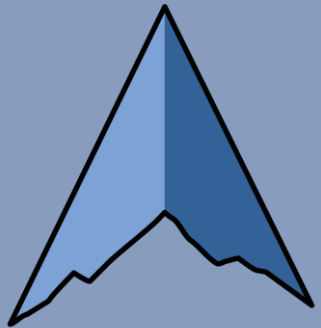


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**ALASKA
TRAILS**



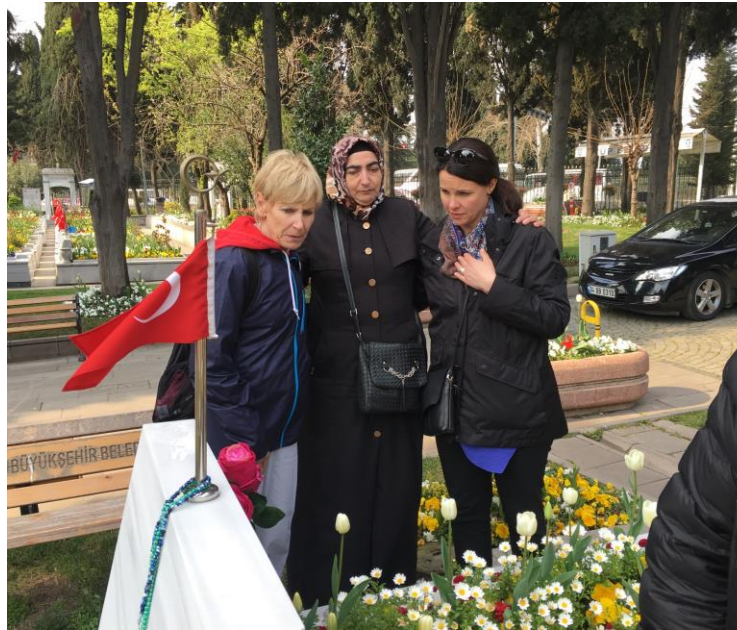
Healing Trails

Alaska Trails Conference

April 23, 2020

Presented By:

**Maeve Nevins-Lavtar, Sr. Park Planner
Municipality of Anchorage**



MY JOURNEY

GRIEF

- Delegate for TAPS International (Tragedy Assistance Program For Survivors)
- 2019 Travel to Istanbul, Turkey & Erbil, Iraq to meet other Military Survivors



KARE



ERBIL



O'HA

abuzafer

Bye Bye

LUBE



Temporary Installments

- Facilitated Group **Healing Workshops** - April 2019
- Temporary **Labyrinth**: built w/TAPS Delegates and Students from Iraq Institute for Conservation of Antiquities and Heritage –Erbil
- Temporary **Mandala**: built at Martyrs Monumen in Sami Abdulrahman Park, Erbil, Iraq (Former Saddam Hussein's military base)



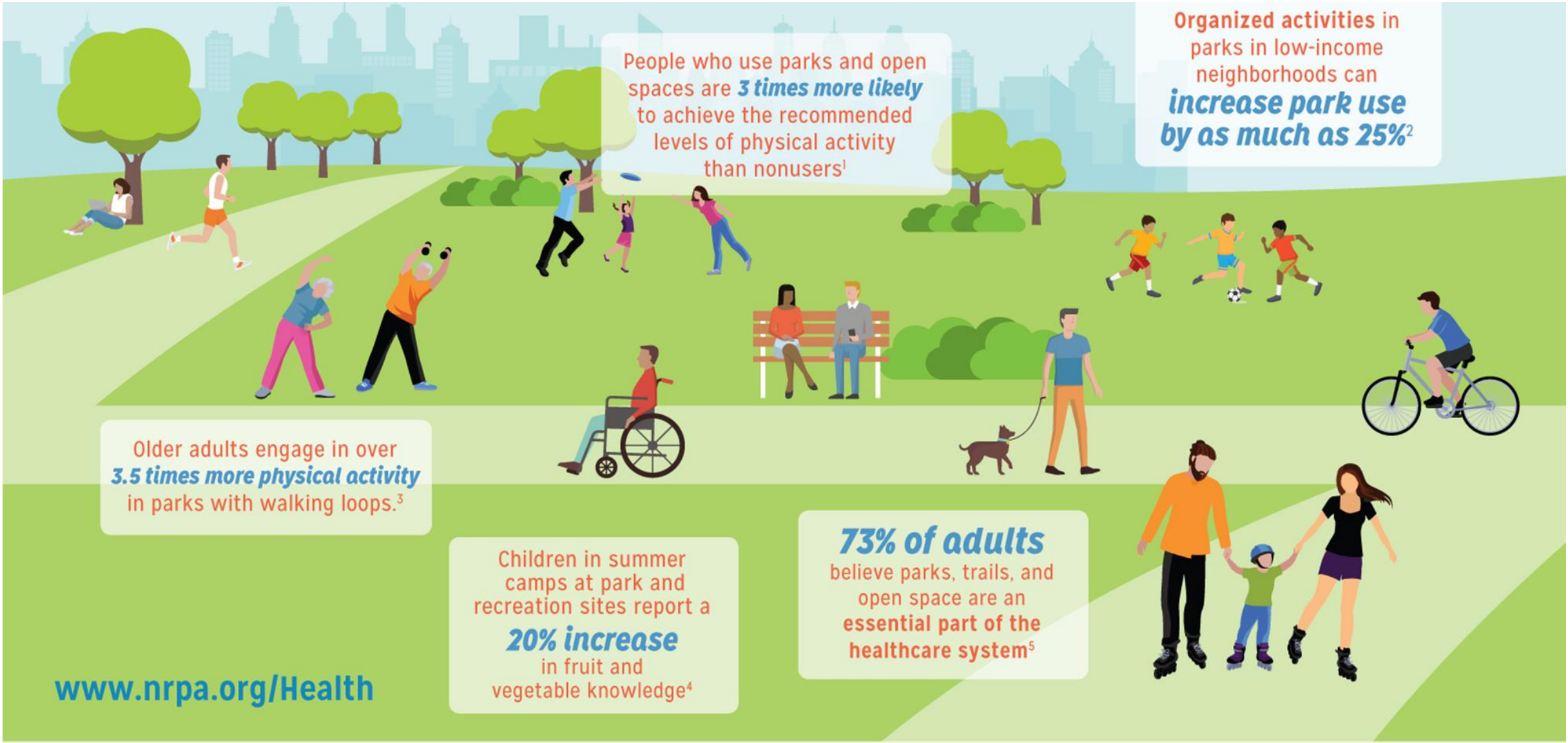
Semi-Permanent Installment

- Facilitated Group **Labyrinth** Installation: Oct. 2019 at the Confluence Conference ([Alaska Outdoor Alliance](#))
- Talkeetna Northern Sustina Institute – Alaska



Semi-Permanant Installment

- 5 Hours of Site Prep and Stone Collection
- 1-hour group exercise
- [Land Acknowledgement](#) upon completion
- Video courtesy of Ali Lee



People who use parks and open spaces are **3 times more likely** to achieve the recommended levels of physical activity than nonusers¹

Organized activities in parks in low-income neighborhoods can **increase park use by as much as 25%**²

Older adults engage in over **3.5 times more physical activity** in parks with walking loops.³

Children in summer camps at park and recreation sites report a **20% increase** in fruit and vegetable knowledge⁴

73% of adults believe parks, trails, and open space are an essential part of the healthcare system⁵

www.nrpa.org/Health

1. Giles-Corti, B., M.H. Broomhall, M. Knuiaman, C. Collins, K. Douglas, K. Ng, A. Lange, and R.J. Donovan. 2005. Increasing Walking: How Important Is Distance to, Attractiveness, and Size of Public Open Space? *American Journal of Preventive Medicine* 28:169-176. - https://depts.washington.edu/hhw/b/Thm_ActiveLiving.html
2. Cohen, D.A., Han, B., Derosé, K.P., Williamson, S., Marsh, T., Raaen, L., and McKenzie, T.L. (2016). The paradox of parks in low-income areas: Park use and perceived threats. *Environment and Behavior*, 48(1), 230-245.
3. Cohen, D.A., Han, B., Evenson, K.R., Nagel, C., McKenzie, T.L., Marsh, T., Williamson, S., Harnik, P. (2017). The Prevalence and Use of Walking Loops in Neighborhood Parks: A National Study. *Environmental Health Perspectives*, 125(2), 170-174.
4. Ballar, D., Collins, M., Maw, K. 2015. *Commit to Health: A Nationwide Summer Camp Nutrition and Eating Intervention Improves Nutrition Knowledge and Health*

VISION

Community-driven improvements:

- Safety
- Community Gathering Space
- Walking paths – Fitness & Therapy
- Multi-generational Amenities
- Inclusive Play



PROCESS

Planning & Design Development:

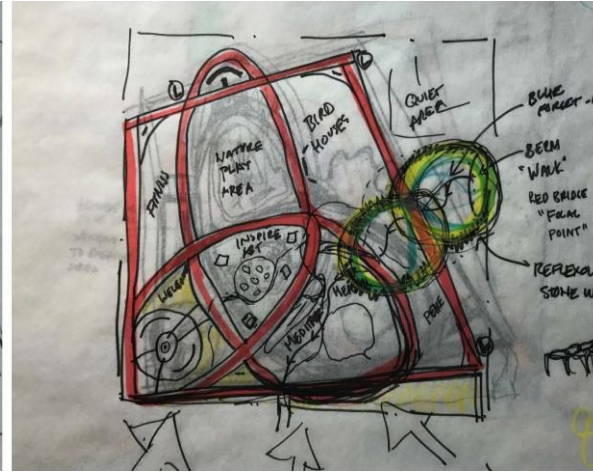
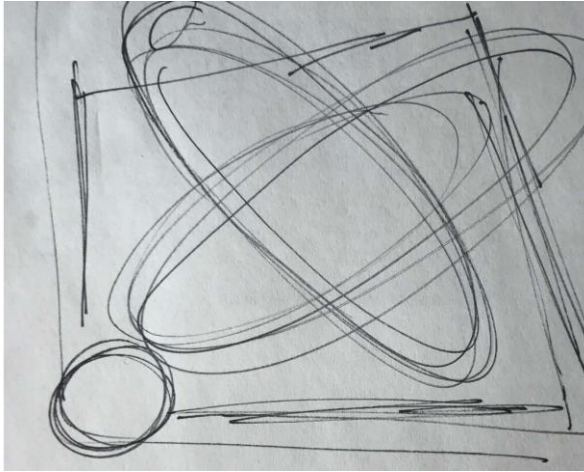
- Establish Community Advisory Group
- Site & Data Analysis
- Public Outreach Meetings
- Research & Precedents
- Updated Site Plan
- Permitting
- Fundraising
- Volunteer Fix-It Events (3 total)



FUNDING

- Local Municipal Park Bond: **\$200k**
- Federal Land Water Conservation Grant (LWCF), administered through National Parks Service: **\$225k**
- Non-Profit Partners: Anchorage Park Foundation (APF): **\$30k**
- Community APF Challenge Grants: 2017: **\$23k**; 2019: **\$40k**
- Volunteer Donations (cash & in-kind labor)
- Leveraged Relationships: materials donations (boulders, plant materials, etc.) and design
- Recycled Amenities (benches, signs, etc.)





DEFINITIONS

Mono-generational: design for single generation-specific.

Multi-generational: designs aimed at simultaneous presence of diverse generations (e.g., playgrounds & fitness areas coexisting in shared space).

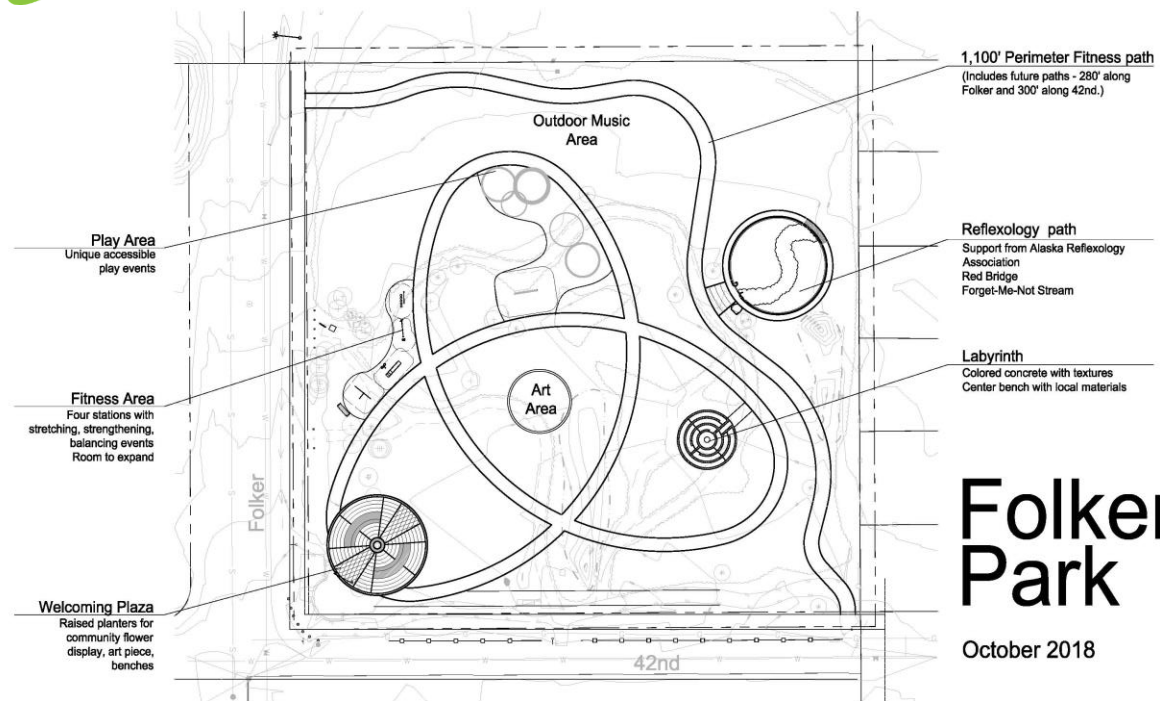
Intergenerational: design of communal spaces w/ emphasis on interaction, collaboration, relationships (e.g., wider trails allowing for strollers and wheelchairs as communal space).

PROJECT DEVELOPMENT

INTERGENERATIONAL PUBLIC PARK FOR HEALTH & HEALING

PROGRAM

- ☐ Gathering Spaces
- ☐ Accessibility/ADA
- ☐ Defined Perimeters
- ☐ Sensory Stimulation
- ☐ Interaction
- ☐ Placemaking



Folker Park

October 2018



PRECEDENTS



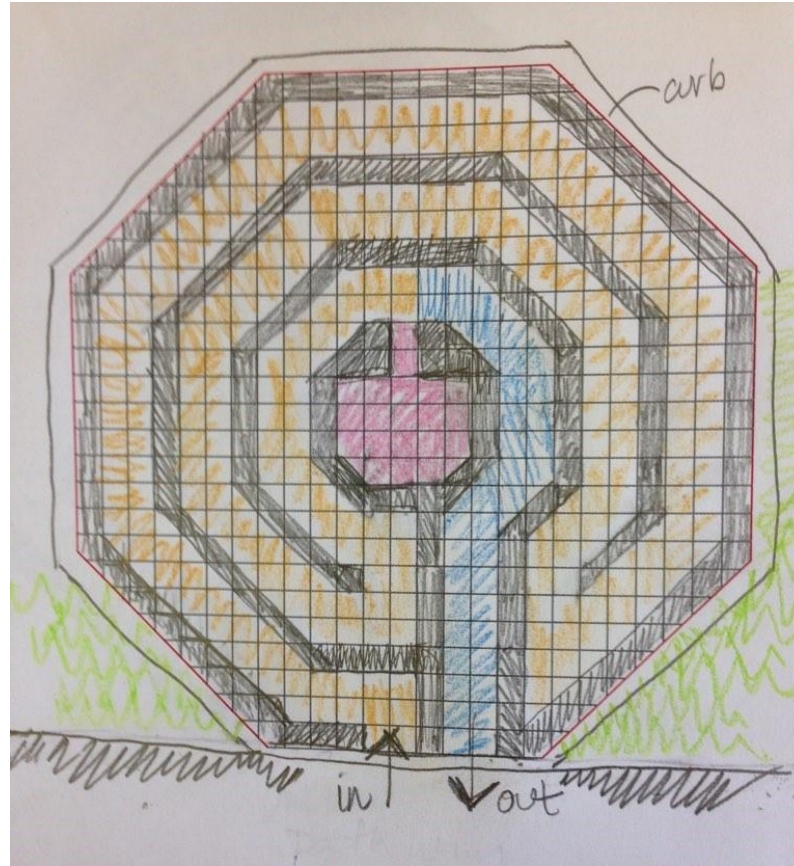
Permanent Installments

- **FOLKER PARK** – Anchorage, AK
- **Labyrinth Plaza** Installation: Nov. 2019
- **Reflexology Trail**: In-Progress (Alaska Reflexology Associates)
- Senior **Fitness** Equipment & Inclusive **Playground** (ADA/Barrier-Free)
- Outdoor **Music** Equipment & **Stream of Flowers** (Forget-me-not)



REFLEXOLOGY PATH





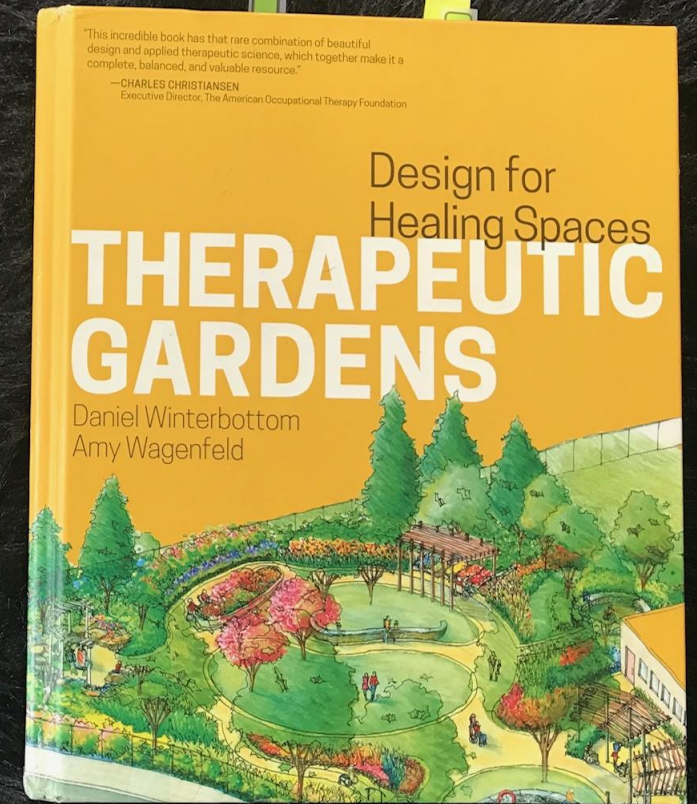
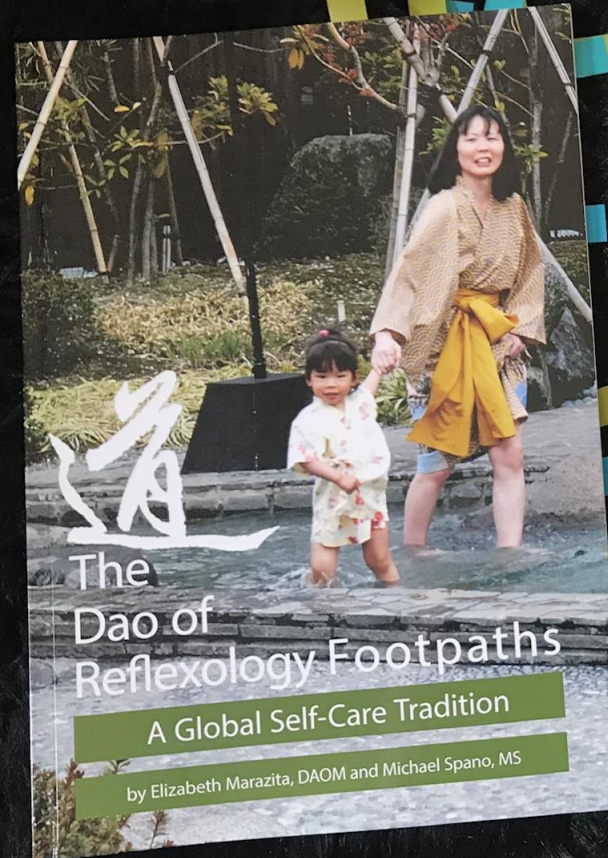
LABYRINTH PLAZA

DREAMS to *REALITY*

LET THE HEALING BEGIN
Thank you!



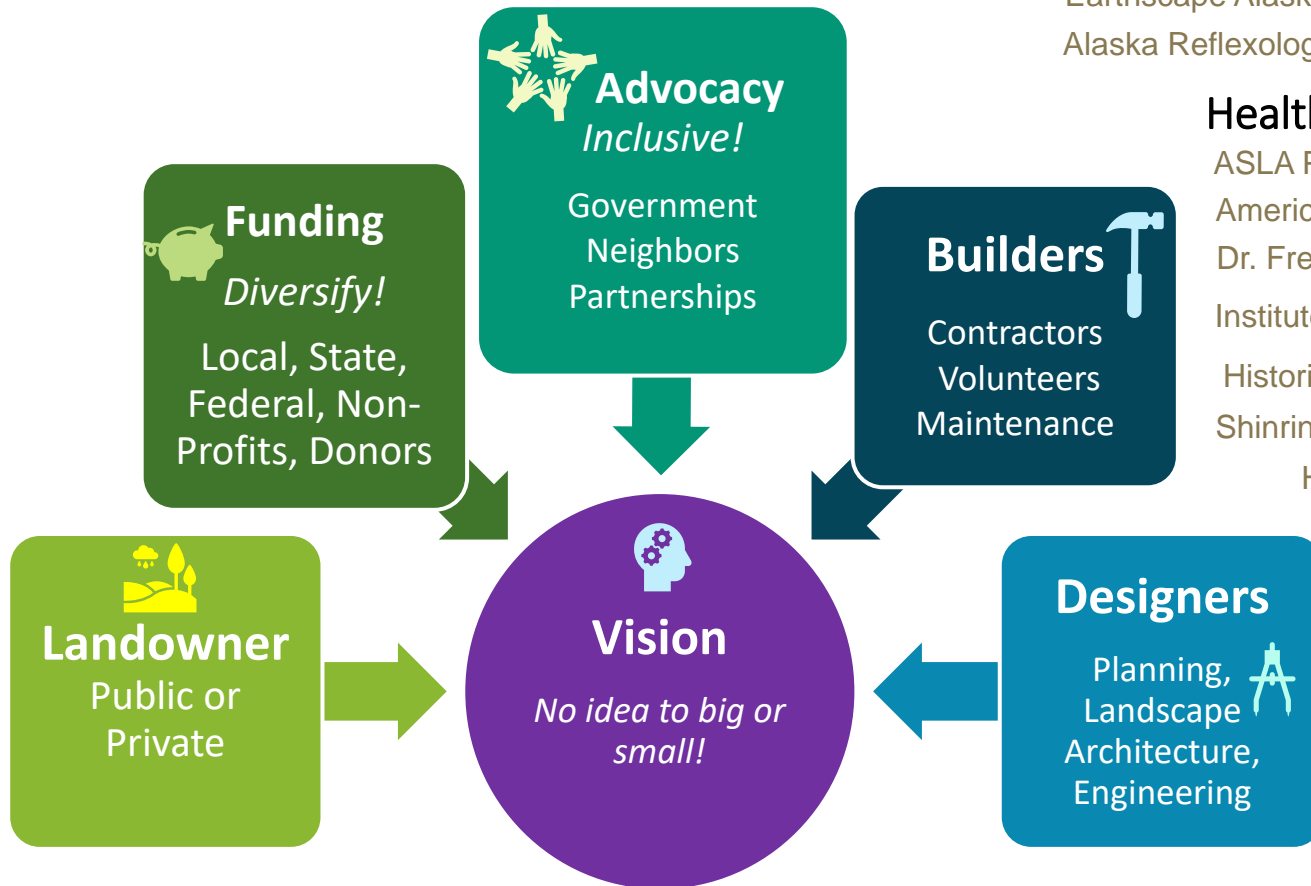
RESOURCES



RESOURCES



PLAYERS CHART:



LINKS:

Project Specific:

Maeve Nevins-Lavtar, Sr. Park Planner; Municipality of Anchorage
Parks & Recreation Dept.; E: NevinsLavtarMV@Muni.Org; P: (907) 343-4135

Folker Park Link: <https://www.muni.org/Departments/parks/Pages/FolkerParkSitePlan.aspx>

Project Data Link: <https://maps.mysidewalk.com/f0abce3bf5>

Non-Profit Partner: <https://anchorageparkfoundation.org/>

LWCF Grant: <http://dnr.alaska.gov/parks/grants/lwcf.htm>

Earthscape Alaska, Landscape Architects: <https://www.earthscapealaska.com/>

Alaska Reflexology: <https://anchorageparkfoundation.org/programs/challenge-grants/2019-projects/folker-park-reflexology/>

Health & Therapeutic Design:

ASLA Professional Practice Network: <https://www.asla.org/healthcare.aspx>

American Military: <https://www.nps.gov/subjects/military/parks-for-healing.htm>

Dr. Fred Foote: <https://www.wrvo.org/post/military-medical-center-uses-nature-healing>

Institute for Integrative Health: <https://tihi.org/what-we-do/build-healthy-communities/green-road-project/>

Historical Healing Park: https://www.nps.gov/articles/featured_stories_oxhi.htm

Shinrin Yoko "Forest Bathing": <http://www.shinrin-yoku.org/shinrin-yoku.html>

Healing Trail App: <https://drgreenway.org/healing-trails/>

Outdoor Industry Assoc.: <https://outdoorindustry.org/event-session/healing-power-outdoor-recreation-powerful-role-parks-play-everyday-lives/>

Senior Park Design:

Intergenerational Research:

<https://aese.psu.edu/extension/intergenerational/articles/intergenerational-contact-zones/conclusions>

Senior Parks: <https://www.smartcitiesdive.com/ex/sustainablecitiescollective/what-do-seniors-need-parks/1070996/>

Placemaking For Aging: https://www.lewis.ucla.edu/wp-content/uploads/sites/2/2015/04/Seniors-and-Parks-8-28-Print_reduced.pdf

Senior Playgrounds: <https://goric.com/6-best-parks-playgrounds-seniors/>

World Labyrinth Day: May 2, 2020

[https://labyrinthociety.org/
world-labyrinth-day](https://labyrinthociety.org/world-labyrinth-day)

LABYRINTHS & BEYOND

<https://labyrinthociety.org/>

[https://www.webmd.com/balance/feature
s/labyrinths-for-modern-stresses#1](https://www.webmd.com/balance/features/labyrinths-for-modern-stresses#1)

[https://www.oregonlive.com/hg/2020/04/
mow-a-design-in-your-lawn-for-national-
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coronavirus-pandemic.html](https://www.oregonlive.com/hg/2020/04/mow-a-design-in-your-lawn-for-national-labyrinth-day-stay-calm-during-the-coronavirus-pandemic.html)

<https://www.labyrinthos.net/layout.html>

[https://www.anchoragemuseum.org/major-
projects/projects/seed-lab/land-
acknowledgements/](https://www.anchoragemuseum.org/major-projects/projects/seed-lab/land-acknowledgements/)

[https://anchorageparkfoundation.org/programs/challenge-
grants/2019-projects/folker-park-reflexology/](https://anchorageparkfoundation.org/programs/challenge-grants/2019-projects/folker-park-reflexology/)

[http://lallouslab.net/2014/11/14/health-benefits-of-foot-
reflexology-path/](http://lallouslab.net/2014/11/14/health-benefits-of-foot-reflexology-path/)





Support Alaska Trails

While we know things are uncertain, we are hopeful that our public lands will remain a safe, healthy, and enjoyable outlet for all Alaskans this summer.

Ways to support Alaska Trails:

Volunteer with our [Alaska Trail Stewards](#)

Donate through our [website](#)

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