## 1. What do you think are the strengths of Traverse City?

In this person's 40 years in Traverse Cjty she has observed the beautiful physical environment which "speaks to people". Also, there are many nice community groups for involvement. It has become a retirement community. There are interesting people with great ideas such as GroundWorks studying if TC could/should be a "Blue Zone" for aging well. To her mind a "Blue Zone" is an active place for 100+ year olds to be healthy into their old age because of the way their community is organized. Loma Linda has been successful because it is a center of 7<sup>th</sup> Day Adventists. There is also a Minnesota town which is trying this.

## 2. What are some issues that need to be addressed?

It is so difficult for young people to put down roots in Traverse City because it is so expensive. We need to support young parents...celebrate and support them...give them ways to de-stress. Don't judge them. The last 2 years the children seen in this program have been more "unusual". They seem to have more trouble with socialization. Is this because of the isolation that occurred during COVID? Whole families used to come to this program, and this is often not the case anymore. This program would like to have a closer connection with the health dept. A nurse previously came every session. Is the dept. still making families aware of local services? Is the health dept too busy? Is the health dept seeing the same or fewer needs? Do the young families know about "Early On"? Could a representative of their organization come to their monthly site?

## 3. How might our congregation be a part of meeting these needs?

- A. Continue to provide the grocery pantry the 2<sup>nd</sup> Tues of every month especially cleaning and paper products which cannot be purchased with WIC or Bridge cards. We could add items like Desitin, but personal care items for mothers are not desired.
- B. Do we have any connections at the Health Dept that we could facilitate communication between the 2 organizations?
- C. During the winter a volunteer to shovel the walk/throw salt on the 2<sup>nd</sup> Tues of the month at the east door of our building so that all can easily enter.
- D. A back-up person for their lady who keeps their Facebook site/posts up to date.
- E. Keep our eyes and ears open about discussion of the Blue Zone.