



Walkability

We are all pedestrians. We may walk to work, walk for exercise, walk to do errands or simply walk from where we park the car to the neighborhood store; Whether we think of ourselves as one or not, we are pedestrians. We all need to be able to walk safely.



Walking is essential for people who don't drive as an alternative way to travel. Many people in our region have a permanent or temporary disability which prevents their driving, have no access to a car, or choose not to drive. **In New Castle County, Delaware, 12 percent of the population is over 65** (and this number will grow rapidly in the years to come), 16 percent have a disability and 9 percent of households have no available vehicle. Many individuals need to walk in order to lead active and independent lives.

Walkable communities are healthier communities.

American's waistlines keep getting bigger, along with a rise in related illnesses including heart disease and diabetes. In Delaware, 22 percent of adults are obese according to the Center for Disease Control, with only 26 percent getting the recommended amount of physical activity; in Delaware, 27 percent of adults engage in no leisure-time physical activity.

Pedestrian-friendly communities make it easier for people to add physical activity into their daily lives. People who have access to sidewalks are 27 percent more likely to be physically active.

Everyone benefits from walkable communities. Even if you don't personally enjoy walking, you still benefit from living in a walkable community. Approximately 40 percent of all trips are less than two miles – an easy walk or bike ride in an area with safe pedestrian and bicycling facilities. More people walking and bicycling can help reduce overall levels of congestion, benefiting drivers too. Less driving helps reduce air pollution caused by motor vehicles. There are economic benefits as well, with higher property values and greater sales in commercial areas.

Adapted from WILMAPCO New Castle Final Report: Walkable Community Workshops: Round 1

A Note From The Editor

We're proud to present the very first edition of the **SILVER Newsletter**. SILVER is a federally funded aging-in-place program helping ensure safe, elder-friendly communities.

Upcoming publications of this monthly newsletter will feature issues and concerns that effect the 19703, 19802, and 19803 zip codes, which tend to reflect similar concerns of surrounding communities too.

If you're interested in signing up for more SILVER updates through email or 'snail' mail, contact us at JFS. Call (302) 478-9411 ext. 129, write us at 99 Passmore Drive, Wilmington, DE 19803 or email mresnick@jfsdelaware.org.

Let us know what you think and help us help you strengthen our community.

Enjoy!

The SILVER Mission:

To enable older adults to stay in their homes and community for as long as they can, with the support they need to remain healthy, safe, engaged citizens.

The SILVER Vision:

To create an environment that nurtures healthy aging for community residents and inspires residents of all ages to work toward this goal.

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Jewish Family Services • 99 Passmore Drive, Wilmington, DE 19803 • 302-478-9411 • www.jfsdelaware.org

SILVER Walkability Workshops

REGISTRATION REQUIRED. CONTACT JFS TO PARTICIPATE
IN ANY ONE OF THESE EVENTS. (302) 478-9411 EXT. 129

Brandywine Village

Friday, October 2, 2009

At 1:00 PM

At the Wilmington Senior Center

1901N. Market Street

Wilmington, DE 19802

Claymont

Friday, October 16, 2009

At 1:00 PM

At the Brandywine Senior Center

Claymont Community Center

3301 Green Street

Claymont, DE 19703

Talleyville

Friday, October 30, 2009

At 1:00 PM

At Jewish Family Services

99 Passmore Drive

Wilmington, DE 19803

What is a Walkable Community Workshop?

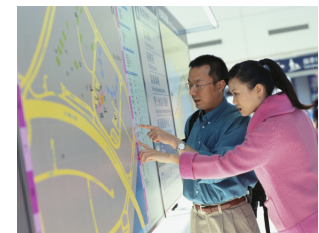
Most simply, a Walkability Workshop is a three-hour session presented by WILMAPCO that includes an educational presentation on what makes a community walkable, a walking audit of a specific area, and a mapping session, putting pencils to paper brainstorming solutions. Focusing on a particular area, participants study it in terms of walkability: sidewalks, pathways, inviting streetscape, crosswalks, destinations, etc. The process gives everyone the tools for making a community walkable and realistic next steps participants can take to achieve their ideas.



Part 1 - A presentation about sidewalk design, crosswalks, traffic calming, Community design, and other tools communities need to create walkable communities.



Part 2 - The walking audit gives participants a chance to walk through the area, identifying issues and thinking about applying what they have learned from the presentation. Getting out and walking is key to illustrating the challenges that people face when pedestrian facilities are not available.



Part 3 - During the mapping exercise people put down on paper their vision and realistic actions for improving the study area. Participants end the session by committing to specific next steps to continue the process started at the workshop.