

SCALP Project Description:

The Senior Citizen Active Living Park concept was created over several years of collaboration with our seniors, seniors utilizing our parks, assisted living center administrators, and other local health care providers to meet critical needs of the South East Idaho senior population to provide well ness, recreational, educational, and cultural opportunities in a safe outdoor environment.

The City of Ammon Mayor and Council recognize the value of our seniors to the community and the importance to provide for their physical/mental and recreational needs through the Senior Citizen Active Living Park (SCALP). They, as well as the Parks and Recreation staff, fully support for this project and have offered letters of support upon request.

SCALP is a .88 acre area designed to improve the quality of life for our senior population in Southeast Idaho. Note, Thus far, our search for similar existing facilities has shown that this Senior Citizen Active Living Park will be the only facility of its kind in the United States. SCALP will provide our seniors a safe outdoor environment to recreate and address their health and wellness requirements as well as interact with other seniors.

Providing outdoor recreational opportunities for our seniors to develop their personal wellness needs is imperative in improving "quality of life" as health care costs increase and wellness and health benefits decrease. Our senior population, 65 years and older, is nearly 12% of the City's population (14,000), higher than the national average for growing cities. This is due to new construction of senior living centers within or near the City of Ammon (currently there are 6 existing with 1 under construction).

This project will create an ADA accessible, mini-park with restrooms located within our 18 acre McCowin Park. Our seniors will enjoy an arboretum and calming landscaping within its borders. Its outdoor physical therapeutic fitness equipment will provide opportunities to exercise and socialize as individuals or groups under small shaded kiosks, gather in large groups under a 24'x34' shelter with power and water, plant flowers/small gardens in raised wheel chair accessible garden beds, stroll the 1/8 mile x 8' wide walking path within the Active Living Park without the fear of bicycles or skateboards, play lawn games such as Bocce or Horseshoes, and enjoy the community gardens and learn about the park's planting through our learning information kiosk.

SCALP provides a location where our seniors can develop programs individually, with their families, in groups or organizations. There will also be a covered ADA accessible amphitheater area for such activities as art shows, plays and musical events (cultural art activities and events). The health benefits to this project will aid in stimulating mental and physical senses and improving our senior's quality of life.

SCALP, though designed for our seniors, will provide various cultural, educational, physical/mental health and recreational opportunities to our schools, families, local businesses and other health providers.