

TINY SENIOR MOMENT

Transportation Master Plan Considers Needs of Seniors

Did you know that the Township of Tiny is devising a community-based Transportation Master Plan with a variety of options for the senior population to get where they need to go? The Township of Tiny's Local Aging Plan (LAP) identified transportation as one of the 8 goals to improve the overall well-being and quality of life for older adults across the Township. The goal of this area of the plan is to, "devise a community-based transportation strategy that includes a variety of options for older people to get to where they need to go." The Township will concentrate on creating a short-term transportation plan that focuses on a variety of goals and objectives including the transitioning needs of older adults as they age.

What may this mean in the future? Some of the areas the plan will look into is ensuring that the municipal roads, sidewalk and walkways are well designed and maintained, intersections are well marked, signage is visible, and roads and walkways are well lit.

The Township will continue to encourage seniors to look into Snow Angels Canada. This is an organization that recruits volunteers to help remove snow from driveways where the resident may not be able to. This is a great program for seniors who may not be able to clear their own driveway in the winter. Visit <https://snowangelscanada.ca/> if you need help shoveling this winter or if you want to volunteer to help a neighbour.

Currently, the plan is in stage 2 of its consultation process, a public survey has been completed to help guide the process. Future consultations are

planned that will give the public an opportunity to provide feedback on specific transportation challenges to help develop solutions. If you would like to subscribe to the Transportation Master Plan mailing list to be notified about study updates, you can email your contact information to the study at tinytmp@stantec.com.

The following transportation services are currently available to seniors:

Red Cross Simcoe Muskoka has a program that offers eligible clients assistance in travel to adult programs, hospitals, doctors' appointments, shopping and other activities related to health and well being. It is available to seniors 65+ facing barriers. They can be contacted by phone: 705-721-3313-x-5274 or www.redcross.ca

Transportation Linking Communities (TLC) Community reach, serves residents of North Simcoe with limited income and older adults with limited supports. They can provide rides to the GTA and Muskoka for major health specialists and advanced medical testing. They can be contacted by phone: 705-528-6999. Their website is: www.communityreach.ca/transportation.html

Wheels 4 Wheels; Huronia Seniors Volunteer Care Team offers wheelchair accessible transportation serving North Simcoe. Clients must be wheelchair dependent. They can be contacted by phone: 705-26-5566 or by email wheels4wheels@gmail.com

Speaking of transportation, the Tay Shore Trail and Tiny Trail are amazing outdoor spaces to get moving by foot or

bike! Research tells us that this type of physical activity is beneficial for seniors. Older adults who are aerobically fit are likely to have a better quality of life and enjoy a longer active life expectancy. (Active Living Canada) The Tay Shore Trail is a multi-use paved trail that stretches 18.5 km and it is registered as part of the Trans Canada Trail. From the Wye River to Waubaushene and into Port McNicoll along the Trestle Trail, users can enjoy the beautiful scenery of the trail. I have bicycled along this trail many times and I'm always amazed at the beauty that surrounds me. I also like the fact that most of the trail is very flat and easy to navigate! The Tay Shore Trail is a fully accessible trail that permits walkers, bicyclists, rollerbladers and cross country skiing.

The Tiny Trail is a partially paved, partially crushed gravel multi-use trail that links the North Simcoe Tail Trail to the Town of Penetanguishenes Waterfront Trail. It meanders across Copeland Creek and the Wye River requiring some of the 16 historic railway bridges. The Tiny Trail offers many points of interest along the way, including views of wildlife and a historical burial ground.

In addition to these trails, Simcoe County has close to 300 km of trails from 25 different trails. Some located in North Simcoe include Tiny Marsh Loop, Midland Rotary Waterfront Trail and Penetanguishene Trail. For more information you can check the following website:

<https://experience.simcoe.ca/play/outdoors/trails>. So, if you feel like exercising in fresh air surrounded by lovely scenery, give these trails a try! Don't forget to bring your water bottle!

"And in the end it's not the years in your life that count; it's the life in your years." -Abraham Lincoln

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