



Proclamation

WHEREAS, from the time we are born, our relationships help us learn to navigate the world by learning how to interact with others, expressing ourselves, and by being a part of various communities; and

WHEREAS, relationships help bring purpose to our lives by having a strong network of family, friends and neighbors to help reduce social isolation that can lead to loneliness; and

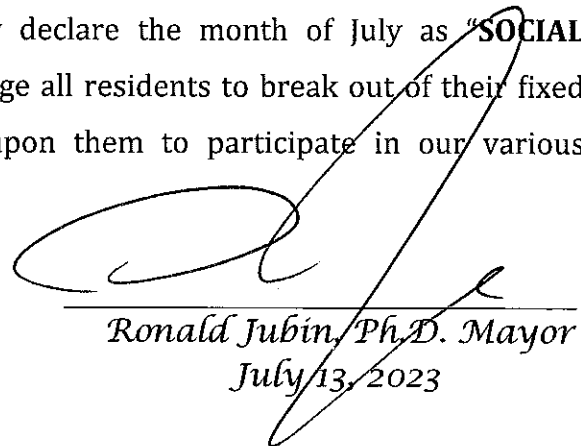
WHEREAS, Social Wellness Month was founded by Words of Wellness, a counseling group that understood the importance of socializing and building new bonds; and

WHEREAS, the National Institute on Aging recognizes the importance social wellness plays in our overall health and notes that for everyone, but especially for older adults, social distancing can and has increased loneliness even before covid times; and

WHEREAS, Social Wellness Month focuses on safely reaching out to our neighbors who may be at risk of isolation and loneliness to offer our friendship and support; and

WHEREAS, social wellness is all about our capability to bond with others and build satisfying relationships so that we may embark on journeys we never even imagined we would be a part of, which have a lasting impact on physical health.

NOW, THEREFORE, BE IT PROCLAIMED that I, Ronald Jubin, Mayor of the Borough of Watchung, County of Somerset, do hereby declare the month of July as "**SOCIAL WELLNESS MONTH**" in Watchung and encourage all residents to break out of their fixed routines and meet new neighbors and call upon them to participate in our various community events.



Ronald Jubin, Ph.D. Mayor
July 13, 2023