photo credit: Lea Rempel*

Walkability Issues

Some of the issues that were found include a lack of pedestrian connection to Wally Chryplywy Park, the SunGro Centre, the Legion, and the Daylily Gardens.

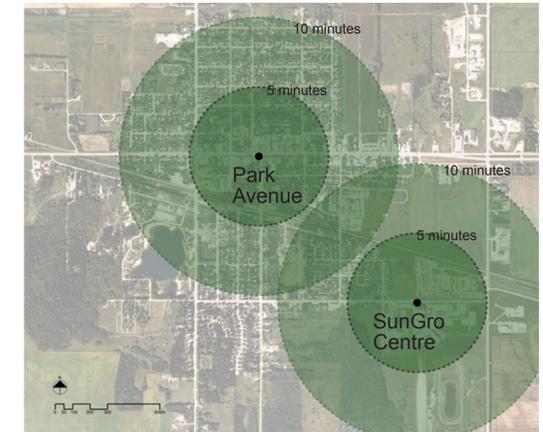


photo credit: Lea Rempel

In general, individuals will walk 800 metres for services. Most seniors, however, only feel comfortable walking 400 meters. As shown in the map, nearly the entire town is within a 10 minute walk from Park Avenue. The main recreational area, a popular social destination, is located on the edge of town and does not fall within a 10 minute walk of Park Avenue.

Historical Connections

Two significant transportation routes have shaped the Town of Beausejour. Park Avenue's wide road was once a part of Manitoba PTH 1, the main east-to-west highway in the province, and the former Canadian Pacific Railway tracks cut diagonally through the town, dividing it between north and south. Throughout the entire town, only three streets cross the tracks.

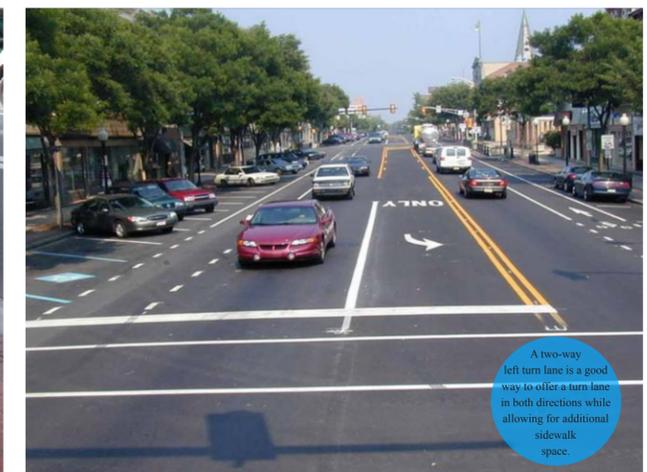
Ideas for improvement from other places



Multi-use paths can be integrated with existing sidewalk. *photo credit: calmstreetboston.blogspot.com*



Double loaded bench in Oregon. *photo credit: http://blog.oregonlive.com/oldtown/2009/06/retrograde.html*



Three lane streets are a safe and space-saving option. *photo credit: safety.fhwa.dot.gov*



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What we found

Beausejour's residential areas are characterized by a grid street layout and single-family houses set on larger lots. Park Avenue is the commercial centre of Beausejour, with most of the town's businesses clustered between First Street and Fifth Street. Some commercial and industrial activity is found on adjacent streets (particularly Third Street South), with larger industries located on the east edge of town.



A main street in Littleton, Colorado. photo credit: <http://www.littletonhomehub.com/>

Why it's important

According to *Global Age-Friendly Cities*, the quality of the outdoor environment and public buildings can significantly influence walkability and independence for seniors. Outdoor spaces that are safe, accessible, and pleasant can all contribute to seniors being a part of the neighbourhoods and towns they live in. Buildings that are designed to promote "eyes on the street," with benches and sidewalk enhancements, can help create a more pleasant and liveable Beausejour.



A vacant lot on Park Avenue. photo credit: Google Street View

Strengths & Opportunities

Beausejour is a thriving and attractive town, but there are issues regarding pedestrian connectivity between different areas as there are a lack of sidewalks on some streets.

Park Avenue is the commercial heart of Beausejour, but safety for pedestrians crossing the roadway is a concern. There are opportunities for enhancements to the sidewalk and building facades. There are also opportunities for infill development on vacant lots.



Commercial activity also extends south on Third Street. photo credit: Robert Galston 2013

Existing



Park Avenue, looking east from Third Street North photo credit: Rob Galston 2013



A residential street in Beausejour. photo credit: Adam Kroeker

Ideas for improvement from other places



Belltown, Seattle. photo credit: <http://sdotblog.seattle.gov/2011/01/>



Georgetown, Ontario. photo credit: http://commons.wikimedia.org/wiki/File:Main_Street_Georgetown_Ontario_2010_2.jpg

Small town main street

Park Avenue offers an opportunity to attract visitors who are looking to enjoy the unique experience of a small town main street.

Park Avenue also has the potential to attract seniors to live nearby by offering a concentration of services and a safe and pleasant pedestrian environment. New housing for seniors can be built on or near Park Avenue. A concentration of small businesses and other services, and a pleasant pedestrian environment provide an opportunity for informal social contact and interaction for seniors.

Million Dollar Mile

With the availability of electric power in the mid-20th century, Park Avenue was lined with electric lights, earning the street the nickname the Million Dollar Mile. New lighting enhancements can add to the appeal of Park Avenue as a destination for residents and visitors alike.

Parks & Open Spaces

Parks such as Train Whistle, Chryplywy, and the Daylily Gardens are important amenities for Beausejour, and can be enhanced by greater connections between them. Train Whistle Park in the heart of town, celebrates the historical importance of the railway. This park can become an improved central gathering space through the development of new trails, wayfinding signage, seating, and large picnic facilities.



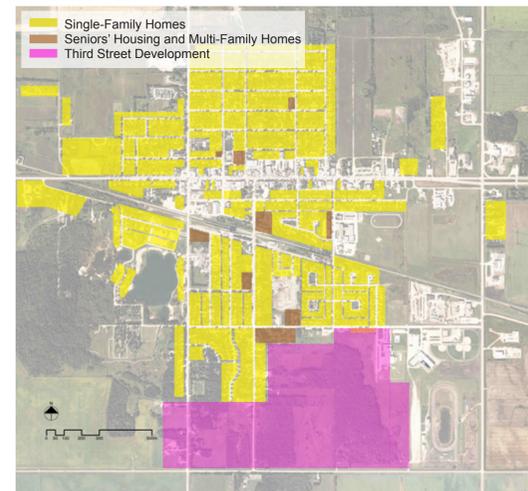
Train Whistle Park. photo credit: Lea Rempel



Overhead LED lighting. photo credit: <http://fireflylighting.com.au/products/firefly-led-festoon-lights/>

What we found

As populations age, adequate housing for seniors has become increasingly difficult to provide. In Beausejour, housing options for seniors are limited and accessibility has become a challenge. The urban form in Beausejour is largely made up of low density, single-family homes, interspersed with a few medium density residences, most of which are Manitoba Seniors' housing. There are eight seniors' residences with a total of approximately 200 units.



The Third Street Development will not fully address the need for more seniors' housing or affordable rental units. It may also present new connectivity, accessibility, and walkability issues.

Why it's important

By improving design, location and choice, housing in Beausejour can begin to satisfy the needs of seniors within the area.

Many seniors experience limited mobility and this has a profoundly negative effect on their quality of life. By providing an environment which is universally accessible, perception of safety increases and independence is encouraged. Affordable housing, as outlined in *Global Age-Friendly Cities*, should be available to all older adults. Although there are a number of Manitoba seniors' housing complexes located throughout Beausejour, there is a general lack of both affordable housing and rental options.

Strengths & Opportunities

Most housing options for seniors in Beausejour have long waiting lists. This is not ideal for the growing population of seniors, as many are forced to move out of town for more housing opportunities.

Lions Lodge, for example, has 20 residences available for occupancy. However, it does not provide sufficient options for couples to live together.



Lions Lodge.

photo credit: Google Maps 2013

Existing



Stony Plains Terrace.

photo credit: Google Maps 2013



Weselak Drive.

photo credit: Google Maps 2013

Tenure needs

Beausejour is made up of mostly detached, single family homes, and a few medium density or multi-family units. Seniors' housing is dispersed throughout the town and is not well connected to key areas, such as those located on Park Avenue or the SunGro Centre.

Residents of Beausejour have identified a need for more affordable rental accommodations. One-story units with a shared common area would facilitate an active and engaged lifestyles for residents.

Assistance

Through the Canada Mortgage and Housing Corporation, the Federal Government offers forgivable loans for accessibility modifications and financial assistance to homeowners looking to construct secondary suites on their property. In this way, there are many options available for seniors in Beausejour.

Ideas for improvement from other places



Mosaic Commons, Berlin, MA: a housing development with a trail network through the centre and a common area for residents.

photo credit: http://www.flickr.com/photos/planet-geek/8335743820/in/pool-mosaic_commons

Building a housing development around a public trail network can contribute to a greater sense of community.



Affordable Housing Apartment Complex, Portland, OR

photo credit: <http://tenpod.org/locations/burnside-rocket/>

A small apartment building with rental units would provide an alternative to home ownership.



Pacific Oaks Seniors Apartment, Pacifica, CA

photo credit: <http://www.rent.com/California/pacifica-apartments/pacific-oaks-senior-apartments-62-years-and-older-4-478778>

Different tenure types can be applied to nearly any style of home.

Housing and aging

Many seniors continue to age in single-family homes that they have resided in for decades. Issues arise with maintenance and accessibility within these homes, as mobility becomes a major issue. Through down-sizing into a smaller residence, such as rental apartments, seniors could save money by living on a smaller scale. In a rental unit, tenants make regular payments to a landlord for the use of property or land. This is a great option for short-term tenancy.

A secondary suite, or granny flat, is a self-contained separate unit within an existing residential plot or an addition to a home. Full kitchen and bath facilities are included, as well as a private entrance. These dwellings are ideal homes for aging parents and loved ones.



A granny flat is a self-contained separate unit within a residential lot, often built for an aging relative.

photo credit: <http://tinyhouseblog.com/prefab/backyard-box/>



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What we found

There are an abundance of social activities within Beausejour. Residents of all ages are encouraged to participate in the wealth of community events. Also, community attractions bring people from all over Southern Manitoba to Beausejour throughout the year. This social support network for seniors makes Beausejour a great rural town to age in place.



Beausejour seniors square dancing. photo credit: Interlake Today

Existing

Major Community Events

- Beausejour Craft & Trade Show
- Brokenhead River Agricultural Conference
- Canadian Power Toboggan Championships
- Double B Rodeo & Parade
- Great Woods Music Festival
- Manitoba Gospel Jamboree
- Pioneer Village Museum - Heritage Day
- Shades of the Past Car Show
- Community Christmas Tree Lighting
- Chamber Year-End Celebration

Community Attractions

- Daylily Gardens
- Wally Chryplywy Nature Park
- Beausejour Skate Park
- Broken-Beau Pioneer Village Museum
- Train Whistle Park
- St. Mary's Catholic Church

Social Support Network for Seniors

- Royal Canadian Legion #132
- Beausejour Lion's Club
- Brokenhead Outreach for Seniors Inc.
- Beausejour District Hospital
- Clinics
- Dentist
- Denturist
- Physiotherapy
- Message therapy
- Chiropractor
- Audiologist
- Home Care
- Palliative Care



Gathering Places



SunGro Centre. photo credit: Google Maps 2013



Canadian Power Toboggan Championship. photo credit: The Manitoban

Why it's important

In a study by Statistics Canada in 2012, approximately one in four Canadian seniors expressed a desire to participate in more social and recreational activities. However, many activities in Beausejour take place in locations that may be difficult to get to for seniors. According to *Age-Friendly Rural and Remote Communities*, active and involved seniors are less likely to experience social isolation. By creating a unified and central location for social activities, seniors in Beausejour would be more likely to participate.



Proposed Youth & Seniors Drop-In Centre. photo credit: Adam Kroeker



The Royal Canadian Legion, Beausejour Branch No. 132. photo credit: Lea Rempel

Ideas for improvement from other places

Strengths & Opportunities

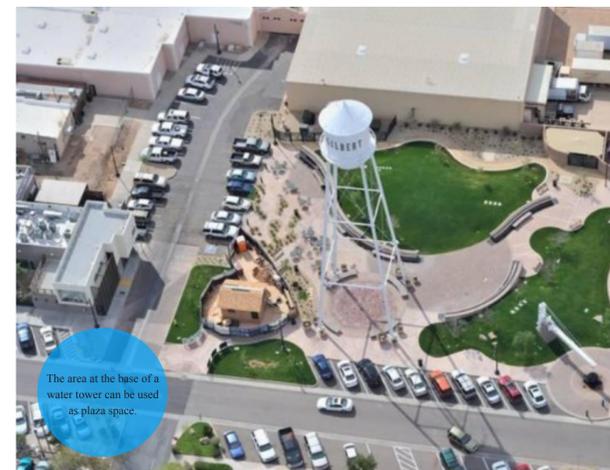
Improving activity space near existing seniors' residences would showcase Beausejour's age-friendly commitment. Relocating the existing Beausejour Farmers' Market could revitalize a space like the old Memorial Arena and could promote local agriculture. Links could also be made to the Train Whistle Trail, making the market well-connected and easily accessible to the rest of town.



Proposed Farmers' Market in Memorial Arena. photo credit: Adam Kroeker



The Stop's Green Barn Indoor Farmers' Market, Toronto, ON. photo credit: <http://greenfusedstock.photoshelter.com/image/100001PqbwByPj8c>



Water Tower Public Plaza, Valley Rain Projects, Gilbert, AZ. photo credit: <http://valleyrain.net/projects/water-tower-park-cnar-gilbert/>



Outdoor Exercise Environment, Carman, MB. photo credit: Winnipeg Free Press

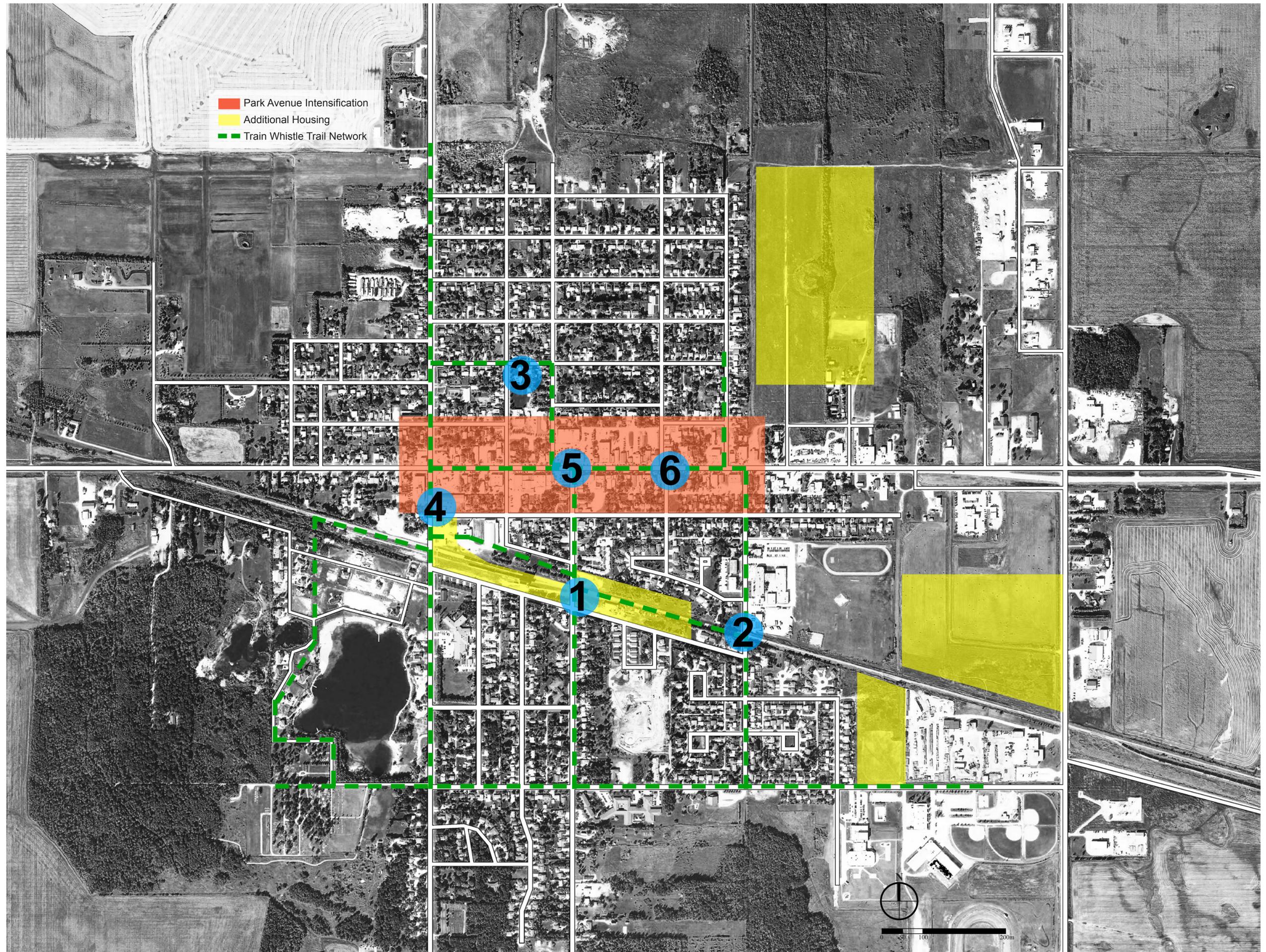
Age-Friendly Beausejour Intervention Overview



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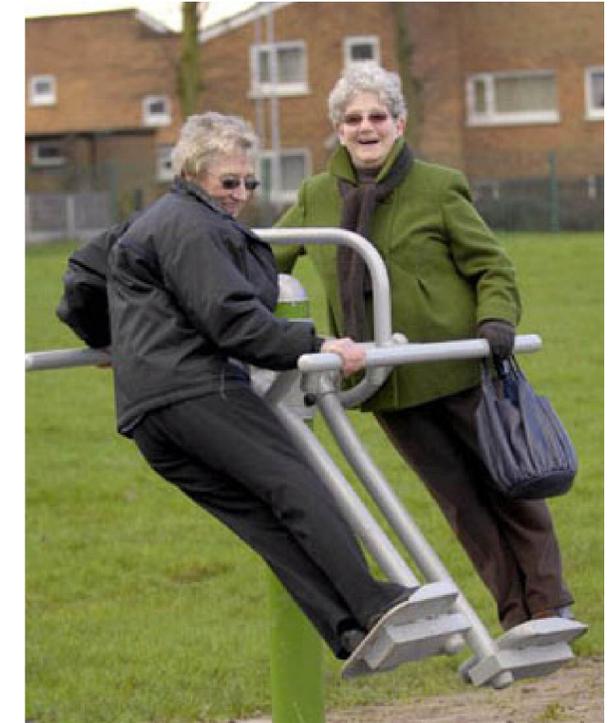
Age-Friendly Beausejour Possibilities



1 There is an opportunity for residential development along the Train Whistle Trail. This has the potential to further encourage residents to choose active transportation methods as it will be available to them right from their front door step.



2 We propose a pedestrian crossing where the Train Whistle Trail intersects with Park Avenue. Wayfinding strategies could also be used to promote the trail. Texture changes like brick edging could provide safety and beautification.



3 Outdoor exercise environments could help keep seniors physically active. Imagine these areas located throughout town and along the Train Whistle Trail network.



4 The area around the water tower could be a public plaza that serves as a central meeting point. This would be located close to both Park Avenue and the heart of the Train Whistle Trail.



5 Imagine a Park Avenue that is an enjoyable walking experience for everyone. Benches would offer places to rest and inviting storefronts would bring additional customers into each store.



6 The Million Dollar Mile brought people from all over the R.M. into Beausejour because it was a beautiful place to visit. Bringing back the lights could recreate one of Beausejour's historic attractions.



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Age-Friendly Beausejour Train Whistle Trail

Train Whistle Trail

What it is

The Train Whistle Trail Network is a proposed system of sidewalks and pathways that address existing connectivity issues and promotes active transportation throughout the town. The trail will also open up additional commercial and residential development possibilities where it intersects with existing roads.

Why it's important

The Train Whistle Trail Network would promote long-term economic development, preserve and complement the natural environment, and benefit people of all ages. The trail network would also help to promote an active and healthy lifestyle by providing an alternative to driving. It could also prevent social isolation by incorporating universal design features and improved walking connections.

Imagine the Path

A central pathway through Beausejour could be a part of your daily exercise.

Students could walk or cycle to school on a safe pedestrian-oriented pathway.

Seniors, children, and families could greet each other on evening strolls.



Primary Paths
Secondary Paths



Section at Fifth Street and Kaatz Drive.

photo credit: Gaelen Pierce



Connection to Wally Chryplywy Park.

photo credit: Gaelen Pierce



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Identifiable wayfinding signs could be placed throughout the town, as this would help people navigate through the Train Whistle Trail network. In this way, people would always know where they are and where they need to go.

Age-Friendly Beausejour Train Whistle Trail

The Heart of the trail

The heart of the proposed network is a multi-purpose pathway that runs diagonally through the town of Beausejour along the inactive CP railway track. This trail would serve as a link between two major activity areas: Park Avenue and the SunGro centre.

There is opportunity for residential development along the heart of the trail. Condominiums, apartments and housing co-ops could address the shortage of housing for seniors.

The Train Whistle Trail Network could also function as a destination in itself. It could be a social gathering place where the residents of Beausejour can meet to take picture after graduations, to have a family picnic, to enjoy a day with the kids at the water tower plaza, to buy produce at the indoor farmers' market, and much more!



1 Envision an outdoor gathering space for you and your loved ones. Located just a short jaunt from all your daily needs on Park Avenue, don't forget to play!



2 Not far from the water tower plaza, you'll find a great new use for a favourite old space. Having the farmers' market close to Park Avenue would make it accessible to everyone.



Plan view of the heart of Train Whistle Trail, between First Street South and Third Street South.

photo credit: Created by Gaelen Pierce



3 Imagine enjoying live entertainment on a warm summer night. There are countless possibilities for leisurely activities that could be connected to the Train Whistle Trail Network. Community plays, high school bands and church picnics could be hosted in an area just like this.



4 The Train Whistle Trail encourages a healthy lifestyle for all residents. Imagine walking, biking, or roller blading through the network. The trail will take you on an enjoyable trek through residential, recreational, and commercial areas throughout the town.



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Park Avenue

What it is

As the commercial centre of Beausejour, Park Avenue boasts most of the town's businesses clustered between First Street and Fifth Street. Important public buildings (town hall, post office) and commercial development (Co-op supermarket, Home Hardware) are found here, as well as many smaller shops, services, and cafes.

Why it's important

Towns derive much of their image from their main streets. It is important to the quality of life of the residents that their main street looks, feels and functions well. Park Avenue already has a fantastic small town main street feel and there is an opportunity for this to be both protected and enhanced. Improvements to this area can make it more attractive to customers and investors. It could also attract tourists to Beausejour who are looking to enjoy the unique experience of a small town main street.

Imagine Park Avenue

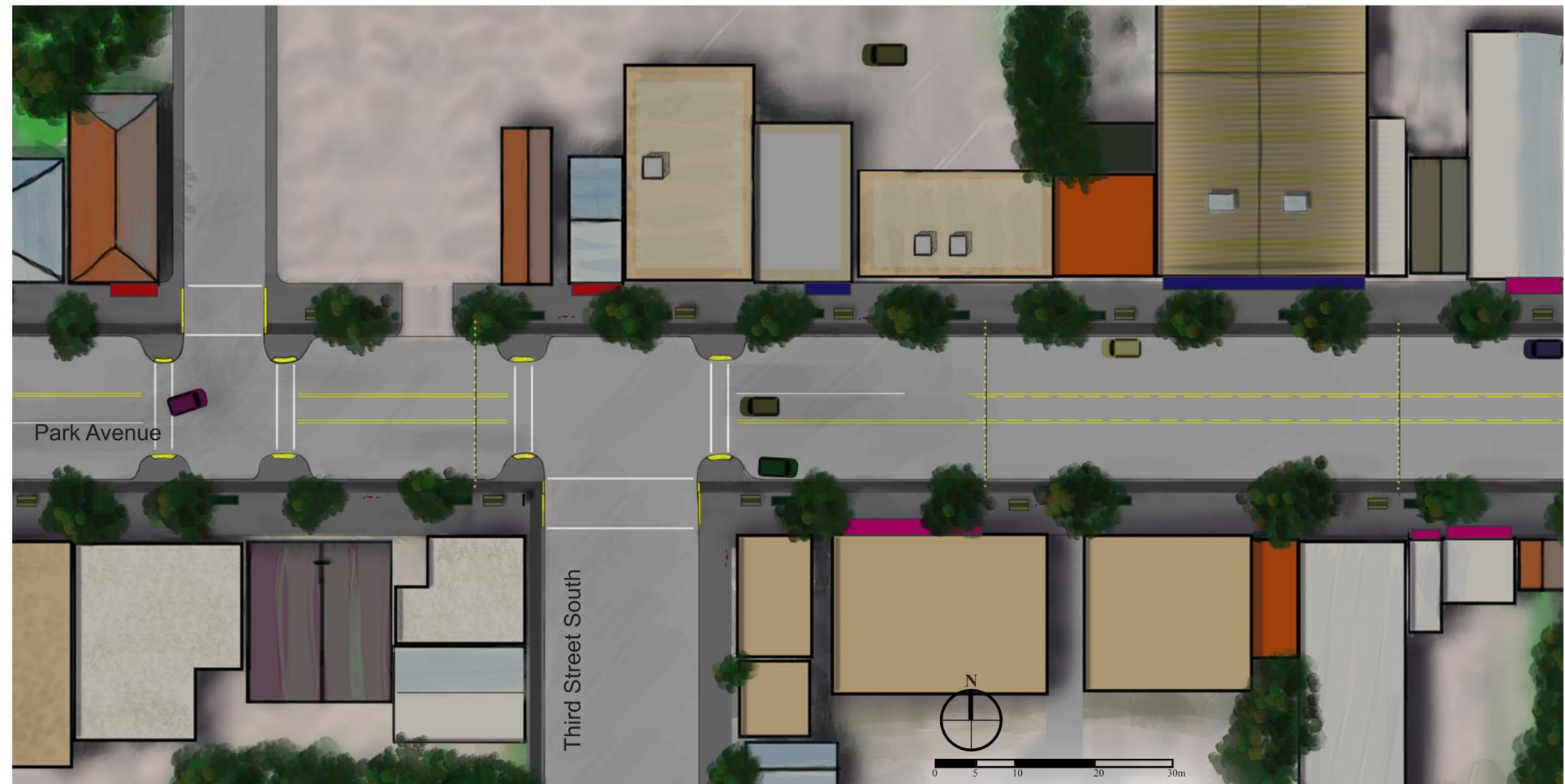
Envision a main street that could meet more of your needs.

Imagine taking a family trip to Park Avenue and greeting your neighbours in front of your favourite shops, under the warm glow of the Million Dollar Mile lights.

Residents would be able to leave their cars in nearby parking lots and walk to Park Avenue.



photo credit: Created by Lea Rempel



Plan view of Park Avenue between Third Street and Fourth Street.

photo credit: Created by Gaelen Pierce



Infill opportunities on Park Avenue.

photo credit: Adam Koeker



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To start with

Determining Design Standards

Establishing design guidelines for Park Avenue can be started immediately. Identifying and enforcing facade standards for new development will help to maintain and improve the traditional small town main street feel. This will also strengthen a sense of place and identity. Many towns have already implemented design standards for their main streets.

For more information please refer to [Appendix A](#)

Begin a Road Diet

Much of the success of Park Avenue rests on the ability to make it attractive, comfortable, and safe for pedestrians. Many communities are creating pedestrian-oriented environments through road diets. Adding bike lanes and incorporating a shared turning lane are effective first steps.

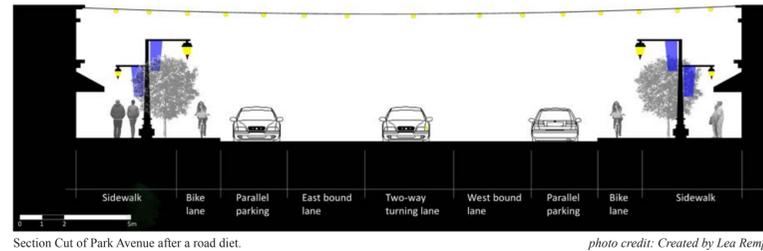
For more information please refer to [Appendix B](#)

Additional Crosswalks

The intensification of Park Avenue will likely result in additional foot traffic, so more crosswalks will be needed. We propose a number of new crosswalks, notably at Park Avenue and Third Street. This will allow pedestrians to cross the street close to the post office and the Marketplace Co-op.

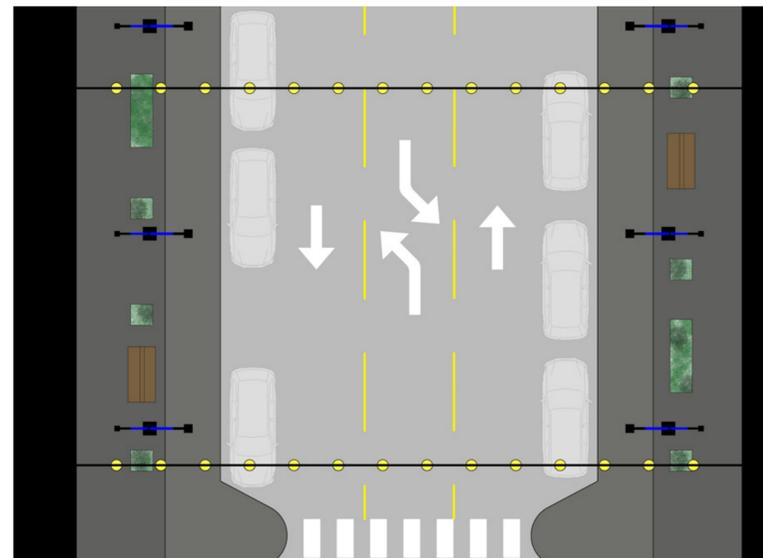
Wayfinding Strategies

Park Avenue has the potential to become a destination point, not only for residents of Beausejour, but also for people travelling through. Therefore, it is important to ensure visitors will be able to find their way around. Wayfinding signage and maps can be designed to celebrate the town's history and enhance street character.



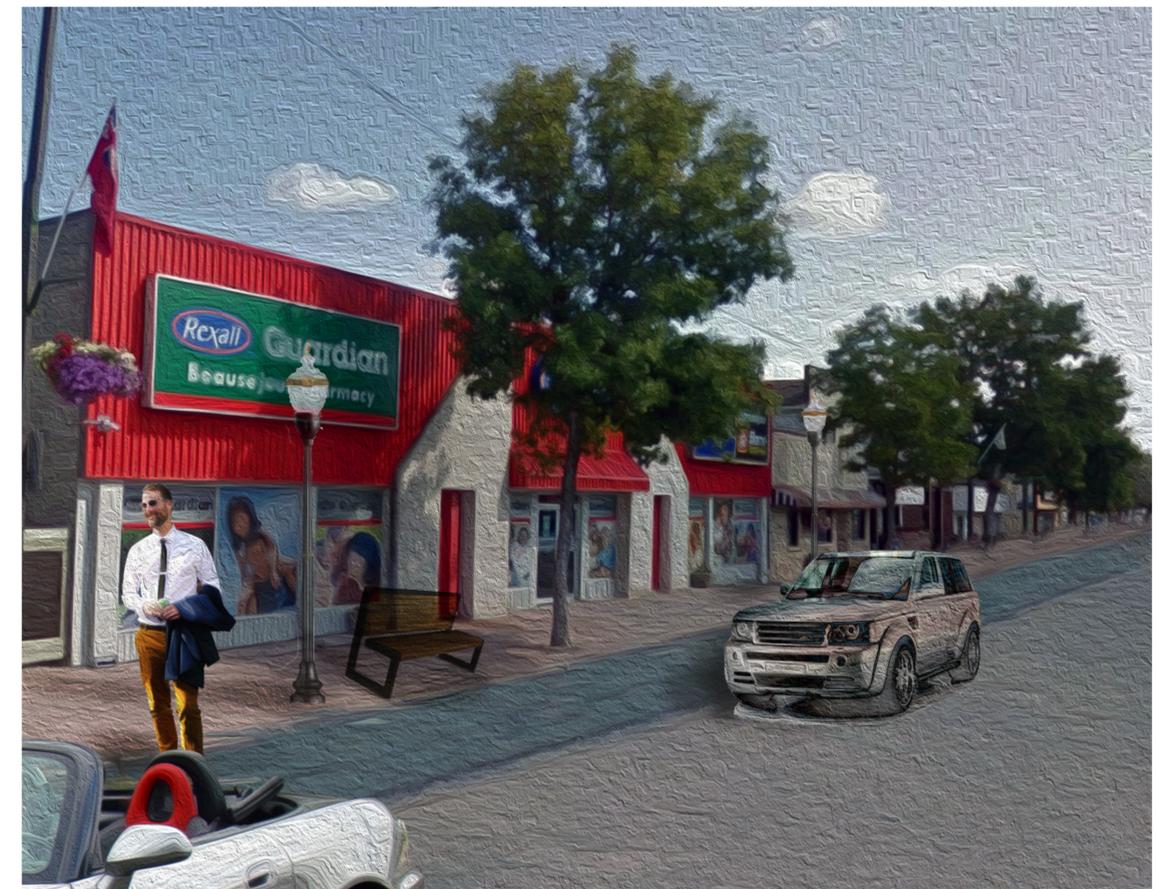
Section Cut of Park Avenue after a road diet.

photo credit: Created by Lea Rempel



Plan view of Park Avenue after a road diet.

photo credit: Created by Lea Rempel



Park Avenue in the summer.

photo credit: Created by Adam Kroeker

This might take a while

Bring Back the Lights

Park Avenue was once referred to as the Million Dollar Mile. Bringing the iconic lights back offers an incredible opportunity to celebrate Beausejour's history and to make it distinct once again. To avoid additional costs this should only be implemented after the highway has been redone.

Slow Traffic

Vibrant street life encourages drivers to slow down, stop, and visit. Constructing bump-outs will not only slow traffic, making it safer for pedestrians, but will also encourage people to enjoy the wonders of Park Avenue instead of racing out to a generic restaurant on the edge of town. This intervention is dependant on communication between Beausejour and the highway maintenance department because Park Avenue is part of a provincial highway. Bump-outs have been successfully added in other rural communities like Morris, Manitoba.

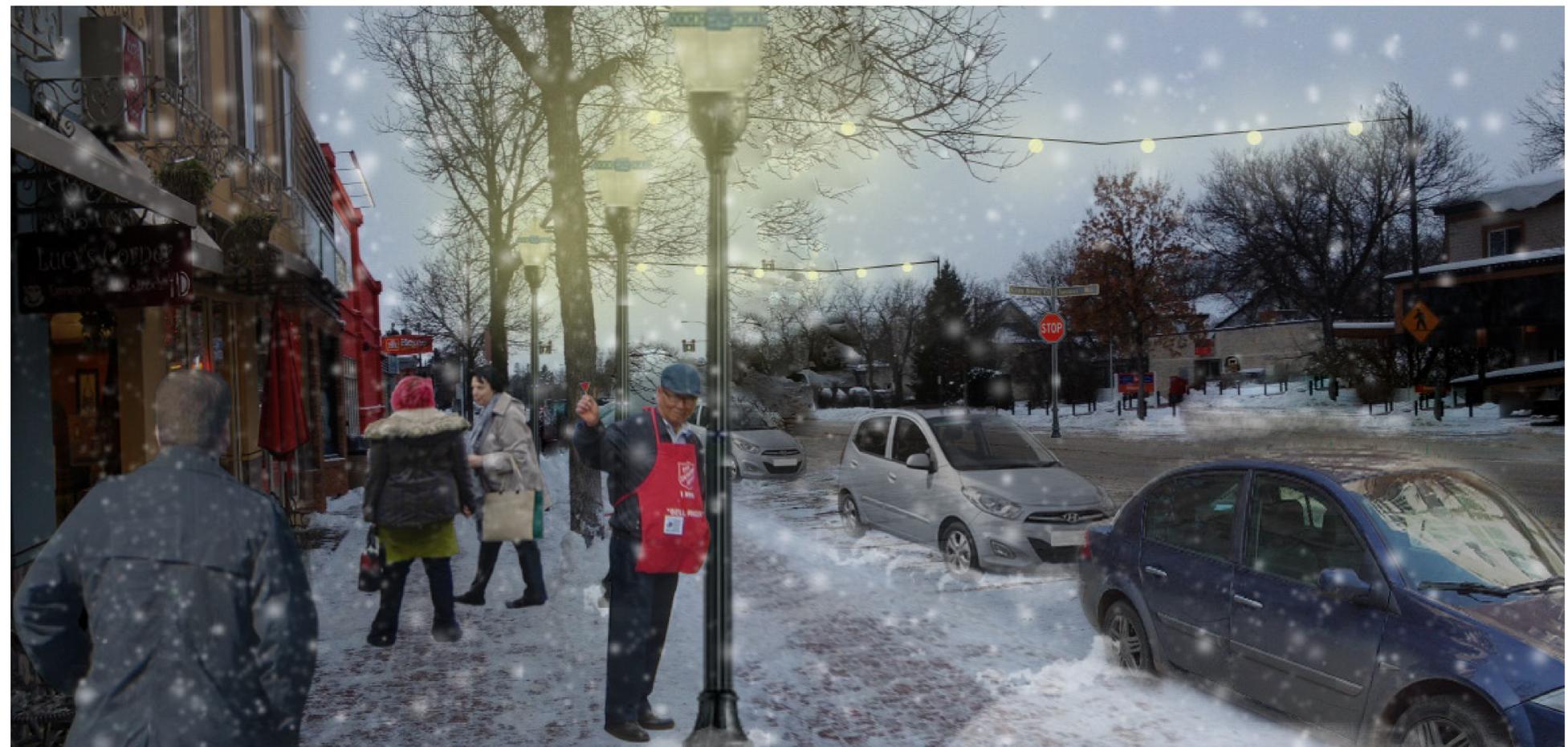
For more information please refer to [Appendix C](#)

Increasing Density

The resilience of Park Avenue can be encouraged through increasing density by continuing to cluster commercial development in this area. Businesses do well when they are within walking distance from one another, especially during the cold winter months.

New Parking

As a part of making Park Avenue more pedestrian-friendly, angled parking could be replaced with parallel parking. Also, public parking lots could be made available, as this would decrease the number of spots on Park Avenue.



Park Avenue on a winters' evening.

photo credit: Created by Lea Rempel