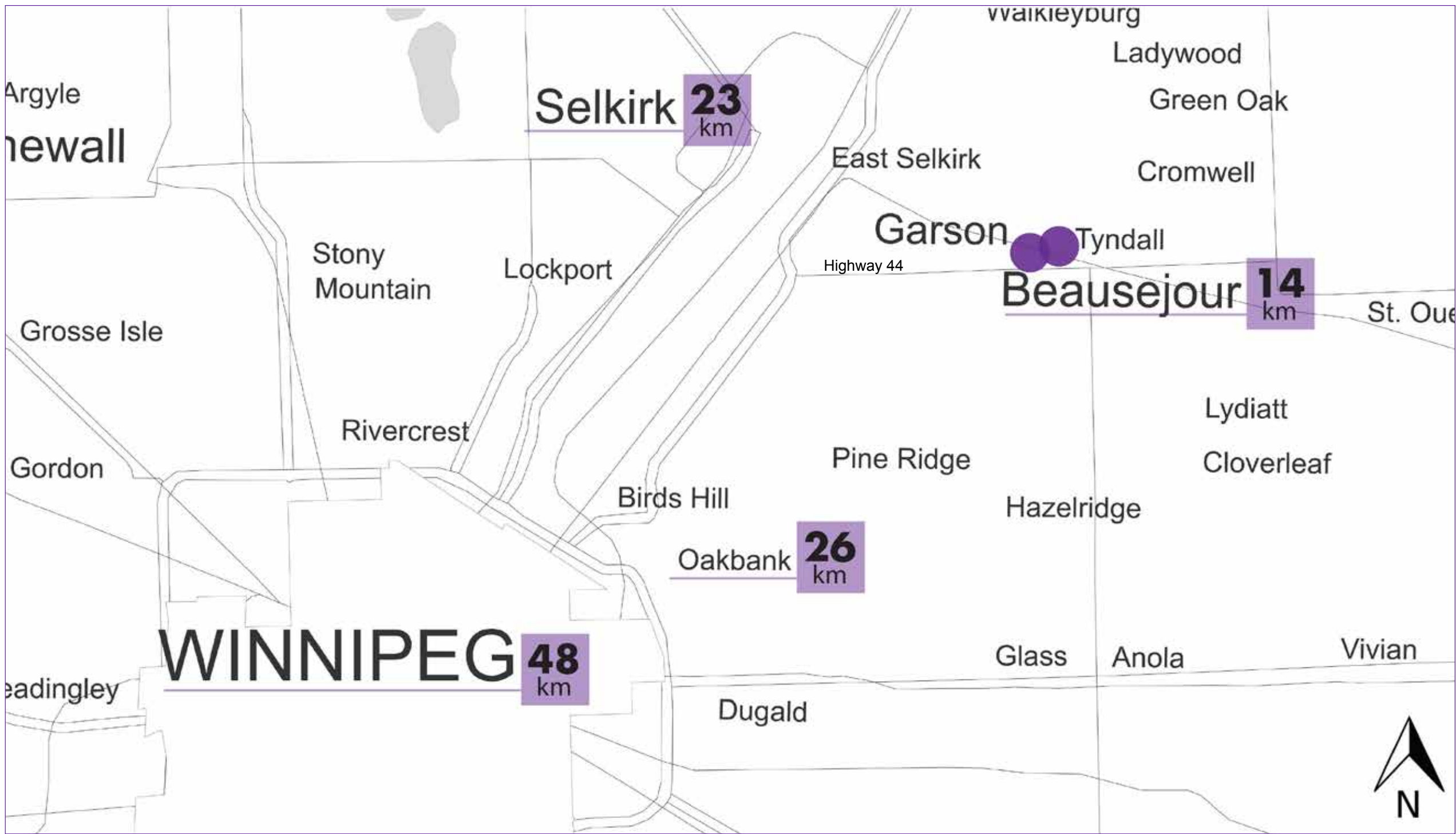


Age-Friendly Tyndall and Garson LUD Information

Location



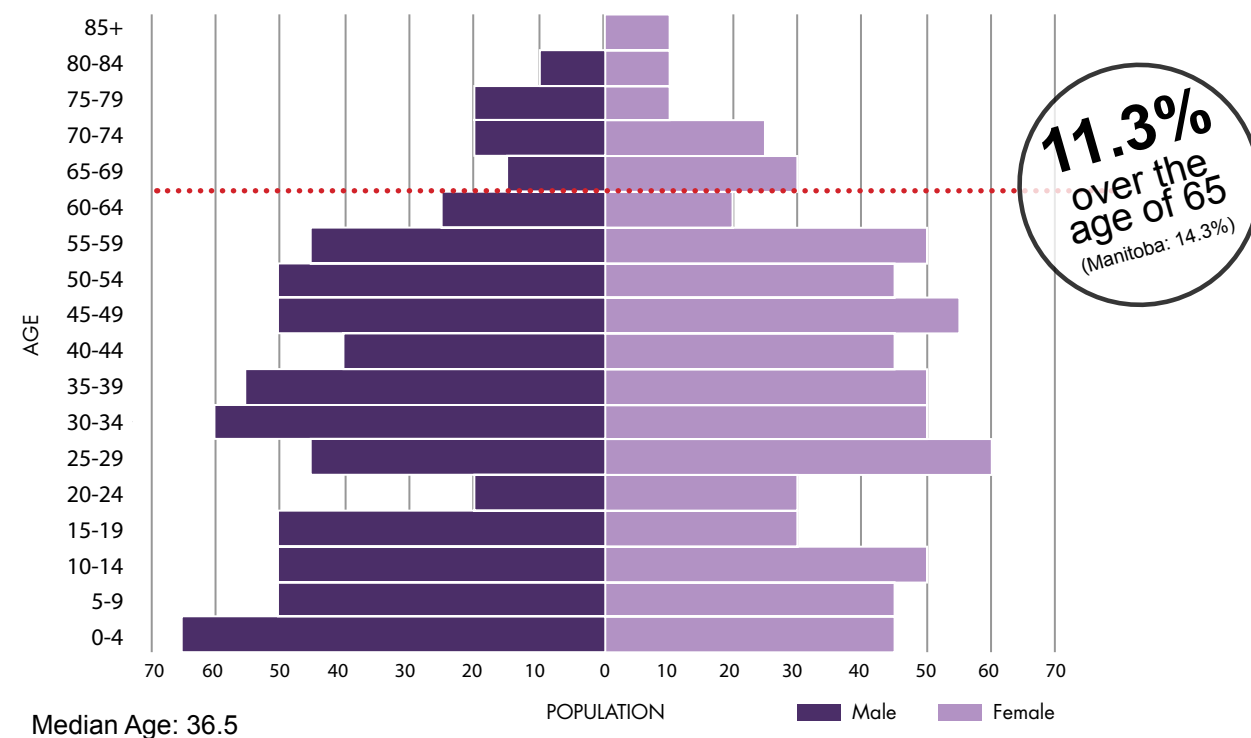
The Local Urban District (LUD) of Tyndall and Garson is located in the Rural Municipality of Brokenhead, Manitoba. Located on Highway 44, the LUD is in close proximity to Beausejour, and 48 km north east of Winnipeg.

Demographics

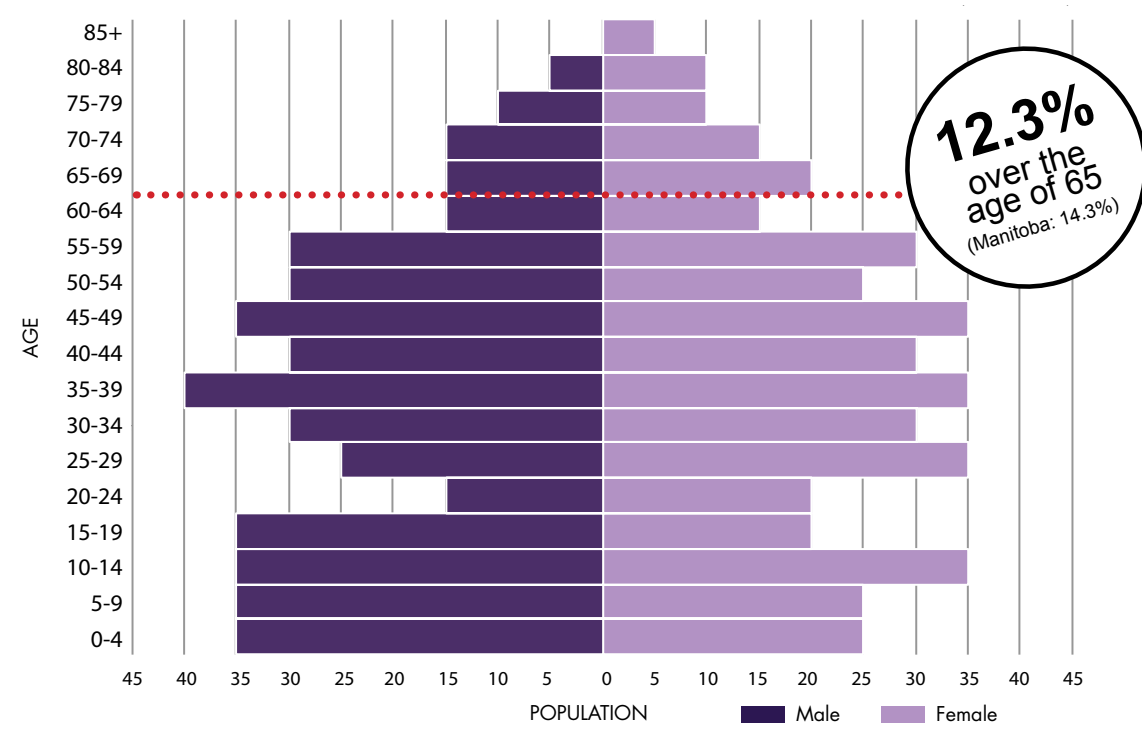
Population

Brokenhead RM	4,635
Tyndall	830
Garson	483
Beausejour	3,126
Selkirk	9,834
Oakbank	2,944
Winnipeg	663,617
Manitoba	1,208,628

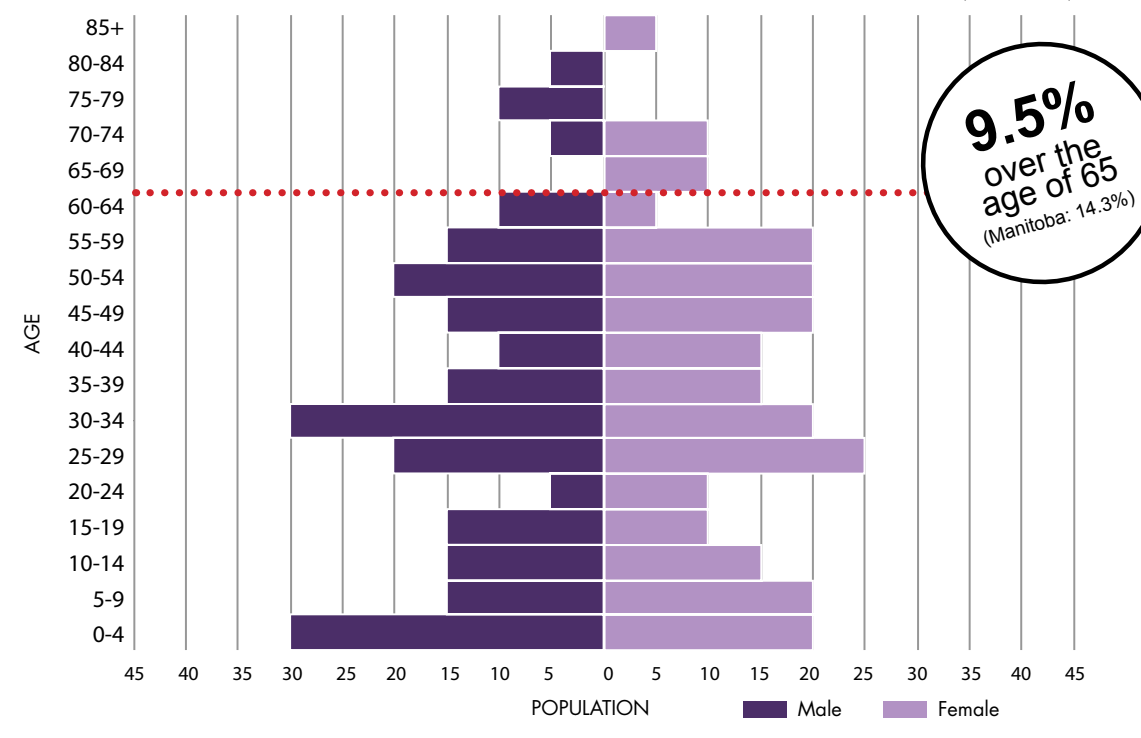
LUD Age Pyramid (2011)



Tyndall Age Pyramid (2011)



Garson Age Pyramid (2011)

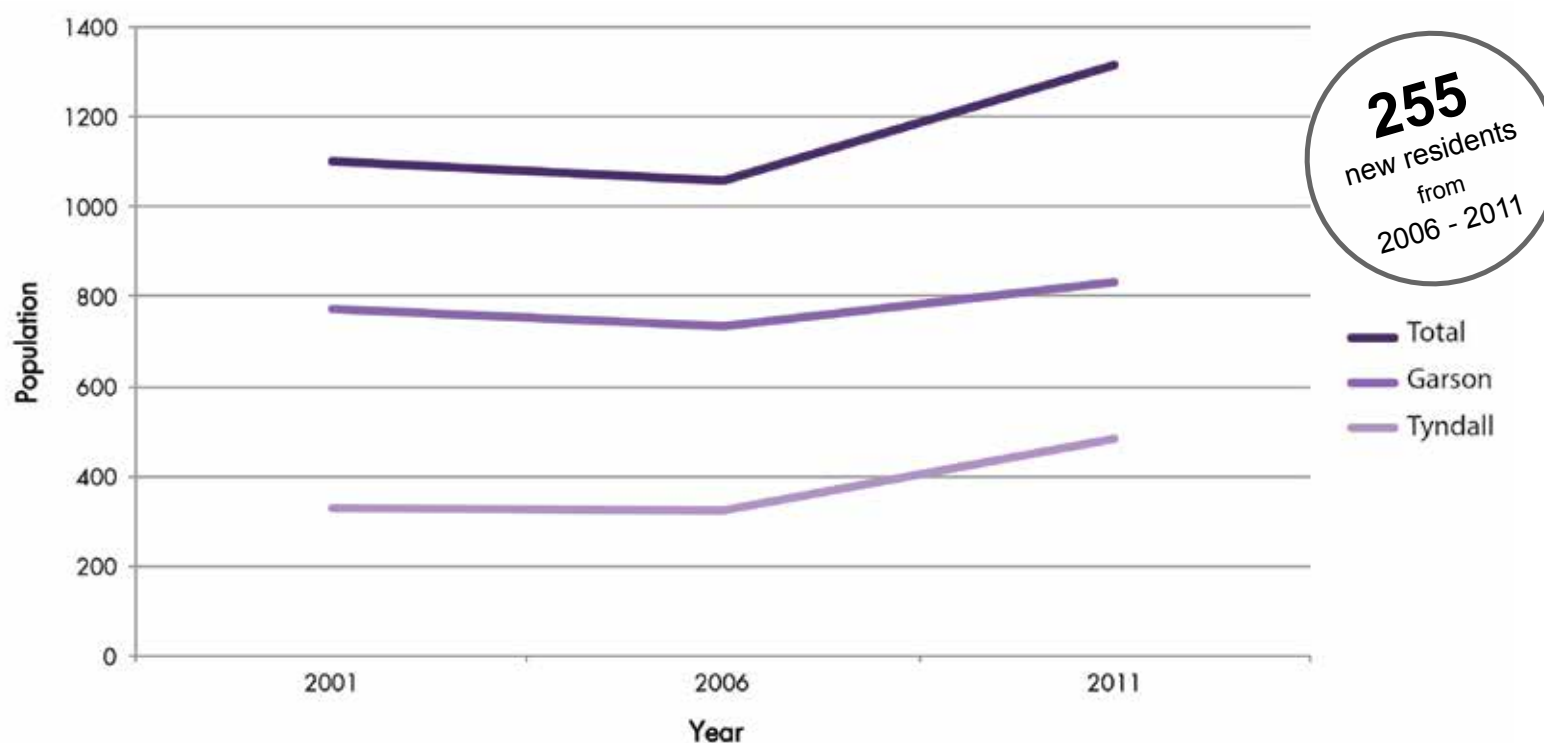


- 11.3% of the LUD population is over the age of 65, compared to 14.3% in Manitoba
- In Tyndall, 12.3% of the population is over the age of 65, compared to 9.5% in Garson

This demographic information gives the overall impression that Tyndall and Garson has a predominately younger population. Planning must consider the needs of those over the age of 65 in the short-term, but long-term planning must begin to ensure that as individuals get older they have the resources and infrastructure to comfortably age within the community.

Growth and Expansion

In order to facilitate growth and infrastructure improvements, the communities were merged into a Local Urban District (LUD) in 2003. Since this time, Tyndall and Garson have experienced significant growth. According to census data, since 2006, the population has grown by 24.1%, with primarily young families building homes in new residential developments. This rapid growth has begun to change the physical and social character of the community. As Tyndall and Garson continue to expand, the needs of the new population should be considered in future plans.



Historic grain elevator, Tyndall

History

People were drawn to the Tyndall and Garson area because they could make a living. First as fur traders, then as railroad workers, and then as farmers and workers in the lime, corwood and quarry industries. Tyndall was established as a settlement because it had a railway station (Warren & Warren, 1981, p. 109), while families settled in Garson in vicinity of the quarries. Garson's economy relied on the quarry and construction industry. The cyclical nature of this industry meant the village experienced many booms and busts, and influxes both into and out of the community. Gillis Quarry still operates and is in its fourth generation of family management.

Today Tyndall and Garson are commuter villages and have recently experienced a housing boom. The catalyst behind recent development is the new water and waste water infrastructure implemented in 2006. Prior to this infrastructure investment everyone had their own well as "generally wells were easy to dig, about 12 to 14 feet to get water, and there were numerous open springs" (Warren & Warren, 1981, p. 111). In July 2000, both communities were put on boil water advisories after it was discovered that the upper groundwater aquifer was contaminated. The challenge of financing new water and waste-water systems spurred the amalgamation of the Village of Garson and the Rural Municipality (RM) of Brokenhead in 2003.



Limestone quarry, Garson, 1927



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Typical residential street, Tyndall



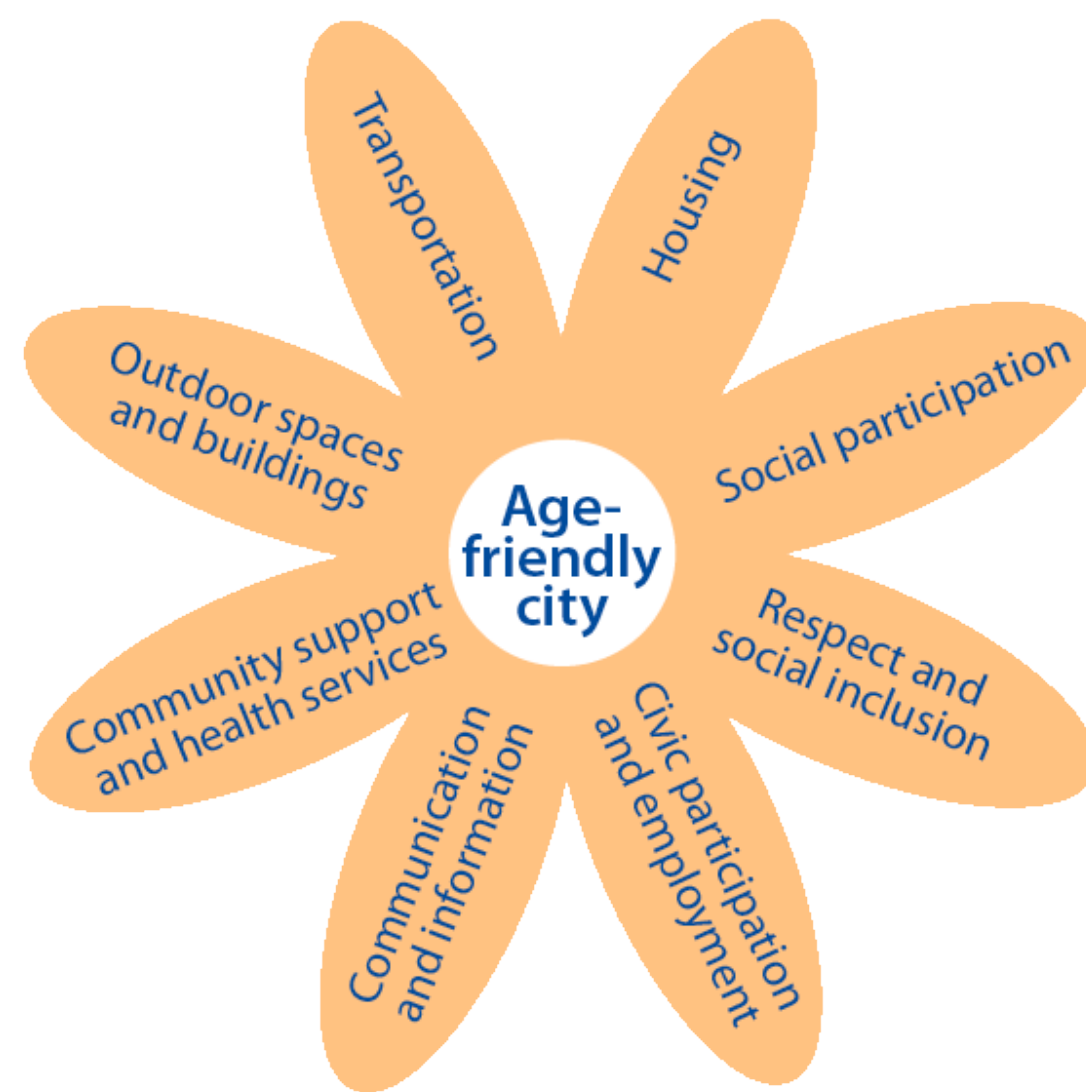
Historic Ukrainian Orthodox Church, Tyndall



Why is age-friendly planning important?

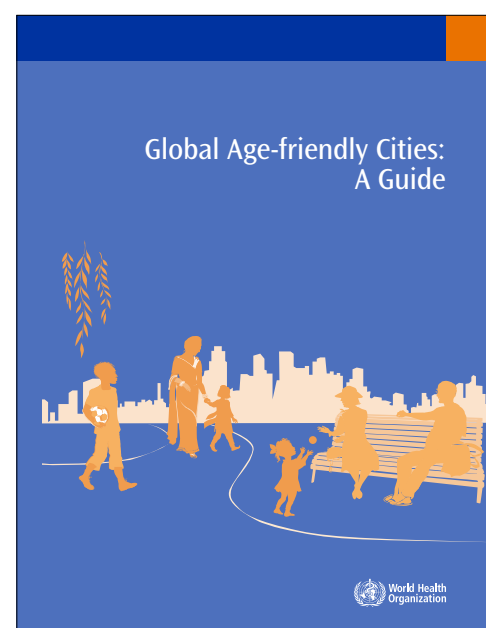
The world's population is aging and the number of adults over the age of 65 is rapidly increasing. As people age, they look for opportunities to remain healthy and active, participate in social activities, feel respected and included, have fun and, most importantly, age in their current homes and communities. Planning and designing for age-friendly communities is essential in order to meet the needs and wants of this growing demographic.

Age-Friendly Criteria



The World Health Organization (WHO) examined age-friendly communities through several categories: housing, transportation, outdoor spaces and buildings, social participation, respect and social inclusion, civic participation and employment, communication and information, community support and health services. These categories were used to analyze Tyndall and Garson.

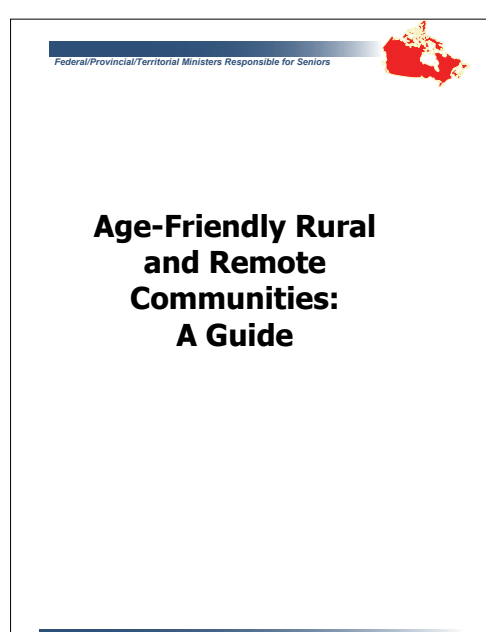
Guiding Documents



Global Age-Friendly Cities: A Guide

World Health Organization (WHO)

For this document, WHO interviewed older adults in 33 cities around the world. This guide considers their input and provides a comprehensive check-list of age-friendly criteria.



Age-Friendly Rural and Remote Communities

Public Health Agency of Canada

Building on previous research by the World Health Organization, this guide observes age-friendly criteria from a rural Canadian perspective. Research conducted through interviews and focus groups led to an adapted set of criteria that considers the unique needs of residents outside of major city centres. Information about specific rural concerns such as social isolation, access to services and amenities, transit and housing were particularly helpful for analyzing Tyndall and Garson.

“An age-friendly community adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.”

World Health Organization

Active Aging:
“A lifelong process of optimizing opportunities for health, participation and security in older life”

World Health Organization



Seniors participating in recreational activities in Columbus, Ohio

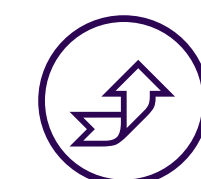
Age-Friendly Observation Overview

Planning for active aging in Tyndall and Garson is important and should consider: housing, transportation, building and outdoor spaces, and social infrastructure.

- The housing options and styles in Tyndall and Garson are limited. Currently, seniors looking to downsize into smaller homes, shared housing options and assisted living, for example, have to leave the community as there is no dedicated seniors housing, multi-family housing or secondary suites (such as basement suites, carriage houses or granny flats).
- Access to a vehicle is likely required because full service grocery stores and medical services, for example, are not available in Tyndall and Garson. Many older adults must go to nearby centres such as Beausejour, Selkirk, and Winnipeg, and there is currently limited public transportation options available.
- Overall, there are few sidewalks in Tyndall and Garson, and existing sidewalk infrastructure requires repair. The old highway in Garson (Garson Drive) and the provincial highway in Tyndall (Pierson Drive) have wider shoulders and present an opportunity to create walking and active transportation infrastructure. Centennial Park in Tyndall is a landmark in the community and is a large open space with the potential for a greater variety of uses.
- Garson has the possibility to create a stronger commercial hub that is within walking distance of the established residential area. Gillis School in Tyndall provides numerous opportunities for intergenerational programs. Community facilities and recreation facilities do exist in the community and could be better utilized with increased age-friendly programming.
- The community is experiencing significant growth and development and there are many opportunities to use existing infrastructure and available land to add more services, amenities and housing options to enhance the community, and make it more age-friendly.

Objectives

Based on our observations and analysis we developed the following objectives to guide our ideas and recommendations



Concentrate growth



Enhance the sense of place and identity



Create better physical connections



Expand community programming, services and amenities

Why is housing important?

A variety of housing design and options are integral to creating age-friendly communities (WHO, 2007). As many seniors live on fixed incomes, housing affordability becomes an important consideration. Providing a variety of accessible and affordable housing types allows seniors to actively age in place, without having to leave their community.

What we found

Strengths

- Perceived affordability of single-family houses
- Sense of pride and ownership in care of homes
- Manitoba Affordable Housing offered in each town
 - Follows the framework of universal design
 - Provides affordable housing options
 - In close proximity to nodes of activity
- Generally large lots allow room for infill development and secondary suites
- Increased tax revenue from growth and development
- Pause in development due to lagoon expansion allows time to re-examine opportunities to implement age-friendly housing and design in future growth.

Areas for Improvement

- Mostly single-family houses -- not many other types and tenures of housing and downsizing options available
- Minimal rental options
- Overall lack of age friendly housing:
 - Universal design could be used in new development to address safety and accessibility concerns
 - Increasing housing density could create more accessible and walkable communities
- No designated seniors housing
- Houses are not designed to be energy efficient
- Large lots, large set backs
 - Maintenance costs and labour (such as mowing lawns and shoveling driveways) may be difficult on older adults
- Rapid growth and development
 - New development should consider proximity to town centres, services and amenities

Ideas



1

SECONDARY SUITES are independent ground level rental units with a separate entrance, kitchen, bathroom, and living area



2

INFILL HOUSING focuses construction on unused and underutilized lands within unused spaces



4

DEDICATED SENIORS HOUSING allows older adults to age within their community while receiving the care and support they may require



3

MULTI-FAMILY HOUSING offers independent affordable living situations for people of all ages



Land use in Tyndall. Areas in gray indicate open space.



Land use in Garson. Areas in gray indicate open space.



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Why are buildings and outdoor spaces important?

Public buildings and outdoor spaces have a major impact on the mobility, independence and quality of life of older adults. Public spaces should be inclusive and inviting to people of all ages. Buildings and open spaces should be in close proximity to each other, connecting basic amenities through streets and pathways. In an age-friendly community, outdoor areas and public buildings should seek to be pleasant, safe, and accessible to all.

What we found

Strengths

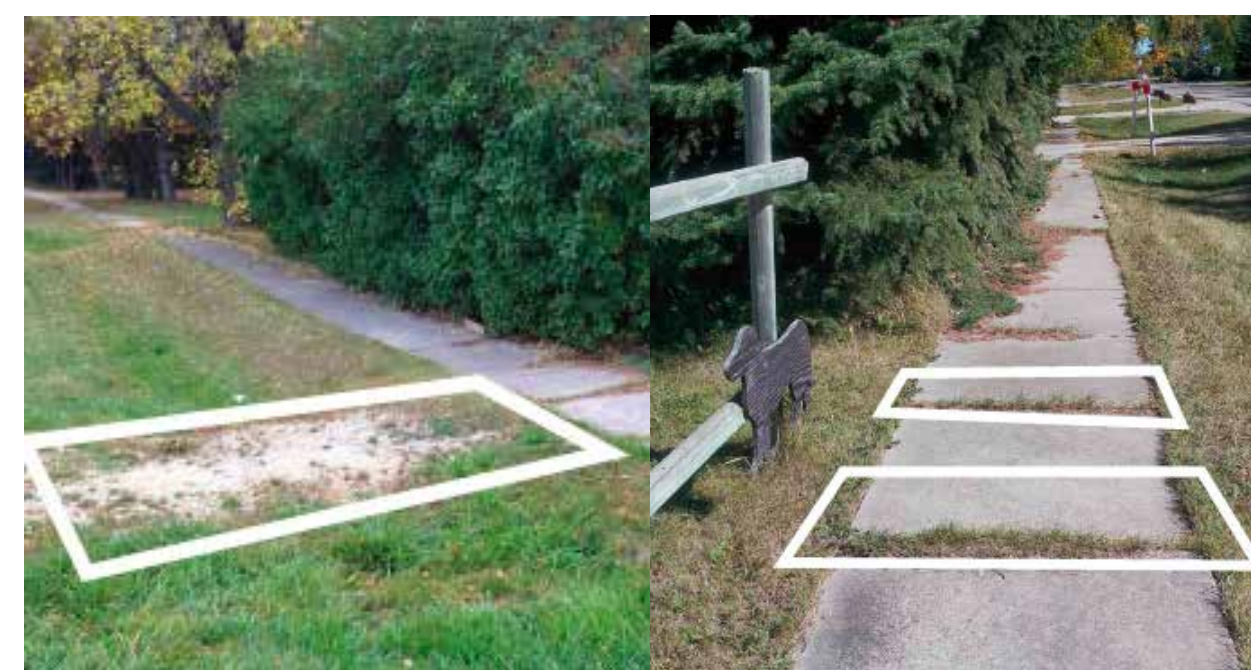
- Significant vacant lots and spaces within Tyndall and Garson provide opportunities for infill development and densification
- Walkable 400 meter radius in established area of Garson from the grocery store and restaurant
- Trees in the established areas of Tyndall and Garson create a comfortable, pleasant and walkable environment
- Gillis School and Tyndall Village Community Centre are useful multi-purpose buildings that are able to accommodate a range of activities
- Tyndall Centennial Park is an appropriate space to hold larger activities and gatherings for those within and outside the LUD

Areas for Improvement

- Areas of new development are designed more for vehicles and do not promote walking and active transportation
- Limited amount of space for people to informally gather, including restaurants, bars, cafes, picnic areas and patios
- No trees have been planted in areas of new development -- there are great opportunities for climatic tempering for energy savings
- Sidewalks are either non-existent or in need of repair and maintenance.
- There is no seating along roads and walking paths in Tyndall or Garson
- Street lighting is generally sparse and can affect visibility and the feeling of safety at night
- Landmarks, such as the grain elevator in Tyndall, could be celebrated more and used as a public destination
- There are limited places for children, especially youth, to play outdoors
- Surfaces around Garson Grocery and Garson Centennial Community Centre are uneven and may pose as barriers to wheelchair users.



Park spaces are underutilized, and require more shaded areas



Sidewalk infrastructure is missing or in need of repair

Ideas



- 11** **LANDMARKS** can be preserved and celebrated to develop a greater sense of community identity



- 12** **STREET LIGHTING** improves night time visibility and perceptions of safety



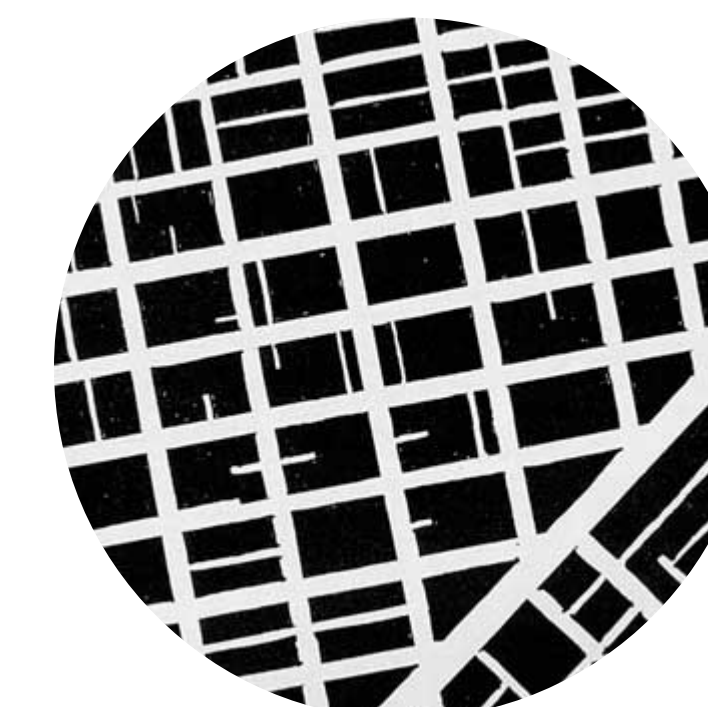
- 13** **PATHWAYS** should be wide and designed for multiple users



- 14** **SKATEBOARD PARKS** can be popular gathering places in a community and give youth an opportunity to be play outdoors



- 15** **BIOSWALES** modify ditch drainage systems to filter storm water before it enters devil creek to create low-impact development



- 16** **GRID PLANNING** is compact, walkable and sustainable.

Why is transportation important?

Transportation impacts seniors' autonomy and well-being as getting around the community and to health, recreational and social services is important. Accessible and affordable public transportation options are essential to ensure an active and healthy lifestyle.

What we found

Strengths

- School bus transports children between school and home
- The Beausejour Handivan is available to seniors by request
- Small size communities ensure walkable neighbourhoods, specifically in established areas of Garson
- Traffic, is generally light throughout Tyndall and Garson

Areas for Improvement

- Due to many residents commuting, there is a strong dependance on cars
- Getting from Tyndall to Garson easily and safely requires a vehicle
- No bus or public transit system
- No guarantee of Handivan availability
- Narrow roads make it hard for pedestrians, cyclists and motorists to share the street
- No places to lock bike aside from Gillis School
- No desgnted cycling or walking lanes, trails or paths

Ideas



17

VOLUNTEER DRIVER programs match up seniors and volunteer drivers.



18

BUS SHELTERS provide areas of rest and protection from the elements



19

MULTIPURPOSE PATH networks provide connections throughout towns and regions, encouraging sustainable transportation and recreation.



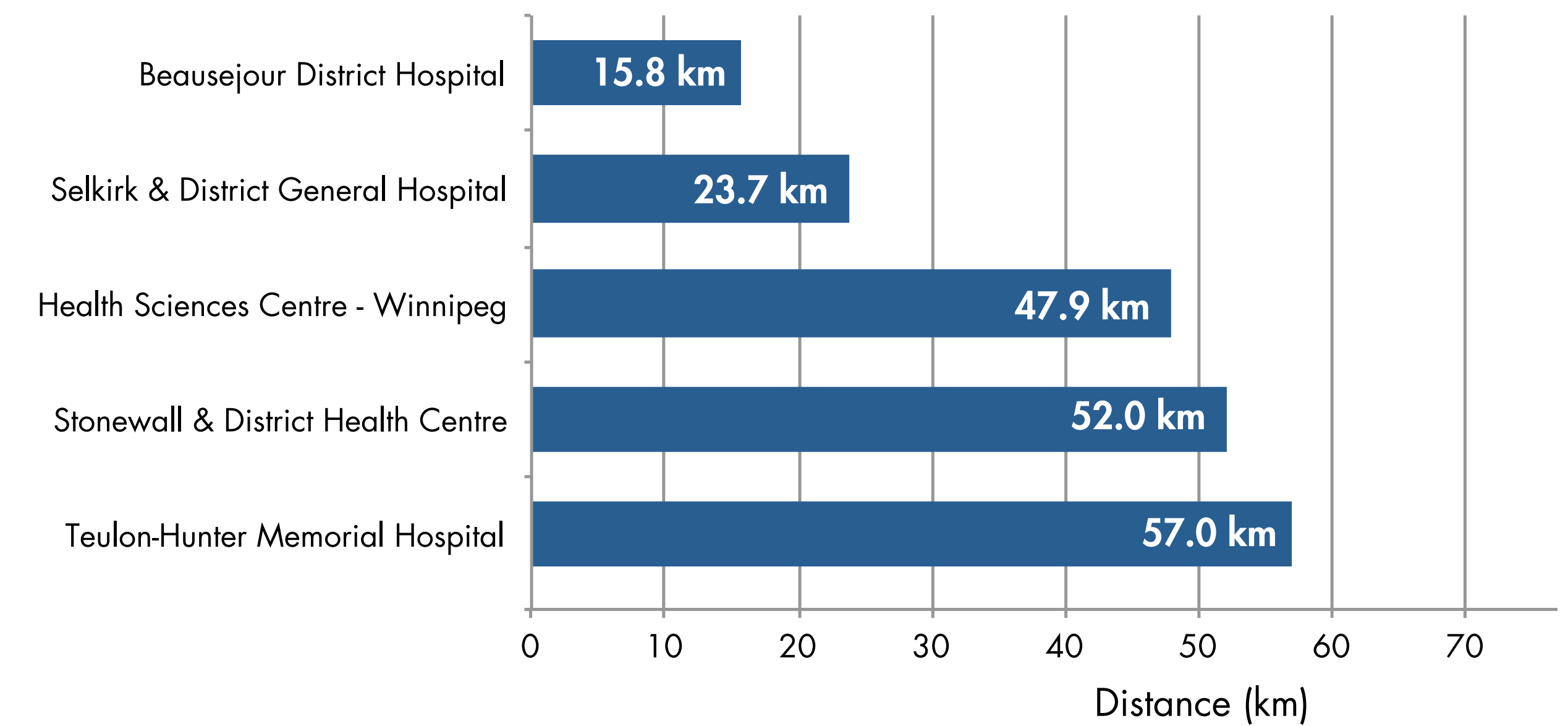
20

HANDIVAN services are a flexible and affordable way of providing transportation to seniors and people with limited mobility.



Dedicated lanes could be added to make cycling on roads safer

Distance to major health care



Sidewalk Network



Sidewalks in Tyndall shown in pink



Sidewalks in Garson shown in pink



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Why is social participation important?

Opportunities to participate in social activities are important as they contribute to the health and well-being of older adults. Buildings and programming that enable seniors to feel included, and which bring the community together, are important for the quality of life for all residents of Tyndall and Garson.

What we found

Strengths

- A smaller population makes it easier to have greater social connections within the community
- Strong local heritage of industry and community
- Various community facilities, such as Garson Centennial Centre and Tyndall Village Community Centre, are available and in good condition
- Religious institutions within the communities provide activities and opportunities of social inclusion.
- Recreational and leisure activities are widely promoted throughout the communities. Many events provide opportunities for social participation for community members
- Gillis School could connect older-adults with school-age children through intergenerational programs
- LUD meetings are open to the public, minutes are posted and civic participation is encouraged
- Communication is available locally through bulletin boards, the Clipper Weekly, the Garson Centennial Community Centre's Facebook page, and the Beausejour radio station

Areas for Improvement

- Many community facilities appear to be underused – hiring a recreational programmer for the LUD could address this
- There are few employment and volunteer opportunities
- There are a very small number of services and amenities within the LUD. Services and amenities missing include: grocery, retail, pharmacy, café, coffee shop, bank and a public library
- No health, emergency, or social agency services, including long-term care facilities are available for senior citizens
- Minimal informal gathering spaces such as restaurants and bars
- Few outdoor gathering spaces such as gardens and bandshells
- No formal recognition of seniors activities and achievements – what are they up to?
- No formal intergenerational programs
- Sense of social isolation persists within the communities



Information and events is communicated on message boards throughout both communities



Facilities in both communities are in good condition and could hold more age-friendly programming

Ideas



5

OUTDOOR EXERCISE EQUIPMENT implemented in existing green spaces promotes an active lifestyle and vibrancy in public spaces



7

BANDSTAND a multi-purpose outdoor gathering spot integrated into existing green space could enhance and foster activity in Centennial park



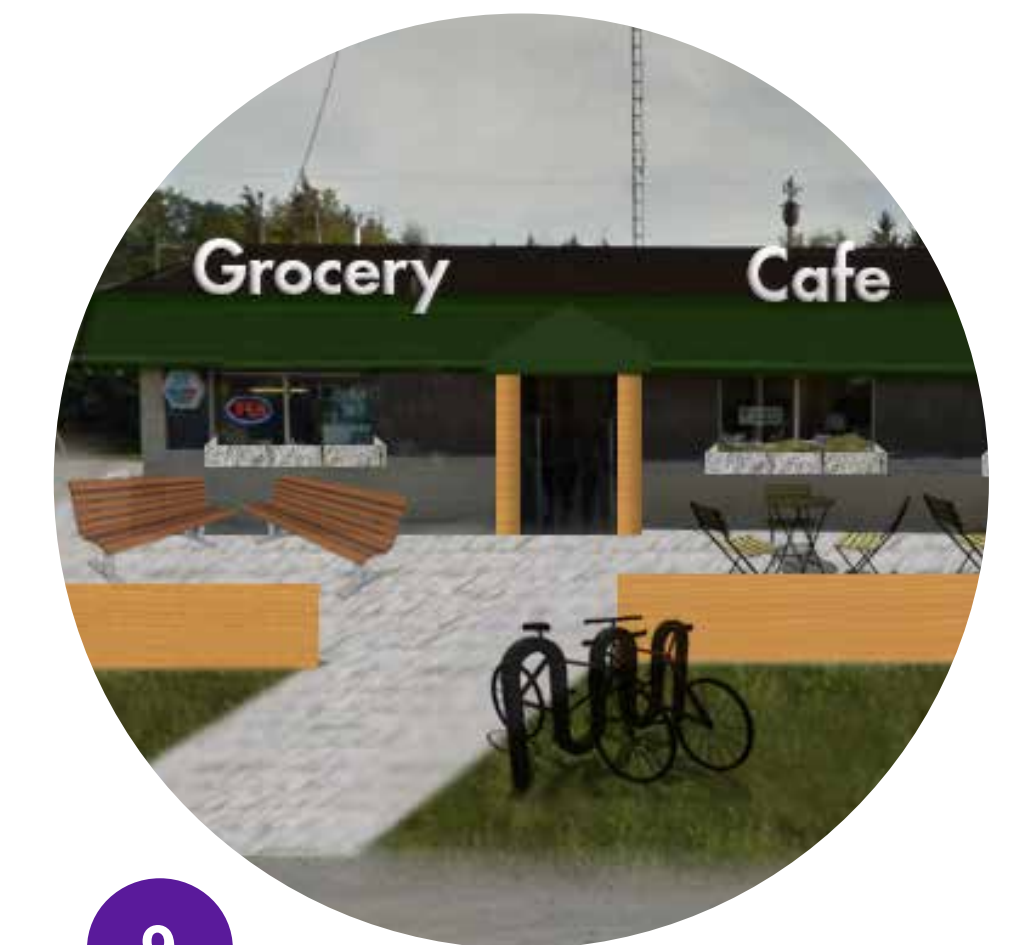
6

INTERGENERATIONAL OPPORTUNITIES IN SCHOOLS will allow the old to learn from the young and the young to learn from the old



8

COMMUNITY GARDENS are an opportunity to bring community members together



9

GARSON DRIVE UPGRADES Improvements to streets, greenspaces and businesses improves the physical and social atmosphere

10



LITTLE FREE LIBRARIES are built and run by individuals for their neighbourhood. They are centred around the idea of a shared honour system of books or other items

Age-Friendly Tyndall and Garson Areas of Focus



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Project focus

For this project five main areas of focus have been chosen. Each of these areas have many opportunities for improvement that will enhance Tyndall and Garson as age-friendly communities. The ultimate goal is to strengthen both locations on their own and add walking and cycling infrastructure to connect Tyndall and Garson.



An expanded trail network

Trails promote healthy and active living. A section of Canada's national trail runs through Tyndall. Developing local recreational trails provides an opportunity to connect to a larger network as well as connect Tyndall and Garson.

The **Trans Canada Trail** is a multi-use recreational trail network that stretches across Canada and goes through every province and territory.

The 110 kilometre long **Red River North Trail** runs from North Winnipeg to Grand Beach via Birds Hill, Lockport, Selkirk, and Tyndall.



The Garson Trail will connect Garson to the Red River North Trail. It will also provide a link between Garson and Tyndall. This trail will run along Garson Drive and past the Gillis Quarry as a way to promote awareness of the areas unique natural and industrial history.

The Tyndall Trail will run parallel to Devil's Creek, an important feature in the landscape. Running the trail along the creek will allow people to connect with the natural environment.

Accessible trails made of crusher fines, a crushed rock or limestone screening, is a great age-friendly alternative to concrete and asphalt. The material compacts well and provides good drainage.

Celebrating a rich history

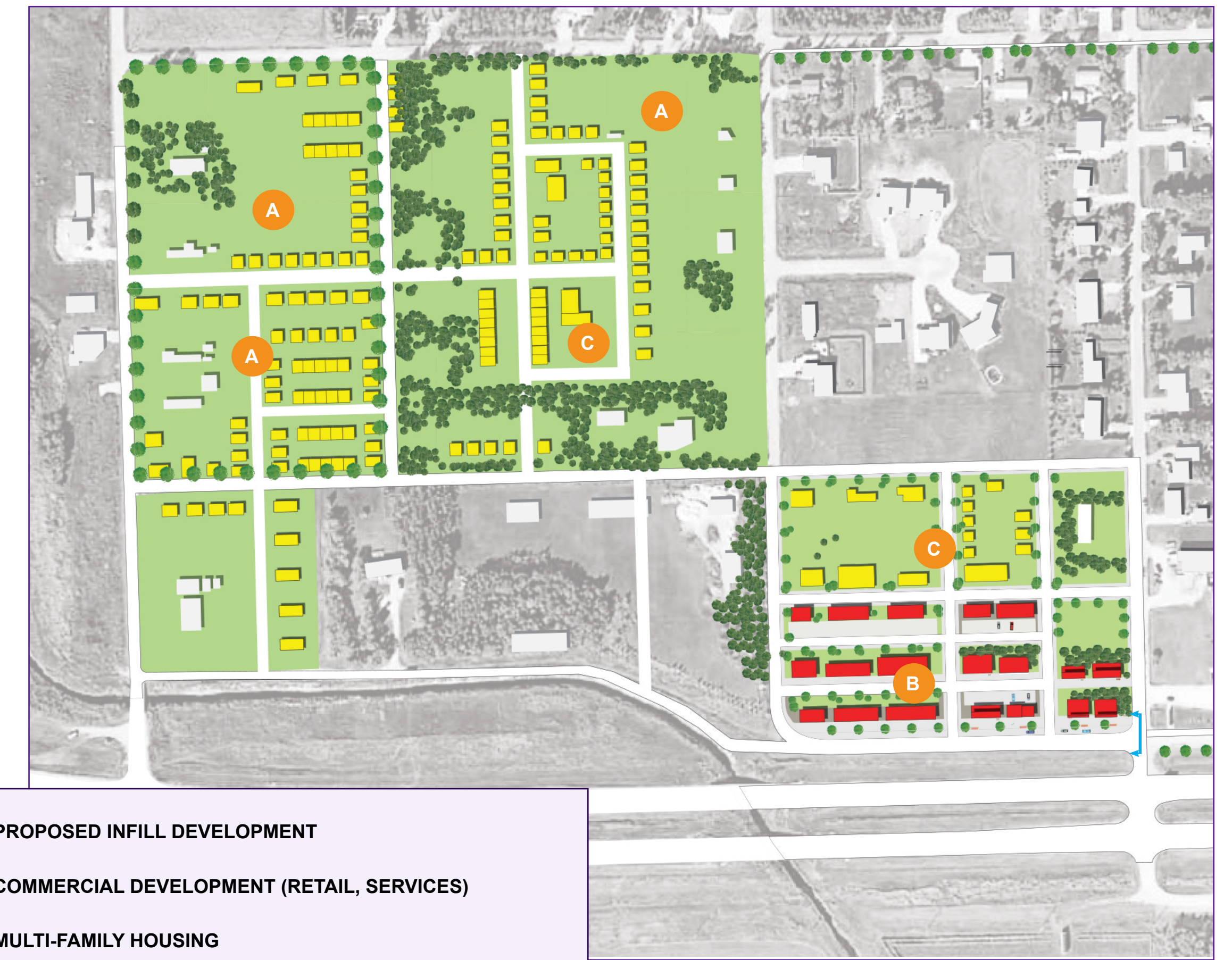
Trail markers are an opportunity to incorporate art in public places. and could be used along the trail to celebrate and explain the history of the quarries, the RM, the impressive natural environment and the iconic buildings in Canada that contain Tyndall stone. A landmark piece of public art at the corner of Garson Drive and Gillis Street could signify the history of the community.

Making Tyndall visible from the highway

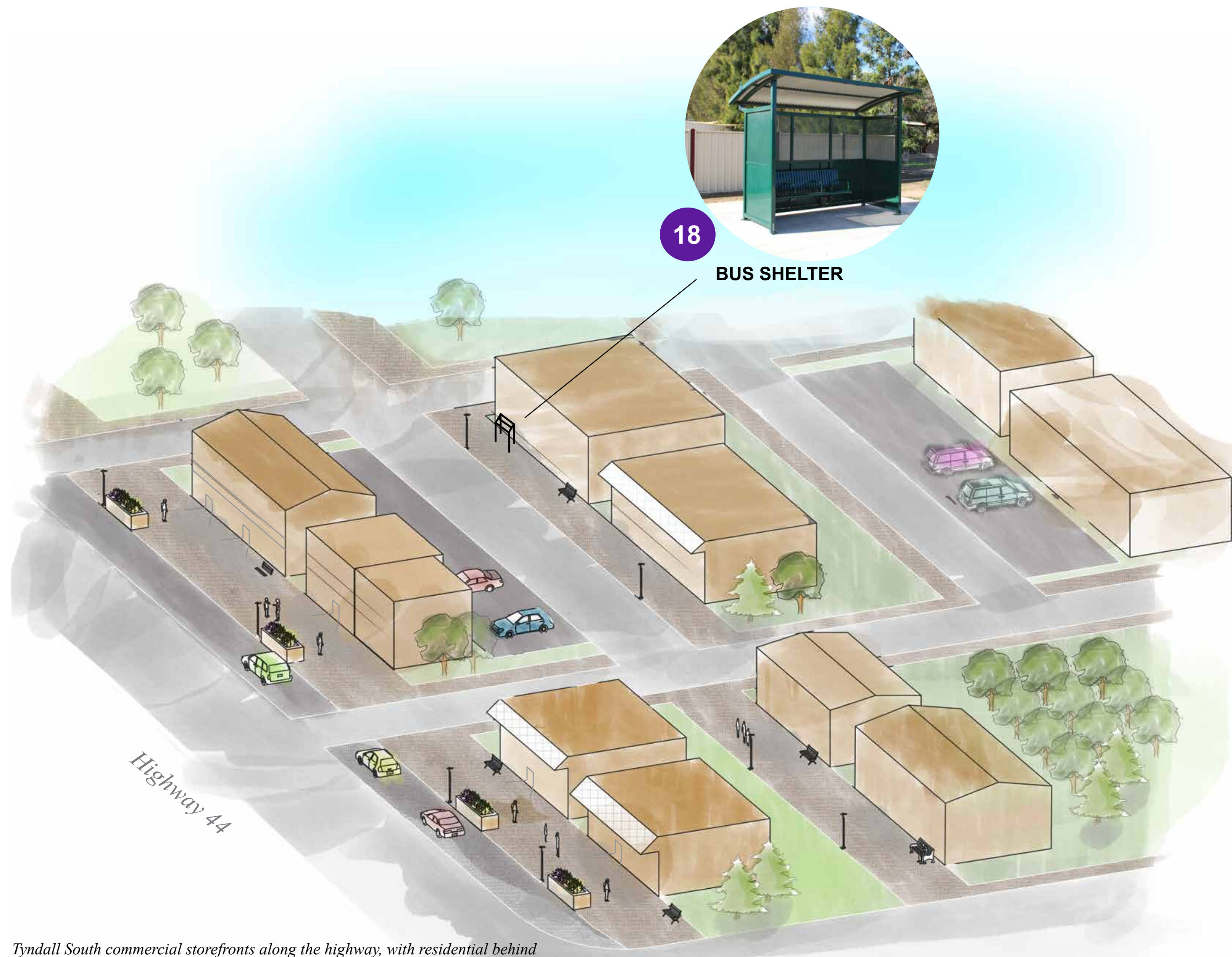
A development in the south of Tyndall that focuses on being age-friendly through consistent surfacing, street furniture, lighting and housing in close proximity to services and amenities . A commercial zone facing on to the highway could become a node of activity in Tyndall and also attract people driving by. The surrounding residential area includes mixed-use or multi-family homes to provide smaller and more affordable housing within walkable distances to centres of activity.



Currently an open field space adjacent to the highway



- A** PROPOSED INFILL DEVELOPMENT
- B** COMMERCIAL DEVELOPMENT (RETAIL, SERVICES)
- C** MULTI-FAMILY HOUSING



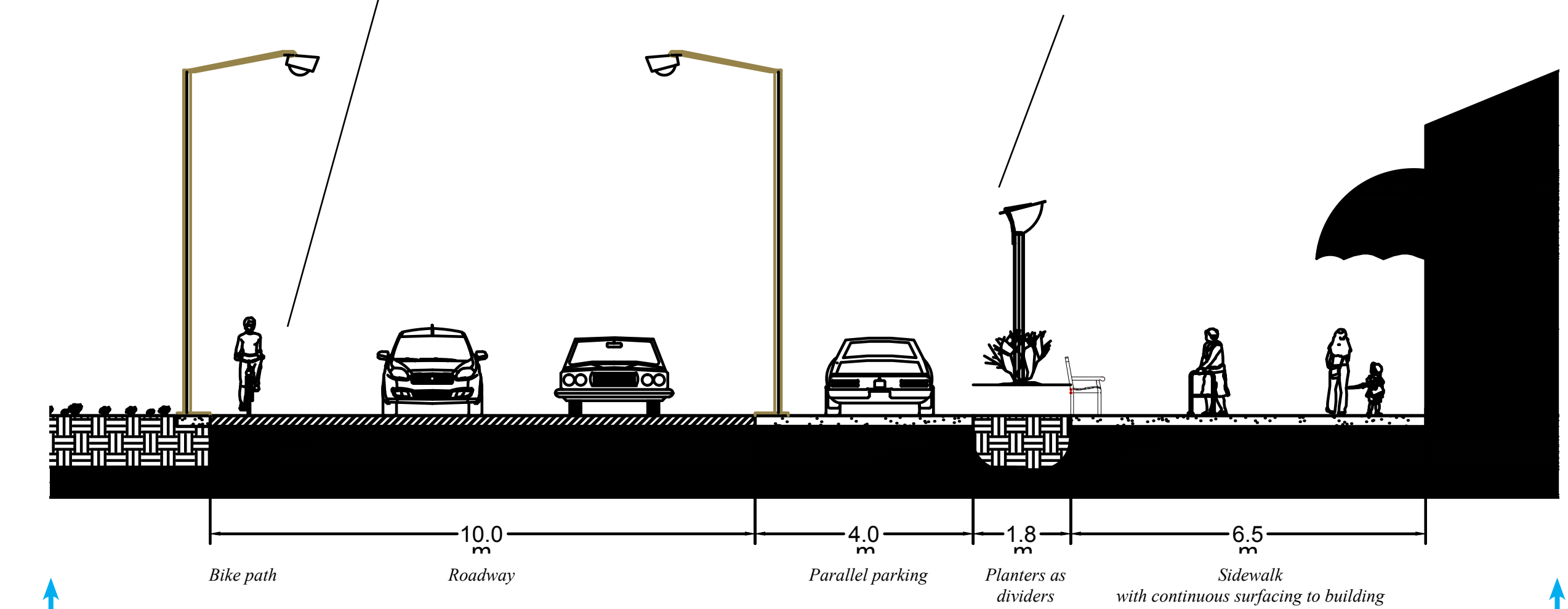
BUS SHELTER



PATHWAYS



STREET LIGHTING



A more walkable main street in Tyndall

Pierson Drive is a major arterial road in Tyndall shared by a variety of users. Pedestrians and cyclists currently share the one-metre road shoulder. To promote use safety, the size of the road is decreased to add sidewalks, better lighting, and bioswales for creation of an improved pedestrian environment.



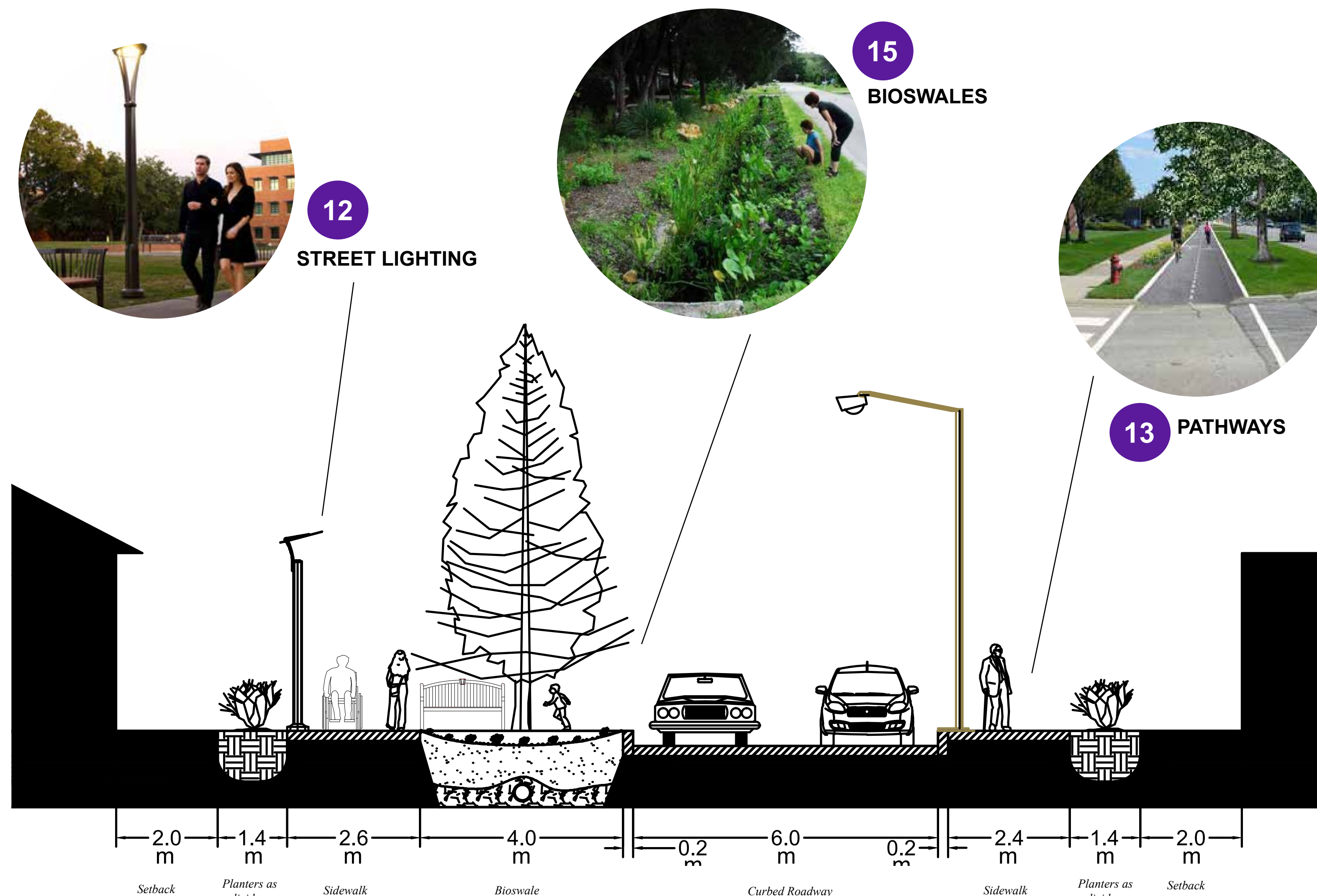
The shoulders along Pierson Drive are currently as a walking and cycling path

Age-friendly street surfaces

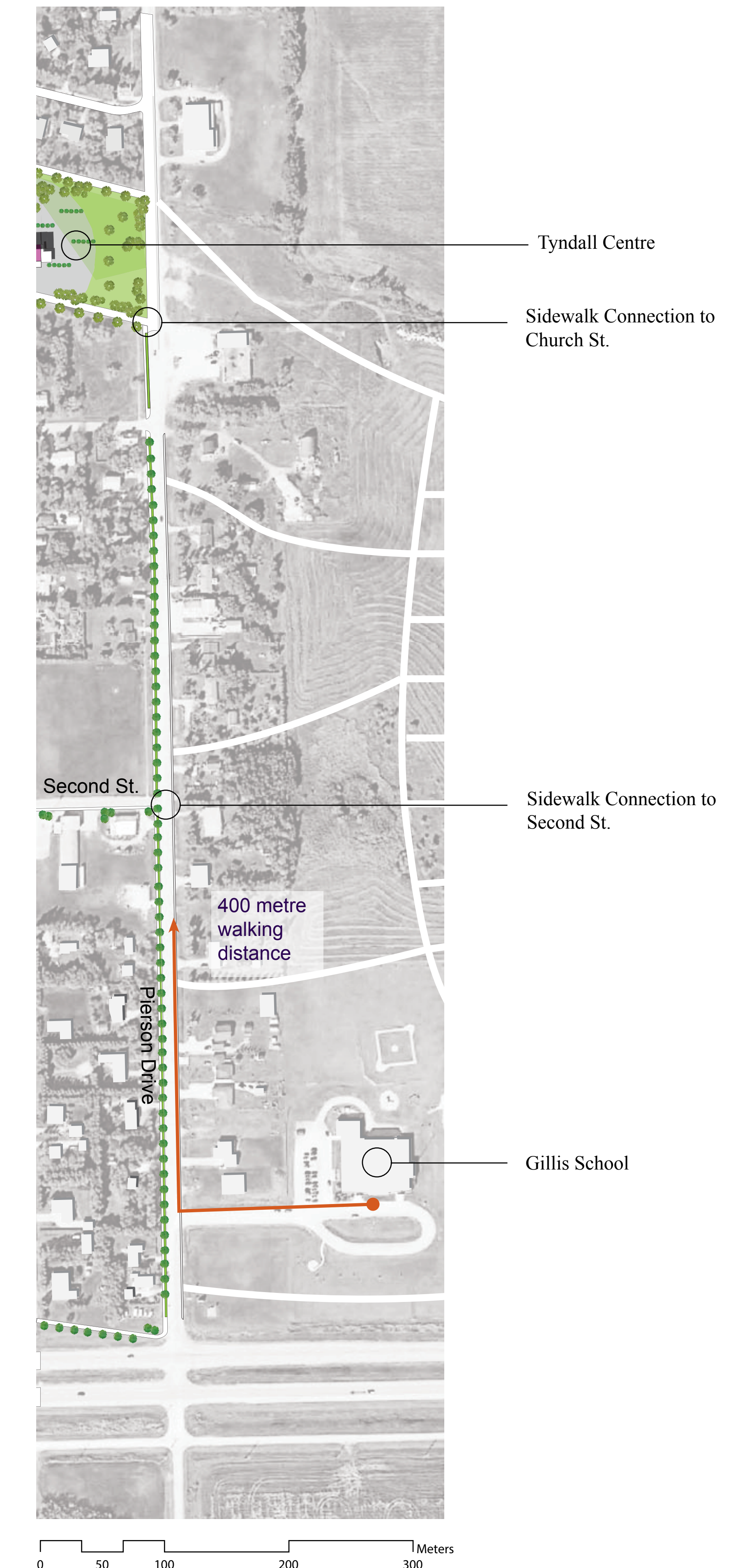
Surfacing is a key factor in the walkability of a good street. Factors that affect the quality of the sidewalk surface include surface materials, changes in level and curb ramps, tactile surfaces, dimensions of gaps, grates and openings, and visual consistency.

According to the National Guide to Sustainable Municipal Infrastructure, walkway surfacing should be fairly slip resistant, firm, and stable to support walkers, wheelchairs, crutch tips, and motorized carts. Asphalt or smooth concrete surfaces are primarily the most practical materials to meet these requirements.

Example Street Section



Pierson Drive sidewalk network



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A gathering space for all ages

Tyndall Centennial Park is a very large green space (approximately 3.8 hectares) that has potential to be developed for a multitude of uses and not just open space. Incorporating residential development into the area will create a very livable neighbourhood that is close to recreational amenities and the pleasures of the outdoor environment. The new residential zone includes multi-family housing, which provides alternative styles and choices for downsizing. The redeveloped park space pays tribute to the grain elevator and incorporates a multi-use outdoor bandstand structure into the landmark. This new plaza space could be transformed into a skating rink in the winter months. It is important for older adults to have housing options that are close to communal gathering spaces such as the Tyndall Village Community Centre and park.



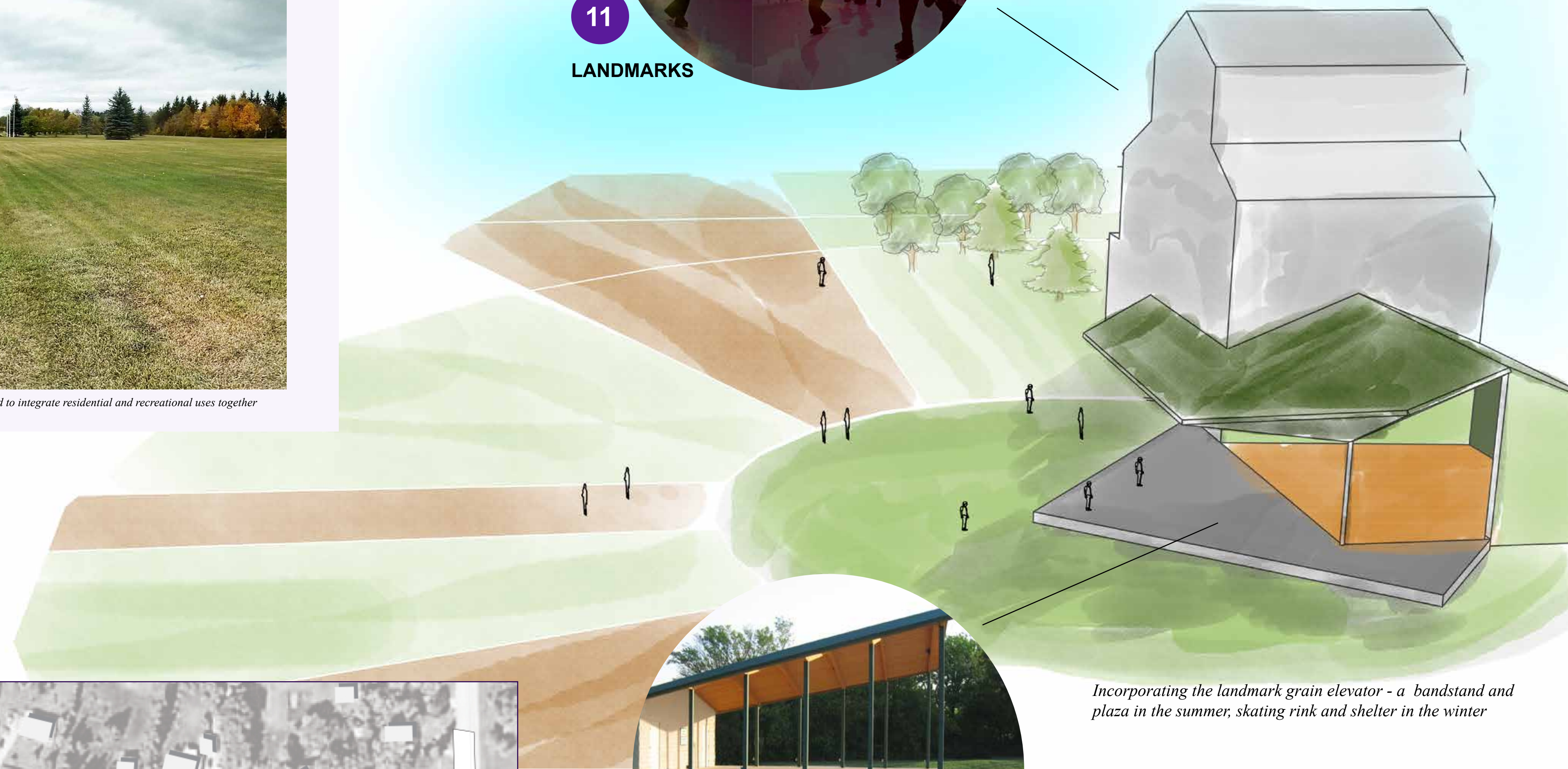
Tyndall Centennial Park has vast amounts of open space that could be used to integrate residential and recreational uses together



- A** SINGLE-FAMILY RESIDENTIAL
- B** MULTI-FAMILY RESIDENTIAL
- C** RECREATION SPACE
- D** GRAIN ELEVATOR AND PLAZA



11
LANDMARKS



Incorporating the landmark grain elevator - a bandstand and plaza in the summer, skating rink and shelter in the winter



7
BANDSTAND



Example of interesting public spaces with places and paths

Revitalizing the town centre in Garson

Garson Centre is the revitalization and densification of the village centre on Garson Drive. Through addition of commercial spaces within dense residential homes, seniors and other residents are able to live closer to the designated village centre in a lively communal space.

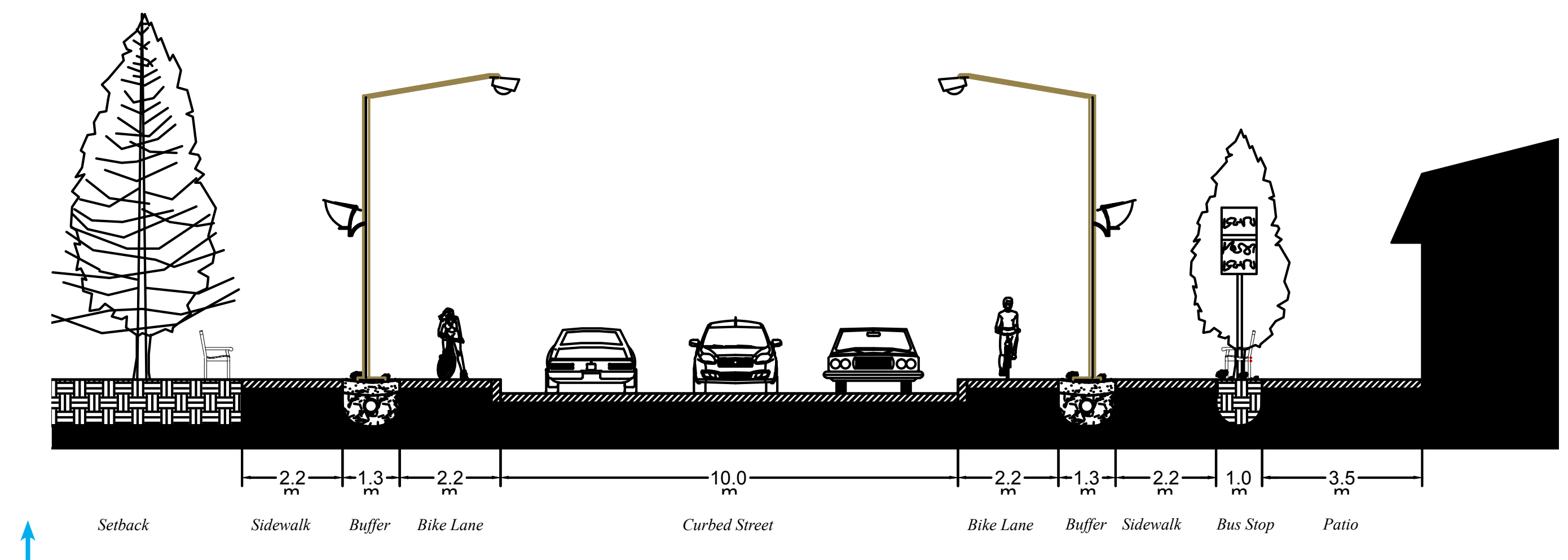


Existing recreational space on Thompson Avenue can be enhanced with pedestrian friendly surfaces and age-friendly services, amenities and residential development

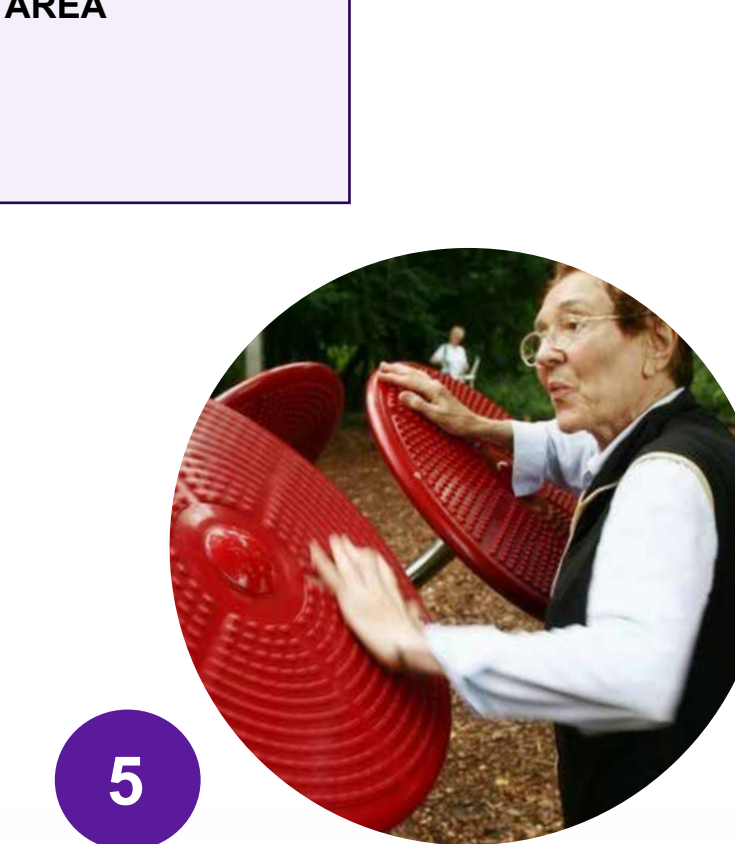


- A SENIORS' HOME
- B COMMERCIAL DEVELOPMENT
- C RECREATION SPACE
- D INFILL HOUSING
- E MULTI-FAMILY HOUSING
- F GROCERY / CAFE AREA
- G NEW LANDMARK

Garson Drive Enhancements



Improvements to existing commercial spaces, such as Garson Grocery and Harvest Moon Cafe, provide social spaces for residents to gather. Aesthetic enhancements such as patio surfaces, awnings and new signage make the space a landmark in the community.



5
OUTDOOR
EXERCISE
EQUIPMENT



14
SKATEBOARD PARK

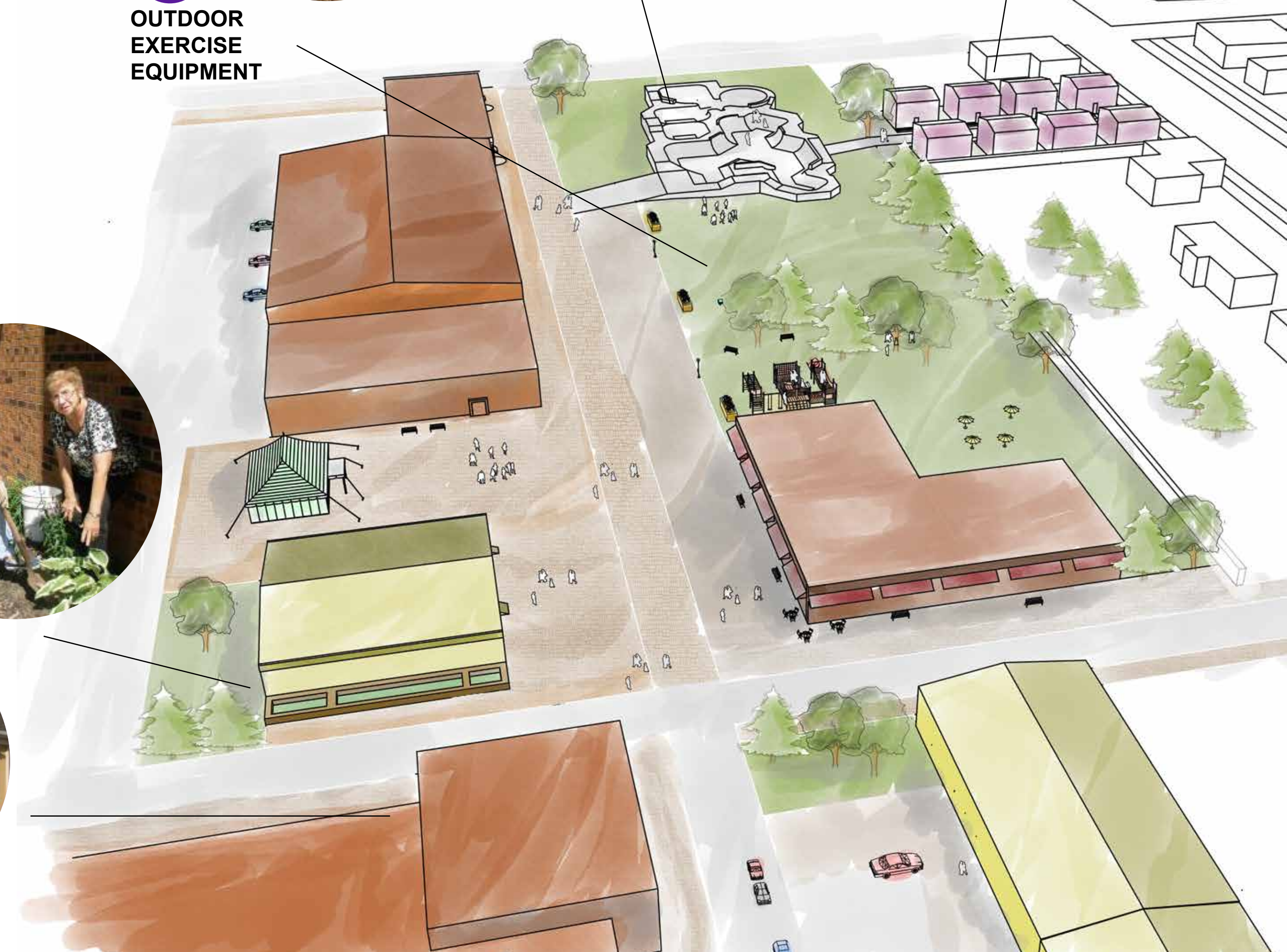


2
INFILL HOUSING

8
COMMUNITY
GARDEN



4
SENIORS HOME





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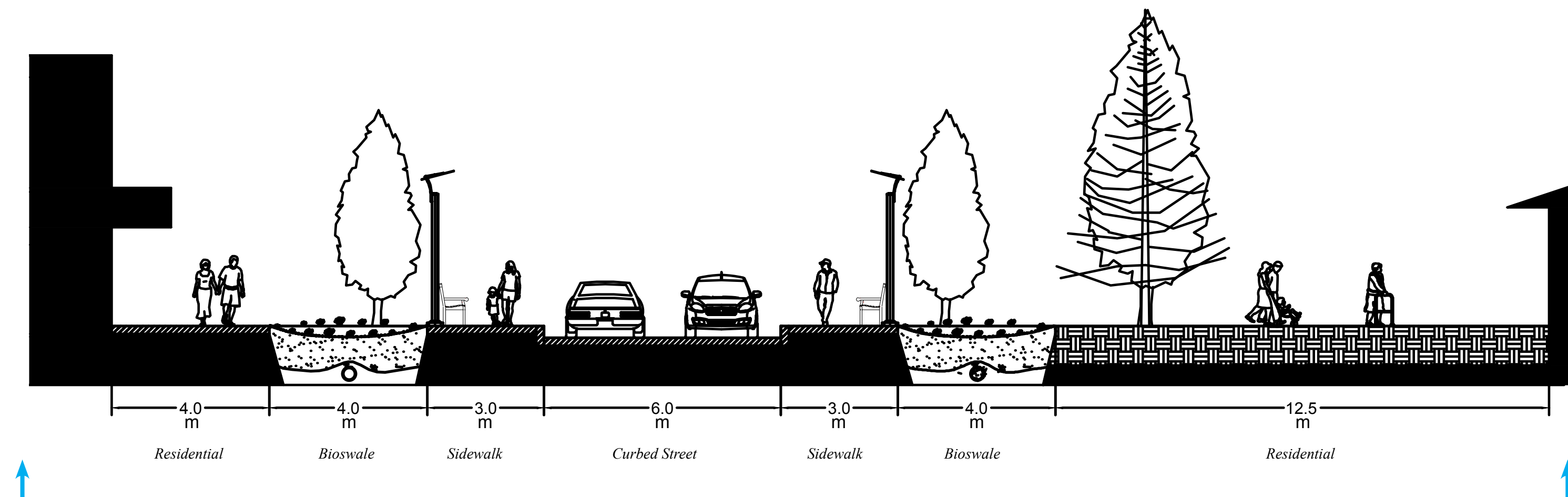
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Managing growth in Garson

Existing space on the western edge of Garson provides opportunity for infill development includes a mixture of single-detached homes together with row housing. Using this area for new residential development helps manage Garson's growth within the existing boundaries, rather than developing further from the centre of activity on Garson Drive.



Currently an open field, the western edge of Garson has great potential for age-friendly development



19 MULTIPURPOSE PATH



Example of unique, character multi-unit housing in Whitehorse, Yukon

- A MULTI-UNIT HOUSING
- B SINGLE-FAMILY HOUSING
- C RECREATION SPACE
- D NEW PARK SPACE