LIVABLE
COMES TO LIFE

10 COMMUNITIES
MAKING INDIANA
A GREAT PLACE TO LIVE

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What does the future hold for Indiana communities and their citizens? From my vantage point, the future looks very promising.

Communities have long been regarded as key to creating a just and civil society, instilling values, principles and respect among their members. Communities are steeped in history, moving us from the past to the present, and into the future. They provide us with a sense of continuity and stability. Community is about purposeful design, art and culture, and where the built environment serves as a conduit to support interaction among family, friends and neighbors.
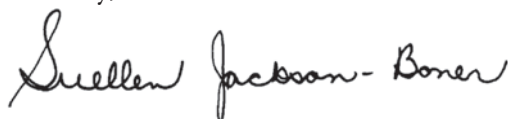
Indiana is in the midst of rekindling the spirit of true communities. Cities and towns throughout Indiana are engaging citizens in "Livable Communities" conversations, and these discussions pose a unique opportunity for all to have a voice in shaping the future of our state – community by community. Livability is a broad concept that reaches everyone – people with varied abilities, ages, ethnicities and backgrounds. When our cities and towns become more livable, Hoosiers have better access to safe housing, transportation, employment,

key health and support services, and a myriad of social opportunities. The Indiana Governor's Council for People with Disabilities, through its partnerships, projects and conference, has been successful in advocating for communities for all.

I'm excited to introduce you to 10 Indiana communities that have embraced different concepts to make livability come to life. The examples shown in this book are certainly not an exhaustive list, but serve as prime examples of Hoosier communities on their way to becoming more welcoming, accessible and sustainable.

The Council encourages you to join the movement of Hoosiers who are coming together to make our cities and towns more vibrant places. Read on to see how livable comes to life in Indiana!

Sincerely,

Suellen Jackson-Boner

Suellen Jackson-Boner
Executive Director
Indiana Governor's Council
for People with Disabilities

A National Perspective: Creating Welcoming Communities

"Almost anyone can think of places where they feel welcome." As Chris Hart, member of the United States Access Board, explains, these places are the direct result of communities that have incorporated good design.

Hart has dedicated his life to helping solve many challenges communities must overcome to create and promote human-centered design and livability. Human-centered design is the concept of creating and planning inclusive and accessible spaces and experiences for everyone.

Acting as technical advisor to Massachusetts Bay Transportation Authority (MBTA), previously directing urban and transportation projects for Institute of Human Centered Design (IHCD), and being named a Top 40 Under 40 in MassTransit Magazine are just a few highlights of Hart's vast resume. In 2011, he was also appointed by President Obama to the United States Access Board, chairing the Technical Committee and the Committee on Transportation Vehicles.

His tireless advocacy efforts have helped win a class-action discrimination lawsuit against MBTA. He's also had a hand in shaping projects related to the Big Dig – the largest U.S. public works project on record in Boston.

Hart strongly believes livability improves your confidence, comfort and control. You need confidence that your community can support your daily life, comfort in your surroundings and control when meeting your needs.

FEELING WELCOME

Hart's perspective and focus on feeling welcome in a community comes from his many life experiences. Growing up, he was required to use an unreliable bus system and navigate a busy streetscape. "I grew up on a four-lane main street – basically a highway – with a busy bus route,"

4

Hart said. "I never had confidence the bus coming to my stop would be accessible and allow me to arrive to my destination on time. Where I lived, it was completely car-centric."

Now, as he travels internationally to places like Amsterdam, Hart immediately feels welcome. "It's an environment built on walking, biking and transit. It's much more hospitable because it's not focused on cars."

> *"When you want to make things right for a community, it's important to think about race, disability, age and disease."*

Making his own community more welcoming required Chris to take action. Coming from a politically active and educated background, he understood he needed to be involved if he wanted to make change happen. "By the time I graduated high school, I had filed so many complaints with MBTA that I was asked to help change the system."

Hart's knowledge of law and policy, gained at University of Massachusetts, and his work with IHCD only jump-started his passion for human-centered design. He not only served as an accessibility monitor for MBTA, but also was a technical advisor on the discrimination lawsuit against the transit system.

Now, he develops ADA transition plans for government, education and cultural organizations and lectures internationally on the subject of human-centered design and accessibility. His dedication has allowed him to create the feeling of being welcome for thousands of individuals worldwide.

CHALLENGES AND SOLUTIONS TO DEVELOPING LIVABILITY

Hart believes livability advocates need to fundamentally understand the importance of diverse demographics and their needs, as well as politics, to help bring their communities closer to achieving livability. Many of today's livable communities are predominantly Caucasian and suburban, as are the livability groups leading these efforts.

"As you start working to fix communities in need, you'll come to realize that public health issues – like asthma or diabetes – and low income are huge factors," notes Hart. "When you want to make things right for a community, it's important to think about race, disability, age and disease."

In turn, communities must recognize their changing demographics. "It's complete nonsense to think a livable community only assists one segment of a population, like people with [physical] disabilities," remarks Hart.

The U.S. will soon be home to 80 million retired baby boomers, and more than half of adults older than 65 will have a condition they'll never identify as a disability (Hart calls them invisible conditions, like heart disease and obesity). His point: Most of us are going to be affected by disability at some point. Communities must ask themselves if they're equipped to instill feelings of confidence, comfort and control for all residents; if not, they'll face more problems in the future.

Hart also acknowledges that political barriers create their own challenges, too. After being appalled by the conditions of various pedestrian projects incorporated in the Big Dig, he warned project managers they faced legal battles with private entities and federal highway regulators

if the issues weren't corrected. "Sometimes, we're required to fight practically impossible circumstances, which are the result of politics," he said.

Although he has a list of about 50 total projects in the Big Dig he'd still like to fix, Hart understands that all the problems can't be fixed at once. He believes some advocates have trouble backing down when working with others to solve an issue, but he says he's learned that success comes gradually, and results are achieved only when working relationships with stakeholders are maintained.

The U.S. will soon be home to 80 million retired baby boomers, and more than half of adults older than 65 will have a condition they'll never identify as a disability.

"I'm deliberate as different zoning and roadway projects come along. I know it may take 10 years. But I realize the door never quite closes on opportunities; and, if you get enough sponsors or outside influence at the table, you'll end up getting what you need."

GETTING STARTED ON THE LIVABILITY JOURNEY

One of Hart's mantras is "getting there should be half the fun," and his practical advice is a direct result of his career path. He recommends that communities and advocates:

- Have a solid understanding of Title VI (part of the Civil Rights Act that prohibits discrimination in programming that receives federal funds).

- Boost awareness of their community's public health disparities, which will help set the tone when building livable communities.

- Encourage their governors and state leaders to make communities more welcoming by embracing several themes:

1) Sustainability
This can be applied to all facets of government such as public works, recycling, and green building. Infrastructure programs, like storm water control, should always incorporate enhancements and beautification for the public realm.

2) Good business practices
Hart believes strong economic development programs save everyone money in the long-term. They also help people become less dependent on government services.

3) Community-building
Create a sense of community through social interactions and engagement.

Most importantly, everyone needs to exercise their voices at the very beginning of planning. Different demographics need to be represented early in the process, and not when a project is 50 or 75 percent complete. Diversity – especially disability – is "woefully underrepresented" in leadership positions for significant community design and livability projects.

Hart's leadership in building livability is inspiring, both at the local levels and at the federal level as he advises Congress on human-centered design standards and implementation.

Applying Hart's best practices and recommendations for human-centered design and sustainability will allow people of all ages, abilities and backgrounds to have confidence, comfort and control in their communities. ★

LIVABLE
COMES TO LIFE
IN INDIANA

Huntington's ADA Transition Plan

Huntington claims many things – a prestigious university, the Sunken Gardens and Lime City Trail. In 2012, city leaders realized a key missing component was a customized ADA Transition Plan – an ADA requirement that shows how a city will ensure every public building, park, sidewalk and program is accessible.

City leaders worked with a consultant and discovered a number of improvements were needed to remove barriers and create equal access. In a "walkabout" tour of Huntington, Mayor Brooks Fetters examined sidewalks, storefronts and walkways for accessibility. An advisory council on community accessibility was formed to help increase public awareness about accessibility and the work that is underway.

Huntington has also committed to providing training for city staff on ADA requirements and making accommodations for employees with disabilities.

Although the plan is now in place, Mayor Fetters continues to look for ways to improve the city's accessibility and boost universal design – a concept that promotes easier, safer and more convenient solutions for any individual, ultimately improving the quality of life for city residents and visitors.

> *"Our goal is to make an immediate and meaningful difference in the daily lives of everyone."*

"I want to make Huntington the best version of what it can be to enhance the quality of life for residents and visitors," said Mayor Fetters. "Our goal is to make an immediate and meaningful difference in the daily lives of everyone." ★
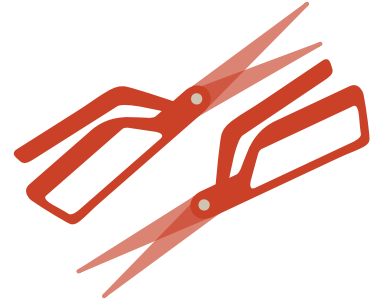
7
PRINCIPLES
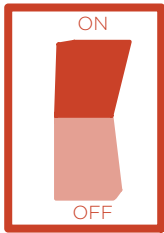of
UNIVERSAL DESIGN

1 EQUITABLE
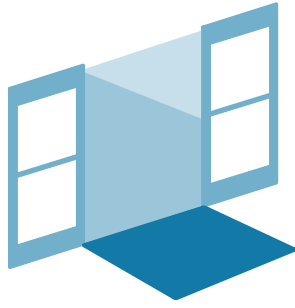
The design is useful and marketable to people with diverse abilities.
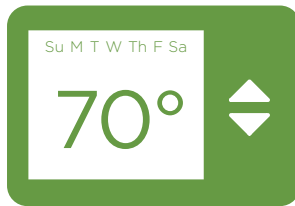
2 FLEXIBLE

The design accommodates a wide range of individual preferences and abilities.

3 SIMPLE AND INTUITIVE

ON

OFF

Use of the design is easy to understand, regardless of the user's experience, knowledge, language or educational level.
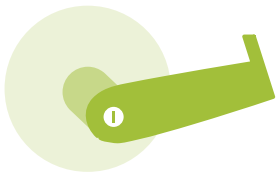
4 PERCEPTIBLE

Su M T W Th F Sa

70°

The design accommodates a wide range of individual preferences and abilities.
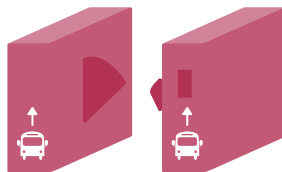
5 ERROR TOLERANT

UNDO

The design minimizes hazards and the adverse consequences of accidental or unintended actions.

6 LOW EFFORT

The design can be used efficiently and comfortably with minimum fatigue.

7 SIZING AND SPACING

Appropriate size and space is provided for approach, reach, manipulation and use regardless of user's body size, posture or mobility.

Source: NC State University, Center for Universal Design, College of Design

Title II of the ADA requires all cities that receive federal funding or have more than 50 employees to complete a self-evaluation and corresponding Transition Plan, establish an ADA Coordinator and adopt grievance procedures for discrimination against qualified individuals with disabilities.

Peru's Complete Streets

Peru knows what happens when you combine a network of safe city roads, sidewalks, bike lanes, center turn lanes, transit stops, crosswalks and street trees. Complete Streets!

In 2013, Peru scored the second-best Complete Streets policy in the nation from Smart Growth America, a national advocate for neighborhood growth and sustainability.

"Our policies are geared for everyone – from youth to regular citizens of all ages and abilities."

For more than a year, Peru Mayor Jim Walker and Miami County YMCA CEO Mark Demchak discussed healthy living, the community's wellness and how they could use a city asset – the recreational Nickel Plate Trail – to bring more people from the trail into the community.

"We were asking ourselves how we could get more people to use bicycles or go walking through Peru," said Mayor Walker in a webinar announcing the nation's top policies.

Soon, their discussions led to conversations with the Indiana State Department of Health, which connected them with an agency that could facilitate Complete Streets planning. Once connected, the Peru mayor's office hosted a policy-planning workshop that brought other community leaders together. The group included representatives from the Nickel Plate Trail, a local bike shop, a community college, the YMCA's transit program and City Council members.

"The health department's guidance gave us the momentum and local support to get the ordinance passed," said Demchak.

The best part about Complete Streets is its inclusiveness. "Our policies are geared for everyone – from youth to regular citizens of all ages and abilities," said Mayor Walker. ★

THERE ARE MORE THAN

600

Complete Streets policies in effect nationwide

60%
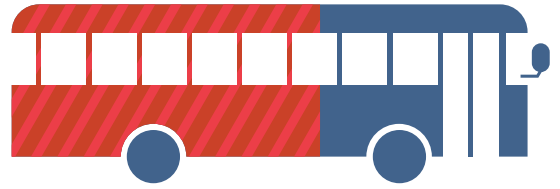
of transit users' primary purpose is travel to and from work

ONE-FIFTH

of all Complete Streets policies are in rural or small towns

TYPICAL
INDIANA
FIXED-ROUTE BUS RIDER

TYPICAL
NATIONAL
FIXED-ROUTE BUS RIDER

19-34
YEAR OLD FEMALE

INCOME

< $15,000

3-5
times a week

25-54
YEAR OLD FEMALE

INCOME

$15,000 – $49,999

5+
times a week

INDIANA COMMUNITIES WITH COMPLETE STREETS POLICIES:

- Bloomington/Monroe County
- Columbus
- Evansville
- Frankfort
- Indianapolis *(voted BEST in 2012!)*
- Madison County
- Northwestern Indiana
- Peru *(voted second BEST in 2013!)*
- Richmond
- Tippecanoe County
- Westfield

For updates on Indiana Complete Streets policies, visit:
http://www.healthbydesignonline.org/IndianaCompleteStreetsCampaign.html

Gary's Strong Cities, Strong Communities Program

Gary is embarking on one of the most innovative economic development programs ever sponsored by the U.S. government.

Strong Cities, Strong Communities (SC2), established in 2011, was created to strengthen local capacity, coordinate federal investments and spark economic growth in distressed communities. Following a six-month selection process, Gary was announced as one of seven cities chosen for SC2 in January 2014.
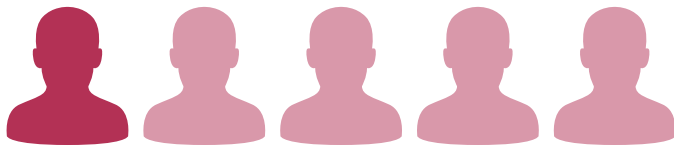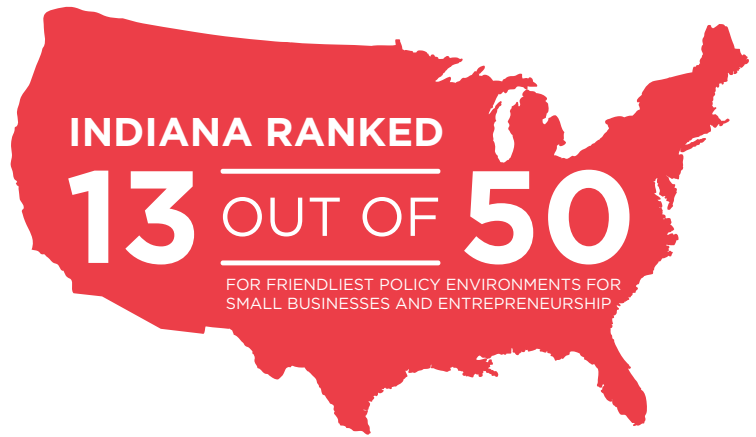
According to the Times of Northwest Indiana, representatives from several federal agencies will spend up to two years in Gary working with local leaders. Planned projects include revitalizing neighborhoods; developing an abandoned house and crime prevention plan; building a trauma center; and creating strategies to increase retail development.

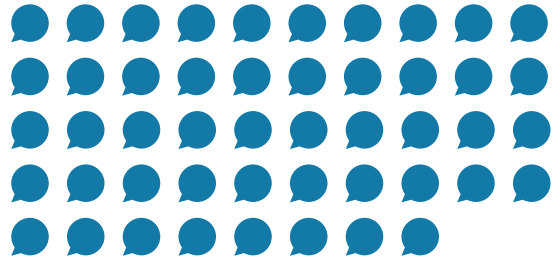"The purpose of being a SC2 participant is to use the resources and expertise of federal partners to complete projects that promote sustainability and livability," said Richard Leverett, chief of staff, City of Gary. "We're bringing a diverse group to the table when it comes to getting suggestions on economic development initiatives and other projects that will contribute to improving the quality of life for residents."

During the selection process, several community partners spoke about the potential within Gary – local arts organizations, businesses, community colleges, hospitals and health care agencies, housing authorities and the local economic development corporation. In a Department of Housing and Urban Development and City of Gary press release, Mayor Karen Freeman-Wilson explained, "I continue to stress the importance of forging these partnerships. Gary's economic future is much brighter thanks to these collaborations."

And Mayor Freeman-Wilson's commitment to realizing the City's visions of livability is strong. "It is our collective goal to be the hardest-working SC2 team in the history of the program." ★

MORE THAN

40%

OF INDIANA'S POPULATION LIVES IN THE INDIANAPOLIS OR GARY GROWTH REGION

INDIANA RANKED

13 OUT OF 50

FOR FRIENDLIEST POLICY ENVIRONMENTS FOR SMALL BUSINESSES AND ENTREPRENEURSHIP
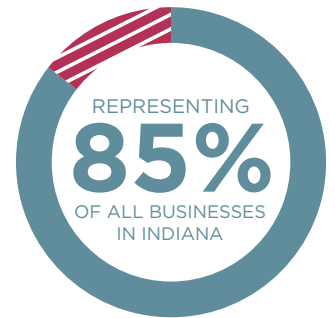
20%

of young adults start new businesses each month

Stats.Indiana.edu has research stats on **48** different economic topics.

THE ASSOCIATION FOR ENTERPRISE OPPORTUNITY ESTIMATES THERE ARE

443,625 MICROENTERPRISES

REPRESENTING

85%

OF ALL BUSINESSES IN INDIANA

EACH YEAR, INDIANA CHAMBER HONORS ONE COMMUNITY OF THE YEAR

CHECK THIS OUT!

Stellar Communities – Do you live in a Stellar Community? Stellar Communities receive funding through a multi-agency partnership for community development projects like adaptive reuse, new public-centered construction and Complete Streets initiatives. (in.gov/ocra/2601.htm)

Indiana Main Streets (IMS) – This initiative encourages the revitalization and restoration of downtown areas in Indiana cities and towns and provides technical assistance and educational opportunities to participating communities. (in.gov/ocra/2500.htm)

Place Based Investment Fund (PBIF) – The Indiana Office of Community and Rural Affairs and the Indiana Office of Tou Development awards Indiana communities funds for parks, public venues and other quality-of-place projects.

Art: A Community's Best Friend

There is no better way to express a community's identity and humanity than with public art. Incorporating artwork into public spaces not only stimulates imagination, but also local pride, engagement and economic development in a community.

Bloomington is a leader in Indiana for its conscious effort to make art an intrinsic and invaluable part of the community. A public art walking trail through the heart of the city is home to more than 13 different displays of thought-provoking artwork. Each day, hundreds of residents and visitors from Indiana University and local businesses, as well as commuters (on foot or bike), enjoy the trail's scenery.

Pieces like Hidden Jewel and Animal Island are some of the unique sculptures lining the trail that winds its way through the Bloomington Entertainment and Arts District – a shopping, eating and event destination. These pieces were a collaborative effort between local artist Joe

LaMantia and Stone Belt Arc, an area nonprofit that provides education and support to persons with disabilities. According to its website, "Stone Belt clients designed the drawings for the sculpture, characterizing the spirit of fun, diversity and community found in the newly renovated playground. Then, after the materials for the sculpture were assembled, Stone Belt clients assisted in assembling the mirror mosaics and added their thumb prints on the pole."

"Animal Island was the first piece of public art installed on the trail, and it was an important statement to make – anyone's creative work is of value," said Miah Michaelsen, assistant director for the arts in Bloomington. "Public art immediately communicates what a community thinks about creative expression, allows interaction and is a facet of showing our support and commitment to creativity that builds community." ★

VSA INDIANA

Creates opportunities for people with disabilities to learn and experience creative expression through community art classes and local programming partners. **VSAI.org**

IAC

Advocates the enrichment of individual and community life through engagement with the arts. The Indiana Arts Commission also stewards use of public and private resources to this end. **in.gov/Arts**

INDIANA HUMANITIES

Provides programming and grants to facilitate thoughtful conversations and inspire actions for the betterment of communities throughout Indiana. **IndianaHumanities.org**

NATURE. CULTURE. HOOSIER.

Indiana Arts Commission has 11 Regional partnerships

Indiana DNR urban forestry program (2013) **in.gov/DNR**

Columbus architecture **ArtsInColumbus.org**

Jasper Community Arts Council Chalk Walk **JasperCommunityArts.com**

Tippecanoe Arts Federation Mural Art initiative **TippecanoeArts.org**

Elkhart's Art Walk **DowntownElkhart.org**

Big Car Indianapolis – adaptive, flexible cultural organization **BigCar.org**

Union City Arts Depot **ArtsDepot.org**

Historic Newburgh Wine, Art and Jazz Festival **HistoricNewburgh.org**

New Albany's Carnegie Center for Art & History **CarnegieCenter.org**

SPECIAL FOCUS: CARMEL, INDIANA

The City of Carmel is well on its way to becoming a first-class city in the U.S. And leaders, like Mayor Jim Brainard, are responsible for the public/private partnerships that spurred redevelopment.

Next time you visit, see how Carmel leads best practices for incorporating public arts and culture in community-building. **CarmelArtsAndDesign.com**

CREATE A NEIGHBORHOOD RECYCLING PRO

ORGANIZE COMMUNITY BOOK-LENDING. *BE*

BE A LEADER FOR A COMPLETE S

ADVOCATE. START A TIME BA

CREATE AN AMATEUR THEATER GRO

IMPROVE ONE THING. VOLUNTE

ATTEND LAND DEVELOPMENT M

VOICE YOUR OPINION. **PATRONIZE**

HOW

BRING LIVAE

HELP OUT AT YOUR NEIGHBORHO

KEEP THE SIDEWALKS CLEAR.

PLAN A FARMERS MARKET. *BE INVO*

ORGANIZE A LEGISLATIVE FO

BIKE. WALK. RIDE PUBLIC TRANSIT. *W*

PLANT A COMMUNITY GARDEN. *SUP*

CREATE A NEIGHBORHOOD RECYCLING PRO

ORGANIZE COMMUNITY BOOK-LENDING. *BA*

BE A LEADER FOR A COMPLETE

JOIN YOUR NEIGHBORHOOD WATCH.
ACTIVE IN YOUR CITY'S MASS TRANSIT EFFORTS.
STREETS ORDINANCE. *BUY LOCAL.*
ANK IN YOUR COMMUNITY.
OUP. *WALK YOUR NEIGHBORHOOD.*
ER, VOLUNTEER, VOLUNTEER.
EETINGS. *PUT TOGETHER A BLOCK PARTY.*
FESTIVALS AND STREET FAIRS.

CAN I

BLE TO LIFE?

OOD SCHOOL. ASK QUESTIONS.
KNOW YOUR NEIGHBORS.
LVED IN A RELIGIOUS ORGANIZATION.
RUM. SPONSOR A LOCAL SOCIAL EVENT.
YORK AT THE POLLS. *CREATE A BOOK CLUB.*
PORT YOUR LOCAL FARMERS MARKETS.
GRAM. JOIN YOUR NEIGHBORHOOD WATCH.
ACTIVE IN YOUR CITY'S MASS TRANSIT EFFORTS.
STREETS ORDINANCE. *BUY LOCAL.*

NeighborLink Network

For years, thousands of individuals in Fort Wayne – including low-income residents, seniors and people with disabilities – have benefited from NeighborLinkFortWayne.org. This online database allows them to post tangible needs – often overlooked by traditional social services – and have those needs met by community volunteers and resources.

NeighborLink allows neighbors, church groups and community members to help one another with projects ranging from removing overgrown trees to installing new windows or simply vacuuming. The website also has a unique fundraising tool that collects and tracks donations for projects.

"The concept has always been to eliminate barriers to asking for help and to be a place for local churches and social service agencies to connect to those who need assistance," said Andrew Hoffman, executive director of the

nonprofit NeighborLink Network Foundation, the organization that guides the growing network.

Today, the technology behind the Fort Wayne database has been adopted in five communities across Indiana – Fort Wayne, Indianapolis, Evansville, Porter County and Dekalb County.

"The concept has always been to eliminate barriers to asking for help."

"In my role, I facilitate the process of expanding the NeighborLink network by helping people start their own nonprofit NeighborLink organization and website. And, I help other organizations who align in mission but only need our web technology," said Hoffman.

As the network grows, each NeighborLink system helps to provide neighbor-to-neighbor care and compassion to build better communities. ★

6 INITIATIVES SIMILAR TO NEIGHBORLINK

1 **NEXTDOOR APP**
Nextdoor.com
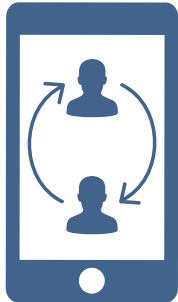
CONNECT WITH NEIGHBORS FOR SOCIAL AND SAFETY

2 **U.S. MOBILE-HEALTH UNITS**

2,000 MOBILE CLINICS
SERVING 7 MILLION PEOPLE ANNUALLY
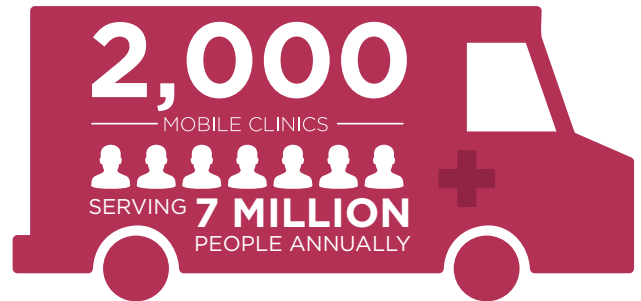
3 **TIME BANKS**
TimeBanks.org

1 HOUR SERVING OTHERS = 1 HOUR SERVICE FOR YOU
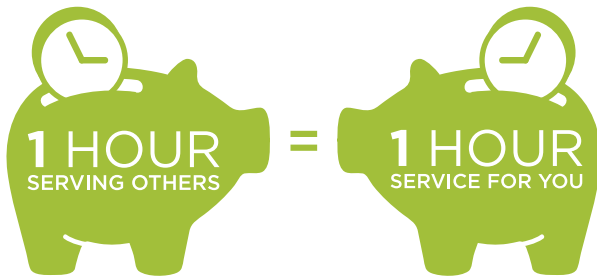
4 **BARTER-BASED LEARNING**
TradeSchool.coop

Barter goods or services that a teacher requests
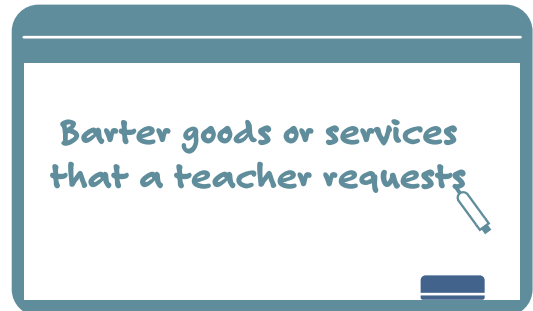
5 **LITTLE FREE LIBRARY**
LittleFreeLibrary.com

MORE THAN 40 LOCATIONS ACROSS INDIANA ALONE

6 **IU HEALTH'S GARDEN ON-THE-GO**
IUHealth.org/Garden-on-the-Go

MORE THAN 50,000 TRANSACTIONS SINCE 2011 AND 200+ TONS OF PRODUCE SOLD
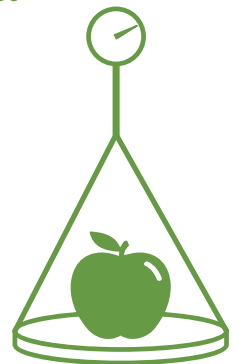
SEVERAL MOBILE HEALTH UNITS IN INDIANA:

- Edgewater Systems, Taking It To The Streets (Gary)
- Get Fit – Get Healthy (Goshen)
- Health Check Mobile Van (Marion)
- Indiana Health Centers (Indianapolis)
- Francine's Friends Mobile Mammography (Ft. Wayne)
- Vermillion-Parke Community Health Center (Clinton)

Types of services provided by mobile health clinics
- Dental
- Preventive
- Primary Care
- Specialty
- Mammography
- Mental Health
- Maternal and infant health
- Disaster relief

COMMUNITIES FOR LIFE
Shelbyville and Crawfordsville

Livability Advocates Training the Community

Advocates from Shelbyville and Crawfordsville had very different needs when it came to creating more livable communities. But each had the same objective.

Sharon Baggett, associate professor of aging studies at the University of Indianapolis, together with Jennie Todd, research associate at Indiana Institute on Disability and Community at Indiana University (IIDC), had a vision to promote livability planning within the aging and disability community. So, in 2013, they collaborated to create Advocates for Livable Communities Training. The training workshop lasts five full days and includes an interactive homework assignment where trainees assess their own communities and conduct a discussion night with community leaders to talk about improving livability.

"It was always one common purpose about improving livability and gaining insight from one another," said Baggett, "It didn't matter what your cause was; they were all advocates for changing things and getting involved. It was incredible to see groups come together for the common purpose to make communities better."

"It was incredible to see groups coming together... to make communities better."

Workshop trainees follow a livability workbook that was custom-created by Baggett and Todd – and is now available online. The workbook serves as a "guide" to livability requirements and outlines the skills required for advocates.

Together, the training and workbook were inspirational for Shelbyville and Crawfordsville attendees. One of the most common responses Baggett and Todd collected at the end of the

BY 2030 seniors will make up 20% of the U.S. population

There are 16 Area Agencies on Aging and Disability located in Indiana

Over the next 30 years, **the 65+ population** will account for **63% of Indiana's growth**
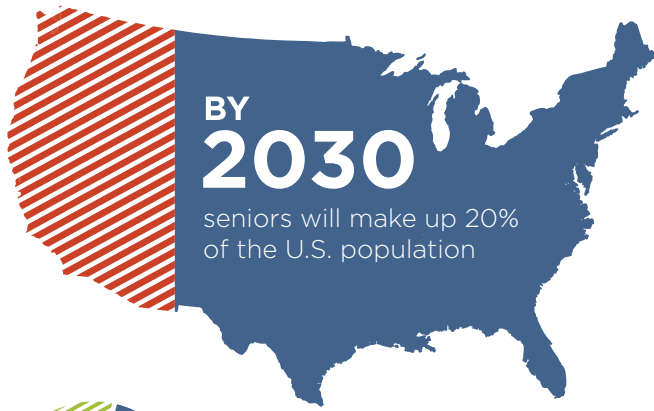
"Communities for a Lifetime" lauded for age and ability planning.

VALPARAISO LINTON HUNTINGTON

Millennials (1977-1994) make up

24%

of the U.S. population.
That 77 million is on par with Boomers (1946-1964) and Generation Z (1995-present)

APPROXIMATELY

1 OUT OF 5
HOOSIERS HAS A DISABILITY

week was, "I had no idea I was going to learn this much information."

On the last day of the training, participants invited community leaders, such as their mayors and parks and recreation planners, to attend. "It was amazing to see trainees engaging in conversation with these leaders and using language that these leaders use," said Baggett. "Seeing trainees becoming empowered was extremely exciting for me."

Baggett and Todd are excited about what lies ahead for these two communities. They're also looking to host more training sessions throughout Indiana in the coming years. "Where these communities go next and how they continue to collaborate, build momentum and add new stakeholders to their effort in making their community more livable for all is something I am looking forward to in the future," said Todd. ★

FOR MORE INFORMATION

Advocates for Livable Communities Training Workbook is available at:

LifeTimeCommunities.org

Also, check out AARP's Age-friendly Communities Toolkit for their four-step, five-year program on how to build support for livable community planning.

www.aarp.org/Livable-Communities

Health & Wellness in Clinton County

In four years, Clinton County has managed to slim down – in more ways than one. The county has moved from 51st to 31st in Indiana's County Health Rankings. Due to the efforts of Healthy Communities of Clinton County Coalition, and director Carol Price, the county has taken steps to reduce the risk factors that lead to chronic diseases such as obesity, diabetes and lung cancer.

"The coalition began in 2006, and in 2010, the focus transformed from health programs to changing policies and the environment to make healthy choice the easy choice," said Price.

In 2012, the coalition's community action plan was adopted into the Clinton County Comprehensive Plan. The City of Frankfort also included parts of the initiative in its city plan.

Using the plan, the coalition has created 20 mapped and measured walking paths. A bike team encouraged the use of bicycles by installing new bike racks all around town and holding events such as a "Bike and Seek" scavenger hunt. The City of Frankfort adopted a Complete Streets policy, and Safe Routes to School programs have also been implemented by four elementary schools resulting in an increase of children walking and biking to school.

"The focus transformed from health programs to changing policies and the environment."

Additionally, worksites have been encouraged to offer healthy options during business meetings and remove vending machines with soft drinks and unhealthy snacks.

The Coalition has also hosted an Active Living workshop for 50 community leaders in Frankfort. The workshop, one of 10 in the state, provided healthy living tips and addressed plans to keep residents active and healthy in their daily lives. ★

0 — **7** — **15** — **29** — **38** — **47** — 100

GRANGER PORTAGE INDIANAPOLIS RICHMOND LOGANSPORT

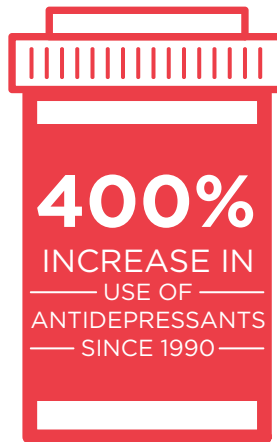People who use parks and open spaces are

3 TIMES

more likely to achieve recommended levels of physical activity than non-users

UNHEALTHY COMMUNITIES CAUSE MENTAL HEALTH CONCERNS

FROM 1991-1996
"ROAD RAGE" INCIDENTS INCREASED BY

60%

@!*#%

400% INCREASE IN USE OF ANTIDEPRESSANTS SINCE 1990

8

Indiana is the **eighth** most obese state.

SOURCE: "Designing Healthy Communities," Richard Jackson

A GLOSSARY FOR HEALTHY COMMUNITIES

Farm to School Program – Programs that connect K-12 schools with local and regional farms to improve nutrition education in the cafeteria and classroom.

Community-Supported Agriculture – Communities that pledge support to a farm operation so that the farmland is mutually supported by the growers and consumers.

Community Garden Zoning – Zoning for community gardens helps allow people to come together without worry of city regulations interfering with community development.

Green Space – An area of protected or conserved land or water that will not be developed.

Restaurant Zoning – Zoning policies can control the food environment by regulating a community's land use. Some regulations include designating community food gardens and farmers markets, allowing incentives to businesses that increase access to healthy food, and limiting commercial food retail (such as fast food).

Check out in.gov/isdh/25142.htm for more resources.

"Designing" Columbus, Indiana

Corporations can be quite influential in creating the fabric of a community, especially when the businesses want to attract and retain talented employees. IBM's newest service delivery center is housed in a renovated downtown department store in Dubuque, Iowa, and Zappos online shoe store is headquartered in Las Vegas' old city hall. These are perfect examples of corporations that have put considerable thought and substantial resources into their surroundings, by rejuvenating downtown centers and providing better sidewalks, transit hubs and places for public art.

Cummins Inc., a Columbus-based engine manufacturer, is also an example of corporate responsibility at its best, as the company has made a name for itself for its commitment to make the city an attractive and culturally rich place to live.

Former Cummins chairman and CEO J. Irwin Miller created an architecture program in 1960 to encourage architectural excellence in Bartholomew County. "The influence of architecture with which we are surrounded in our youth affects our lives, our standards, our tastes when we are grown, just as the influence of the parents and teachers with which we are surrounded in our youth affects us as adults," said Miller.

Now, Columbus boasts more than 50 architectural works of art by renowned architects. This vision has also spread to other Indiana cities with Cummins operations, including Seymour and Indianapolis.

Columbus has also been ranked in several national surveys including 11th on a list of America's safest cities per population, 11th in National Geographic Traveler's list of historic destinations, and one of Nick Jr. Family Magazine's 10 Most Playful Towns. ★
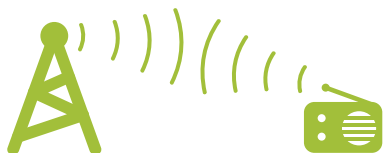
ELI LILLY AND COMPANY

Engaged in a public-private partnership to create CityWay, placing a mixed-use neighborhood in an underdeveloped section of downtown Indianapolis.
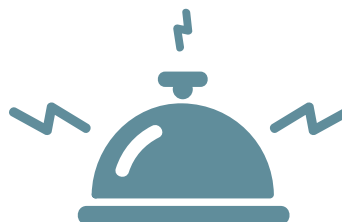
INDIANA PACERS BIKESHARE

Local businesses help sponsor 25 rental stations for 250 community bikes in downtown Indianapolis.

LINCOLN FINANCIAL GROUP

Provided funds to improve audio quality of classical music station WBNI and expand coverage to more than 450,000 new Fort Wayne listeners.

ZIMMER CORPORATION

Converted a historic movie theatre in downtown Warsaw into the Zimmer Hotel.

INDIANA UNIVERSITIES
MAKING A DIFFERENCE

UNIVERSITY OF INDIANAPOLIS

Building a new health sciences center to host both school programs and community health care offices on the south side of Indianapolis.

UNIVERSITY OF NOTRE DAME

Leased land to City of South Bend for Eddy Street Commons, a 24-acre mixed-use neighborhood that employs more than 760 people.

TRINE UNIVERSITY

Converted Angola's vacant "First Christian Church" into a world-class, and accessible, performing arts center.
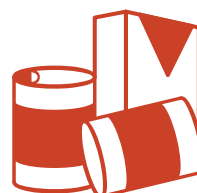
IUPUI

Fills food pantries to support more than 15 local nonprofit organizations and churches for Thanksgiving, as well as students who attend the university.

Indianapolis' Better Blocks Project

Blink and you may miss this livability movement! Known as tactical urbanism, these initiatives are quick, temporary and inspire better, safer and more inclusive environments. One of the leading initiatives in this movement is the Better Block project (BB).

> *"It became less about the top-down approach, and more about actually meeting the needs of the communities."*

BB began in 2010 in Dallas, Texas, with a vision to show cities how a block could be revived and improve area safety, health and economics. In 2013, Ashley Kimmel, working for Indy-East Asset Development, collaborated with other area leaders to begin the planning process for a better block at East Washington Street in Indianapolis. It was the first BB undertaking in Indiana.

For one full day, pop-up shops, eateries and activities lined a section of the street and opened up new walkable areas for pedestrians. The project enhanced curb appeal and the community's accessibility to local vendors. "We were all big dreamers," said Kimmel. "It became less about the top-down approach and more about actually meeting the needs of the communities."

The East Washington Street BB also inspired similar projects at Michigan Road on Indianapolis' northwest side and Garfield Park on the city's south side. "The best part is the aftermath," said Kimmel. "[BB] gives people a real-life example of what we are all pushing for – walkable amenities, access to good food, friendly and helpful neighbors – a real sense of community." ★

5 CHARACTERISTICS OF TACTICAL URBANISM

A deliberate, phased approach to instigating change

Local solutions for local planning challenges

Short-term commitment and realistic expectations

Low risk, with a possibly high reward

The development of social capital between citizens

Indiana Projects Similar to BETTER BLOCKS

Nationwide Projects Similar to BETTER BLOCKS

GUERRILLA GARDENING
GuerrillaGardening.org

PLAY STREETS
AHealthierAmerica.org

POP-UP CAFES

CHAIR BOMBING
SpontaneousInterventions.org

PARK(ING) DAY
ParkingDay.org

FOOD TRUCKS

HOLLY POP
FORT WAYNE

GEORGIA STREET
INDIANAPOLIS

OPEN STREETS
INDY/EVANSVILLE

POP UP MAIN STREET
EVANSVILLE

OPEN STREETS PROJECTS IN INDIANA

Evansville Streets Alive!
Healthier Evansville kicked off its inaugural Evansville Streets Alive! in 2012. The event offered various exercise and dancing group activities, street performers, bike rodeos and food vendors.
OpenStreetsProject.org/evansville/

Open Streets Indy
In 2013, American College of Sports Medicine organized Open Streets Indy. The event included free exercise classes in the street, physical activity games, dancing, music, art activities, giant board games and healthy food vendors.
OpenStreetsProject.org/indianapolis/

Ball State's Primacy of Place Initiative

Consider this scenario: Your community has neglected its historic buildings due to their inaccessibility, but you want to preserve their charm and foster repurposed use of the buildings. How do you activate your vision of making the buildings more accessible for people with disabilities? Search Ball State University's website for the Primacy of Place Initiative (PoP).

Indiana policy makers, community stakeholders, businesses, civic organizations and nonprofits are encouraged to visit PoP's website for a wealth of information about placemaking – creating a community culture that nurtures wellness, happiness and prosperity, and puts human interests at the center of community economic development.

"PoP is built on the idea that people are the most important ingredient of any economic development effort," said Dick Heupel, director of economic and community development at Ball State University. "And PoP resources are available for anyone who wants to get started."

Whether you're focused on preventing crime, developing neighborhood centers or improving your community's health, PoP has tools to help achieve your goals, such as:

- Knowledge Groups – thought leaders who can address a wealth of issues, including:
  - Arts integration in economic development
  - Community design
  - Collaboration for educational excellence
  - Community well-being
  - Municipal governance; and
  - Community readiness for change

- Best Practices Database – an ever-evolving set of internal and external resources

- Conference – exploration of ways to develop, attract and retain talent through quality of place initiatives

"Creating quality of place is a means, not an end," said Heupel. "We hope this database helps leaders go farther and realize the goals they have for their own communities." ★

6 ACTION STEPS FOR LIVABILITY

1 ASSEMBLE A TEAM
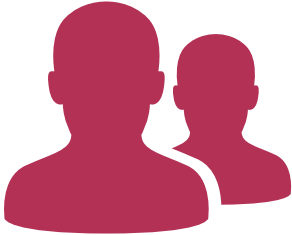
Identify stakeholders, provide input before a first meeting and define expectations.

2 ASSESS READINESS

Use an assessment tool that defines your foundation and identifies challenges and opportunities.

3 TAKE FOCUSED ACTION

Select a banner issue and achieve "easy wins" to create public buy-in.

4 PROMOTE SUCCESS

Recognize efforts of volunteers regularly; engage influencers like businesses and media.

5 SET A LONG-TERM COURSE

Think big (20–30 years) and define stakeholder roles.

6 GET RESOURCES

Use your strategic plan to "shop" for funding.

OCTOBER IS
NATIONAL COMMUNITY PLANNING MONTH
www.Planning.org/NCPM

PRIMACY OF PLACE COMMUNITY AWARDS

The program recognizes communities that are working to enhance quality of life through innovative programs. Winners include:

Columbus – Created an arts district that helped spur the development of 240 new apartments and business expansion in the district.

Valparaiso – Introduced a vibrant arts program, revitalized the downtown area and preserved parkland through partnerships with arts lovers and private investors.

Walkerton – Tore down and rebuilt 80 homes to remove blight and provide existing residents with affordable, quality housing.

LIVABILITY ENTREPRENEURS

THIS LIST REPRESENTS JUST A FEW OF THE COUNTLESS ADVOCATES AND LEADERS WHO ARE BRINGING LIVABILITY TO LIFE IN INDIANA. THANK YOU TO ALL WHO CARE FOR AND CONTRIBUTE TO THEIR COMMUNITIES.

Mayor Shawna Girgis and Bedford Stellar Communities
City of Bedford

Mayor James Brainard
City of Carmel

Mayor Kristen Brown
City of Columbus

Mayor Randy Strasser and Delphi Stellar Communities
City of Delphi

Mayor Karen Freeman-Wilson and the Office of the Mayor
City of Gary

Mayor Sue Murray and Greencastle Stellar Communities
City of Greencastle

Mayor Brooks Fetters and Norman Kochensparger
City of Huntington and Mayor's Advisory Council on Community Accessibility

Mayor Greg Ballard and the Office of the Mayor
City of Indianapolis

Mayor John Wilkes and the Office of the Mayor
City of Linton

Mayor Harold Campbell and North Vernon Stellar Communities Committee
City of North Vernon

Kim Irwin
Health By Design

Mayor Robert Hurst and Princeton Stellar Communities Committee
City of Princeton

Mayor Jon Costas and the Office of the Mayor
City of Valparaiso

Mayor Sally Hutton and Richmond Stellar Communities Committee
City of Richmond

June Lyle
AARP Indiana

Deborah McCarty
Back Home in Indiana Alliance

Sharon Baggett
Ellen Miller
University of Indianapolis

Brent Aldrich
Englewood Community Development Corporation

Lewis Ricci
Indiana Arts Commission

Phil Stafford, Ph.D.
Indiana Institute on Disability and Community

Suzanne Stanis
Indiana Landmarks

Sue Ellspermann
Indiana Lieutenant Governor

Suellen Jackson-Boner
Indiana Governor's Council for People with Disabilities

Marissa Manlove
Marie Beason
Indiana Philanthropy Alliance

Peter Fritz
Lindsay Bouza
Indiana State Department of Health

John Marron
Indiana University Public Policy Institute

Gayle Holtman
VSA Indiana

John Niederman
Pathfinder Services

Andy Fraizer
Indiana Association for Community Economic Development

Indiana Humanities

Building Better Communities
Ball State University

CICOA Aging & In-Home Solutions

Complete Streets Coalition

Growing Places Indy

Indiana Builders Association

Indiana Citizens' Alliance for Transit

Indiana Housing and Community Development Authority

Indianapolis Neighborhood Resource Center

Indiana Association of Cities and Towns

Lifelong Indiana Coalition

The Indiana Governor's Council for People with Disabilities supports Lifelong Indiana Coalition, which advocates for broad support for more attractive, sustainable and competitive Indiana communities where residents of all ages and abilities can make lifelong homes.

Many different organizations make up the Coalition: state government, nonprofits, academic institutions, philanthropic organizations and think tanks. Its members are actively exploring specific projects that will tackle the various challenges Indiana faces in making its communities more age- and ability-friendly. Follow them on Twitter: @LifelongIndiana.