

Miami Valley Age-Friendly Network Quarterly Meeting



Outdoor Spaces and Buildings: November 15, 2023

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MIAMI VALLEY **AGE-
FRIENDLY NETWORK**

NOVEMBER 15, 2023

**OUTDOOR SPACES &
BUILDINGS**

Becky Benná
Retired CEO
Five Rivers MetroParks

NATIONAL AGE DEMOGRAPHIC TRENDS

The population of the United States is rapidly aging.

By 2030, 1 of every 5 people in the U.S. will be 65 or older.

By 2034, the number of adults older than 65 will be greater than the number of children under 18.

2020 REGIONAL AGE DEMOGRAPHICS

County	Under 18	65 & Older
Darke 21%	24%	
Greene 18%	21%	
Miami 19%	23%	
Montgomery 19%	22%	
Preble 21%	23%	
Shelby 17%	25%	
Warren	25%	16%

[How Has Our Nation's Population Changed? \(census.gov\)](https://www.census.gov)

COVID'S IMPACT

- Increased awareness & use of parks & amenities
- Importance of forest/nature bathing
- "Go to" destination for outdoor activities for all ages



PARK & RECREATION TRENDS

- Active Older Adults
- Safety and Accessibility
- Trails and Connections
- People and Pets
- Community Gatherings
- Fitness and Health
- Local and Healthy Food
- Extreme Weather & Disruptions
- Nature Connection & Protection



RESOURCES

NATIONAL RECREATION & PARKS ASSOCIATION


[Healthy Aging in Parks |
Initiatives | National
Recreation and Park
Association](#)



RESOURCES





AARP

www.AARP.org/LivableParks





Creating Parks and Public Spaces for People of All Ages

A Step-by-Step Guide



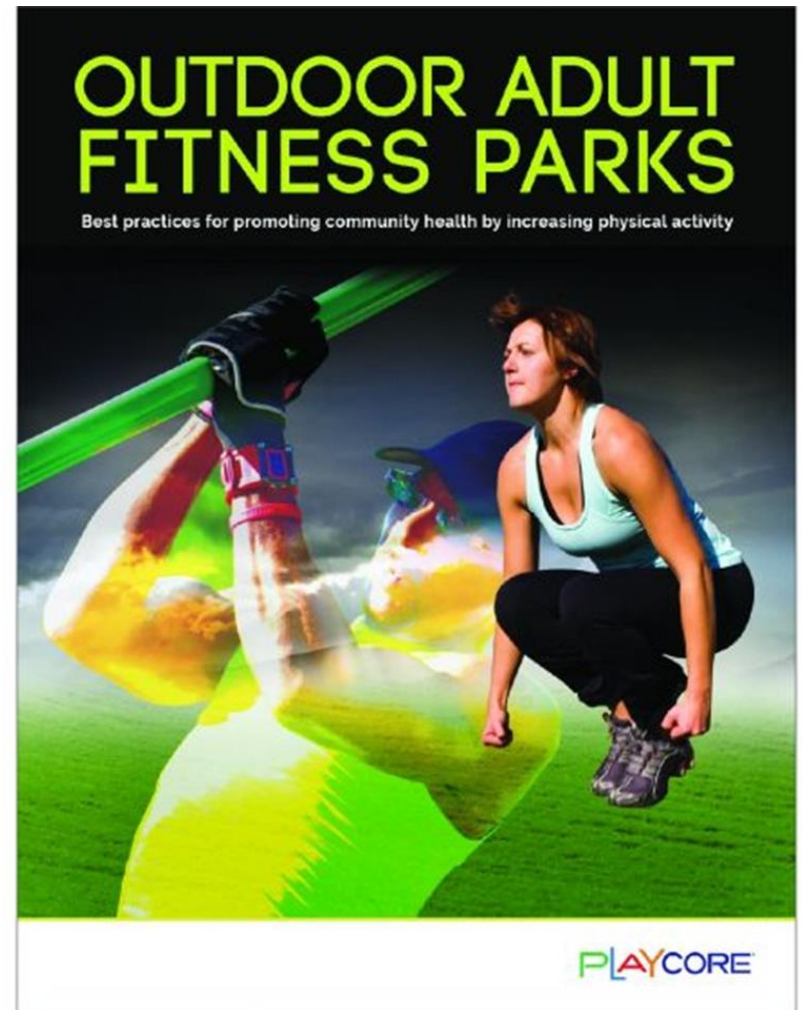
AARP.org/LivableParks



RESOURCES

CORE: CENTER FOR
OUTREACH, RESEARCH &
EDUCATION

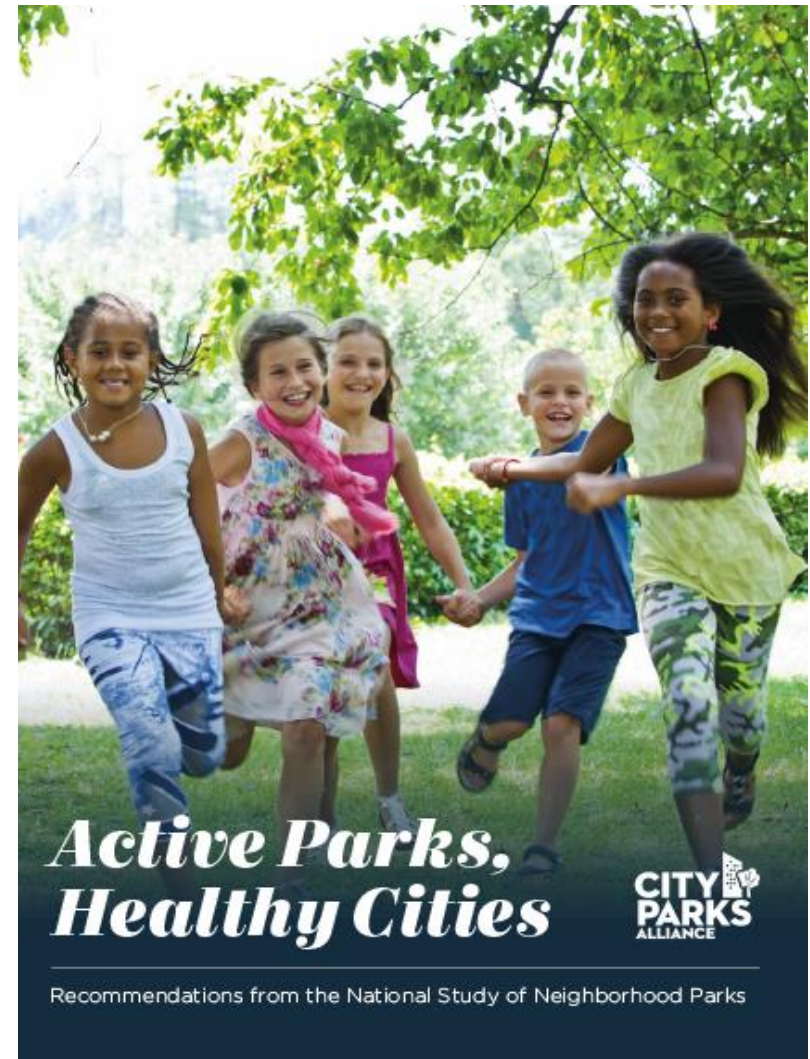
www.playcore.com/core



RESOURCES

CITY PARK ALLIANCE

Active Parks, Healthy Cities -
City Parks Alliance



RESOURCES

MIAMI VALLEY REGIONAL PLANNING COMMISSION

www.mvrpc.org/regional-planning/regional-planning-services/open-space-planning

Other Examples of Local Plans and Master Plans

www.metroparks.org

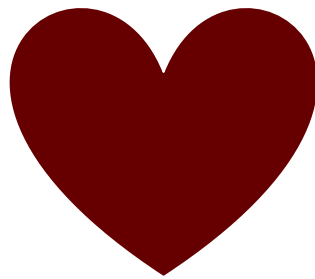
miamicountyparks.com

www.daytonohio.gov





THANK YOU!



AGE-FRIENDLY

DAYTON

Outdoor Spaces and Buildings



Ellen Sizer

8 Domains



Outdoor Spaces and Buildings



Transportation



Civic Participation and Employment



Communication and Information



Respect and Social Inclusion



Social Participation



Healthy Services and Community Supports



Housing

Outdoor Spaces and Buildings

Age Friendly Benches

- Increase the utilization of public parks, open spaces, and buildings
- Enhance Pedestrian Accessibility
- For Older Adults and Persons with Disabilities



Crew installs Age Friendly benches on the Clinton County Courthouse steps

Outdoor Spaces and Buildings

Traffic Calming

- Installed bump outs and remove unnecessary turn lanes



Crew installs bump outs in Clinton County, OH

Outdoor Spaces and Buildings

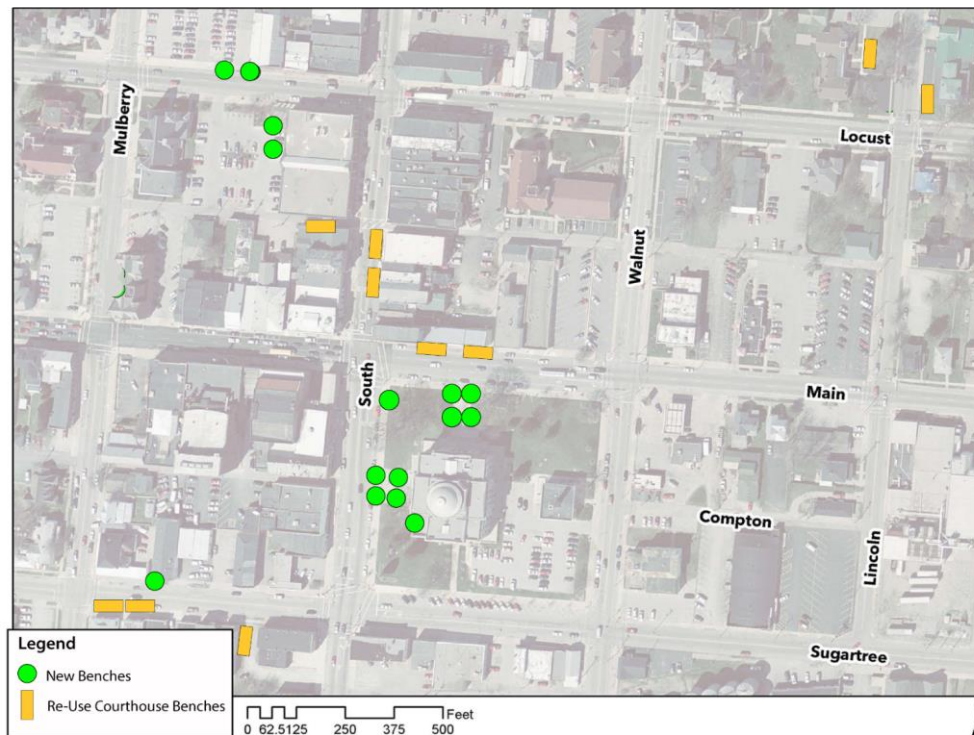
Trail Extensions

- 2022 Extended path 3.5 miles from Nelson Avenue to Ogden Road



Clinton County Trail, Luther Warren Peace Path looking toward Ogden Rd

Outdoor Spaces and Buildings





Miami County Park District

Mission: To conserve natural resources and enrich quality of life for the people of Miami County through stewardship, environmental education, *outdoor experiences*, and passive leisure activities.

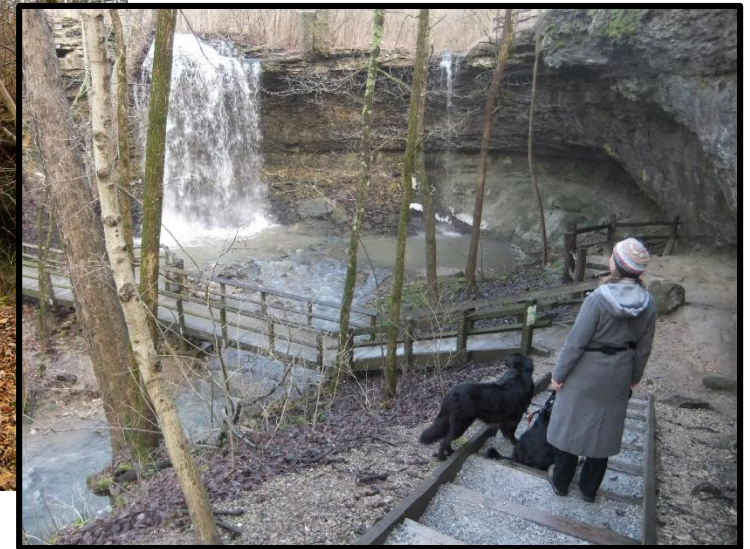
Outdoor Experiences: Provide quality outdoor experiences and open spaces that *connect people with nature*, promote stewardship and *enhance the livability* of Miami County.





Miami County Park District - Parks

Charleston Falls Preserve – 37-foot waterfall; limestone cliffs





Miami County Park District - Parks

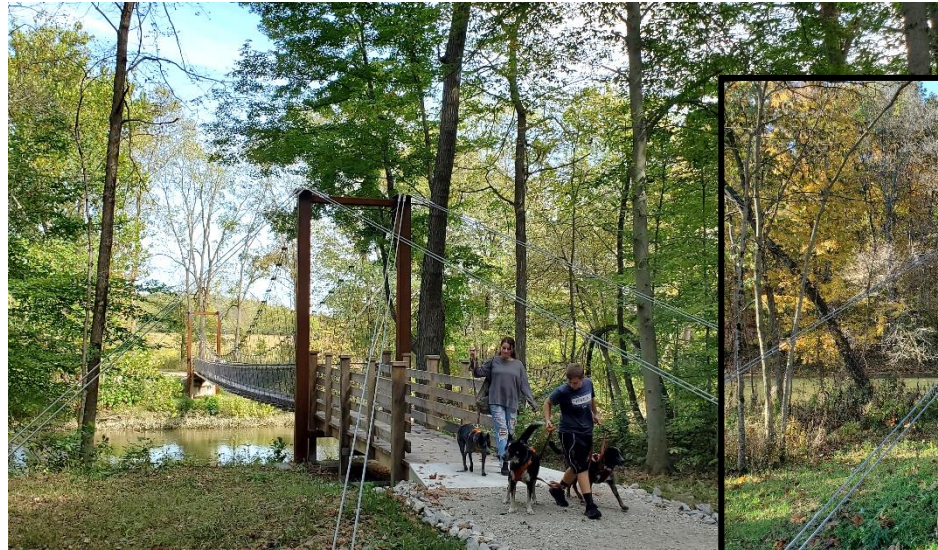
Charleston Falls Preserve – upper falls overlook developed 2010





Miami County Park District - Parks

Stillwater Prairie/Maple Ridge Connector – Suspension Bridge





Miami County Park District - Parks

Lost Creek Reserve – Heritage Hall





Miami County Park District - Programs

Adult Hikes and Naturalist-Led Programming – MCPD parks





Miami County Park District - Programs

Trail Run Challenge Series – MCPD parks





Miami County Park District - Programs

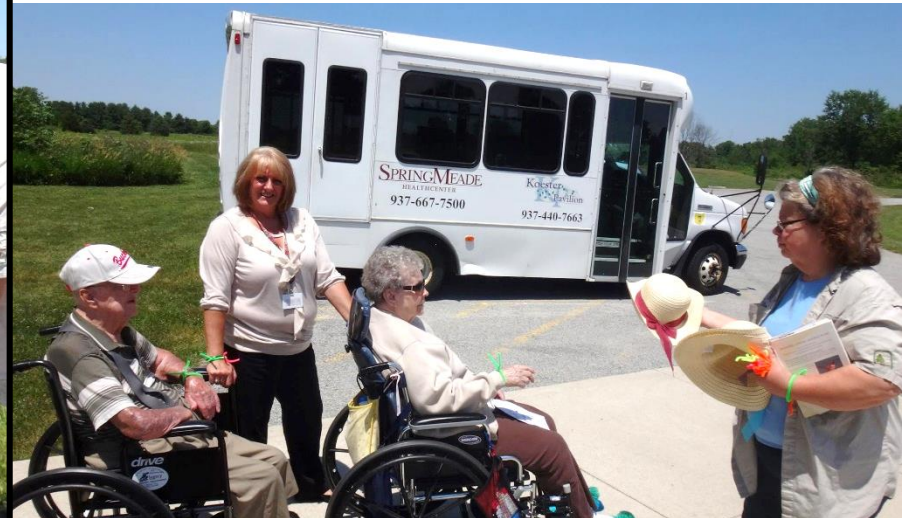
Tuesdays with Tonia – Assisted Living Facilities





Miami County Park District - Programs

Tuesdays with Tonia – various locations





Miami County Park District - Programs

Active Living Everyday – various locations



Search for continuing education



BROWSE BY SUBJECT ▾ FACULTY CENTER ▾ PROFESSIONAL EDUCATION ▾ STUDENT RESOURCES ▾ DISCOVER MORE ▾

Home > Active Living

Active Living



Active Living Resources

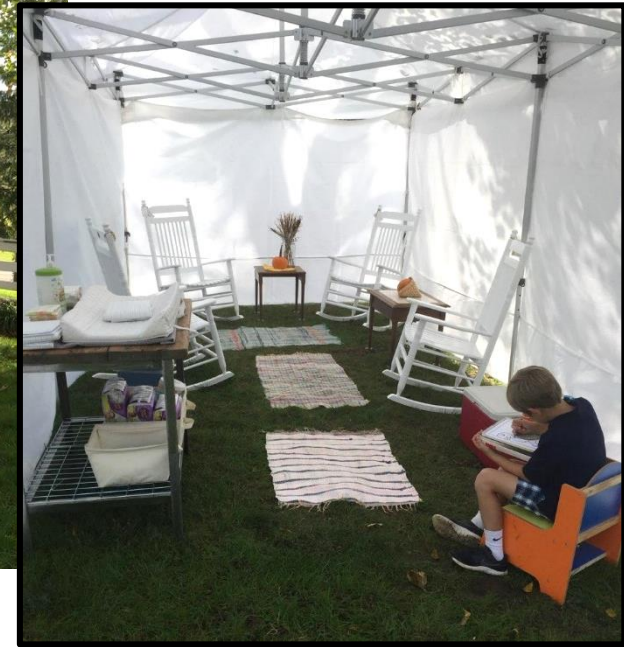
[Active Living Home](#)





Miami County Park District – Special Events

Fall Farm Festival – Lullaby Lounge





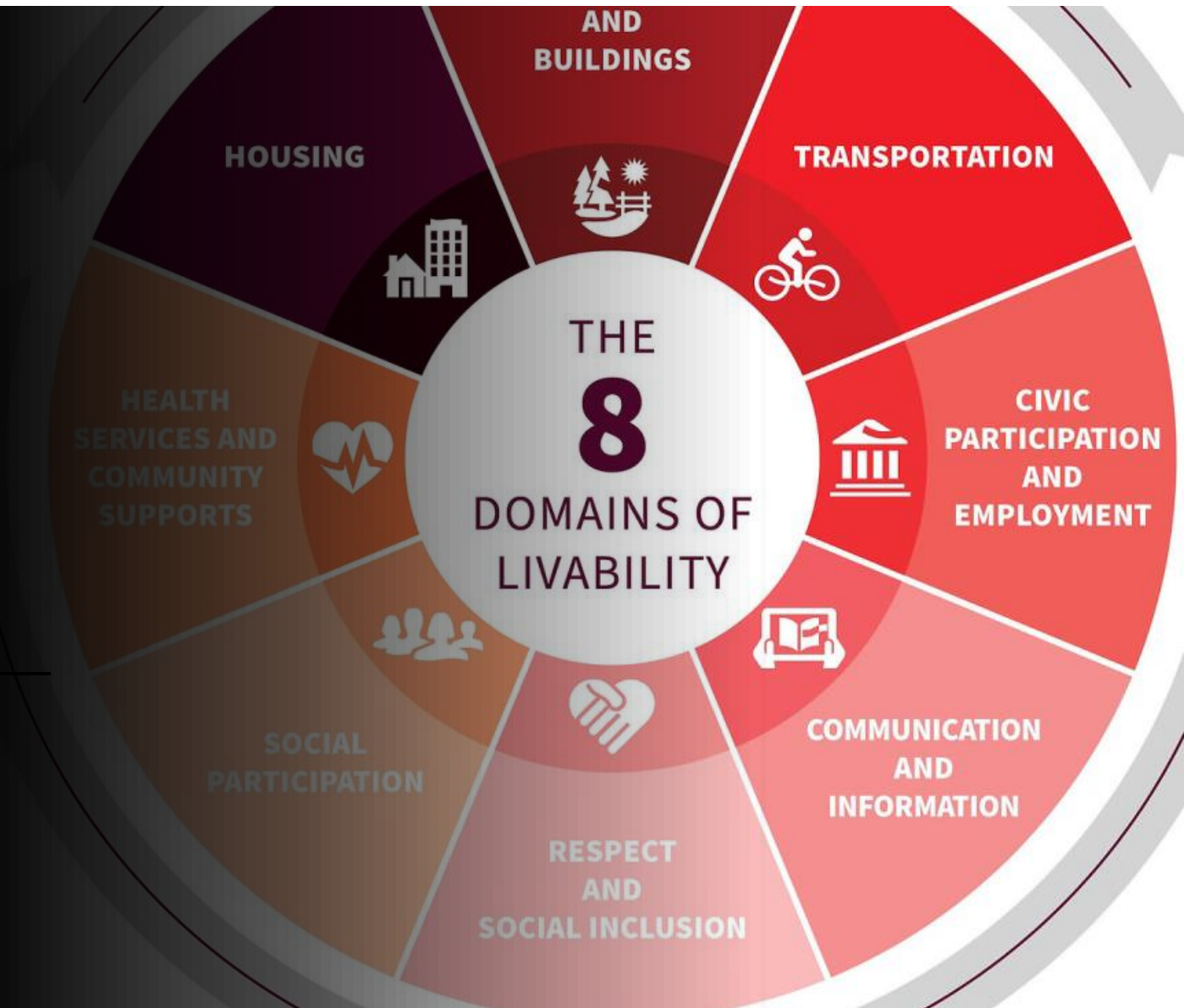
Miami County Park District – Special Events

Fall Farm Festival – Universal Changing Station



Harrison Township Age Friendly Community

2023 projects



Our Guiding Principles during project development

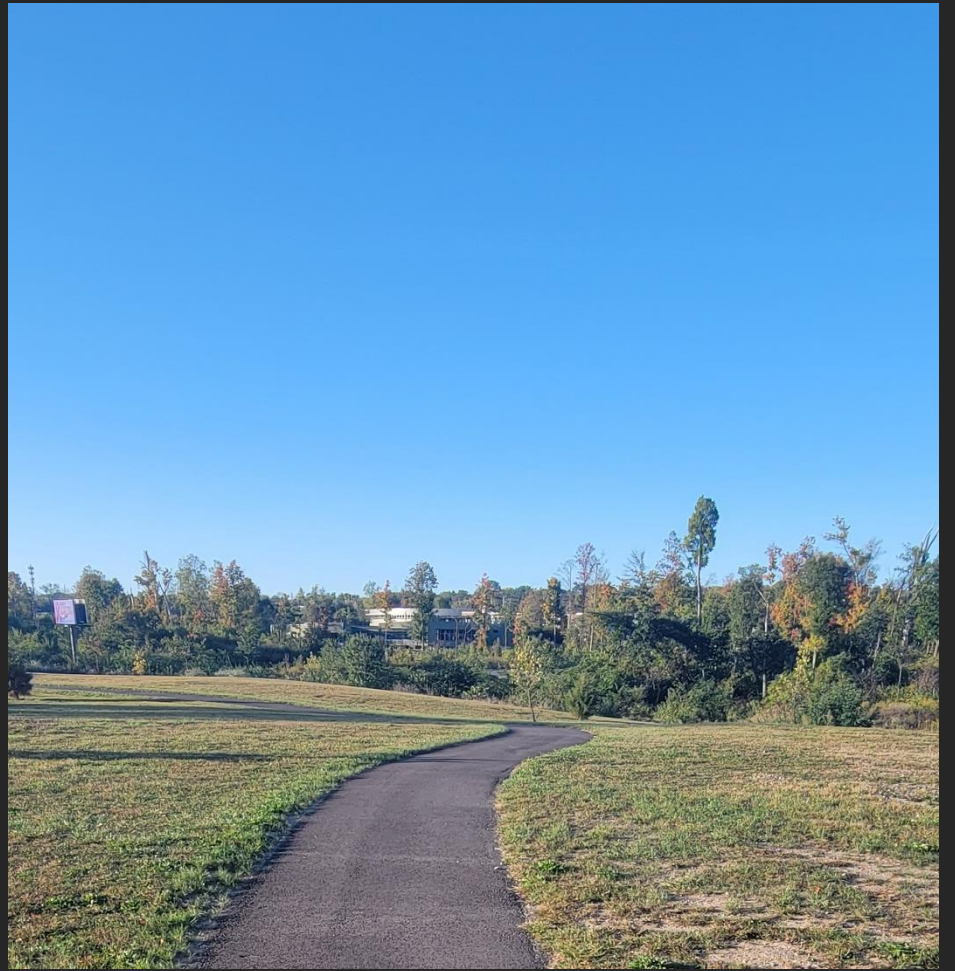
- What are the community needs?
- Will this project improve the lives of multiple age groups?
- Is the project sustainable?
- What type of maintenance and support will the project need 5 years into the future, and 10 years into the future?
- Does this project require and one time cost, or will it require a continued revenue stream to remain viable?
- How many of the 8 Domains of Livability will each individual project achieve?
- Does the community support the project socially and economically?
-

Project #1 Sinclair Park Multiuse Recreational Trail

- In 2023 the Harrison Township Board of trustees approved and funded the resurfacing and redesign of the Sinclair Park Multiuse Recreational trail.
- The trail is a two-loop design consisting of an outer loop of .75 miles and an inner loop of .25 miles.
- The trails is made up of a 60-inch-wide asphalt surface and has a slope rating of 2% or less wherever possible.
- Bench seating has been placed every 1/6th of a mile along the trail
- This trail provides recreation space for a suitable for all age groups.
- The metrics involved in the design lend themselves nicely to distance walking or running.
- The high traction flat surface make it easily navigable for people with any number of limited abilities.
- The width of the surface exceeds ADA requirements allowing wheelchairs on other assistance devices to easily use the facility.
- This project falls in 2 of the 8 Domains of Livability

Outdoor Spaces

Respect and Social Inclusion



Project #2 Sinclair Park Shelter 1

- This shelter was designed to act as a hub for park events.
- It is also reservable for social and family gatherings
- Key component of the design include an open-air covered section, and a large attached patio area with wheelchair accessible tables.
- The Shelter was positioned in a manner to allow for easy access to restroom facilities via a wide flat concrete sidewalk.
- This shelter is heavily used during the summer months. There is an event either public or private hosted here nearly every weekend.
- During events that are hosted by Harrison Township, this shelter is used for coordination, information sharing.
- This project fall into 5 of the 8 Domains of Livability

Outdoor Spaces

Civic Participation

communication and information

Respect and Social Inclusion

Social Participation



Project 3# Shiloh Park Play Set and ADA Access

- The recreation area at Shiloh Park was installed with 2 separate structures.
- One structure has been designed for children ages 1-5 years, and the other for children 6 years and up
- Like all other recreation areas, we have designed this space to be ADA accessible and provided provisions for multiple age groups
- The area is surrounded with a child safe plastic barrier and filled inside with rubber mulch in all fall zones
- Along with the play set we have provided bench seating on all four side of the play set to all adult to supervise their children while playing
- The pathway leading to this area is 60-inch-wide concrete sidewalk with an ADA access ramp at the entry of the play set.
- Adjacent to the recreation area are our tennis courts which have been lined for both Tennis and Pickle Ball allowing for activities by multiple age groups near one and other
- This project fall is 3 of the 8 Domains of Livability

Outdoor Spaces

Respect and Social Inclusion

Social Participation





Questions and Discussion