



Summer Neighborhood Block Parties in Falmouth



Finally, it's summer! The kids are out of school, summer camps and other activities are booming, and the days of distancing from our neighbors during COVID have thankfully ended. We are all enjoying communing with one another and with the great outdoors again.

We at the Falmouth Wellness Committee strongly believe in the power of neighborhoods to help knit together communities and to contribute in a significant way to our health and well-being. Neighborhoods can be essential building blocks of a strong community. Studies have consistently shown the relationship between a sense of belonging to a community and improved physical and mental health, increased confidence and self-esteem, and resiliency in the face of hardship ^(1,2).

We are encouraging Falmouth residents to consider hosting a neighborhood party this summer. All that is required is putting a date on the calendar and getting the word out to your neighbors. Fire up a grill, toss on some meat and veggies, and share some dishes to pass. Set up some activities for the kids and enjoy watching their enthusiastic play. What a great opportunity to reacquaint yourself with neighbors you haven't seen in ages, or chat with that new neighbor you haven't had a chance to get to know, all while enjoying a beautiful summer afternoon or evening.

Neighborhood parties can not only enhance a feeling of community, but also foster an identity that bonds neighbors together. The interactions of today can deepen relationships over time that can sustain and support all of us for when an unforeseen circumstance might arise and we are in need of a helping hand.

So, when are you going to have your neighborhood party?? If you do organize a gathering, please take a few pictures and send them to our committee. We would love to post them on our web and social media pages. Your pictures can be sent to: mfleming@falmouthme.org

Sources

1. Umberson & Montez; *Social Relationships and Health: A Flashpoint for Health Policy*
2. Martino, Pegg, and Frates; The Connection Prescription: Using the power of Social Interactions and the Deep Desire for Connectedness to Empower Health and Wellness

