



Recreation Summit
Lanark, Leeds and Grenville
Smiths Falls Memorial Community Centre
71 Cornelia St W, Smiths Falls
November 16, 2011

Toward an age-friendly community/ senior's access to recreation



Jeff Mills, Coordinator – Community Development,
Mills Community Support

“Who” and concept of age-friendly

The idea of Age-friendly grew from the World Health Organization

*Inclusive and accessible urban environment
that promotes active ageing*



WHO Ageing and Life Course Programme

Why age-friendly?

- Raise awareness of older persons' capacities and needs
- Stimulate advocacy and action to adapt cities to include older people

“If you design your town to work for 8 year olds and eighty year olds, it will work for everyone.”

~ Jan Gehl, urban planner, Copenhagen

"Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age."



WHO Ageing and Life Course Programme

Age-friendly communities

Age Friendly is..

- friendly for all ages, but the **starting point is older persons**
- Inclusive for all abilities





Mills Community Support

So what do we do?

- Provide affordable housing for seniors and families
- Support seniors and adults with disabilities to experience good and safe lives
- We support citizenship for/with adults with intellectual disabilities
- Help to create a healthy, active and inclusive community





Transportation



Home Support Escorted and Accessible Transportation

24 Volunteer drivers drove local seniors 73,262 K in the past year to medical and social appointments.

222,573 K is the total distance of all trips including social outings, medical trips, bus trips and Meals on Wheels delivery



Housing

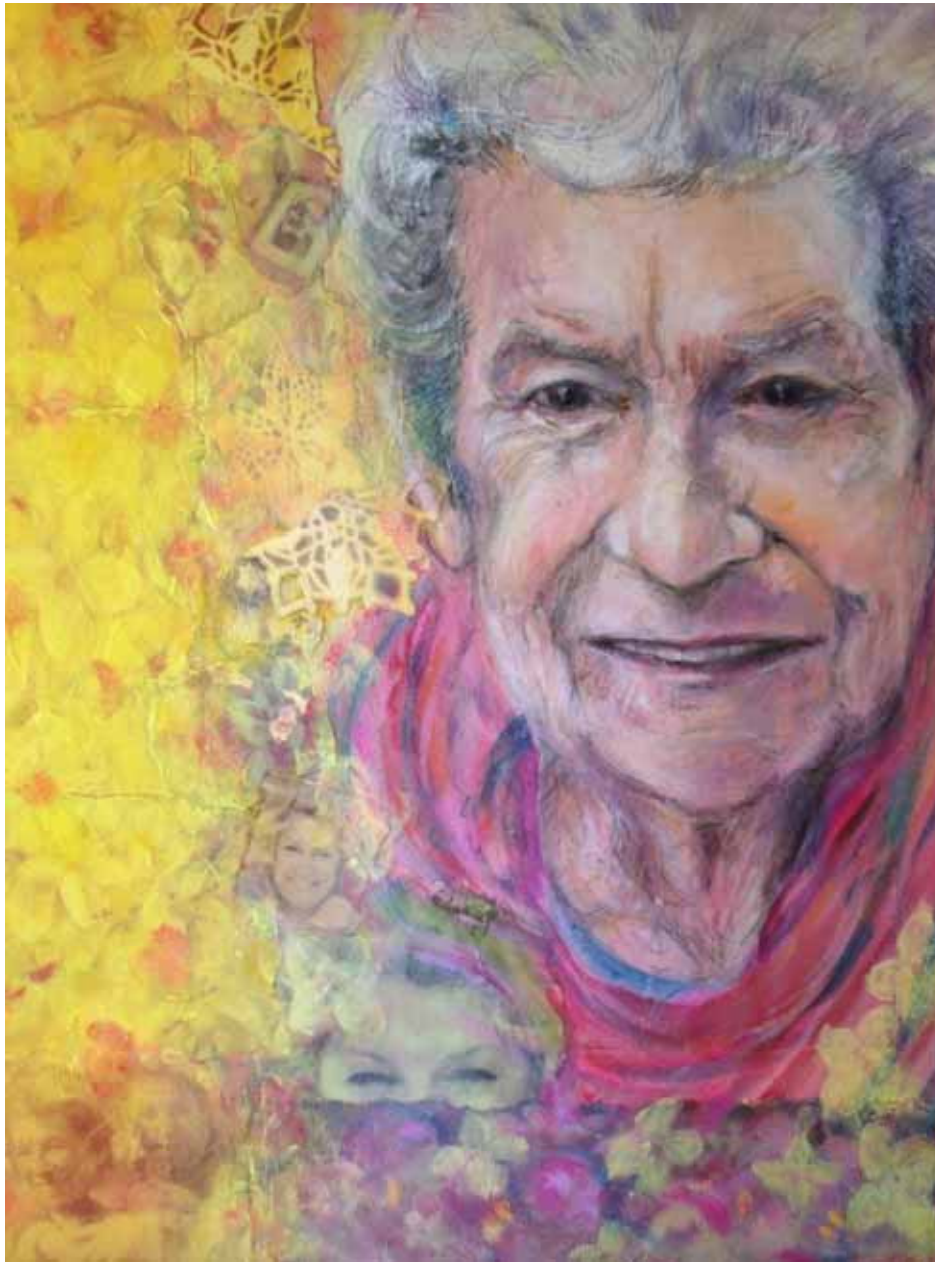
We now have 70 seniors housing units



Respect and Social inclusion







Quality of life...



The Mills helps
remove stereotypes
regarding aging...





“We like to be active, we like to be among friends, we have gifts, talents, and skills!”



“I love coming to the youth centre. I miss my grand daughters who live far away. I feel closer to them when I’m around kids...”

“I made a friend and now we get together at her place to bake!”

Outdoor spaces and buildings



Accessible gardens in 5 locations



The Neighbourhood Tomato Harvest Safari Lunch



We have great community partners, great technical support!



There are “age-friendly parks” check lists to follow when recreating your neighbourhood park.



Shooting Hoops at Augusta Street Park



We're your neighbours—Sarah and Pete

Join us for a pick-up game of basketball!
Learn skills, share skills!

We play every Tuesday at 7pm
(weather permitting)

It's fun, it's free!!

Bring your friends, see you soon!



REMOVALS

- 1 Remove mature, over grown Manitoba Maple
- 2 Remove abandoned sand play area
- 3 Remove remains of glide ride
- 4 Remove over grown shrubs
- 5 Relocate Rocket Climber



KEY

- | | |
|---|---|
| A SPLASH PAD.
Concrete pad with water jets. | F PEDESTRIAN FOOT BRIDGE
Timber, 2m wide |
| B BMX TRACK | G BASKETBALL COURT
Topcoat existing asphalt, repair hoops, repaint lines. |
| C COMMUNITY GARDENS
1.2m x 3.5m x .4m (high). Wooden. 5 with future expansion to 10. | H ROCKET CLIMBER
New location in sand pit. |
| D FITNESS TRAIL
Steandust, 1.2m wide, 250m loop. | I OPEN PLAY AREA
Catch, timber. |
| E ASPHALT PATH
Thru park connection, 2m wide, accessible (less than 9% slope), lighted. | J PARK SIGN |
| | K FUTURE STREET EXTENSION |

LEGEND

- | | |
|--|------------------------------|
| | ASPHALT PAVEMENT |
| | CONCRETE PAVEMENT |
| | STONEDUST PATH |
| | SAND PROTECTIVE PLAY SURFACE |
| | MOWN LAWN |
| | PARK BOUNDARY |
| | PATHWAY LIGHTS |
| | BLAST ROCK (SEATING) |



Park Location Plan



Augusta Street Park Rehabilitation

PRELIMINARY CONCEPT PLAN

DATE: AUGUST, 2011 DESIGN / DRAWN BY: BILL MUSSELL

Community Support and Health Service

- Home Support Program –
600 seniors – 180 volunteers
- Assisted Living Program
24 hour support



Communication + Information

- 500+ Home Support Quarterly Newsletters delivered to the door of local seniors
- e-newsletter to families and other agencies
- New accessible website www.themills.on.ca
- Seniors Directory with the Town of Miss Mills

We use social media for social good!



Spring 2011



MILLS COMMUNITY SUPPORT

...On the home front

Rest your weary bones upon a Volunteer Bench...

The Canada Survey of Giving, Volunteering and Participating (CSGVP) provides the most comprehensive overview of the contributions of time and money Canadians make to nonprofit and charitable organizations and to each other. Last conducted in 2007, the CSGVP surveyed a random sample of Canadians on how they:

Gave money and other resources to charitable and nonprofit organizations;

Volunteered time for charitable and voluntary organizations and for individuals directly; and Participated in organizations by becoming members.

Just under half of Canadians volunteered their time, energy and skills with charities and nonprofit organizations in 2007. Their many contributions encompass the entire range of tasks that organizations require including: serving on boards and committees, canvassing for funds, providing counseling services or making friendly visits to seniors, delivering food, helping build facilities, serving as volunteer drivers, helping to protect the environment and wildlife, advocating for

social causes and coaching children and youth. Almost 12.5 million Canadians, the equivalent of 46% of the population aged 15 and over, volunteered for charitable and nonprofit organizations in 2007. Collectively, these volunteers contributed



just over 2.1 billion volunteer hours, equivalent to almost 1.1 million full-time jobs and \$34.5 billion dollars.

Here at the Mills, our volunteers are the heart of Home Support and are its representatives in the community, providing seniors and physically disabled adults with services to assist them in remaining in their own homes for as long as possible. Without them there would be no Home Support. Our volunteer program is one of the largest in Mississippi Mills engaging over 100 volunteers. We encourage everyone to thank

volunteers daily.

The Mills Community Support Corporation's Home Support Program will be dedicating two benches in Almonte in appreciation of the program's volunteers.

The benches will be manufactured by Branje Metal Works, and will be similar in design and colour to those provided by the Town of Mississippi Mills. Both benches will include a commemorative plaque in recognition of the contribution of volunteers to our community. Here is a suggested quote, "Without deep reflection one knows from daily life that one exists for other people."

Albert Einstein

Perhaps you have a quote you would like to share with us. We welcome other fitting suggestions for the plaques of these benches.

The placement of the benches will occur during Canada's National Volunteer Week 2011 celebrations, April 10-16. Home Support volunteers, mark your calendars! Watch for an invitation in the coming months to a Home Support Volunteer Appreciation Barbeque at the Mills office on Thursday May 19th. Can't wait!! -Lawanda Brown, Jeff Mills with excerpts from CSGVP

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Have you hugged a volunteer today?

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35
exhibitors
in the
first year
with
plans to
expand in
2012



Mills Community Support



Toward an Age-friendly Lanark
**“The Importance of Physical Activity
for Older Adults”**

Thursday, November 24, 9am - 4 pm
A full-day workshop featuring keynote
speaker, LLG Medical Officer of Health,
Dr. Paula Stewart

**Register
Online!**



For more information
contact: Jeff Mills
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Mills Community Support
67 Industrial Drive
Almonte ON
K0A 1A0

This day-long event includes Patti Morton,
Physiotherapist at Almonte General Hospital,
Linda Berg, Senior's Fitness Instructor, and
Tracey Fuller, Dietician, Rideau Valley
Diabetes Services discussing
“Senior's Nutrition.”

Civitan Hall, 500 Almonte St. Almonte
\$25 (Includes lunch)

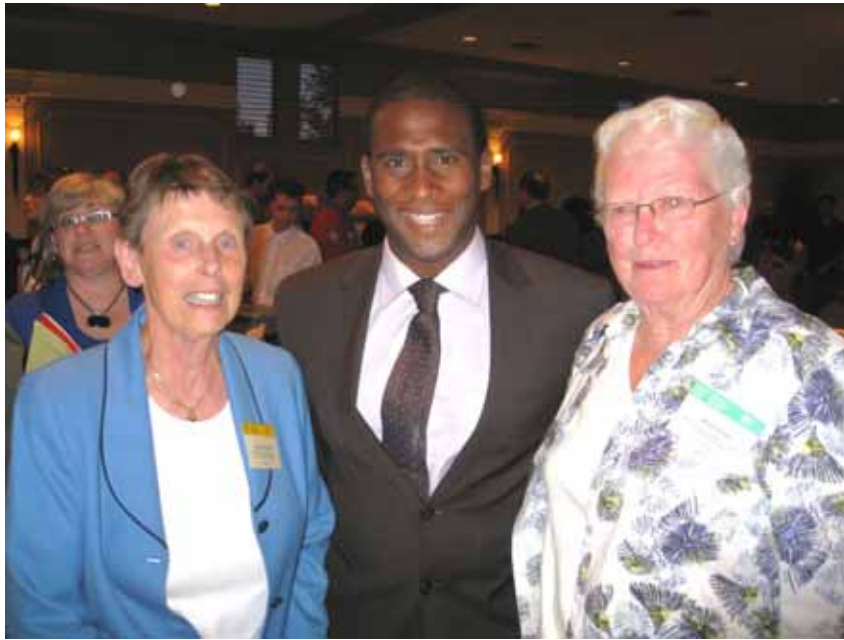
**PLEASE NOTE: pre-registration and payment
mandatory. For more information and to register, visit
www.themills.on.ca and follow the links.**

Civic participation/ employment

We engage with our local, provincial and national candidates...







We recognize that
volunteers are a very
important piece of the
puzzle. We offer great
volunteer opportunities!













The beginning...