

# City of Commerce City, Colorado



## Proclamation

*WHEREAS, giving to others makes us feel happy. A study by the National Institutes of Health found that generosity activates regions of the brain associated with trust, social connection, and pleasure creating a “warm glow” effect; and*

*WHEREAS, giving increases social connection and cooperation in our community. Several studies show acts of generosity are usually paid back. Such positive interactions lead to an increased sense of trust and cooperation that strengthens our ties to one another; and*

*WHEREAS, giving can increase health and decrease stress in our community. A 1999 University of California study found elderly people that gave their time volunteering at two or more organizations were 44 percent less likely to die over a five-year period than non-volunteers; and*

*WHEREAS, giving inspires giving. By offering a small act of kindness, one can create a ripple effect of happiness in our community. One small act of kindness can impact a whole community and build stronger connections between people. A study by James Fowler of the University of California San Diego, and Nicholas Cristakis of Harvard found that when one person expresses generosity, observers were inspired to act generously later.*

**NOW THEREFORE, BE IT RESOLVED THAT the City Council of Commerce City proclaims May 6th as **COMMERCE CITY AOK DAY**. We hereby commit to supporting and encouraging acts of kindness throughout the city to increase the health, happiness, and overall well-being for all that live here.**

In witness whereof I have hereunto set my hand and caused this seal to be affixed on the twentieth day of April 2015.

CITY OF COMMERCE CITY, COLORADO

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Sean Ford, Mayor

