

Age-Friendly Alberta

Villages of Glenwood and Hill Spring, and Cardston County Community Profile



On November 10, 2015, the villages of Glenwood and Hill Spring, and Cardston County received the Age-Friendly Alberta Recognition award for their commitment to becoming Age-Friendly.

With a combined population of just under 500, the villages of Glenwood and Hill Spring, and Cardston County, are the first rural communities in Alberta to receive the Age-Friendly Alberta Recognition award for their joint effort to develop an age-friendly action plan that will help seniors in their communities to live active, independent and healthy lives.

In 2011, the Glenwood and District Economic Development Society surveyed just over 210 households in the Village of Glenwood and surrounding area asking the residents about the future needs of the community. With about 50 per cent of residents over 55 years of age, seniors services and an aging population were areas identified by respondents.

A joint Glenwood and Hill Spring Seniors Services Committee was formed with representatives from the villages of Glenwood and Hill Spring and Cardston County to help provide services and information to enable seniors to stay in their homes and communities longer.

The committee conducted further assessment through conversations with seniors in the area which helped to inform the development of the Glenwood and Hill Spring Seniors Services Age-Friendly Action Plan. The Plan identifies a number of areas for action including: a meal program, snow removal, transportation, flu clinic, garbage collection, home maintenance, respite and seniors lodging.

The two villages and the county have each passed an age-friendly resolution to promote and support the inclusion of older persons, persons with disabilities and for the community as a whole.

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Cardston County...

Located in Southwest Alberta, Cardston County is home to just over 4,000 residents. The major economic base of Cardston County is agriculture. The communities of Cardston County celebrate their pioneer heritage with unique historical and cultural centres, attracting visitors from far and wide.



The Village of Glenwood...

This quaint village tucked into the lush foothills of the Rocky Mountains is a rural, family oriented community northwest of Cardston. Originally part of the great Cochrane Ranch, 640 acres were divided off to become the Village of Glenwood. Settled 100 years ago, many descendants of the original settlers still reside in Glenwood while others have moved to the area for its natural tranquility and sanctuary of small community living. Visitors to Glenwood can treat themselves to a delicious ice cream at the old fashioned ice cream parlour while the little ones cool off in the new spray park across the street.



The Village of Hill Spring...

The village of Hill Spring is a unique and welcoming community with a rich pioneering heritage. Located east of Waterton Lakes National Park, a general store, a miniature post office and an elementary school comprise Hill Spring's current employment base, with most of its working residents commuting daily to Cardston or Pincher Creek. Hill Spring is best known for the famous Great Canadian Barn Dance, which features live western entertainment and dancing, canoeing, camping, and hayrides.

The Villages of Glenwood and Hill Spring, and Cardston County, are also the first rural communities in Alberta to join the World Health Organization Global Network of Age-Friendly Cities and Communities.



For more information on [Age-Friendly Alberta](#), including tools and resources for building age-friendly communities, visit the Alberta Health website at www.seniors.alberta.ca.