



# Community Wellness Sub-Committee Draft Plan 11.2020

## • Our Mission

- To provide an outreach program to employees, residents and businesses of Prospect and offer support through efforts of education, planning, economic development and sustainability projects, public and health safety awareness and encouraging utilization of local commerce.
- To promote healthy lifestyles, foster civic engagement, support local businesses and entrepreneurs, promote diversity and enhance the quality of life in Prospect.

## • Core Values

- Inclusivity – Our programs are for everyone.
- Community – Our events are inviting to everyone, we want everyone to join.
- Integrity – Lead by example.
- Listen – Reaching out and listening to what our community needs and wants.
- Empower people – We want to inspire and support people to achieve wellbeing whether at work, at home or at play.
- Support – We recognize the challenges that people are facing and value where people are at, working towards increasing wellness.

## • Definitions

### **What is community wellness?**

*"Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfill their potential."*

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness; it is a dynamic process of change and growth. Having a connected, livable and equitable community is establishing a productive and successful community that encourages people to start their lives and businesses within that area and ultimately investing in that area.

A correctly designed wellness program can increase unity, boost moral and reduce stress. Wellness programs help community members make smart and healthy choices that can build neighborhood relationships, develop social capital and support all individuals' wellbeing.

The purpose of this Community Wellness Plan is to provide the organizational policy designed to support community health and wellness simply helps to provide a means to establish and promote what the community already has.



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- **Life balance**

Life balance is a self-defined, self-determined state of well being that a person can reach, or can set as a goal, that allows them to effectively manage multiple responsibilities at work at home and in their community; it supports physical, emotional, family and community health, and does so without grief, stress or negative impact. Especially now, when many of our residents are living and working and educating from home, it is imperative to help and support ourselves and each other and ensure we are balancing to the best of our abilities and maintaining healthy lifestyles.

- **The Elements of Community Wellness**

- A. Connectedness** -- Fostered by a community's social networks that:

- *Offer social support*
    - *Enhance social trust*
    - *Support members living harmoniously together*
    - *Foster civic engagement*
    - *Empower members to participate in community and democracy*

- B. Livability** – Supported by the infrastructure including:

- *Housing*
    - *Transportation*
    - *Education*
    - *Parks and recreation*
    - *Human services*
    - *Public safety*
    - *Access to culture and the arts*

- C. Equity** –Supported by values of diversity, social justice and individual empowerment, where:

- *All members are treated with fairness and justice*
    - *Basic needs are met (adequate access to health services, decent housing, food, personal security)*
    - *There is equal opportunity to get education and meet individual potential*



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- **Strategic Goals –**

- Involve businesses, entrepreneurs and self-employed companies' opportunities for outreach to the community to promote in-town support of commerce and services where possible
- Monthly educational information related to current conditions or overall health concerns.
- Develop town wide wellness initiatives
- When possible, offer in-person or virtual events to encourage community involvement and neighborhood connections
- Research, develop and fund local projects to help lower energy costs for municipal buildings as well as residential and commercial.
- Explore sustainability projects and environmental preservation to increase outdoor activities and opportunities for greenspace.

- **Targets –**

- Involve Prospect Business Owners' Association to gain insight for participation, ideas and needs.
- Recruit other municipal departments to offer a point of contact to help provide information for various initiatives
- Monthly updates published in the Prospect Pages and Citizens News
- Monthly areas of interest paired with local business to help promote their services
- An Action Plan Calendar that ensures all the Elements of Community Wellbeing are offered to our targeted areas through all programs and outreach.

### **Areas of Interest from our Community via survey**

- Survey will need to be created and distributed to residents about areas of interest
- Separate survey sent via mail or email to businesses, town departments, boards and commissions for interest in joining the outreach program to offer topics of interest and areas of expertise.



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- **Draft Calendar** of Wellness areas that can be promoted on a month to month basis based upon the needs of the community and time (Example calendar)
  - *Favorite meals and recipes*
  - *DIY Projects*
  - *Exercise classes*
  - *Insurance Information*
  - *Public Health and Safety*
  - *Emergency Preparedness*
  - *Cancer Awareness*
  - *Mental Health*
  - *Fire and Medical Awareness and Prevention*

<b>January</b>	<b>February</b>	<b>March</b>
<ul style="list-style-type: none"> <li>• Keeping resolutions</li> <li>• Ice Skating Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Favorite date night recipe</li> </ul>	<ul style="list-style-type: none"> <li>• Closet cleaning tips</li> </ul>
<b>April</b>	<b>May</b>	<b>June</b>
<ul style="list-style-type: none"> <li>• Sleep Workshop</li> <li>• Gardening</li> </ul>	<ul style="list-style-type: none"> <li>• Home Energy Audits</li> </ul>	<ul style="list-style-type: none"> <li>• Skin Protection and Maintenance</li> </ul>
<b>July</b>	<b>August</b>	<b>September</b>
No events planned	<ul style="list-style-type: none"> <li>• Voter Information &amp; Registration</li> </ul>	<ul style="list-style-type: none"> <li>• Car Safety</li> <li>• Time Management</li> </ul>
<b>October</b>	<b>November</b>	<b>December</b>
<ul style="list-style-type: none"> <li>• Stress Management</li> <li>• Food Prep</li> </ul>	<ul style="list-style-type: none"> <li>• Financial Planning</li> <li>• Pottery</li> </ul>	<ul style="list-style-type: none"> <li>• Surviving the holidays</li> </ul>