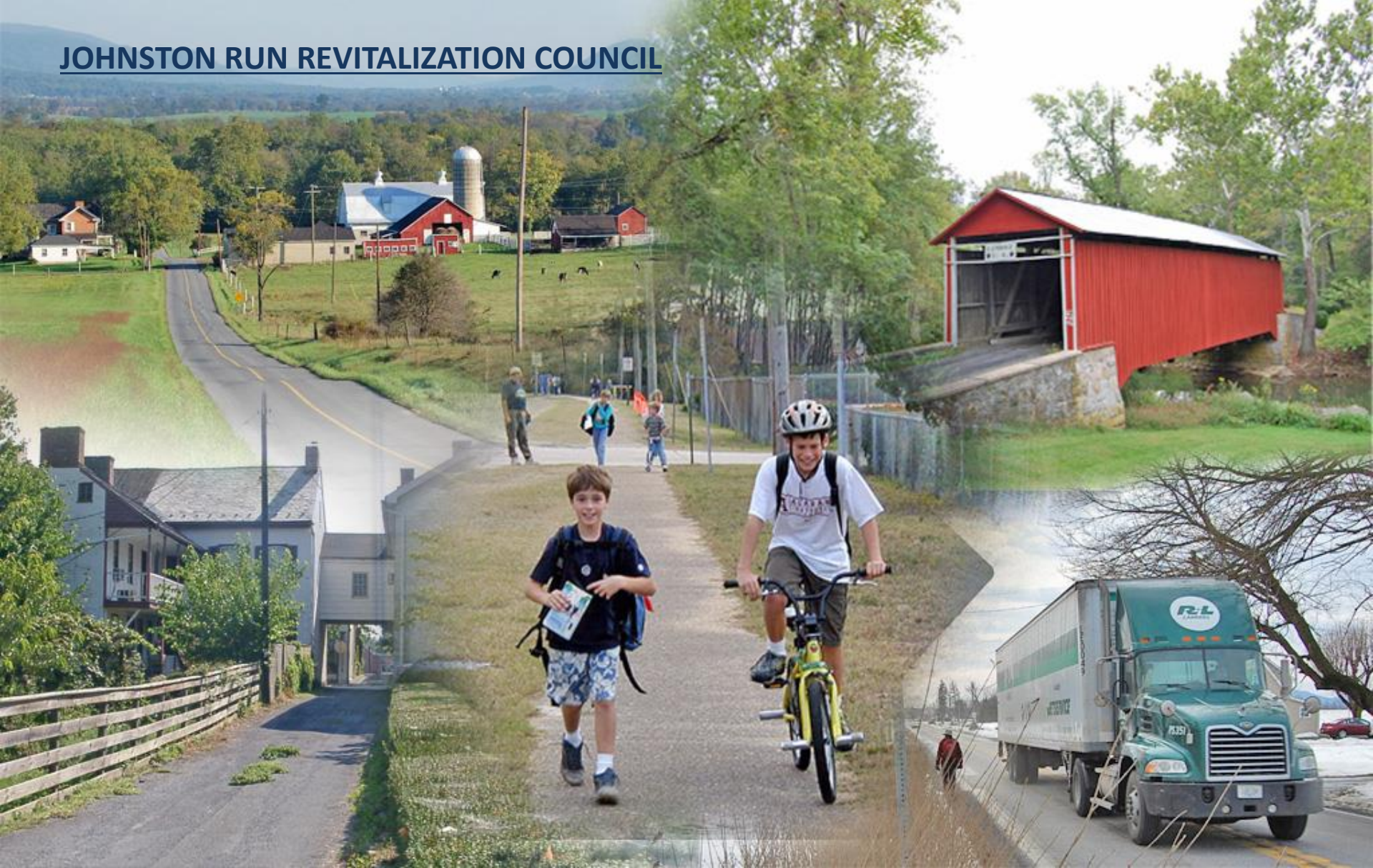


JOHNSTON RUN REVITALIZATION COUNCIL



It Takes a Community



For some of you: Yours is the 1st generation whose life spans will be less than their parents

- In 2008 I looked from the growth chart to the 10 year old in front of me...
- I'm seeing teens with high BP and Type II Diabetes; heart attacks in persons in their 30's
- In Franklin County >30% of our youth will be obese in their 20's, in Boulder, Colorado it is just 15% WHY IS THAT?
- What can we do to turn our trend around?

Creatir

- Invited local care providers, hospital, school district, business, TACC, community leaders to meet
- Asked the stakeholders – what makes a healthy community?





Vision:

To create a groundswell of *community commitment*

to making the Mercersburg area *a place that inspires its population to live well.*"

The Goal: With each community decision ask –
"will this add to the health of our community?"

Board members include representatives from school district, service organizations, medical providers and businesses

Presentation to the Borough council 2011 30 years ago kids could walk and ride all over the community.....



What will it take to
stitch it back together?
Wouldn't it be great if our kids could
walk or ride to school again?



Why was **MPMC** established?



CDC studies show an increase in the % of persons with healthy eating and exercise habits in walkable - bikeable communities



Just 30 minutes of walking a day.....

- 40% decrease in heart disease and strokes
- Along with a healthy diet – 60% decrease in Type 2 Diabetes
- 50% decrease in Alzheimer's
- Decreased depression and sleep disorders
- Decreased arthritis
- Increased balance, agility, bone density

Active Lifestyle by Community Design

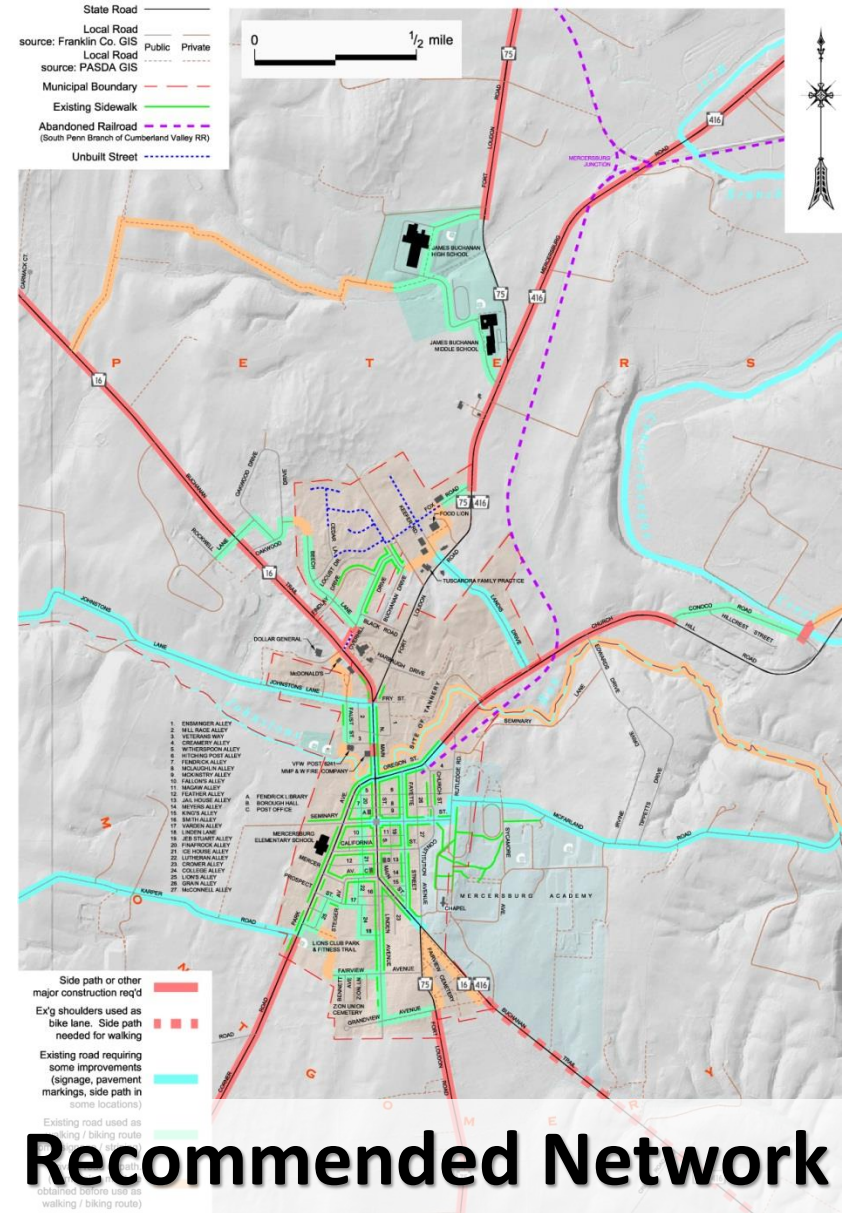


Study Team



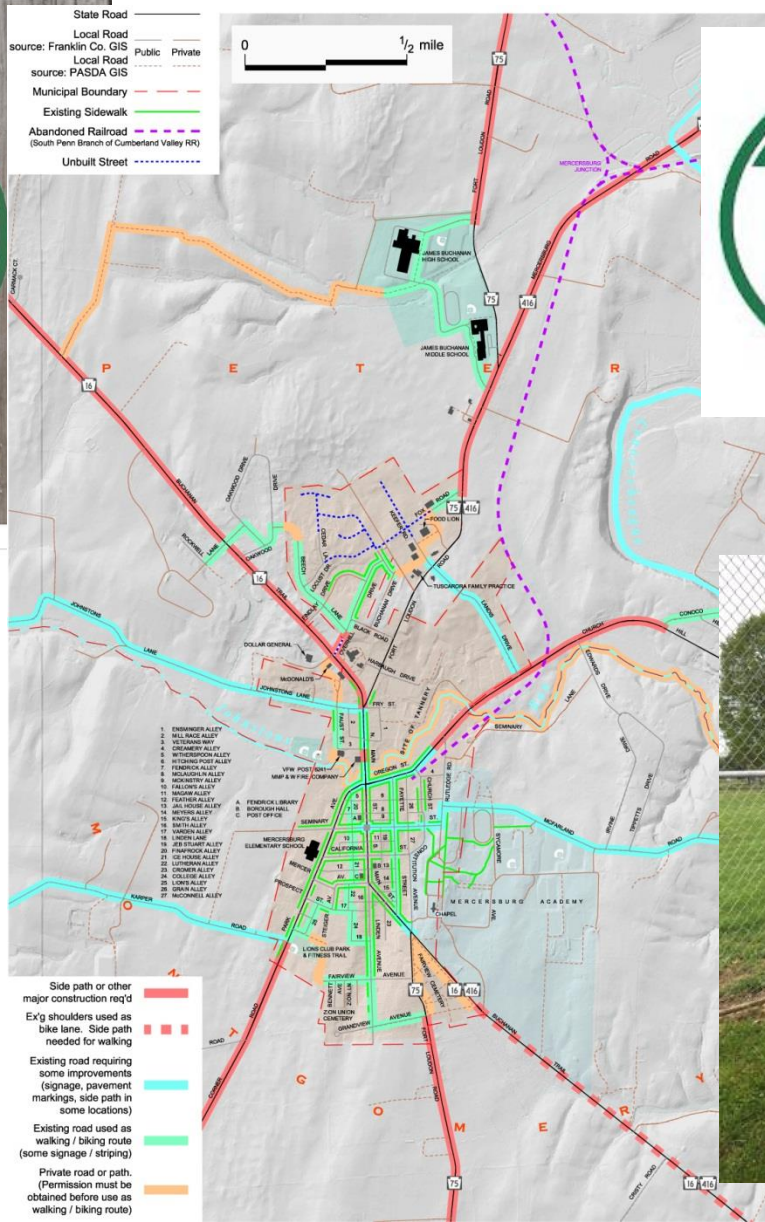


Public Involvement - an integral part of the study

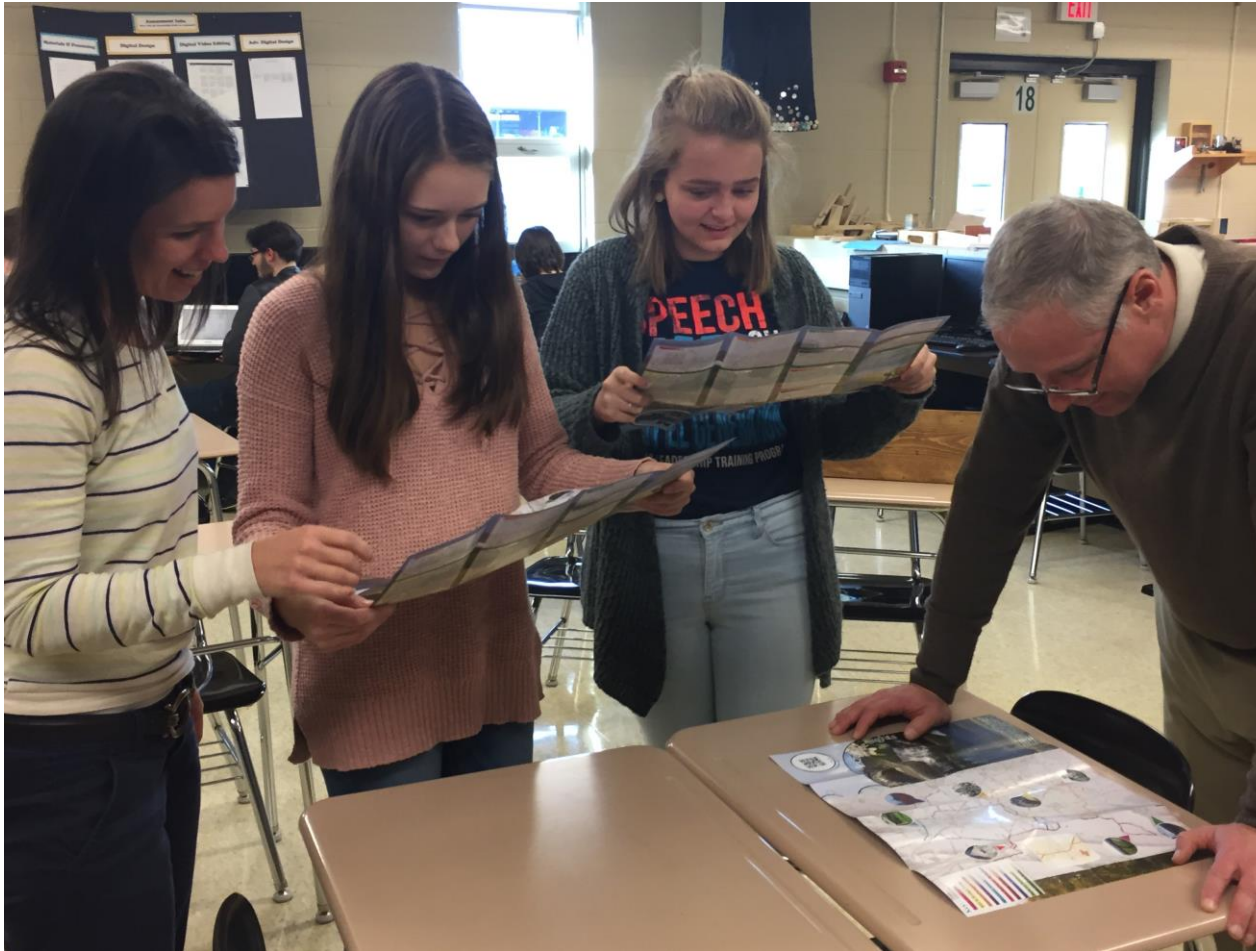


We want to walk out our door and be able to walk or bike
to school, to work, on errands, for recreation

Scenic, Safe, Seamless Routes - Way-finding



School Involvement



Progress



There's an even bigger picture.*****

Impaired Waterway





**Sustainable
Environment**

**Community
Connectivity**

**Individual
Wellbeing**

A Healthy Lifestyle Includes Environmental Wellness

- National Park Service
- NFWF
- Collaborative capacity building grant with Montgomery, Peters, Mercersburg – KCI
- Waterway Assessment*
- Storm water management for the alleys too!

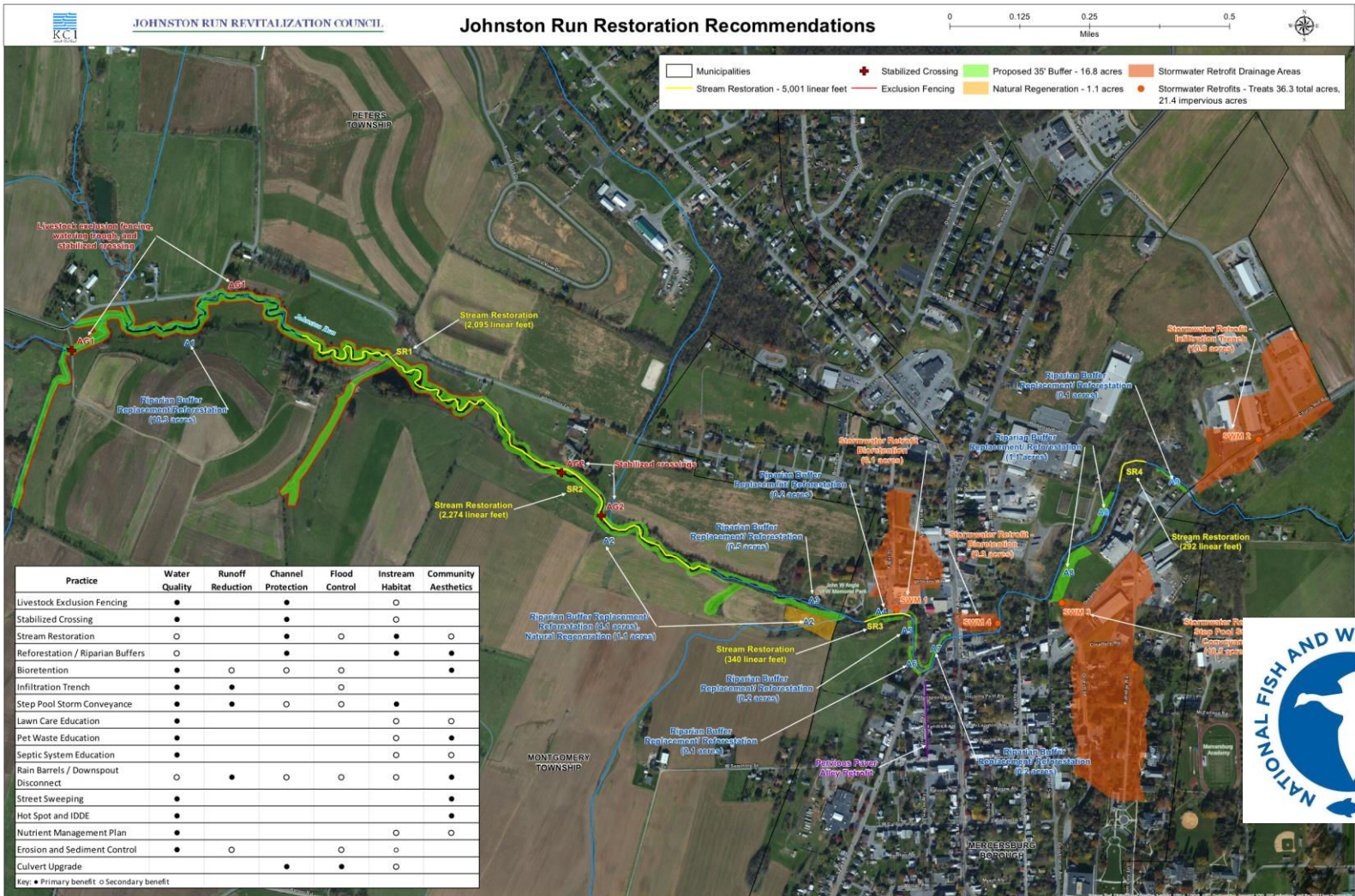


Individual Wellness *Community Connectivity *Environmental Sustainability

Johnston Run Waterway Assessment

*A healthy lifestyle includes
environmental wellness*







Which is healthier?



Shade
Not full of silt
Doesn't have fertilizer run off
Bird, bug, butterfly habitat

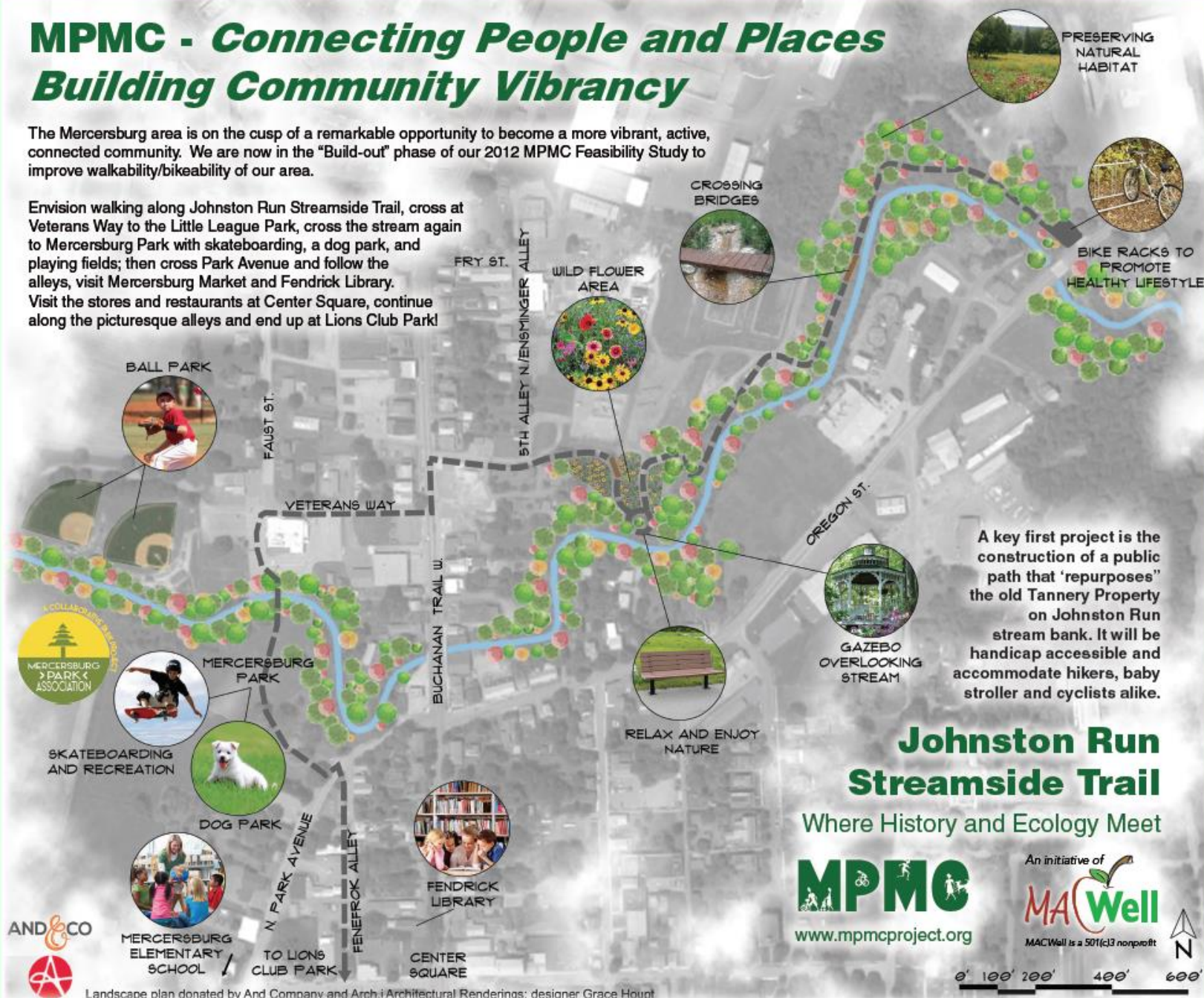


Creating the future – inviting youth and farmers
Long term vision and perseverance is key!

MPMC - Connecting People and Places Building Community Vibrancy

The Mercersburg area is on the cusp of a remarkable opportunity to become a more vibrant, active, connected community. We are now in the "Build-out" phase of our 2012 MPMC Feasibility Study to improve walkability/bikeability of our area.

Envision walking along Johnston Run Streamside Trail, cross at Veterans Way to the Little League Park, cross the stream again to Mercersburg Park with skateboarding, a dog park, and playing fields; then cross Park Avenue and follow the alleys, visit Mercersburg Market and Fendrick Library. Visit the stores and restaurants at Center Square, continue along the picturesque alleys and end up at Lions Club Park!



A key first project is the construction of a public path that 'repurposes' the old Tannery Property on Johnston Run stream bank. It will be handicap accessible and accommodate hikers, baby stroller and cyclists alike.

Johnston Run Streamside Trail

Where History and Ecology Meet

MPMC

www.mpmcproject.org

An initiative of
MACWell
MACWell is a 501(c)(3) nonprofit



Landscape plan donated by And Company and Arch-i Architectural Renderings; designer Grace Houpt

Streamside Trail – create waterway awareness and stewardship.

- Borough council – gave right of way – some challenge of membership changing.
- Received grant for borough from DCNR
- Projects take a long time
- Got supportive folks to run for Council
- Government, businesses, schools, individuals
- Remind them to keep goal in mind: Making decisions that benefit our community health.

*

Getting Started

Involve the school



Working with Borough manager to consult Penn DOT re: Bike Lane AND Storm water management



Working to have Council put a long term plan in place - perseverance.

A group of five people are gathered outdoors on a paved area next to a sidewalk. On the left, a man in a bright yellow high-visibility jacket and blue jeans stands near a black trash bag. Next to him is another person in a green jacket and a yellow high-visibility vest. In the center, a man in a tan jacket and blue jeans stands with his hands on his hips. To his right, a man in a red jacket and a grey beanie is talking to a woman in a dark grey hooded coat. In the background, there is a two-story white house with a porch and a large tree. The scene appears to be a community meeting or an inspection.





Fenefrock Alley Mercersburg

A pretty alley and parking lots off of it,
– major storm water source into
stream!! OPPORTUNITY!!



Very Long Term Plan Commitment Tenacity Involve the Generations

- 3 generations – Grand Dad Roger on the waterway testing team/Mom Ingrid – MACWell Board member /Hannah – Stuffing MPMC 5 Miler goodie bags “so I can bike to school”



Working with our municipalities:

- Introduce projects to council and manager
- Go to council meetings with updates
- Meet each individual council member, walk and talk, engage them in their area of interest (borough beautification, their own health, their kids...
- Involve the mayor
- Work with the manager
- Work with local businesses
- Assist in creating a long term plan, a mode for implementation and budget
- Have all your projects on the long term plan.



It Takes a Community



Creating Trails to Wellness



Healthy
Food

It Takes a Community

Active
Lifestyle

Healthy
Environment

