



From the Wellness Committee: A Perfect “Tie-In”

*By Carol Iverson Kauffman,
Falmouth Community Wellness Committee Member*

In 1985, the National Recreation and Park Association endorsed July as National Park and Recreation month, and the U.S. House of Representatives passed its official resolution in 2009. The idea was to advance parks, recreation, and conservation efforts that enhance the quality of life for all people. To this end, at its July 11, 2022 meeting, our Town Council passed a resolution designating **July as Park and Recreation Month in the Town of Falmouth.**

At its November 2020 meeting, the Falmouth Community Wellness Committee chose a definition of wellness influenced by The National Wellness Institute that reads: *Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life and community.* While there are many definitions and dimensions of wellness, our committee focuses on all aspects of our personal, social/relational, environmental, and community wellness.

The offerings of [Falmouth's Parks and Community Programs](#) tie in perfectly with these dimensions of wellness. As for me personally, I enjoy Concerts in the Park presented in summertime. Since my hobby is sewing, I took advantage of viewing the current Maine Historical Society's exhibition of *Northern Threads: Two Centuries of Dress* by signing up to go with Community Programs in June. Given recent mobility problems, this was a bonus. No driving. No parking. Tie in. Tie in. My emotional well-being was enhanced!

In Falmouth we are indeed fortunate that Falmouth Parks and Community Programs offers so many wellness choices to promote and participate in, including: over [fifty-five miles of trails](#), nine tennis courts, five baseball diamonds, an ice-skating rink, the Mason-Motz Activity Center, the Presumpscot Senior Room at Mason-Motz, and Falmouth Community Park. These are all cross-generational opportunities with something for most everyone to tie into individual wellness. You can find more information about all the opportunities Falmouth Parks and Community Programs provides residents at: www.falmouthme.org/parks-and-community-programs

*We invite you to explore the **Falmouth Community Wellness Resource Guide**. Our committee also has an opening for a committed, energetic volunteer who enjoys event planning and other fun ways to promote and encourage wellness opportunities. [Click here for an application](#). More information is available on our [webpage](#).*

[Falmouth's Parks and Community Programs Advisory Committee](#) (PACPAC), a volunteer committee of 7 members appointed by the Town Council for 3 year terms, works in an advisory capacity with the Director of Parks & Community Programs and the Town Council to plan and provide programming for Parks, Recreation and Adult/Senior programming. [Learn more about PACPAC here](#).