

Age-Friendly Morden: A Complete Community



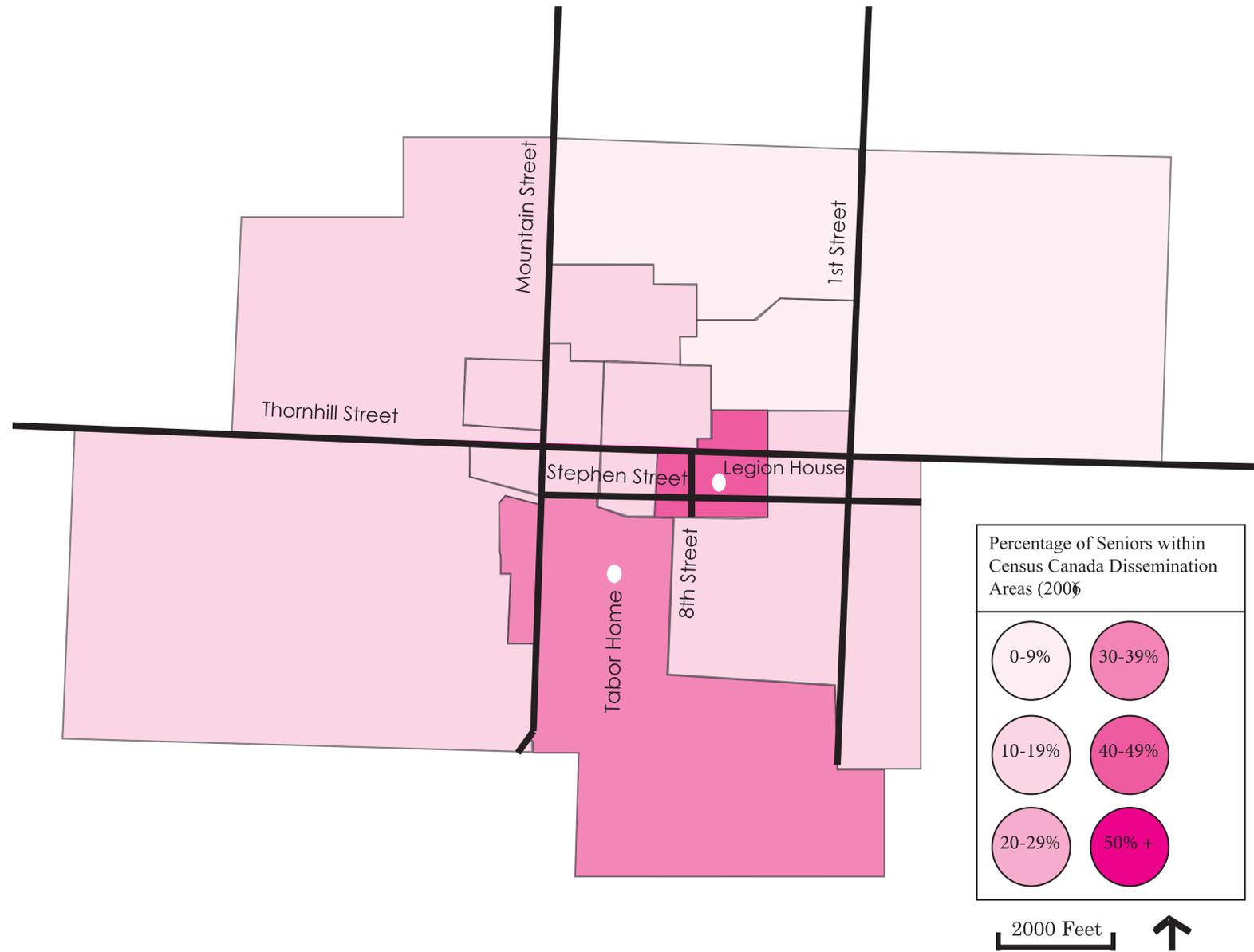
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December 2011

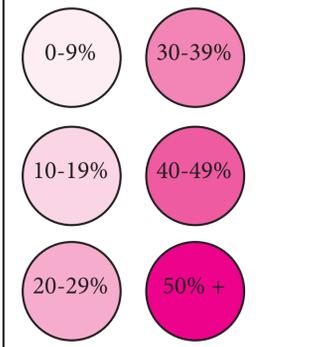
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Age-Friendly Morden: Demographics



Percentage of Seniors within Census Canada Dissemination Areas (2006)



2000 Feet ↑

Demographics

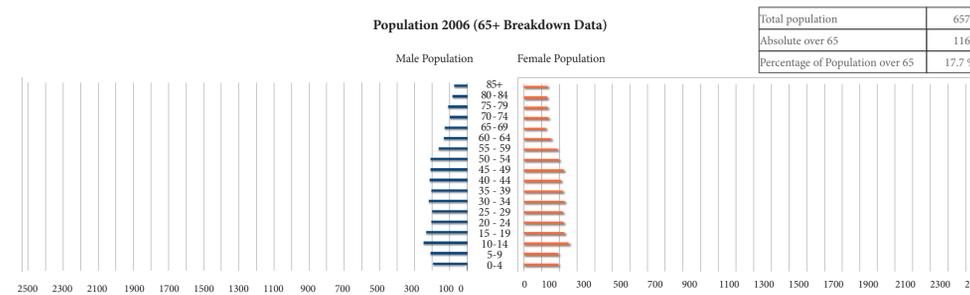
Statistical analysis of Morden's population of older adults (65+) reveals the following information:

-The largest concentration of seniors resides in downtown Morden. It represented by the darkest pink area on this map. This has to do with the high number of senior-oriented residences here, such as the Legion House as indicated on the center of the map. The second largest concentration of seniors is in south-central area of Morden where the Tabor Home currently is.

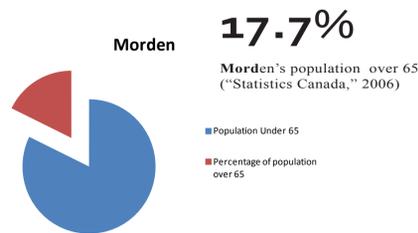
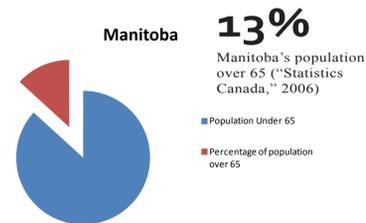
-The absolute number of older adults over 65 has increased by 35% from 1981 to 2006. Whereas the percentage of people over 65 compared with town's overall population, has remained relatively stable over the same time period, around 18-19%.

-Morden has a higher percentage of older adults over 65 compared with Manitoba. Morden's population over 65 is about 18% while Manitoba's is 13%.

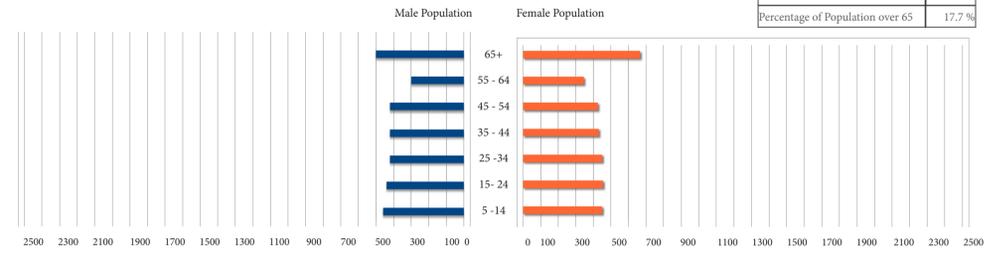
Population 2006 (65+ Breakdown Data)



Total population	6570
Absolute over 65	1165
Percentage of Population over 65	17.7%

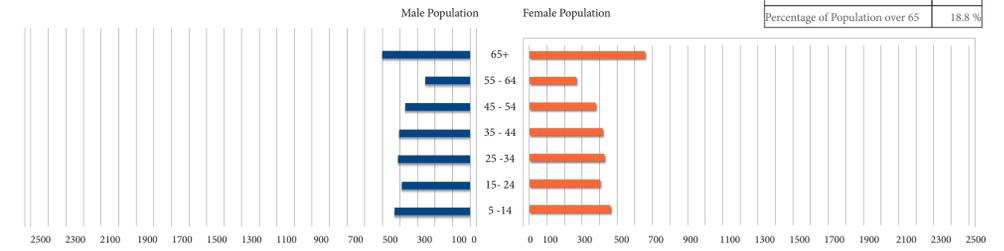


Population 2006



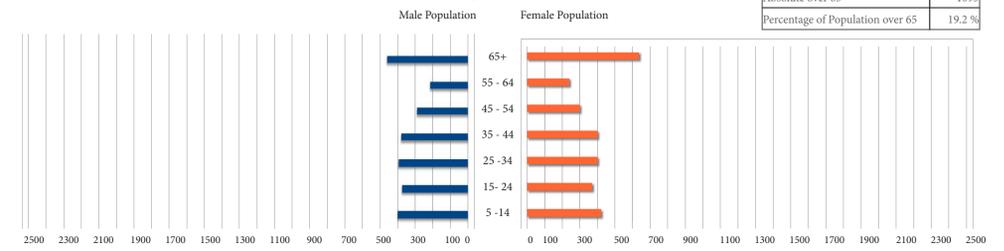
Total population	6570
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Population 2001



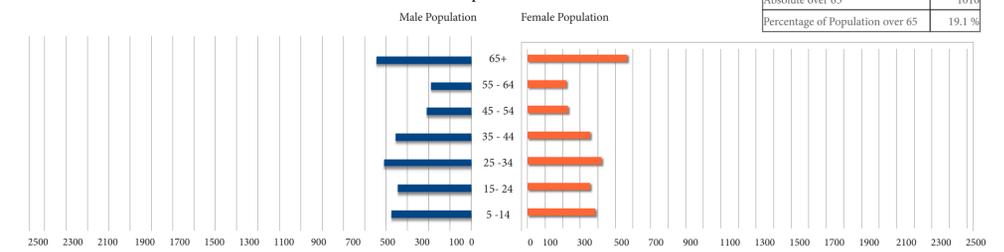
Total population	6140
Absolute over 65	1155
Percentage of Population over 65	18.8%

Population 1996



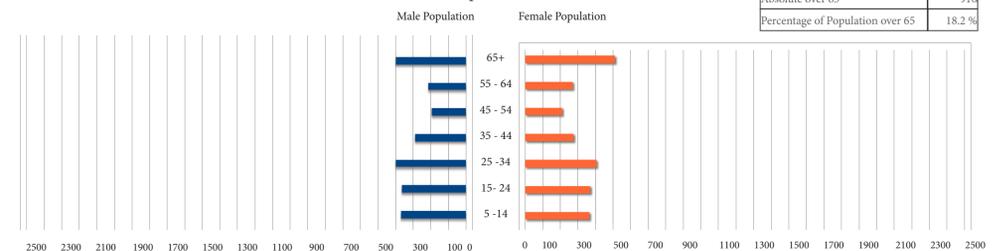
Total population	5690
Absolute over 65	1095
Percentage of Population over 65	19.2%

Population 1991



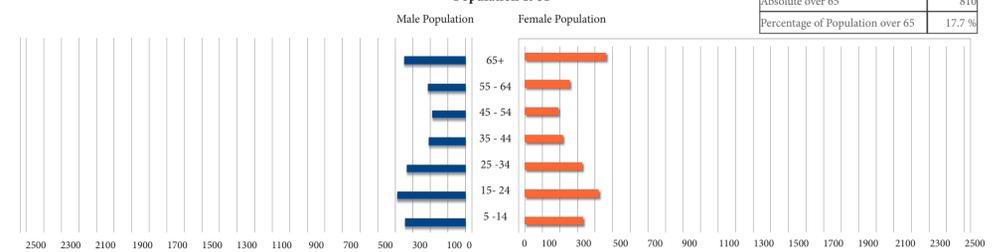
Total population	5275
Absolute over 65	1010
Percentage of Population over 65	19.1%

Population 1986



Total population	5005
Absolute over 65	910
Percentage of Population over 65	18.2%

Population 1981



Total population	4580
Absolute over 65	810
Percentage of Population over 65	17.7%



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Strengths



Minnewasta Golf Course



Summer Fest in Morden Park, welcoming immigrants

Morden's environment, buildings and public spaces are generally age friendly in accordance with the WHO Guide.

For example, the town is pleasant, quiet, clean, with lots of trees and natural features that make it attractive for older adults to retire here. Morden has a beautiful parks

and green spaces. It has a highly-esteemed golf course. It also has enviable outdoor public amenities such as the Lake Minnewasta beach, historic architecture, and a variety of well organized trails. Morden's greatest strengths lie in its walkability and its downtown.



Bench on Stephen Street (#1 on map)



Bench on Stephen Street (#2 on map)



Bench on Stephen Street (#3 on map)



Red dots indicate public seating adjacent to Stephen Street.



Seating in Morden Park

There is ample of public seating along Stephen Street and Morden Park has some good places to sit as well. Though some need repairs, these benches make it easier to walk around for the seniors who need places to stop and rest.



A tapered curb on Stephen Street.



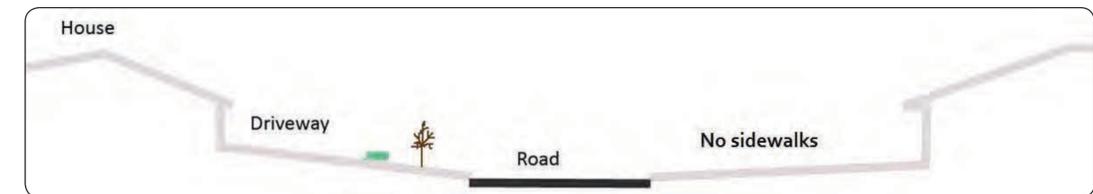
A tapered curb in front of The Garden Courthouse

Most of Morden's sidewalks have curb ramps and many are marked with yellow paint to avoid tripping hazards.

Areas of Improvement



Sidewalks & Location Map



Cross section of newer homes on Alexandria Bay has no sidewalks.

Morden is famous for its networks of pathways and sidewalks. However, sidewalks need to be extended to newer residential and commercial developments. Although the costs can be prohibitive, the benefits are many, including allowing those who no longer drive to "Age-in-place" by ensuring social connections, pedestrian safety in all seasons, and a rich street atmosphere.



New highway commercial area forming around the Boston Pizza has no sidewalks either.



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Short-Term Opportunities



Existing and possible future crosswalks on Thornhill Street.

- LEGEND
- Red arrow indicates location of existing crosswalks.
 - Blue arrow suggests locations of new crosswalks.

Less mobile older adults would benefit from having more crosswalks on Thornhill Street. They would shorten walking distance and make downtown and highway commercial areas more accessible from residential areas. Traffic on Thornhill Street (Highway 3) is the highest in Morden with 9700 vehicles per day. It is also the widest street, with four lanes of traffic. These two factors create for a relatively busy street with fast-moving traffic. Adding more pedestrian crosswalks would slow down traffic.



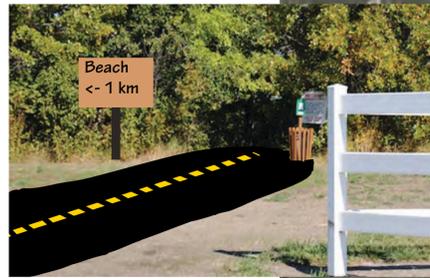
Present Thornhill Street at 13th Street.



Proposed type of crosswalk only flashes when used.



Current trail to beach

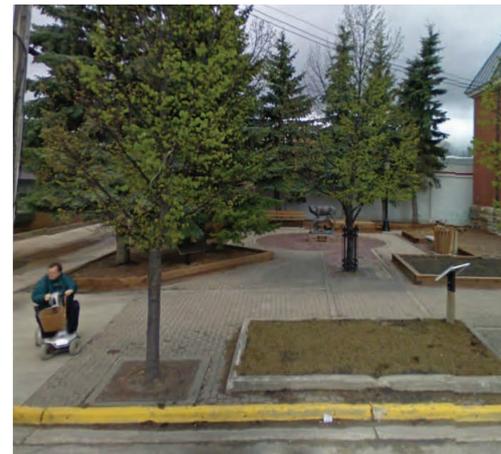


Improved trail to beach

- LEGEND
- A proposed crosswalk on 13th Street near Co-op grocery
 - Existing Kiwanis trail to the beach



Longer-Term Opportunities



Excellent example of a "micro-park" on 8th St.



Present state of a small greenspace in a newer residential area.



Idea for a new age-friendly "micro-park."

The WHO Guide suggests that smaller parks (or "micro-parks") need to have age friendly features like public washrooms and places to rest. Many greenspaces in newer residential areas of Morden currently lack these features. This is because parks can act as social hubs and can assist seniors in living actively. It is easy to see neighbours. For this to happen, however, the small parks

- LEGEND
- Vacant land or unused buildings.
 - Under-utilized downtown land.



Aerial shot of downtown Morden.

There is potential for redeveloping some of the abandoned buildings, vacant space, and under-utilized land around downtown for future senior accommodations. This is known as 'infill' development. The reason for doing this is because downtown has many of the age friendly amenities that are under discussion.



Current photo of a very small empty lot on Stephen Street.



Apartments above shops that could be geared to seniors.

Some commercial buildings on Stephen Street may be expanded to allow for senior residences to be built on upper levels. In other places downtown there is open space where these mixed-use residences may be built from the ground up.



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Observations

- The transportation network in Morden is uncongested and well-maintained.
- Most roads in town have low traffic levels, making trips by car easy and quick.
- Many new developments on the edge of Morden are accessible only by car.
- They currently lack pedestrian connections to the rest of town.
- Highway-oriented developments have large parking lots that create an unfriendly pedestrian environment.
- They are not close enough to existing seniors housing to allow the residents to walk to them.
- New Tabor Home and Homestead South seniors' housing developments are not in a location that will allow their residents to walk to access services.

Strengths



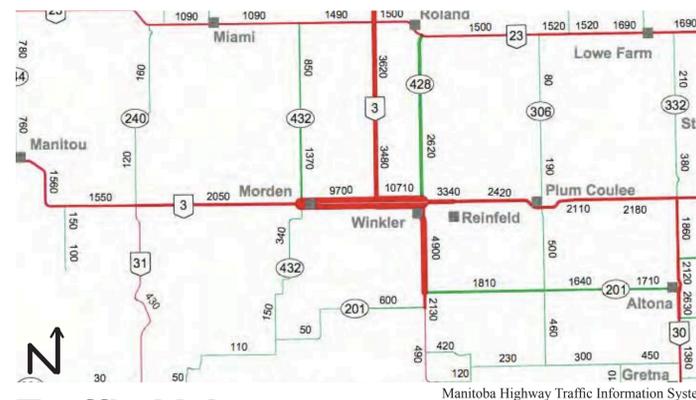
Trails & Sidewalks

- Network of sidewalks is well-developed in the centre of town.
- The Kinsmen Trail provides a connection to the golf course and Lake Minnewasta.



Parking

- Parking is free and plentiful.
- The highest demand for on-street parking is along Stephen Street.



Traffic Volumes

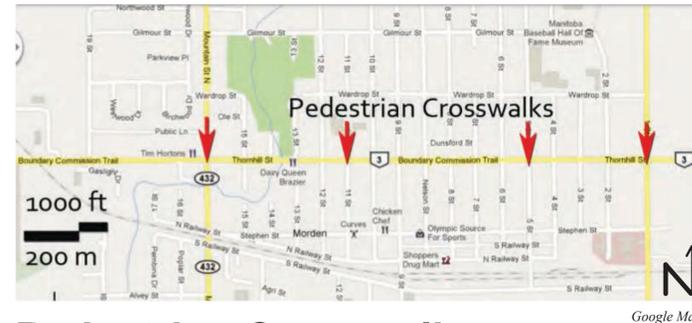
- Thornhill Street has by far the highest traffic levels in Morden, up to 10,000 vehicles per day including many trucks and through traffic.

Opportunities



Mobility & Accessibility

- Increasing need to accommodate wheelchairs and motorized scooters.
- Many, but not all, downtown streets and buildings have curb ramps and accessible entrances.



Pedestrian Crosswalks

- Due to low traffic volumes, it is easy for pedestrians to cross most streets in town with the exception of busy Thornhill Street.
- There are only four crossing points spaced several blocks apart.



Neighbourhood Electric Vehicles

- Neighbourhood Electric Vehicles (including golf carts) are a sustainable option to provide mobility for residents who don't drive.
- These are currently used extensively in the town of Leaf Rapids in northern Manitoba.



Handi-Van & Transit

- The handi-van provides an important transportation option for seniors.
- Hours of service are limited.
- Negotiations for public transit service between Morden and Winkler with service to the Boundary Trails Health Centre are ongoing.



New Developments

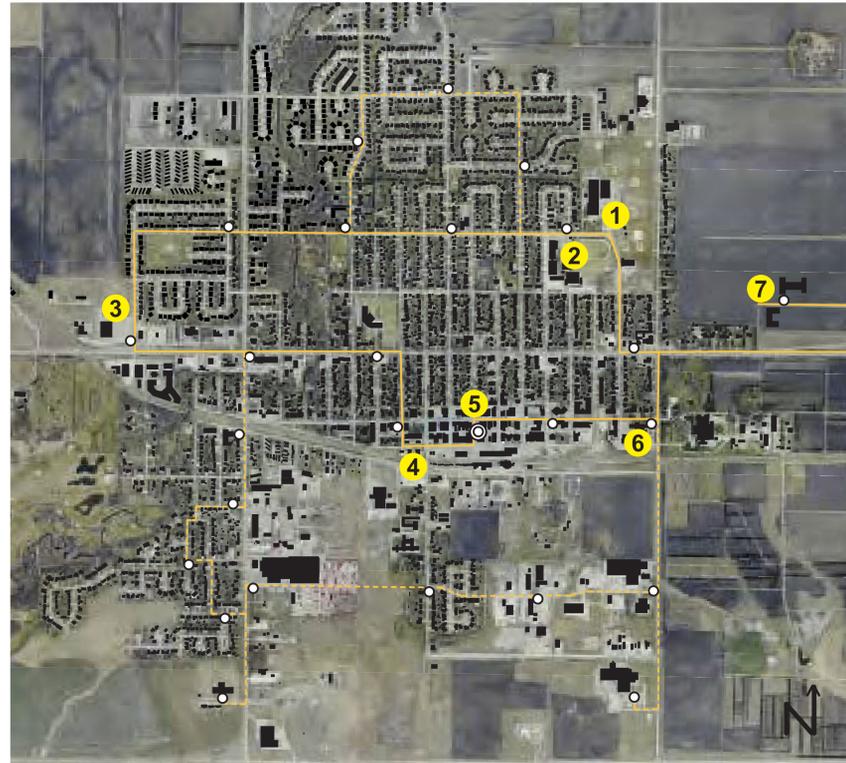
- New suburban residential and highway commercial developments are most easily accessible by car.
- Large parking lots create unfriendly pedestrian environments.



Transit

New Transit Service

- Negotiations are ongoing between Morden and Winkler to establish a public transit service between the two communities.
- Service would be provided to the Boundary Trails Health Centre located between Morden and Winkler on Highway 3.



Town of Morden

Destinations Served

- | | | |
|----------------------------------|-------|---------------|
| 1. Access Centre | — | Initial Route |
| 2. Morden Collegiate Institute | — | Initial Route |
| 3. Co-op grocery store | - - - | Future Route |
| 4. 55+ Activity Centre | ○ | Stops |
| 5. 8th Street Transit Hub | ⊙ | Transit Hub |
| 6. Agassiz Medical Centre | | |
| 7. Homestead South development | | |
| 8. Boundary Trails Health Centre | | |
| 9. Southland Mall | | |
| 10. Winkler Wal-Mart | | |



Google Maps

8th Street Redevelopment



Transit hub 8th Street looking south from Stephen Street

Transit Hub

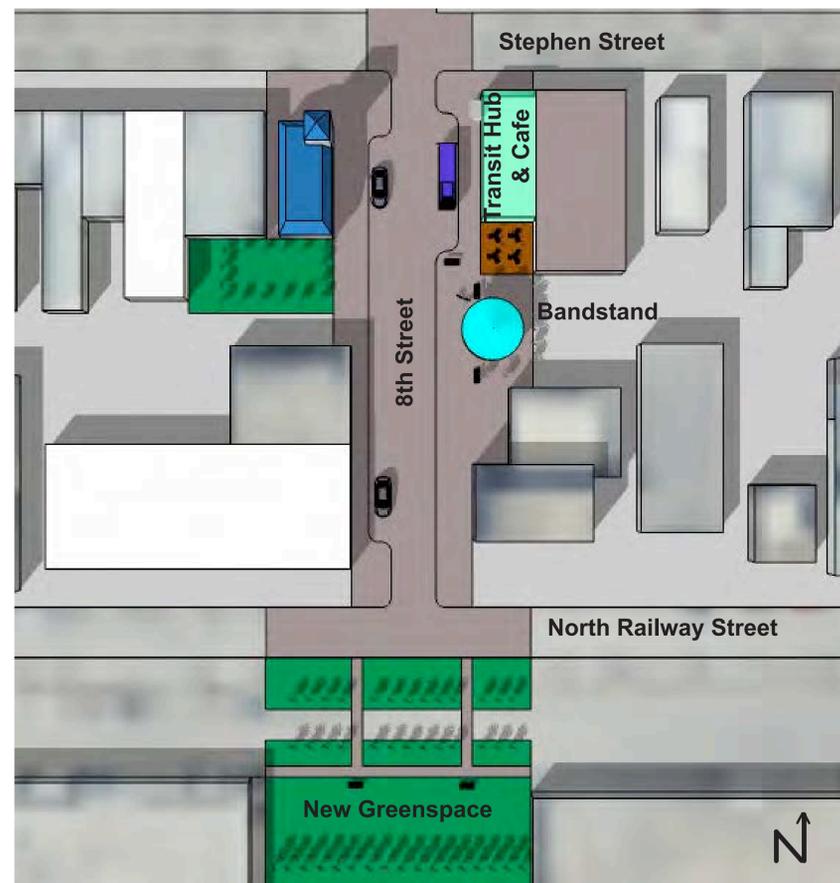
- It is proposed that a transit hub be constructed on 8th Street at Stephen Street as part of a wider redevelopment project of that block.
- An indoor station area would be constructed for the future Morden-Winkler transit and Greyhound intercity bus.



Bandstand 8th Street looking east

Bandstand

- An open-air stage would provide a venue for musicians and performers.
- Focal point for performances during festivals and events.
- Contribution to a lively, pedestrian-friendly streetscape.



Plan view of 8th Street



8th Street looking north from North Railway Street

Plaza

- Sidewalk bump-outs and textured paving stones on the sidewalk and street will create a pedestrian-friendly plaza area.
- Space is provided for cafe patio seating in the summer.
- 8th Street between Stephen Street and North Railway Street can be closed to traffic during the Corn & Apple Festival and farmers' markets to extend the plaza space across the whole street.



Strengths

Location of Amenities in Morden



Centrally-Located Housing

Newer developments located close to doctors' offices and downtown shopping encourage a walkable lifestyle. Minimizing motor vehicle usage supports communities that are eco-friendly and affordable, and encourages active living. Building on existing clusters will continue to build a vibrant community.

Space for Urban Development

Under-developed land is available within walking distance of Morden's downtown area, without resorting to problematic edge growth elsewhere. Development in these areas will stabilize the existing downtown and allow for more diversity in urban housing options, all within desirable proximity of the existing health care precinct.



Major Walkable Destinations for Seniors

Ensuring Walkable Living for Seniors

Non-drivers, cyclists, pedestrians, children, stroller and scooter users and dog-walkers are some of the groups who rely on safe sidewalks. Improving and maintaining sidewalks is an investment in healthy living by encouraging walking. For example:

- snow clearing of sidewalks and driveways is a recognized factor in preventing injuries which supports public health;
- widening sidewalks allows walking with a companion, and/or the use of a mobility scooter;
- high contrast paving (30% contrast in value) supports independence of the visually impaired;
- increasing housing density in central locations will increase resource efficiency while decreasing the need for vehicular traffic;
- locating housing near the 55+ Activity Centre will benefit its users.



The 55+ Activity Centre is a hub of Morden's senior community providing affordable community meals, recreation options and links to services.



Mixed-use neighbourhoods that allow shorter distances between home, work and recreation are the essence of walkable, sustainable and convenient lifestyles for everyone.



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Opportunities



Visitable Housing

Providing a zero-step entry and a wheelchair-accessible main floor accommodates those with mobility issues. A policy to build all new housing 'visitable' will help save on future renovation costs and assist individuals to age-in-place, maintaining strong communities and minimizing the length of hospital stays, since the risk of stair-related falls is greatly reduced.



retrieved from: http://www.cmhc-schl.gc.ca/en/co/renoho/refash/refash_026.cfm

Secondary Suites

Granny flats, basement suites, garage suites, garden suites and guesthouses are affordable ways to keep loved ones close by, yet independant. They facilitate affordable aging-in-place, and build urban density with minimal new infrastructure. Provincial incentives exist.



Old Tabor Home

With the new Tabor Home development, there may be an opportunity to upgrade the old facility for other uses.



Infill Housing

There is room for incremental growth in central Morden instead of sprawling, thereby lessening the need for new infrastructure and controlling maintenance costs. Infill housing will also encourage neighbourhood renewal in older areas.



■ smaller retail/commercial ■ new multi-family residential
■ large retail ■ 55+ activity centre, gathering place

Proposed New Housing, Retail and Community Development

Increase Housing for Seniors

Morden is growing, and needs to accommodate this growth in a sustainable way, ensuring that it can continue to provide a rich and healthy lifestyle in the face of climatic, demographic and economic change.

Morden needs to make sure that viable housing alternatives are available so all residents, especially the most vulnerable, are able to live in comfort, dignity and fulfillment. Encouraging sustainable and healthy housing will be of the utmost priority in the coming decades.

With the increasing scarcity and cost of fossil fuels, and the recognition that habits of the past will not be viable for future generations, Morden needs to prepare for these changes by ensuring that the town remains walkable.

Natural Environment & Green Living

A beautiful and lush natural environment shelters wildlife, enhances quality of life for residents, and attracts tourists and immigrants. Trees provide shade in summer, protection from wind in winter, slow topsoil erosion, and create beauty.

Morden also has a strong tradition of innovation in agriculture and industry to draw upon: the Morden Research Centre; a wealth of manufacturing and health care expertise; and thriving local businesses provide partnership opportunities. Morden is well-placed to take a leadership role in this regard, and should seek innovative ways to encourage families and individuals to improve environmental practices at every level, in every sphere, including the industrial and health care sectors.



Proposed New Housing, Retail and Community Development

- low maintenance landscaping will minimize water, herbicide and pesticide use while supporting the Morden research station;
- promoting organic growing practices and eating local will help keep people, the land, and waterways healthy. Integrating garden plots with housing developments will support local eating and minimize driving. Raised garden beds are helpful for seniors;
- advances are being made that make trees more viable in urban spaces and Morden stands to benefit greatly from these;
- new housing should minimize energy usage, while providing beautiful views in a convenient location;
- encouraging and supporting green industry and technology will help build an innovative future for Morden.



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Strengths



Photo: <http://umanitoba.ca/libraries/archives/tribune>

Rich History

Morden's unique and interesting history and its rich built heritage are great assets on which to build for the future. Many historic buildings in the downtown area give an authentic ambience that is a valuable cultural resource that is the centerpiece of a vibrant community.



55+ Activity Centre

The Morden Friendship & Activity Centre is a community hub for digital, print and word-of-mouth information. Providing linkages to a wide variety of services including fitness classes, meals, equipment rentals, driving services, home maintenance services and more.



Social Centres

Churches and community centres provide opportunities for social inclusion and civic participation. Volunteerism is an important way for older adults to stay connected and active, both as givers and receivers.

Opportunities



Intergenerational Activities

Encouraging events that appeal to all ages will help build families and communities. Bringing together children and older adults will help build understanding, respect and mutual learning. Opportunities for integrating facilities and services in education, arts or recreation are some areas to investigate.



Photo: <http://www.jempolr.com/images>

Seniors' Playgrounds

Seniors playgrounds are a new and innovative idea for outdoor recreation and offer fitness and fun for adults. Also, locating children's playgrounds near seniors' housing ensures ample supervision and can bring generations together for fresh air and exercise.



Access to Information

Ensuring older adults have access to reliable sources of community and civic information helps individuals live rich, active and engaged lives and facilitates aging-in-place.



Photo: <http://www.wkcc.ca/>

Year-Round Activities

Winter isolation can be a concern in cold climates, especially for those with restricted movement or on fixed incomes. Finding new ways to connect with those who live alone is important. Some influencing factors include efficient snow removal, availability of transportation options and a variety of affordable events.



Enhancing Connections

Linking existing amenities together with walking paths or sidewalks will increase opportunities for people to get outside and participate in social activities. It is important to plan to link these sites and the new seniors development at the east end of town.



Attractions

The Canadian Fossil Discovery Centre is a Manitoba Star Attraction. The Access Centre also provides conference and banquet facilities, indoor ice sheets, a children's indoor playground and community offices.

South-East Development

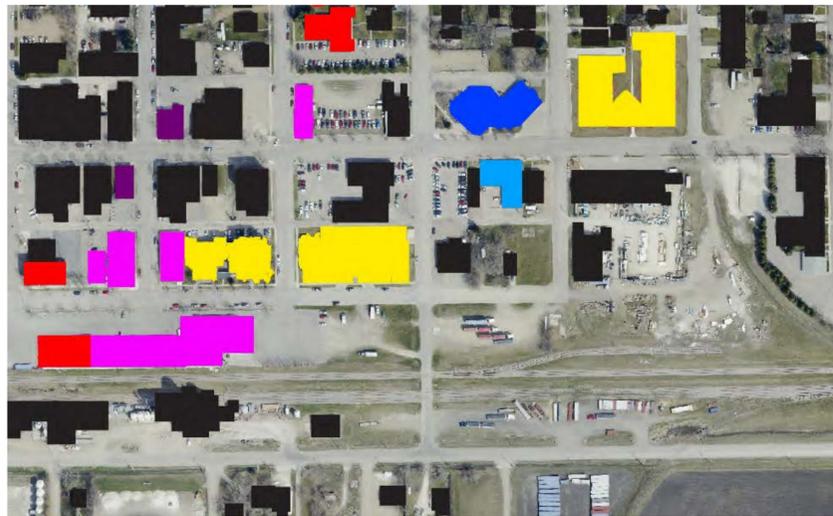
Recognizing that a large number of seniors live downtown in Morden, we feel that priority should be given to creating a positive and walkable social space close to downtown. The development envisioned on this poster takes advantage of under-utilized land in the southeast corner of town, along North Railway and South Railway Streets.

This site is close to the health care precinct, the 5+ Activity Centre, and downtown shopping and services. It provides walkability to the facilities that seniors use regularly

(health care, banks and shopping) and the ability to age-in-place with convenience and comfort, close to family and friends.

Avoiding the heavy traffic of major highways is an advantage to residents because slower and quieter streets are easier and safer for pedestrians, scooter drivers, cyclists and children to travel.

In this plan, 5th Street becomes a major linkage between the north and the south sides of the tracks for pedestrians, cyclists, buses, and cars.



■ Social Centres ■ Multi-Family Res. ■ Retail/Banks... ■ Institutions/Health
Photo: Town of Morden with Overlay

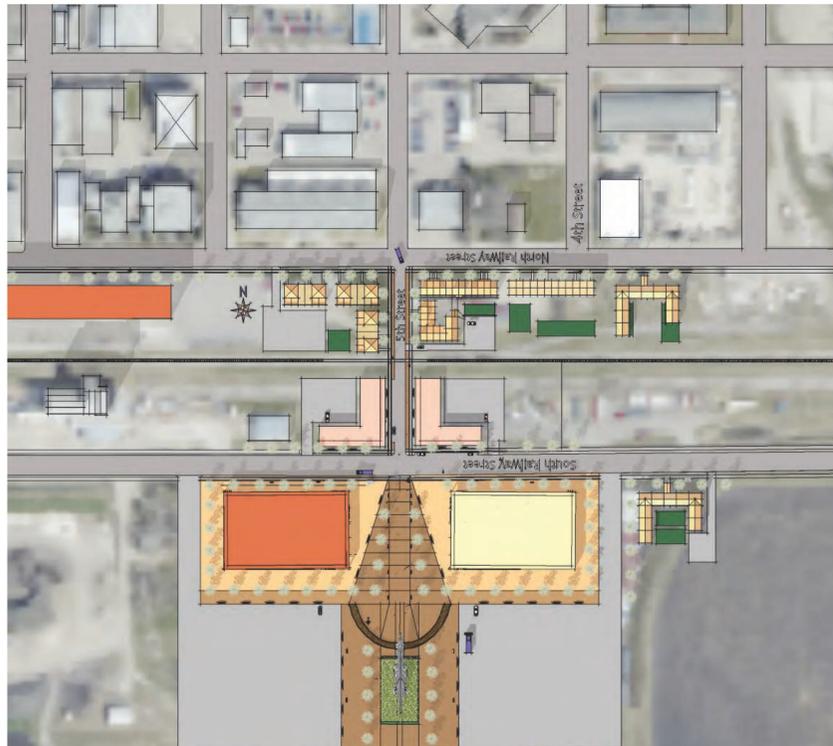


Photo: Town of Morden with Overlay



Intersection of 5th Railway St. & 5th St. (Facing West)



Intersection of 5th Railway St. & 5th St. (Facing East)



Morden Mosasaur in the Plaza



Bird's eye view of 5th East Development



5th Railway St. facing the proposed plaza

Features

The Southeast Development project seeks to incorporate density of housing close to downtown Morden. This vision creates a walkable neighbourhood and incorporates many different social activities.

The rail yards are an important aspect of Morden's history. Though trains are infrequent, they remind us of Morden's past and provide a powerful landmark in the centre of town.

Morden Plaza: Morden is a proud international community. Recognizing the strength of this diversity, the centerpiece of the southeast Development is a plaza lined with the flags of all the countries represented in Morden.

Large-scale retail: Space in an attractive central location close to downtown exists to house large scale retail such as a grocery or department store.

Social Centre: Adjacent to the retail facility, space exists for a local market, museum, swimming pool, concert venue, arts centre, bowling alley or other facility.

Morden Mosasaur: We imagine the time when dinosaurs inhabited glacial Lake Agassiz, where Morden now stands. The Morden Mosasaur swims through the waves of a Paleolithic garden, as through the waters of a vast lake. The Mosasaur is a tourist attraction for visitors; an educational opportunity; and a symbol of the history of this land. Seen against the wide horizon, we can begin to truly appreciate the size of this ancient creature. Interpretive panels and paving patterns complement the outdoor museum display, bringing natural history to life in the community.

The 5+ Activity Centre plays a large part in the lives of many Morden seniors. It provides meals, recreation, fitness, social events and links to services such as personal transportation, home maintenance and more. Its facilities have been expanded and re-imagined on its current site along North Railway Street.



North Railway St. & 5th St.



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