

Walk to Shop Program launched



Metro Public Works improved this curb ramp near the senior center on Abbot Martin by making it ADA compliant and providing easier access to the pedestrian push button.

The pilot *Walk to Shop* program for Music City Moves! officially kicked off at The Greenhills Apartment for Retired Teachers (GART) located on Abbot Martin road just south of the Greenhills Mall. The *Walk to Shop* program was developed to encourage partnerships that will generate business and government sponsored changes, such as supporting a walking club for older adults near a shopping area or providing sidewalk amenities for better walking conditions.

During the past few months Music City Moves (MCM!), has assisted GART with their efforts to promote environmental changes (i.e. repair sidewalks and enhanced crosswalks) to develop a user-friendly system for the residents to walk to local grocery stores, the mall, and other areas of their neighborhood. Residents have continuously applauded the Community Health and Wellness Team and MCM! for their efforts in promoting and implementing the changes.

Additional accomplishments made by MCM! for the *Walk to Shop* program in 2005 include:

- ❑ Installation of automatic doors at the apartment complex to provide easier accessibility for older adults
- ❑ Replacement of new and more visible stripes on the crosswalks along the route from the complex to Kroger
- ❑ Installation of benches at Kroger for seniors to rest from walking.
- ❑ Repair and replacement of damaged pedestrian push buttons located along the route from the complex to the stores
- ❑ Installation of an ADA ramp on the sidewalk
- ❑ Smaller shopping push carts for seniors to maintain at their residence if needed
- ❑ Current negotiations with Dillard's Department Store and Metro Public Works to add sidewalks to their area of the mall as well as to increase the time on the traffic lights allowing people more time to cross the street safely.

For more information on this program, please contact Latissa Hall at 340-0401 at the Metro Public Health Department.