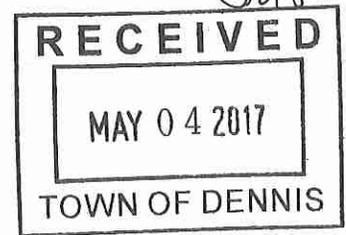




Town of Dennis



Karen M. Johnson, Director DNR
Deborah Thompson, Director COA

Tel: (508) 760-6123
(508) 385-5067

May 4, 2017

Dennis Community Preservation Committee
685 Route 134
South Dennis, MA 02660

RE: 2017 Grant Application

The Dennis Council on Aging (DCOA) and Department of Natural Resources (DNR) are pleased to submit the enclosed Application for your consideration. The 2017 Community Preservation Application requests funding for a Landscape Architect to design an innovative walking trail to serve people with mobility and balance deficiencies. The proposed trail will be located on a parcel of Town owned land adjacent to the Senior Center.

This project is consistent with the goals of the Community Preservation Act and will benefit the residents of Dennis and neighboring towns.

Please find enclosed ten (10) copies of our Application and supporting documentation. An electronic copy has also been submitted.

We trust the Committee will look favorably on our request.

Respectfully,

Deborah Thompson
Director, Council on Aging and Senior Center

Karen M. Johnson
Director, Department of Natural Resources

COMMUNITY PRESERVATION COMMITTEE

2017 GRANT APPLICATION

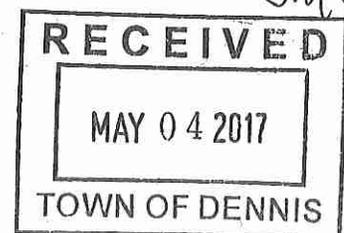


Submitted By:

Dennis Department of Natural Resources

and

Dennis Council on Aging



VI. Support Documents16

- 26. Letters of Support from community organizations or other such sources
- 27. References
- 28. Other relevant materials specific to the Project
- 29. Copy of most recent US Income Tax Form 990
- 30. Certificate of Non-Collusion

I. **Synopsis**

1. **Project Title**

Independence Pathway

2. **Organization name**

Dennis Department of Natural Resources and Dennis Council on Aging

3. **Amount requested from CPA Funds**

\$35,000

4. **Purpose**

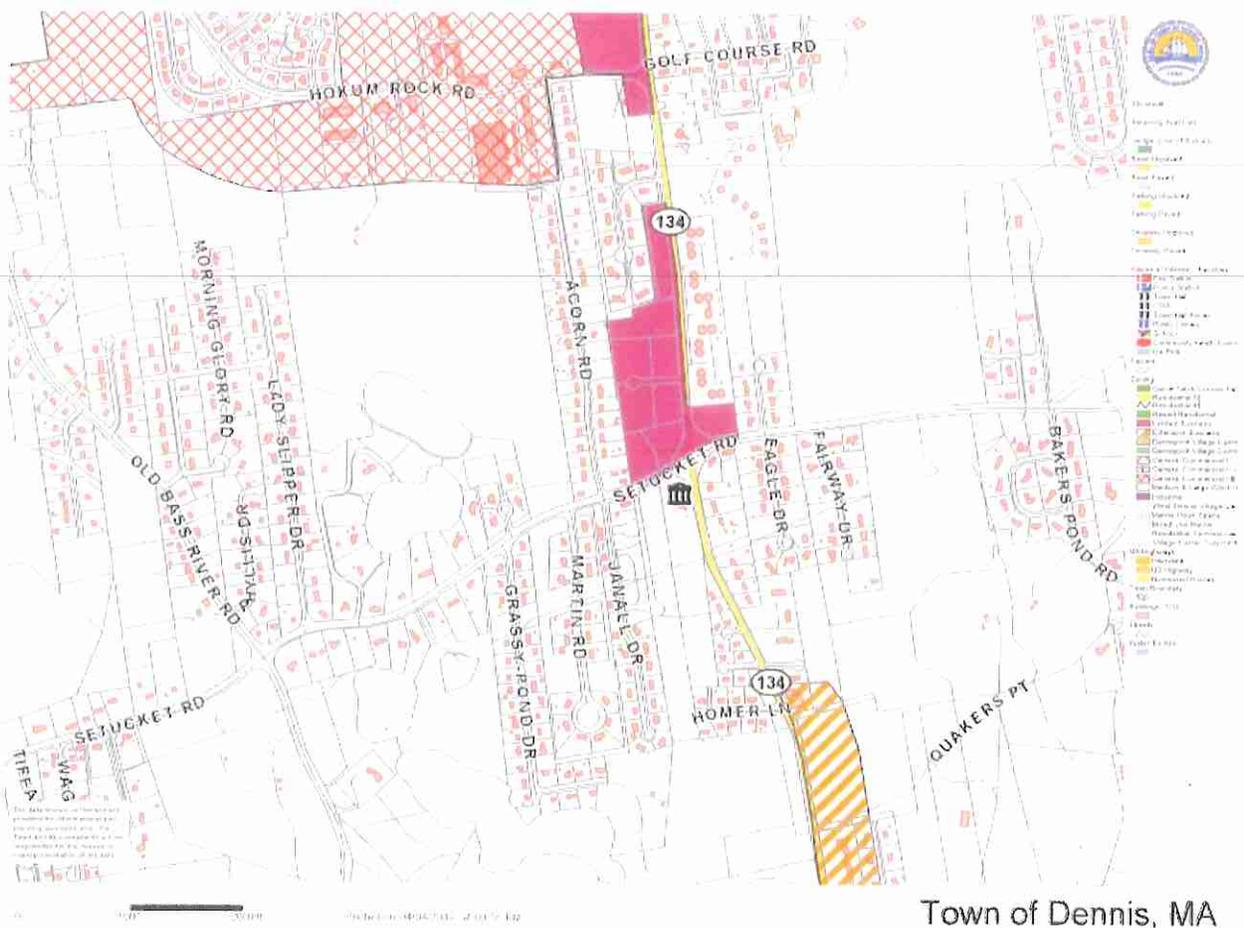
OPEN SPACE & RECREATION: The purpose of the project is to enhance and utilize a parcel of Open Space property through development of a passive recreational area targeted to Seniors in the community. The project also creates Recreational uses through the installation of low intensity exercise equipment appropriate for use by Seniors.

5. **Project Site Location**

The project location is located directly north of the Dennis Senior Center, in the northwest corner of Setucket Road and Route 134. The target property measures approximately 9.7 acres in total. Originally, the property consisted of seven (7) separate parcels to be used for the development of single-family home sites. In 2001 the properties were obtained by the Town through eminent domain for the purposes set forth in the Cape Cod Land Bank Act. The property is across the street (Rte 134) from the Senior Housing.

The property is shown on the GIS Map below. Parcels 263-43,264-29, 289-24, and 290-24 represent the southern 5.11 acres. Parcels 289-38, 289-39, and 290-25 represent the northern 4.61 acres of the subject property.

The subject property is zoned Limited Business.



Town of Dennis, MA

6. Synopsis of project

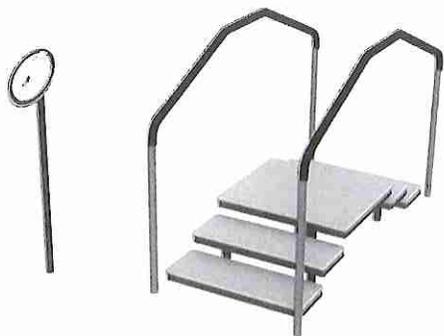
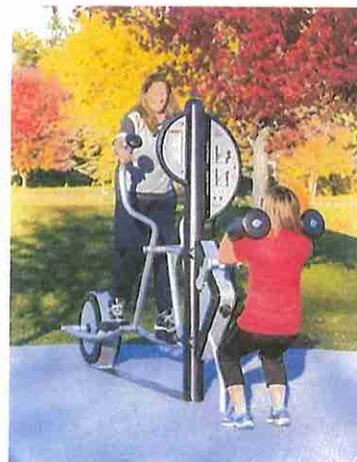
The purpose of the Request is to begin Phase I of a multi-phase project by obtaining the services of a Professional Landscape Architect to develop the design of a physical therapy walkway and passive recreational area. Phase II would include construction of the trails, seating areas and exercise equipment within the southern 5 acres of the property only. Depending on the level of use, Phase III would expand the project to include additional trails, seating areas and exercise sites within the northern 4 acres of the property.

The physical therapy walkway would be built of environmentally friendly building materials such as wood, flagstone, concrete, and bluestone. This trail would be designed to let mobility challenged people practice traversing a variety of surfaces. At least one wheel chair accessible ramp would be incorporated into the design. The primary trail would be a relatively level, concrete walkway with staggered handrails. The path would be designed to avoid

large trees and significant slopes but could include gentle slopes and turns which require greater skill and stamina to traverse.

Secondary paths are planned to extend off the main trail. These areas would include benches. These secondary trails would contain a variety of surfaces. Recreational equipment suitable for low-intensity exercise will also be installed in areas off the main trail. This equipment will provide an opportunity for Seniors to enjoy a low-level “workout without visiting a formal facility”. The property abuts an existing sidewalk and “tie-ins” to that sidewalk will be designed for.





This design would provide a location where mobility challenged adults could practice walking and become more confident. The area will also provide a secluded area where people may just want to sit and enjoy the outdoors.

The resulting Project would utilize an existing piece of Open Space property and provide Dennis seniors an accessible area to walk in the woods and exercise.

Although Dennis maintains two other parks with walking trails, Johnny Kelley Park and Seaview Park, these existing trails were not designed specifically to help people with mobility and balance issues. Additionally, the trail at Johnny Kelley Park is heavily used by dog walkers and active exercisers. People with mobility and balance issues often feel intimidated by dogs, particularly active dogs who may jump. Slower walkers also provide impediments to those people performing fast paced walking or jogging work at the park. Johnny Kelley also hosts multiple recreational activities making parking difficult, especially for persons with compromised mobility.

Seaview Park presents a calmer environment but the trails are comprised of blue stone, and uneven surfaces are present in some locations. Additionally, the walkway provides no shade nor places for walkers to sit and rest. Primary access to the trail is via a steep slope which would present challenges to those people using walkers and wheelchairs. Access to Seaview Park is limited in the summer when Dennisport becomes a haven for tourists.

II. Applicant information

7. Project Title

Independence Pathway

8. Organization name

Dennis Department of Natural Resources and Dennis Council on Aging

9. Address

Dennis Town Hall, 685 Route 134, South Dennis, MA 02660

10. Federal Tax Identification Number

Tax ID #046-001129

DUNS Number...088516141

11. Primary Contact Person(s) & Secondary Persons

Karen M. Johnson, Dennis Natural Resources, 508-760-6123,
kjohnson@town.dennis.ma.us

Deborah Thompson, Dennis Council on Aging, 508-385-5067,
dthompson@town.dennis.ma.us

Kathleen Travelo, Dennis Council on Aging, 508-385-5067,
ktravelo@town.dennis.ma.us

**Primary Contact Person(s) & Secondary Persons who can approve
and receive funds**

Deborah Thompson, Dennis Council on Aging, 508-385-5067,
dthompson@town.dennis.ma.us

Karen M. Johnson, Dennis Natural Resources, 508-760-6123,
kjohnson@town.dennis.ma.us

III. Applicant Background

12. Brief Applicant History

The proposed project is a joint effort between the Dennis Natural Resources Department and the Council on Aging.

Karen Johnson, Director of Natural Resources brings more than 35 years of experience protecting the environment, both in the public and private sectors. She has worked on projects ranging from 5 acres to 65,000 acres, assisting with the identification of natural habitats and input to project designers on how to maintain natural areas. Recently she has overseen the Princess Beach Pavilion Reconstruction project and the Crowes Pasture Access Improvements project.

Deborah Thompson, M.Ed., LMHC has been the Director of the Dennis Council on Aging since 2015 with 33 years of experience as a licensed mental health clinician. She travels the country with International Association of Chiefs of Police training police officers how to respond to persons with Alzheimer's Disease and the Plymouth Police Academy teaching recruits and reserve officers how to respond to persons with mental illness. Prior to working at the DCOA, Deborah worked at the Dennis Police Department where she developed the Victim Services Program working with people of all ages and stages of life.

Kathleen Travelo, Office Manager for the Dennis Council on Aging, has been employed by the Town of Dennis since 2009 starting at the Town Clerk's Office as an Office Assistant. Kathleen returned to Cape Cod after several years working in the equine industry

13. Names of governing board, trustees or directors

Board of Selectmen

Paul McCormick, Chair

Sheryl A McMahon, Vice-Chair

Wayne A. Bergeron, Licensing Chair

John Terrio, Clerk

Conservation Commission

George Macdonald, Chairman

Peter Flood, Vice-Chairman

Georgiana Olwell

Walter von Hone

Cleon Turner

Harry Graff

William Clark

Craig Short

Council on Aging Board

Rae Fenton, Chair

Jane Stevens

Armand Boucher, Vice Chair

Kathy Berry

Barbara Clark

Nancy Friend

Arthur Crooks

Dolores Kennedy

Carol Keddy

Carol Malone

Judy Peterson

John Terrio

14. Summary of Comparable Projects

Princess Beach Pavilion Replacement and Amenities –

Princess Beach is a heavily used recreational area which supports fishing, swimming and family picnic events. The property provides a secluded beach located on a freshwater pond. The pond provides a safe place for families to bring their toddlers and young children for swimming. The Town of Dennis Recreational Department uses the site to provide swim lessons during the summer season. The old pavilion was replaced, a new septic system and recreational amenities were installed. The project included a new handicapped accessible at-grade walkway which allows for access to the top of the coastal bank.

Crowes Pasture Handicapped Accessible Trail

Crowes Pasture is the largest conservation area in Dennis. It provides vehicle access via a roadway and walking access via short and long trails. It does not provide access to handicapped individuals utilizing wheel chairs. The abandoned

Mullin driveway provides an open access which is being reconstructed to provide a stable surface which supports mobility devices. This will provide a trail approximately 5' wide and 1000' long. The walkway will terminate at an accessible boardwalk and overlook to be constructed along the edge of Coles Pond. The existing access gate will be reworked to provide access for mobility devices and pedestrians while still preventing vehicle access.

IV. Project Information

15. Project Concept

Construction of a multi-surface pathway with gradual inclines and steps with railings will aide people who need to improve balance and equilibrium. Balance control is the foundation of a person's ability to move and function independently. As balance declines with age and/or physical disability, a major risk factor for falls increases. Falls are the leading cause of unintentional death for individuals 65 or older with 11,000 occurring annually.

Outdoor fitness equipment for adults is designed to maintain strength and flexibility and access to low-impact, free-to-use, outdoor fitness equipment is the ideal way to keep seniors and people with disabilities active. A wide variety of equipment ranging from outdoor gym equipment to handicap accessible fitness equipment is available, enabling us to meet the needs of our community.

16. Project Goals/Objectives

The project goal is to create a beautiful parcel of Open Space property through the development of a passive recreational area targeted to Seniors and people with disabilities. Objectives include providing access to exercise and activity while improving equilibrium, spatial orientation, memory, focus, reaction time and overall cognitive fitness.

17. Describe any legal issues, ramifications, impediments

In 2001 the property site was taken by eminent domain for the purposes set forth in the Cape Cod Land Bank Act. In 2015, the Town began a process to complete the recordation of conservation restrictions on all Land bank properties in the Town. That document was forwarded to the Department of Conservation and Recreation in 2016. No action has been taken on that document to date. Conservation restrictions will not be recorded on this parcel until the proposed pathway is complete and specific language regarding the park uses can be incorporated into the document.

The property is owned by the Town of Dennis and is open for public access. However, the current access is extremely limited. The placement of a pathway geared to servicing mobility challenged people raises a question of safety. Conversations with Fire Department and Police Department staff indicates that they believe their first responders can respond to any incidents at the property without issue. Specifically, they are equipped to handle access to all types of areas and do not believe the potential design would prohibit adequate access. The current request is to obtain funding to retain a Landscape Architect

to design a project layout. Both departments will be included in design meetings to review pathway layouts and access.

18. Describe how this Project accomplishes the goals & objectives of the CPA

The Community Preservation Act (CPA) is a tool that helps communities preserve open space and historic sites, create affordable housing, and develop outdoor recreational facilities. The project site was originally purchased through the Cape Cod Land Bank Act, a precursor to the CPA. The project site represents a parcel of preserved Open Space which is now proposed to be made accessible to the public. The proposed accessibility will be directed towards seniors and people with mobility limitations. Dennis contains an aging population which needs access to outdoor areas. While rehabilitation facilities are located in nearby towns, no such facility is located within Dennis. In addition, favored walking areas such as the Cape Cod Mall and Hyannis Youth and community Center are not local and are not designed with rehabilitation in mind. Similar facilities are being installed in many other areas to service this need. The project site is located directly across the street from the Council on Aging facility as well as adjacent to Dennis Senior Housing. This offers excellent access for the population we are targeting to service.

19. Describe how this Project is relevant to the current & future needs of Dennis

41.6% of the population of Dennis is 60 years of age and older. Overall the number of older Americans increased by 30% since 2005 compared to an increase of 5.7% for the under-65 population. Providing a parcel of land for this population with multi-surfaces and levels will only increase an individual's balance control, the foundation of a person's ability to move and function independently. As balance declines with age, a major risk factor for falls is created the consequences of which can be devastating.

Research is also evolving on the topic of brain health as an additional benefit to walking. Sensory input from our feet and eyes force the brain to make billions of calculations which turn out to be similar to exercising every area of the brain all at once. One of the best workouts we can give our brain is walking on uneven surfaces.

20. Describe how this Project relates to the Dennis Local Comprehensive Plan

Dennis's Open Space and Recreation Plan is an important part of the Dennis Comprehensive Plan. The Open Space and Recreation Plan is intended to provide a framework for decision making by its residents. The purpose of the plan is to serve as a guide to responsible action to conserve Dennis's natural

resources, preserve its open space and provide ample opportunities for recreation for its citizens.

Recreational needs as identified in the Open Space and Recreation Plan must be addressed in the development of projects in Dennis. Such needs include opportunities for wildlife study, expansion of trail corridors, protection of scenic roadways, development and expansion of access for the disabled, additional public beaches and water-based recreational opportunities with associated parking facilities to the extent these minimize alteration of natural shorelines and do not harm wildlife habitat. The goals of the Open Space and Recreational Plan include:

- development and/or expansion of recreational programs which address the needs of citizens and tourists, including those of different age (youth, adults and seniors);
- access to Open Space and Outdoor Recreational Facilities for persons with varying physical and other abilities;
- ensure that experiences available at selected conservation areas, trails, parks, and playgrounds are accessible to people with a variety of levels of mobility, sense awareness and mental capacity;
- manage the Town's Open Space Properties to protect Natural Resources while encouraging appropriate public use; and
- evaluate town-owned undesignated-use open space to dedicate portions to conservation use and develop management plans which ensure maximum natural resource protection, while enhancing recreational access.

Specific recreational actions in the plan include:

1. Develop additional adult and senior recreation programs, using town funds and fees; and
2. Work cooperatively to develop bike paths, particularly along Setucket Road, and walking trails linking various outdoor and recreation facilities.

The 2008 OPEN SPACE PLAN Update indicated that, in general, the public seems less satisfied with the town's offerings of open space and recreation compared to the 1995 survey. Beaches are rated in good condition, while parks and playgrounds, boat facilities and general open space rate only fair. The greatest land acquisition needs in town are seen as being general open space and additional beaches. The greatest facility open space and recreational facility needs are considered to be bike trails, followed by conservation areas, local neighborhood parks, public access to the water and a recreation center building.

Improving and maintaining local recreation facilities and conservation lands increased in priority.

The proposed project provides for a new recreational area which serves the needs of an increasing senior population. The project will provide recreation on a parcel of open space currently inaccessible to the general public. Further, the access to be provided will allow for safe and efficient egress of disabled persons. Most town conservation lands do not provide access which can be easily traveled by people with mobility limitations. The current proposal will specifically address this access need. The project will allow for passive recreational uses while people enjoy the scenic, wildlife and habitat values of a conservation area. The two uses are fully compatible when the area is designed appropriately. As envisioned, the project fulfills all the goals outlined above.

V. Project Implementation & Budget

21. Total CPA Funding Request

\$35,000

22. A Financial Plan, including a line item project budget

The requested funding will be used to pay for the services of a Professional Landscape Architect to develop the design of a physical therapy walkway and passive recreational area. Additional funding would be requested for Phase II once a final design is developed.

Phase II will include construction of the trails, seating areas and exercise equipment within the southern 5 acres of the property only. Depending on the level of use, additional funding would be requested to expand.

Phase III would expand the project to include additional trails, seating areas and exercise sites within the northern 4 acres of the property.

23. Evidence of Interest from potential lenders

N/A

24. List of funding sources, including private/public/in-kind

The Town of Dennis staff will provide maintenance and upkeep of the facility once completed.

25. For Community Housing Projects, a "sources and uses of funds" exhibit

N/A



Town of Dennis
Council on Aging & Senior Center

Deborah A. Thompson, Director

(508) 385-5067
Email: dthompson@town.dennis.ma.us

April 20, 2017

To Whom It May Concern:

As Chairperson of the Council on Aging Board of Directors, I am writing in support of the project, Independence Pathway, proposed by Karen Johnson Director of Natural Resources, Deborah Thompson Director of the Council on Aging, and Kathleen Travelo COA Office Manager.

Independence Pathway would not only enhance the corner of Setucket and Rt. 134, but add a much needed area for seniors and people with disabilities to work on their physical challenges while enjoying a beautiful environment.

Thank you.

Sincerely yours,

Rae Fenton, Chair
Council on Aging Board

Dennis Housing Authority

Tel: [\(508\) 394-3120](tel:(508)394-3120) Fax: [\(508\) 760-2352](tel:(508)760-2352) TTD: [\(800\) 439-2370](tel:(800)439-2370)

April 27, 2017

Community Preservation Committee
P.O. Box 2060
South Dennis, MA 02660

Re: Dennis Natural Resources and Dennis Council on Aging Grant Application (Multi-surface pathway/park)

To Whom It May Concern,

I am writing in support of the application for a multi-surface pathway/recreational area targeted to seniors and people with disabilities to be located on the corner of Setucket Road and Route 134 in Dennis.

The grant will benefit and allow all seniors and people with disabilities in our community an accessible outdoor area to walk and exercise as well as providing a beautiful parcel of open space for the Town of Dennis.

The Dennis Housing Authority has many seniors whom would benefit from a park of this nature and whom take part in the services provided by the Dennis Senior Center making this an ideal location. We support the requested funds for this project and thank you for your consideration of this proposal.

Respectfully Submitted on Behalf of the Dennis Housing Authority Board of Commissioners,



Juanita Donlin, Chair
Dennis Housing Authority



Town of Dennis
Town Administrator's Office

Elizabeth Sullivan, Town Administrator

Tel: (508) 760-6100

Dennis Community Preservation Committee
685 Route 134
South Dennis, MA 02660

Subject: Independence Pathway Request for Funding - CPC Grant

To whom it may concern:

The Dennis Natural Resources Department in conjunction with the Council on Aging are applying to the Community Preservation Committee for grant monies to fund the design of a physical therapy walkway in Dennis, Ma. The Board believes that this project serves a community need and will complement the new Senior Center.

For these reasons, the Board of Selectmen fully supports the work proposed in the Grant Application for this project and we recommend you give it strong consideration.

Respectfully,

Paul McCormick
Chairman



Town of Dennis
Conservation Commission

George MacDonald, Chairman
Erin Burnham, Conservation Agent

Tel: (508) 760-6123

Dennis Community Preservation Committee
685 Route 134
South Dennis, MA 02660

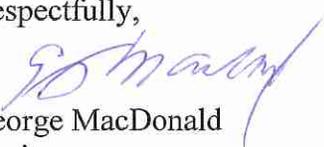
Subject: Independence Pathway Request for Funding - CPC Grant

To whom it may concern:

The Dennis Natural Resources Department in conjunction with the council on Aging are applying to the Community Preservation Committee for grant monies to fund the design of a physical therapy walkway in Dennis, Ma. We recognize that few conservation areas in Town are easily accessible and this project serves a community need. The project can be designed to allow people to get outside and enjoy nature while still preserving the majority of the property.

For these reasons, the Conservation Commission fully supports the work proposed in the Grant Application for this project and we recommend you give it strong consideration.

Respectfully,


George MacDonald
Chairman

APPLICATION SUBMITTED BY:

Name of Organization: Town of Dennis

Address: 685 Route 134, S. Dennis

Phone Number: 508/760-6148

Email: kjohnson@town.dennis.ma.us, dthompson@town.dennis.ma.us

Chief Executive Officer: Elizabeth Sullivan

Signature: 

Name: (if more than one) _____

Signature: _____