

COMMUNITY

Our communities are the foundations of our county and of our great nation. Strong, healthy communities are vital for our overall well-being as individuals as well as the long-term viability of where we live.

Here are some ways to make your community a better place to be and for all to flourish.

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Get to know your neighbors and your community.

Our society is moving faster and faster and we are becoming more detached from one another. Technology and busy schedules make it hard to feel like we are part of a community. We can easily become isolated in our homes which can lead to loneliness and a breakdown of our community. It is more important than ever that we turn the electronics off, get out of our houses, and get to know the people and community around us.

Research has shown that people who are engaged with others or are active in community events are healthier. These people have a greater sense of belonging and tend to lead happier and healthier lives. In addition, the community becomes stronger, more connected and inviting.

Knowing who your neighbors are (and not just in the houses on either side of you) has a number of benefits:

- Helps alleviate crime through starting a Neighborhood Watch program.
- Helps diffuse conflicts more easily.
- Organizing for initiatives to benefit your community and neighborhood.
- They could be of assistance if you ever need help or are in trouble.
- You and your neighbors can build a stronger support system and a stronger sense of place.
- And when you need that one cup of sugar, you will know who to turn to.

“While the spirit of neighborliness was important on the frontier because neighbors were so few, it is even more important now because our neighbors are so many.” ~ Lady Bird Johnson

How to get to know your neighbors:

Getting to know your community can be as simple as turning off the TV and going for a walk as a family around the neighborhood, taking the time to chat with others. You can also volunteer for local events, talk with people at the grocery store, join a local club or organization, and attend community events.

Pick up your local newspaper and look for events, activities, and other opportunities to get out and participate in your community.



Take the time to say “hello” and smile at those you see in your area. Greet new residents as they move in. Use these moments to create conversation.

During an emergency, it will be vital to know your neighbors, their contact information, their family and pets, and any other special needs they might have. Please use the included sheet in this guide to gather this information and share with your neighbors. Be sure and know who the special needs and elderly are in your community as well.

Plan regular neighborhood events – BBQs, game nights, snow shoveling and other fun events to bring people out of their homes and together as a community.

First steps:

Use the Neighborhood Emergency Contact Information Sheet on the next page to get important information from your neighbors in case of an emergency.

Additional copies are available online at www.ThrivingLives.org.

Neighborhood Building Resources:

- Get to Know Your Neighbors Better, Action for Happiness;
www.actionforhappiness.org/take-action/get-to-know-your-neighbours-better
- 150 Things You Can Do To Build Social Capital, Better Together;
www.bettertogether.org/150ways.htm
- Neighborhood Watch Program, National Sheriff’s Association:
www.usaonwatch.org

*“The impersonal hand of government can never replace the helping hand of a neighbor.”
~ Hubert H. Humphrey*

*“A man is called selfish, not for pursuing his own good, but for neglecting his neighbor’s.”
~ Richard Whately*



Knowing your neighbors allows our community, family and health thrive.



Neighborhood Emergency Contact Information Sheet

Family	Address	Home Phone
Parent:	Cell #:	Work #:
Parent:	Cell #:	Work #:
Child:	Year Born:	School:
Child:	Year Born:	School:
Child:	Year Born:	School:
Child:	Year Born:	School:
Child:	Year Born:	School:
Child:	Year Born:	School:
Pet:	Type:	Vet:
Pet:	Type:	Vet:
Pet:	Type:	Vet:
Special needs of any family member and necessary phone numbers:		
Out of State Contacts	Phone	Location
Other Notes		



Recognize and honor that the values of others in the community may be different than yours.

A healthy community is made up of a variety of individuals and families; all with their own set of beliefs and values. In fact, America was founded on the idea of being able to have your own beliefs. Unfortunately, our cultural climate has become one of intolerance for and anger towards those who don't agree with us or have different values.

This lack of tolerance goes against the Constitution of the United States, what we stand for as Americans, religious teachings and what is right. We have created a culture where people don't want to (or are afraid to) have their beliefs challenged.

This intolerance has isolated many in our community who aren't in line with "traditional" values. It has created anger and fear towards those who differ and drives them out of our communities. This can create a homogenous, single minded, anti-progressive society.

We have so much to learn from those that are different than us, as well as sharing our own viewpoints with. True diversity within the community can enhance and possibly change our own opinions and beliefs, which can be a very good thing.

The world is constantly changing and we need to embrace that diversity and change within our own areas. Not only for our own immediate health and prosperity, but also for the longevity of our communities.

*"If we cannot end now our differences, at least we can help make the world safe for diversity."
~ John F. Kennedy*

*"Laws alone cannot secure freedom of expression; in order that every man present his views without penalty there must be spirit of tolerance in the entire population."
~ Albert Einstein*

"We must learn to live together as brothers or perish together as fools." ~ Martin Luther King Jr.



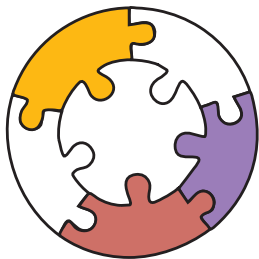
How to honor these differences:

Here are some steps we can all take to become more tolerant of others with differing opinions and embrace those with values that aren't like our own:

1. **Seek to understand different views.** Before trying to change others' views and opinions, understand they have come from different backgrounds, different social and family groups, or are from cultures or religions that have different beliefs than you. Try and understand these differences and where they come from and possibly learn from them.
2. **Never say the other person is wrong based on your own ideas.** You may believe that the person you are dealing with is wrong. Don't forget they probably think you are wrong as well. There is no wrong or right, just different.
3. **Seek a way to learn from others' opinions and educate yourself so you fully understand your own opinions.** Don't be afraid to learn from others. Just because you don't agree with them at first doesn't mean that you can't learn from each other. In addition, be knowledgeable about your own opinions. Don't just go along with what others are telling you.
4. **Always remember you might be wrong.**
5. **Remember that our communities need diversity to flourish.** Our nation was built upon the freedom to have our own individual set of values and beliefs and to be able to express those beliefs without harm or discrimination.

First steps:

Simply listen. Understand that others may disagree with you and you may disagree with them and that is OK.



When we are tolerant and respect others, our community, family and health thrive.

*"If I do not believe as you believe,
it proves that you do not believe as I believe,
and that is all that it proves."
~ Thomas Paine*



Offer a smile or a greeting to people you pass by and acknowledge those that are providing you with a service.

It is so easy to walk past each other, our heads down looking at our phones, or just avoiding eye contact. But all this is doing is creating a bigger void between people, leaving us more and more isolated.

It takes no extra energy to keep our heads up, make eye contact, and smile at someone you pass by. And, through that simple interaction, we are lifting the spirits of others, creating positive energy, and recognizing that there are others around us. This helps to diffuse some of this isolation that is rampant in our world.

We also need to recognize those people that provide services to us throughout the day. This includes the clerk at the gas station, the teller at the bank, the server in the restaurant, and the grocery store employee. All of these people and more, help us out with our needs and deserve some recognition, even though it is their job.

These folks see many people during their shift. There is a good chance that most of those people were indifferent to them or possibly even rude. So why not be the one person that can make their job a little better by acknowledging them, smiling and thanking them for helping you.

“I nod to a passing stranger, and the stranger nods back, and two human beings go off, feeling a little less anonymous.” ~ Robert Brault

How to smile and acknowledge others:

Keep your head up when walking and be aware of others around you. If you do make eye contact, smile or offer a simple greeting. That's it.

You never know what that small acknowledgment and recognition could mean to the other person. It can mean a lot when you receive a smile back.

When someone helps you or is just doing their job, acknowledge them by saying hello, smiling and being polite, and **always thank them**. Everyone wants to be acknowledged for the work they do, everyone. So why not take a few seconds and do the same for those doing a job for you.

First steps:

Simply say “thank you” and smile at the next store clerk you encounter. Hold your head high when out and about and keep a smile on your own face.



Smiling and acknowledging others is great for our health, our families and the community.



VOTE and fully understand the issues and what you are voting on.

As Americans we not only have the ability to vote, we have the RESPONSIBILITY. When you don't cast your vote, you don't let your opinion be heard. You then can't have an impact on what goes on in your community or in our country.

When we vote, it is essential that we fully understand the issues and potential outcomes and impacts of the votes we cast.

Form opinions that are your own, that you have developed through research, questioning, listening and evaluating.

How to be a knowledgeable voter:

- Register to vote. Without this important step, nothing else matters.
- Research the candidates and issues on the ballot.
- Vote, vote, vote!
- Encourage others to do the same.

"To make democracy work, we must be a nation of participants, not simply observers. One who does not vote has no right to complain." ~ Louis L'Amour

*"A citizen of America will cross the ocean to fight for democracy, but won't cross the street to vote in a national election."
~ Bill Vaughan*

"Bad officials are elected by good citizens who do not vote." ~ Andrew Lack

*"Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting."
~ Franklin D. Roosevelt*



*Voting affects all aspects of thriving.
Voting can have an impact on
our families, community, health,
economy and environment.*

Voting and Information Resources:

- Utah Voter Information, Vote.Utah.Gov;
www.vote.utah.gov
- Summit County Voter Registration & Election Information;
summitcounty.org/clerk/elections.php



Participate in community meetings and events.

A community is made up of more than just people and neighbors. It is also constructed out of policies, decisions, actions and events. The success of these other components is dependent upon input from those who live in that community.

*“A different world cannot be built by indifferent people.”
~ Horace Mann*

When we step up and attend meetings, especially ones that could have an effect on our community, we are letting our voices be heard and hopefully impacting the outcomes of these meetings. It is especially important to attend and be engaged in meetings that have to do with our schools, our economic development and uses of the land and resources around us. Without our input, decisions will be made that could affect us in a negative way.

By attending local events, we are showing our support for that event and encouraging other events to happen in our community. Local events are a great place to see what our community has to offer and learn new things about the places we live. Plus, it is a great way to see our neighbors and friends.

How to participate:

- Find out when the next meeting is for your local government, school board, county government, planning commission or any other group in your community. Attend these meetings, listen to what they have to say and let your voice be heard.
- Look for local events to attend with your family. These include the county fair, holiday celebrations, fund-raising events, art festivals, farmers markets and a variety of other opportunities.

First steps:

Pick one event or meeting to attend and bring your family along.

“The world is run by those who show up.” ~ Unknown

Resources for Meetings and Events:

- The local newspapers are a great place to find meeting and event dates and times.
- Summit County;
www.summitcounty.org
- Park Record Community Calendar;
www.parkrecord.com/calendar



Participating in local meetings and events helps our families, health, economy, community and the environment to thrive.



Support local organizations and non-profits.

Local organizations and non-profits benefit our communities in many ways and they are reliant upon our support.

These local non-profits and other groups enhance our quality of life, care for the underserved, and make our communities the great places that they are. These organizations do everything from caring for the uninsured, creating trails, saving farm land, and rescuing homeless pets. But they can't fill these important roles without the community's financial and volunteer support.

"Everybody can be great because anybody can serve." ~ Martin Luther King, Jr.

How to support our local organizations:

- Donate when you can to organizations that you believe in and take part in their fundraising events.
- Volunteer on a regular basis for these and other organizations. This can be a monthly commitment or help during a specific event. Take the time, even if it is just a few hours a month, to support this vital part of our community.
- Contact the organization and ask them what they need help with and when they need help. This will confirm that they would be a good fit for your abilities and availability.
- Make it a family event with everyone helping out. Not only will this help the organization, but it will also teach your children the important lesson of community service.

First steps:

Research what kinds of local organizations and non-profits are in your community and decide as an individual or as a family which ones you believe in and could support.

*"Those who are happiest are those who do the most for others."
~ Booker T. Washington*



Supporting our local organizations and non-profits benefits our community, our family and health, and our environment.

Where to Find Local Organizations:

- The Park City Foundation;
www.parkcityfoundation.org
- Utah Commission on Volunteers;
www.volunteers.utah.gov
- Summit County Volunteer Boards;
www.summitcounty.org/council/boards.php
- Volunteer Opportunities, Park Record;
www.parkrecord.com/volunteers/ci_6263160



Care for the elderly in your community.

The elderly in our community have so much to offer – from stories of their past, to experience, knowledge, friendship and love. Unfortunately, they are often alone, isolated from their neighbors, with families who live out of town.

These seniors are often able to still live on their own, but they sometimes need a bit of help in order to maintain their independence. By reaching out and spending just a short amount of time each week, you can make a difference in their lives, as well as your own.

How to care for the seniors in our neighborhoods:

- Identify an elderly family member or neighbor who might need your assistance. Talk to that individual to let them know you are available to help.
- Let your elderly friends and family members know you are available to run basic errands for them. Be specific. List the time when you are available as well as how far you can travel to complete an errand. You are opening up the door for a senior citizen to contact you if he or she needs someone to pick up groceries, do some light shopping, or run other general errands for them.
- Offer to visit with an elderly individual in your community a couple hours per week. Many seniors who live independently are lonely. You can help to brighten their week by stopping by for a chat a couple times. Ask them when it is convenient for you to visit.
- Share a meal or two each week with a senior adult who lives nearby. Sometimes older individuals who live alone do not eat proper meals. They might not feel like cooking for one. Prepare enough food for both of you and enjoy breakfast, lunch or dinner with the elderly individual. If you do not have time to eat with him you can still stop by with a covered dish for him to enjoy.
- Check in with elderly neighbors when the weather is poor. You can clear snow off walkways and driveways. During severe thunderstorms, make certain they are not without power. Even check with those elderly neighbors when the weather is calm but extremely hot, to ensure they are faring well in the heat.
- Support the development and expansion of programs for them. We will all hopefully be elderly some day and will want to enjoy life in this community.

First steps:

Know who these seniors are. Get their phone numbers and those of their families. Shovel for them in the winter. Take their trash can out. Check in on a regular basis to make sure they are alright.



Caring for the elderly enables our community, our family and our health to thrive.

“The oldest trees often bear the sweetest fruit.” ~ German Proverb



Support local businesses and shop locally whenever possible.

Local businesses are the foundation of our community. They provide jobs, services and tax revenues. In addition, money spent at locally-owned businesses stay in the local economy.

“Top 10 Reasons to Support Locally Owned Businesses”

(The Institute for Local Self Reliance, www.ilsr.org, © Institute for Local Self-Reliance)

1. Local Character and Prosperity

In an increasingly homogenized world, communities that preserve their one-of-a-kind businesses and distinctive character have an economic advantage.

2. Community Well-Being

Locally-owned businesses build strong communities by sustaining vibrant town centers, linking neighbors in a web of economic and social relationships, and contributing to local causes.

3. Local Decision-Making

Local ownership ensures that important decisions are made locally by people who live in the community and who will feel the impacts of those decisions.

4. Keeping Dollars in the Local Economy

Compared to chain stores, locally owned businesses recycle a much larger share of their revenue back into the local economy, enriching the whole community.

5. Jobs and Wages

Locally-owned businesses create more jobs locally and, in some sectors, provide better wages and benefits than chains do.

6. Entrepreneurship

Entrepreneurship fuels America’s economic innovation and prosperity, and serves as a key means for families to move out of low-wage jobs and into the middle class.

7. Public Benefits and Costs

Local stores in town centers require comparatively little infrastructure and make more efficient use of public services relative to big box stores and strip shopping malls.

8. Environmental Sustainability

Local stores help to sustain vibrant, compact, walkable town centers-which in turn are essential to reducing sprawl, automobile use, habitat loss, and air and water pollution.

9. Competition

A marketplace of tens of thousands of small businesses is the best way to ensure innovation and low prices over the long-term.

10. Product Diversity

A multitude of small businesses, each selecting products based, not on a national sales plan, but on their own interests and the needs of their local customers, guarantees a much broader range of product choices.



How to support local businesses:

First and foremost, support the small, locally-owned business over the large, big-box retail stores (such as WalMart and Home Depot). You might spend a bit more money, but know that your hard-earned dollars are staying in your community.

- Know which businesses are in your community and what they offer.
- Spend a day walking along your main street or other area of commerce and visit the shops you pass by.
- Hire local contractors: plumbers, painters and such. They are local businesses as well and have a local reputation to uphold.

First steps:

Get to know what is available locally and make a conscious effort to buy what you need in your home town before driving elsewhere.

Studies have shown that for every \$100 you spend in a locally-owned, independent store, \$68 of that comes back to your community in the way of taxes, payroll, and other expenditures. When you shop at a national chain, only \$43 comes back. And shopping online, while convenient, adds nothing to the local economy.

Local Business Resources:

- Summit County On-Line Business Directory;
summitcountybusiness.com
- Park City Chamber of Commerce Business Directory;
www.visitparkcity.com/member-directory
- The local Yellow Pages and phone books

Additional Information:

- Business Alliance for Local Living Economies;
bealocalist.org
- American Independent Business Alliance;
www.amiba.net



*Shopping at local businesses
affects our economy, our
community and our environment.*



Remember that streets belong to people, not just cars.

It may seem that streets are just made for vehicles, but they aren't. Streets are here for all of us to utilize. Whether biking or walking on the side of the road, or even crossing the street, these other users have just as much right to the road as cars do. And if there is a conflict with a car, these other users always lose.

But it isn't just cars that need to share the road, pedestrians and bicyclists need to do the same. All users have a responsibility to adhere to their rules of the road. This means bikers need to ride with traffic, obeying traffic laws, and riding single file.

Pedestrians, where there isn't a sidewalk, need to walk against traffic. They also need to stop and look both ways before crossing the road. Don't just walk out into the street! Even though you might have the right of way, physics dictates that you will lose a battle with a car.

How to share the road:

First and foremost, no matter what your mode of travel – car, bike or on foot – be aware of the others on the road (other cars, bikes and people, don't forget about animals as well).

Vehicles: Drive the speed limit. Stay off your phone. Allow pedestrians to cross in cross walks. Give bikers three feet to pass. Obey all traffic laws.

Pay attention to younger bike riders on the road. Children ages 5 to 9 have less coordination for pedaling, more trouble recognizing and avoiding obstacles, and lack adult hand-eye coordination. Pre-teens ages 10 to 14 cannot always identify oncoming cars in busy intersections because they are not fully able to recognize objects from a busy background.

Bikes: Ride with the traffic, obeying all traffic laws. Ride single file – that's the law. Be polite to other road users and pass with caution. Let others know you are coming upon that you are there.

Pedestrians: If there isn't a sidewalk, walk against traffic. It is easier for cars to see you. Keep your head up and pay attention to other users, including cars and bikes. When crossing the road, stop and look both ways and proceed when it is clear. Don't just expect cars and bikes to stop for you. If you are walking with your dog, keep it on a lease to prevent your four-legged family member from running into the street.

Everyone: Support initiatives to implement traffic calming measures and those that aim to add biking / walking paths.

In 2009, 630 bicyclists were killed and 51,000 were injured in the U.S. Bicyclist deaths made up 2% of all motor vehicle traffic deaths.
– *National Highway Traffic Safety Administration*



First steps:

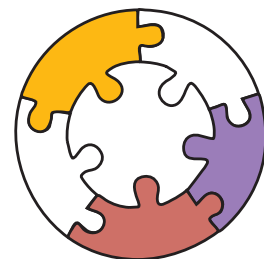
Next time you are on the road (driving, biking or walking) notice the other users out there with you.

In 2010, 4,280 pedestrians were killed and an estimated 70,000 were injured in traffic crashes in the United States. On average, a pedestrian was killed every two hours and injured every eight minutes in traffic crashes.

– National Highway Traffic Safety Administration

Road Safety Resources:

- Driver Handbooks, Utah Driver License Division;
publicsafety.utah.gov/dld/handbooks.html
- Safety Laws in Utah, Department of Motor Vehicles;
www.dmv.org/ut-utah/safety-laws.php
- Heads Up for Pedestrians;
headsuputah.com



*Sharing the road with all users
has a positive impact on our
health, families and community.*



Pick up litter you see, even if it isn't yours.

Remember, you have probably accidentally dropped something at one time. We all have a responsibility to keep our communities clean. This includes throwing away our own garbage in proper containers as well as picking up litter that we come across. It is an easy thing we can all do.

There are 51.2 billion pieces of litter along roadways nationwide at any time; and of this, 91% is less than 4 inches in size. - *Keep America Beautiful*

How to take care of litter:

To begin with, start noticing the bits of litter around you – scraps of paper, old water bottles, etc. Then pick up the bits of trash that you were going to step over and throw them away.

- When you are out for a walk or a hike, take a small bag with you to put the trash in it you find.
- Teach your children to leave an area cleaner than when they found it – a campground, picnic area or other places you enjoy as a family.
- Get involved with the local “Adopt a Highway” program and help clean up our roadways.

First steps:

Just pick up one piece of litter you would have otherwise stepped over.

**The presence of litter in a community decreases property values by 7%.
- *Keep America Beautiful***

**The direct cost of litter cleanup and prevention each year is \$11.5 billion, which is probably understated.
- *Keep America Beautiful***



Picking up litter is not only good for our local environment but also for our community and economy,

Litter Prevention Resources:

- Adopt-A-Highway, Utah Department of Transportation;
www.udot.utah.gov/main/f?p=100:pg:0:::1:T,V:28,
- Keep America Beautiful Litter Prevention;
www.kab.org
- How to Pick up Litter, wikiHow;
www.wikihow.com/Pick-up-Litter