

PROCLAMATION
CREATING CONNECTIONS MONTH
JUNE 2022

WHEREAS, Social psychologists define loneliness as the gap between the social connections you would like to have and those you feel you experience (<https://www.harvardmagazine.com/2021/01/feature-the-loneliness-pandemic>); and

WHEREAS, 36% of all Americans—including 61% of young adults and 51% of mothers with young children—feel “serious loneliness.” and loneliness overall has increased substantially since the outbreak of the global pandemic. (<https://mcc.gse.harvard.edu/reports/loneliness-in-america>);and

WHEREAS, loneliness increases the risk of depression, anxiety and substance abuse, as well as seemingly unrelated physical ailments like heart disease, stroke, hypertension, cancer, and even infectious disease;and

WHEREAS, Dr Vivek Murthy, Surgeon General called loneliness a public-health “epidemic” and national organizations such as the Foundation for Social Connection and Far from Alone will host Conversations on Belonging, Connection, and Wellbeing on June 15th at the U.S. Capitol Visitor Center,

WHEREAS, Dr. Vivek Murthy, Surgeon General, observed the serious effects of loneliness during his years in private practice and now advocates for “restructuring our lives around people” instead of work productivity and social media.

WHEREAS, Creating Connections, a subcommittee of Citizens Health Action Coalition has been making efforts to foster connections in various ways for the last 5 years, in simple gestures such as smile at every person you pass or call an isolated elder or more broadly, host a potluck for your neighborhood.

NOW, THEREFORE, we, the Town Board of the Town of Ignacio in La Plata County proclaim June, 2022, as

CREATING CONNECTIONS MONTH

APPROVED AND ADOPTED in Ignacio, Colorado this 13th day of June, 2022.

Signed

Attest



Tuggy Dunton, Town Clerk



Clark Craig, Mayor