

**Cable Today / Social Connections
Annual Report to the Plan Commission
March, 2024**

History: The Social Connections team of Elizabeth Holland, Sue Rosa, and Suzanne Rooney was formed after a June 28th, 2023 meeting in Washburn with the ADRC to address the issue of social isolation, a potentially life-threatening, internationally-identified public health problem, and ways to address it in Bayfield Co. The team, now including Elaine Adams and Trish Kruse, functions as a part of the Cable Today group working on this project independently to conserve resources and to focus efforts locally. We have met monthly since August 2023.

Values: In the first meeting, we agreed on our ways of working: (1) Everyone contributes by having a project (2) We listen to understand (3) There is a bias for action (4) We honor each other's time.

Purpose: Our purpose is to address the internationally identified issue of social isolation in our rural, frigid, Northern Wisconsin community, how it impacts the Cable community, and take steps to help mitigate its risks.

Action Plan:

1. Educate ourselves, community leaders, and the public on the issue of social isolation including contributing factors and risks to the health and wellbeing of those in our community.
 - a. Research the topic of social isolation
 - b. Reach out to others with relevant knowledge and experience
 - c. Seek out information on successful programs
 - d. Develop and carry out a public awareness campaign on the topic of social isolation
2. Identify those in our community at particular risk to the effects of social isolation.
 - a. Partner with local churches and other organizations to help identify those at risk
 - b. Use direct mail to (1) distribute a three-question survey designed to help identify those who feel socially isolated
3. Take steps to reduce the risk of social isolation
 - a. Widely distribute information on local activities and resources that can combat social isolation.
 - b. Partner with local churches and other organizations in taking their own steps to mitigate against the risks of social isolation
4. Find a local 501.c.3 organization to partner with for the purpose of fundraising;
5. Recruit new members with needed skill sets.

Results to Date:

1. At our request, C.A.R.E. is providing a greeter at the evening Community Dinners to make those attending alone feel more welcome;
2. Prior to the April 9, 2024 C.A.R.E Community Dinner, Kevin Stranberg and Jennifer Hunt of Tamarack Health will deliver a public presentation titled, "The Benefits of Social Connection." This is the kick-off event of a public awareness campaign directed at the same issue;
3. Our group has been instrumental in establishing a new Senior Dining site two Mondays each month at the Cable UCC church which began in February, 2024. Upwards of 40 people are signing up each month.
4. Cable is included in the ADRC transportation plan pending approval;
5. We have established a Public Awareness Campaign Steering Committee composed of, in addition to members from the Social Connections work group, representatives from the Forest Lodge Library, Cable Chamber, Tamarack Health, and Bayfield County ADRC. The steering committee is tasked with *both* developing a public awareness communication and educational plan *and* implementing activities for the greater Cable area that will offer opportunities for meaningful social interaction.
6. Public Awareness Campaign:
 1. As mentioned above, the April 9 public presentation is the kick-off event of this campaign.
 2. Coming up in June, in collaboration with other key groups and independent citizens, we will be sponsoring the first annual "Make Music Cable" day on June 21. This will be a first step in connecting individuals, businesses, churches, and other entities in a shared activity that has the potential to forge new and meaningful social relationships.
 3. We will offer a presentation on The Benefits of Social Connection to local businesses, non-profits, and other entities to engage them in creating other public and/or in-house events and activities.
7. We are compiling a comprehensive list of local social activities that will be available at our meal site and distributed more widely.
8. Meeting notes are shared within 5 days of each meeting and are available to anyone interested.

We respectfully request these notes be entered into the minutes of the Plan Commission in order to reach people who may be interested in joining us. We are happy to answer questions and discuss joining the team. Please call or email Suzanne at: 715-798-3344, letzmotorsuzieg@hotmail.com or Sue at: 608-235-1553, sue.rosa6744@gmail.com