

# Community Building & Resilience



## TERMS

**Community:** group of any size who share related interests, resources, needs, concerns, space, culture, history, government, etc.

**Mutual Aid:** voluntary and reciprocal sharing of resources and services often based on concern for others.

**Co-op:** a shop, farm, other business, or organization managed by the people who are members of it

**Intentional Community:** people voluntarily & cooperatively living together with shared lifestyles, values, and goals.

**Community Engagement:** active involvement of members in activities, initiatives, and decision making that affects their community.

## VALUES

Sense of Belonging

Resilience

Interdependence

Civic Participation

Unity



## PEOPLE



**Dorothy Mae Richardson**



**Ralph Nader**



**Barack Obama**



**Saul Alinsky**

## TIMELINE

**6th Century BCE:** Pythagoras founds Homakoeion, an early intentional commune.

**1752:** Benjamin Franklin creates a business co-op, the 1st in the U.S.

**1800s:** Ethnic enclaves emerge in the United States

**Late 1900's:** Eco-villages emerge in places like Tennessee & North Carolina as well as far away in Russia

**2020:** The Covid-19 Pandemic prompts the creation of thousands of mutual aid networks; also, *Inform Your Community* was founded :-)

## STATISTICS

**25-30%** of the Adult U.S. Population volunteers.

**20%** of social media users participated in an online community in the prior 3 months.

**90+** life expectancy of those living in Blue Zones: Okinawa, Japan; Ikaria Greece; Sardinia Italy; Nicoya Peninsula, Costa Rica; Loma Linda, California - attributed to various social factors.

**2/3rds** of new jobs are created by small businesses

**1 in 3** U.S. adults over age 45 are lonely.



**Sesame Street**

## ACTION

Share our infographic!

Volunteer in your local community.

Commit to one action each week to help build community in your neighborhood or beyond.

Be part of a welcoming committee when someone new moves to your neighborhood.

Host or help plan potlucks, bake sales, book clubs, block parties, festivals, or other local events.

