

# Trishaw transcending limitations

## Local senior communities to offer cycling experience for residents

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DOUSMAN — Seniors who feel trapped due to their limitations may have their desire for exploration rekindled as local senior communities launch a Denmark-based company's cycling concept.

This spring, Shorehaven and Three Pillars will have commissioned multiple trishaw bikes through "Cycling without Age," a company that makes it possible for seniors to get out and experience the world as they did in their youth.

"Fresh air, the wind in their hair, a feeling of freedom outside of a wheelchair and a connection between the pilot and the passenger," said Nina Birschbach, Shorehaven Campus lifestyle coordinator. "These are just a few of the feelings

we hope our residents experience during their trishaw adventure."

The trishaw is a three-wheeled bike with room for a pilot and two passengers. The bike is an adaptation from the rickshaw, a two-wheeled bicycle that became popular across Asian countries in the late 1800s.

According to CWA's website, volunteers will sign up with senior communities and offer their time to transport the elderly around nearby parks and trails. The company's model is based on people's generosity, as they hope the young and able will be generous with their time in exchange for a meaningful connection with seniors.

The program will "expand their relationships with each other and the pilots and also help with their overall happiness while being out in nature," said Dawn Mans, Three

Pillars wellness connection coordinator.

Destinations around Three Pillars include their 60-acre campus, filled with mature deciduous trees and trails that meander along the Bark River as well as the nearby Glacial Drumlin State Trail. Shorehaven's mapped route includes paths along Lac La Belle, to the campus service league pavilion and through park-like grounds with shaded gazebos.

Moreover, the senior communities hope to work with local law enforcement to make sure the experience is safe for residents.

"Our residents will be able to sign up to participate this spring and we plan on biking until the snow flies," Mans said.

For more information, visit [www.threepillars.org](http://www.threepillars.org) or [www.shorehavenliving.org](http://www.shorehavenliving.org).



Submitted photo

Three Pillars and Shorehaven will begin offering trishaw rides to seniors in their communities this spring.