



## **Nature As We Age** advances the strategy of **Public Spaces for All Ages & Seasons** by improving access and belonging to nature across the life course.

There is growing awareness and evidence that nature benefits humans over the course of our lives. The Nature As We Age initiative centers on what people of all ages value: purpose, belonging, learning, stewardship, and social connections outdoors and in nature with others.

Domain 1:  
Connected Communities

Strategy:  
Public Spaces for All Ages & Seasons

Objective 1:  
Age-Friendly Parks and Public Spaces

## **Statewide Project Impact**

Nature As We Age has built multi-sector shared learning and infrastructure through:

### **Field Scan & Summary Brief**

Surveyed what is happening across Minnesota and built shared understanding across sectors about how all spaces can better support access and belonging in nature as we age. The Field Scan socializes the idea that we need time outdoors in nature across our entire lives.

### **Webinar Series**

Sponsored three hour-long webinars highlighting aging and nature in Spring 2025. Each webinar focused on a different benefit or consideration of spending time in nature as we age and highlighted Minnesota programs and people already engaged in many of these practices. Approximately 200 registrations were received for each event.

### **Storytelling & Visibility**

Elevated lived experiences of older adults to inform design, programming, and decision-making.

### **Convenings & Shared Learning**

Through a statewide Advisory Council and other presentations, brought together parks and trails, aging services, libraries, University and health and wellness partners and others to exchange models and learn together.

### **Accessible Resources**

Created accessible resources to help communities replicate and scale age-friendly public space practices.

Photo credit: Northwoods Partners



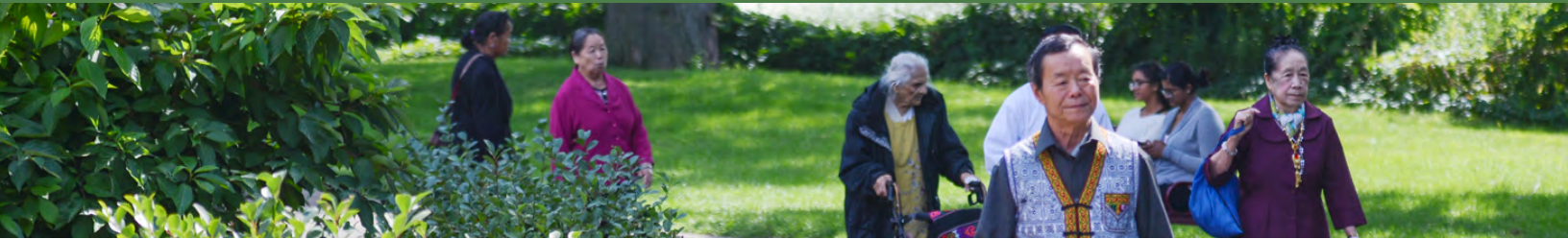


Photo credit: Minneapolis Park & Recreation Board

## Impact Snapshot:

### Nature Restoration near Cedar Lake Point Beach

“Every day I get to be outside and practice this restoration, I give thanks...**I am grateful for the ability to physically move.** And later, sleep, and the next day ache a bit with the satisfaction that I did something. And finally, there is such a **sense of reward after purposeful and meaningful time spent.**”

– **Steve Kotvis, Volunteer**



Photo credit: Joelle Hoeft

## Community Grantee Intersections

The Nature as We Age Project complements several other AFMN Community Grantee projects, specifically:

- [Arrowhead Regional Development Commission \(Arrowhead\)](#): ARDC analyzed recreation facilities on Minnesota’s North Shore to lead to promoting and expanding availability of Age-Friendly trails.
- [Big Ole Bike Club, Inc.](#) on behalf of [Cycling Without Age Alexandria \(Northwest\)](#): Funding Cycling Without Age, which pairs volunteer Trishaw bike pilots with older adults and others of restricted mobility for bike rides.
- [City of Roseau \(Northwest\)](#): Funding is being used to purchase equipment to maintain dedicated snowshoe and cross-country ski trails within this rural community in far northwestern MN. This project will provide local access to outdoor physical and mental winter activity involving snowshoeing and cross-county skiing for all ages through Roseau’s parks on well-groomed, marked, and beginner-friendly trails.
- [Loppet Foundation \(Metro\)](#): Support creation of an action plan for the Age-Friendly Loppet Foundation initiative to help expand engagement with and offerings to older adults in Hennepin County, especially North Minneapolis, and those are who from BIPOC, LGBTQ+, and other underrepresented communities.
- [River Bend Nature Center \(Southeast\)](#): This project is a community-wide initiative to learn from diverse older adults about how they would like to spend time outdoors and barriers to participation, development of inclusive interpretive plan and implementation of select improvements from plan.

Photo credit: Minneapolis Park & Recreation

View the full Field Scan using the QR code below or visit the [Age-Friendly Minnesota Nature Resource Center](#).

