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February 24, 2014

Chairman Patrick Brennan
House Committee of Transportation
Montpelier, Vermont

Chairman Brennan and Committee Members:

On behalf of AARP-VT we are supportive of the request by the Cross Vermont Trail Association for funding to build a 200-foot Powerdam bridge over the Winooski River in East Montpelier and two miles of new, accessible trail. This proposal will support our efforts to promote more livable communities across the state by increasing mobility options and opportunity to facilitate personal independence and the engagement of residents in physical and social life.

AARP-VT has been working to build awareness about the infrastructure, and the community design needed to maintain a high quality of life in order to reduce isolation, foster connection, and increase active living for people of all ages. The proposal before the House Committee of Transportation will enhance overall livability. The Powerdam Bridge is a vital link in the growing network of safe, family-friendly off-road paths in the Barre, Berlin and the Montpelier area. The Cross Vermont Trail will provide access for bicyclists, walkers, cross country skiers and snowshoers to travel off-road from Lake Champlain down the Winooski valley to the New Hampshire border. This will be a valuable resource to commuters and tourists alike. Each link that is built in this network helps our vibrant local community by supporting healthy choices for our residents and increasing the potential for tourism.

Vermont is the second oldest state in the country and we're getting older. A strong determinant in "successful aging" is the ability of a person to interact with the community, friends, and family in a variety of activities. Please consider supporting the Powerdam Bridge and trail project to help make this vision of active ageing a reality for central Vermont residents.

Sincerely,

Kelly Stoddard Poor,
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