

Age - Friendly HAMIOTA

University of Manitoba
City Planning Department
Planning Studio I
February 2021

Carolina Herrera Garza - 7908041
Chad Rempel
Christopher Hampson-Curtis
Steve Nuttall



**University
of Manitoba**

University of Manitoba
Department of City Planning
Faculty of Architecture
201 John A. Russel Building
University of Manitoba, Winnipeg, MB R3T 2N2 Canada

Authors

Carolina Herrera Garza
Chad Rempel
Christopher Hampson-Curtis
Steve Nuttall

TABLE OF CONTENTS

Introduction	01
History	03
Demographics	04
Buildings & Open Spaces	05
Transportation	07
Housing	11
Social Participation	13
Ending Summary	15
Sources	17

INTRODUCTION

Hamiota is a municipality in southern Manitoba, about 285 kilometres from Winnipeg. The community offers a variety of services facilitated by their Age-Friendly Committee designed to help residents age in place.

The goal of our report is to provide an in-depth analysis of the current conditions of Hamiota with regards to age-friendliness. Our meeting with the Age-Friendly Committee as well as their participation on an interactive Social Pinpoint map and our own research informs our work.



Figure 1. Hamiota. Google Earth View.

HISTORY

In the late 19th Century, Europeans were encouraged by settlers in western Canada to move to Canada.

During this time, a family bearing the surname Hamilton settled in the area that would become Hamiota and opened a post office. The name of the town became Hamilton, named after the family, but this caused confusion due to the town in southern Ontario by the same name.

The name was changed Hamiota, using the first syllable of Hamilton, combined with an Indigenous word, “lota,” which means “plenty.”

Not long after, a railway station was built in the settlement, and the first passenger train came through in 1891.

(The History of Hamiota, 1949)



Figure 2. Hamiota 1920.



Figure 1. Atkinson House, year unknown.



Figure 3. Hamiota Train Station, Year Unknown.

DEMOGRAPHICS

Growth

Hamiota has a population of **1,225** people, declining at a rate of 0.98% per year over the past 5 years from 2011 to 2016.

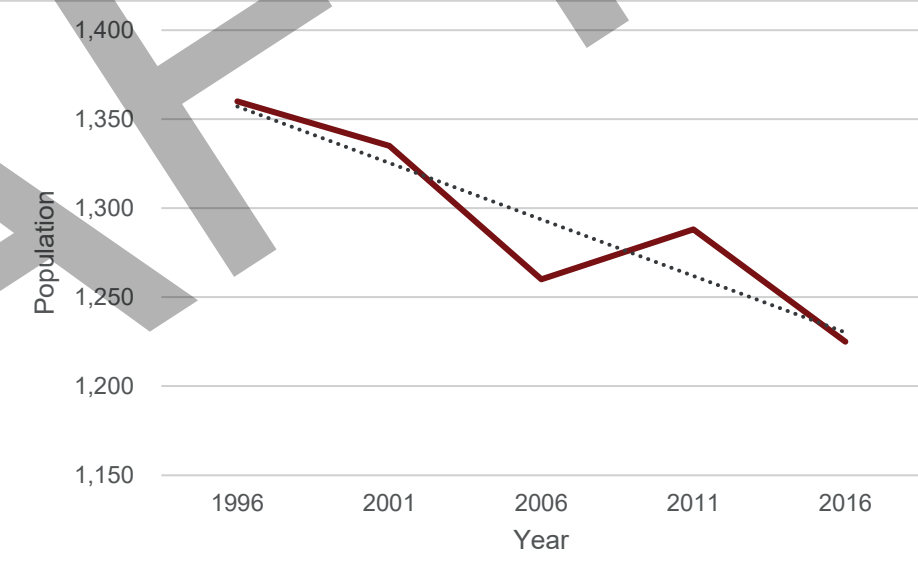


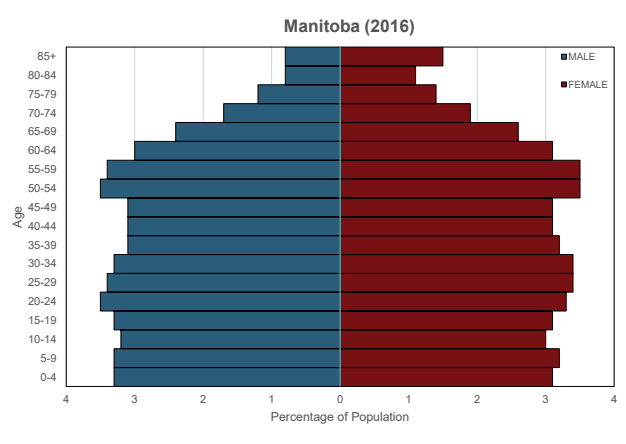
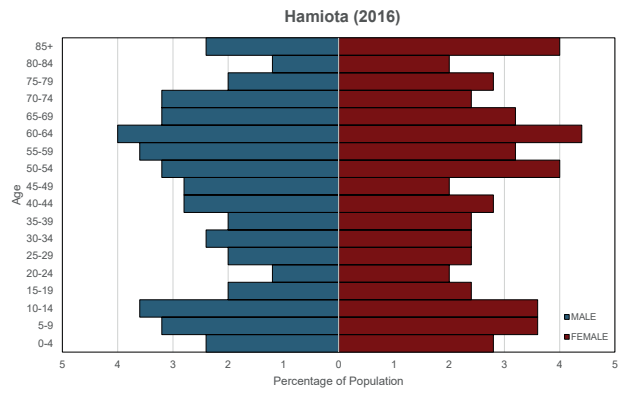
Figure x. Population Growth 1996 - 2016.

Income

The median annual household income in Hamiota is **\$60,928** per year, lower than the national household median income in 2015.

Distribution

The largest population of Hamiota is the age group between **60 and 64 years** old, comprising 8% of the population. The least populated age group is between 20 and 24 years old. The municipality has a median age of **48** years old.



BUILDINGS & OPEN SPACES

BUILDINGS ACCESSIBILITY

In the town of Hamiota age-friendly initiatives have been taking place. Some of the main public buildings have already been adapted with automatic doors, however, there are still many accessibility issues to improve.

COMMERCIAL

The commercial area is concentrated along the Provincial Highway 21 and Maple Avenue. Businesses include food shops, post office, yoga studio, arts, automotive, clothing, finance, real estate, pharmacies, and personal care. Some of these facilities house specific activities for seniors, such as the yoga studio.

INSTITUTIONAL

The Hamiota Health Centre provides services to a wide range of residents. The services include dental clinic, medical clinic, occupational therapy, physiotherapy, women’s wellness, x-ray department, emergency department, and personal care home. However, residents have expressed some concerns about the lack of more specialized medical attention.

The Heritage Arts Center offers art and cultural opportunities through classes and exhibitions. There are other institutional buildings in the area that also promote seniors’ socialization and integration to the community, such as the Community Centre, the United Church, the Hamiota Collegiate, and the elementary school.



Figure 1. Health Centre.



Figure 2. Health Centre. Aerial View.



Figure 3. Hamiota Land Use Map.



Figure 4. Hamiota Main Buildings and Open Spaces.

- | | | |
|----------------------|-------------------------|-----------------------------|
| 1. Health Centre | 11. Pharmacy | 21. United Church |
| 2. Co-Op Food Store | 12. Community Centre | 22. Museum & Aquatic Centre |
| 3. Convenience Store | 13. Fire Hall | 23. Sports Complex |
| 4. Restaurant | 14. Hotel | 24. Municipal Park |
| 5. Post Office | 15. Motel | 25. War Memorial |
| 6. Wellness Centre | 16. Bed & Breakfast | 26. Millenium Park |
| 7. Thrift Shop | 17. Municipality Office | 27. Golf Club. |
| 8. Home Hardware | 18. Elementary School | |
| 9. Jewellery | 19. Hamiota Collegiate | |
| 10. Credit Union | 20. Pentecostal Church | |

OPEN SPACES

Hamiota offers several open spaces, sporting and recreational activities play a strong role in the community. Sports facilities in the area include campgrounds, golf courses, an aquatic centre, a sports complex, soccer fields, and baseball diamonds. Some of the most important recreational summer events are the Triple H-Rodeo, the Hamiota Agricultural Fair, and the Dog Days of Summer.

There are two popular trails that play a significant role in the community. Located along the former railway line, the Pitlockery Trail takes walkers east of Hamiota while the Chumah Trail takes walkers to the west to enjoy the prairie grasslands. The entire town is perceived as a walking trail; however, these paths could be extended into a bigger system to connect some of the main buildings and gathering spaces of the community.



Figure 5. Sports Complex.



Figure 6. Chumah Trail.

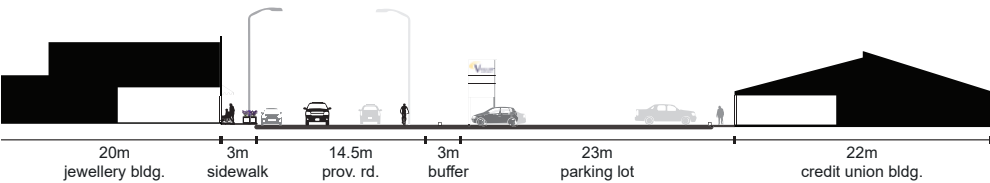


Figure 7. Street Section - Maple Ave.

TRANSPORTATION

OBSERVATIONS

Hamiota is located at the intersection of Provincial Trunk Highway 21 (PTH 21) and Manitoba Provincial Road 469 (MB469). The town is fairly remote at approximately 1 hour from Brandon and 3 hours from Winnipeg and the primary access to the town and surrounding areas is via automobile.

Known as the town with 2 main streets, urban development is centered along the 469 and Maple Ave. The stretch of Hwy 469 within the town is home to the Hamiota Health Centre and seniors housing (Lilac Residence) to the east, significant worship centres and the Hamiota Elementary School. The business district is clustered along the west end of Maple Ave.

There is plenty of parking in town with many surface parking lots adjacent to businesses and wide parking lanes along Maple Ave. The Seniors homes and Hospital are somewhat isolated as they fall just outside of the comfortable walking distance (400m) to the amenities located in the town center or to the sports and recreation complex to the south of town.



Figure 1. Maple Ave., Hamiota

Handivan Service

Hamiota has a local Handivan service that features 2 accessible vans - 6 passenger and 14 passenger. The Handivan provides transportation services to seniors or people with impairments and offers rides within the community, as well as to neighbouring towns if necessary. The community has noted that a lack of specialized health services within the town of Hamiota or neighbouring towns has meant that the Handivan is a great asset for trips to Brandon and Winnipeg.

Overall, the community seems happy with this service as this transportation option addresses a number of important points outlined by Global Age-Friendly Cities. These include Age-Friendly vehicles, affordability, specialized services, and safety and comfort. Some community members have noted however that affordability can be an issue depending where you are hailing the ride service from.

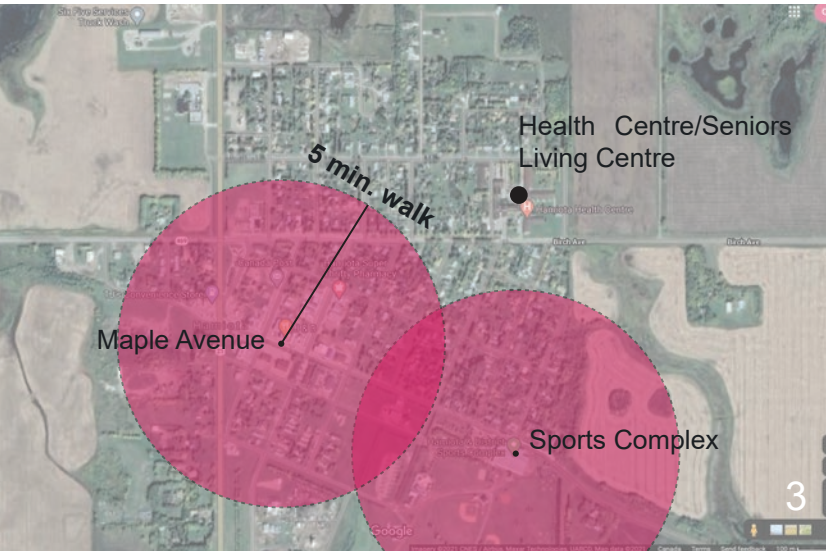


Figure 2. Handivan

Transportation Network

The primary or most heavily used routes include Highway 469 and Maple Avenue. Most other streets are secondary roads. Automobile oriented planning has led to predominantly single-use zoning around town. The town is bisected by Highway 469 and has 5 streets that cross it. These streets serve to connect the residential areas to the business district on Maple Ave.

The map below shows dots at two key locations in town: the main commercial area (on Maple Ave.) and the main recreation area (South end of 8th St.). The smaller circles identify a distance of 400 meters (a 5 minute walk). The circles show that although most of the town is walkable, some seniors may find it difficult to walk the distances needed to access the towns important amenities. There are 2 primary modes of transit available to the local residents - automobile and active (walking and cycling).



Hamiota

OBSERVATIONS

The community expressed pride in the walkability of Hamiota, and as **Fig. 1** illustrates, Hamiota has a comprehensive sidewalk network. There is good connectivity around town, with sidewalks connecting most of the residential areas to significant local buildings and destinations. Majority of Maple Ave. has sidewalks on both sides of the road and collector sidewalks connect the residential areas to the north with Hamiota's main streets.

- Sidewalks
- Parks
- Seniors Housing
- Important Buildings
- Connectivity Issues
- Social Pinpoint Hotspots

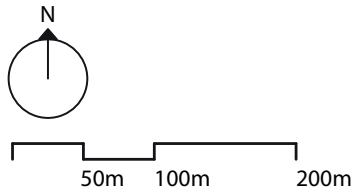


Figure 1. Connectivity Map of Hamiota

Overall, the town is fairly walkable, however some connectivity issues become evident the further you move away from the business district - specifically around the Health Centre and Seniors Living complex located along Highway 469 at the eastern edge of town.

There are no public transportation options available within the communities, which means that for older people who cannot drive (due to health concerns, disabilities, finances, or age) may encounter transportation challenges within and between towns. For them, transportation options are limited to rides from family, friends, volunteers, Handivan or walking and therefor addressing these areas will be important for improving the walkability of Hamiota.



Figure 2. Hamiota Connectivity Issues - Crossing Hwy469

1 Much of Hamiota's residential housing is located to the north of Highway 469. These areas are also connected to via sidewalks however there is not crosswalk infrastructure to help ensure that pedestrians can safely navigate and cross the highway to get to Maple Ave.

2 With the Health Centre and Lilac Residence (seniors housing) located at the eastern edge of town, they are somewhat isolated from the social ammenities needed to maintain an active and healthy lifestyle. Although sidewalks do extend to the Health Centre, the connectivity breaks up around this area. The sidewalks that do exist here are narrow, disconnected, and there is a lack of safe crosswalk infrastructure that allow seniors to cross the highway safely from the residences to the north and the streets and sidewalks to the south.



Figure 3. Hamiota Connectivity Issues - Health/Seniors Centre

HOUSING

The Government of Manitoba identifies three primary types of seniors’ housing. The following is a list of possible options to help facilitate aging in place.

HOME OWNERSHIP

Homecare: Brings assistance to resident in the home. Assists those who are mostly independent.

Home Modifications: Involves the addition of equipment and alterations to various amenities in the home to increase accessibility. This can include the addition of ramps and support bars, and the lowering of countertops, light switches, etcetera.

HOME RENTING

Homecare: The same homecare services available to homeowners are applicable to tenants.

HOUSING WITH SUPPORT SERVICES

Manitoba Housing Authority 55-Plus: Government apartments with various support services. Tenants live on their own but receive basic services based on specific needs. Tenants must be 55 or older and fall within a specific income bracket

Assisted Living: Privately owned facilities with various support services. Tenants live on their own but receive basic services based on specific needs and availability of services.

Supportive Housing: Currently only available in Winnipeg, Brandon, Steinbach and Oakbank. Government facilities with full-time care and community settings within. Residents are no longer able to live independently, but do not need comprehensive care from a personal care home.

Companion Care: Currently only available in Winnipeg. Government-appointed companions who host seniors in their homes and provide varying degrees of living assistance. Qualification is assessed by Regional Health Authority.

Personal Care Homes: Full-time professional care facilities for residents who can no longer live independently. Admission is assessed by Regional Health Authority.

(n.d., Government of Manitoba)

While there are homecare and modification options for those who own and rent in the municipality, the only two options currently available for Housing with Support Services in Hamiota are Assisted Living and Personal Care Homes.



Figure 1. House on Birch Street.

Hamiota’s Age-Friendly Committee believes that it is possible to age in place in the community.

Hamiota’s Health Centre provides homecare for seniors still living in their homes. The Seniors’ Services Office provides assistive equipment such as wheelchairs and poles free of charge.

Lilac Residence is attached to the Health Centre and features suites with assisted living specifically tailored to people with varying disabilities.

Park Residence is beside the Health Centre. The facility offers apartments for seniors with assisted living options, as well as Meals on Wheels and homecare services to seniors still living in their homes.

Houses in Hamiota are permitted to be retrofitted with ramps to accommodate accessibility needs. The Rolling Spokes organization provides installation services for home accessibility equipment.

Palliative care is available at the Health Centre

COMMUNITY DETAILS RELEVANT TO HOUSING

The handivan service provides transportation in town and to destinations out of town, however, the issue of living far from specialist healthcare services remains a concern. Hamiota residents often travel to Brandon for speciality healthcare needs.

There is a plethora of volunteers in the community, from individuals to businesses, willing to assist with seniors’ needs.

Recommendations from the Age-Friendly Committee include adding accessible single-storey dwellings for seniors.



Figure 2. Park Residence.

SOCIAL PARTICIPATION

A socially healthy society exists when all members can meaningfully participate in community life regardless of age or ability. As humans are social beings, social gathering is a basic need that must be met. Hamiota demonstrates a strong foundation for social participation in the built environment and through events & clubs. The combination of facilities and activities makes Hamiota appear to be socially inclusive and age friendly.

SOCIAL INFRASTRUCTURE AND EVENTS

Hamiota has a diverse offering of social gathering places. Indoors, the Community Hall (Figure 1) hosts events specifically for seniors such as card games, shuffleboard, and social hours. The Lilac Residence retirement home includes a pool table and hosts a social group for seniors. Hamiota is also home to an impressive Sports Complex (Figure 2) that includes an indoor ice rink with an adjacent walking path, encouraging physical activity year-round and regardless of weather or sidewalk conditions.

Outdoors, the campground provides space to park trailers and campers and play or watch sports. In the winter, a popular skating oval is maintained for free use by the community and includes a bonfire pit for social gatherings and warming up. In the summer months the Hamiota Golf Club, adjacent to the Sports Complex, offers seasonal entertainment for active seniors.

Events are communicated through the Hamiota Leader, an ad-supported community newsletter that is also archived on the municipal website. This free resource includes information on events and services for residents of all ages. The social infrastructure of Hamiota is impressive for its size and has made the town a popular destination for neighbouring communities. Residents have taken full advantage of the public spaces provided to them and put them to excellent use.



Figure 1. Hamiota Community Centre, colloquially referred to as “the Hall”



Figure 2. The Hamiota & District Sports Complex

INTERGENERATIONAL INTEGRATION

Community members have emphasized the close ties between residents of all age groups. Some events are predominated by seniors, such as the yoga and art clubs, but are open to all ages. Both activities attract attendees from outside of town and strengthen the sense of community while affirming Hamiota as a destination for recreation and socializing. Other activities, such as the quilting club, are very active and have a broad appeal that attracts younger and older adults alike.

Hamiota seniors are also very active with children and teenagers. Youth sports teams are well-supported by seniors, who participate by attending matches at the Sports Complex. A buddy program that pairs seniors with grade 3 students also exists to strengthen intergenerational relationships. Older students at Hamiota Collegiate (Figure 3) participated in a accessibility survey of the town under the supervision of the Age Friendly Committee. These examples of community bonding across generations reflect the deliberate efforts of both individual residents and local leaders to create an inclusive living environment.

THE COVID-19 PANDEMIC

The above information is does not reflect the current state of Hamiota, as the COVID-19 Pandemic has been identified as a barrier to social participation. Public health orders have made large community gatherings impossible, and the social isolation of seniors itself is a health-risk. A fast and reliable fibre-internet system provides the opportunity for online activities to proceed, and the prevalence of outdoor activities allows for socially distanced recreation. Even still, unique challenges lay ahead that must be addressed through short and medium-term planning.



Figure 3. Hamiota Collegiate, a grade 6-12 school.

ENDING SUMMARY

1. Buildings & Open Spaces

Strengths

- Strong quality health care infrastructure.
- Several sports related facilities that promote intergenerational events.

Needs Improvement

- Lack of specialized medical attention.
- Need to extend trail system to connect it .

2. Transportation

Strengths

- Local Handivan station.
- Community already considers Hamiota a walking friendly town.

Needs Improvement

- Walkability and pedestrian connectivity points around Independant Living/Health Centre.
- Pedestrian/Hwy crossing.

Directions For Further Research

- Is there a desire for improved walkability features? What proportion of seniors dont have access to a car and need to rely on walking to access town ammenities?
- What do you do if friends, family, volunteers and the Handivan are all unavailable and you are unable to walk to the town ammenities that you need?

3. Housing

Strengths

- There are many services in the municipality that help to facilitate aging in place.
- There is a plethora of volunteers in the community, from individuals to businesses, willing to assist with seniors’ needs.

Needs Improvement

- Many houses in the municipality have multiple levels, which poses issues for those with mobility issues. Recommendations from the Age-Friendly Committee include the addition of single-storey housing.
- Many houses in the municipality have large yards, which increases the amount of work involved with maintaining the home.

4. Social Participation

Strengths

- A variety of multi-purpose facilities allows for flexibility in event planning and act as a draw for out-of-town attendees.
- Efforts made to support intergenerational bonding are successful and well-received by community members.

Needs Improvement

- Short-term solutions to retain community engagement during COVID-19 Pandemic are needed.
- Communication of event information could be expanded beyond the local newsletter.

Directions For Further Research

- To what extent are economic barriers to participation being addressed?

SOURCES

Page	Image	Citation
Cover		Unkown Artist. (n.d.). "Hamiota Logo" [Image]. Hamiota. https://hamiota.com/livinginhamiota/hamiota-community-centre/
2	1	Map taken from Google Earth from earth.google.com .
3	1	Turnbull, Norman; Grace. (n.d.). "Atkinson House" [Image]. Manitoba Hisotircal Society. http://www.mhs.mb.ca/docs/sites/atkinsonhouse.shtml
	2	Unknown Artist. (1920, August 28). "Hamiota, Man" [Image]. Canada Rail. https://www.canada-rail.com/manitoba/h/hamiota.html
	3	Unknown Artist. (n.d.). "Hamiota, Man" [Image]. Canada Rail. https://www.canada-rail.com/manitoba/h/hamiota.html
5	1	Artist Unknown. (n.d.). "Hamiota Health Centre" [Image]. Google Earth User Content. https://lh5.googleusercontent.com/p/AF1QipNn3QZCeTkS
	2	Artist Unknown. (n.d.). "Hamiota Health Centre Aerial View" [Image]. Google Earth User Content. https://lh5.googleusercontent.com/p/AF1Qi
6	3	Artist Unknown. (n.d.). "Sports Complex" [Image]. Google Earth User Content. https://lh5.googleusercontent.com/p/AF1QipOuNwKpOCh4PvRL
	4	Artist Unknown. (n.d.). "Chumah Trail" [Image]. Google Earth User Content. https://lh5.googleusercontent.com/p/AF1QipOLiE50z8fy_1u
7	1	Taken from Google StreetView: maps.google.com
	2	Hutton, L., Ines, R. (2010). Age-Friendly Erickson Community Consultation Summary. The Age-Friendly Communities CURA. https://umanitoba .
	3	Base Map taken from Google Maps: maps.google.com
10	1 - 3	Taken from Google StreetView: maps.google.com
11	1	Image captured in Google Streetview from earth.google.com .
12	2	Image captured in Google Streetview from earth.google.com .
13	1	Image captured in Google Streetview from maps.google.com .
	2	Image captured in Google Streetview from maps.google.com .
14	3	Image captured in Google Streetview from maps.google.com .

Government of Manitoba. (n.d.). "Senior Access Resource Manual."
Advancing Age: Promoting Older Manitobans. Government of Manitoba. https://www.gov.mb.ca/seniors/publications/docs/accessmanual_housing.pdf

Municipality of Hamiota. (n.d.). "Hamiota and District Health
Centre." Municipality of Hamiota. <https://hamiota.com/livinginhamiota/hamiota-district-health-centre/>

Unknown Author. (1949). "Page 2." The History of Hamiota. https://search.lib.umanitoba.ca/discovery/fulldisplay?docid=alma99149811187701651&context=L&vid=01UMB_INST:UMB&lang=en&search_scope=MyInst_and_CI&adaptor=Local%20Search%20Engine&isFrbr=true&tab=Everything&query=any,contains,the%20history%20of%20hamiota%20page%202&sortby=date_d&facet=frbrgroupid,include,5780054808640779&offset=0

