

PROGRAMMING SERIES 2020-21



COMMIT TO YOUR COMMUNITY



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Where Wakefield Connects



INSTITUTE of
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SERVICES

Commit to Your Community is brought to you with federal funds provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners.

Commit to Your Community

Right now, making connections with others at both a personal and a communal level feels more important than ever. With that in mind, from October 2020 through June 2021, the library will be offering a series of speakers, panel discussions, book groups, and a final town-wide event to encourage all of us to form more meaningful connections with others in our community.

Commit to Your Community is divided into three chapters: **Get Involved**, **Act with Compassion**, and **Advocate for Change**. The first chapter will demonstrate the value of getting involved to improve your own health and well-being. Act with Compassion, the second chapter, asks you to turn outward and learn more about others in our community, particularly those experiencing homelessness. Finally, Advocate for Change builds on the knowledge of the first two chapters but adds a more global perspective, looking at what Wakefield can do to tackle climate change from a local level.



**COMMIT TO YOUR
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Get Involved

Starting October 2020



**COMMIT TO YOUR
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Act with Compassion

Starting January 2021

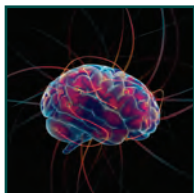


**COMMIT TO YOUR
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Advocate for Change

Starting March 2021

Commit to Your Community: **Get Involved**



KEYNOTE. SOCIAL: WHY OUR BRAINS ARE WIRED TO CONNECT **Wednesday, October 28, 2020, 7:00 pm – 8:30 pm**

The structure of our brains reveals that we are profoundly social creatures, feeling pleasure from our meaningful social interactions and real pain as a result of being socially ostracized. Dr. Matthew Lieberman, Professor of Social Neuroscience and author of *Social: Why Our Brains are Wired to Connect*, kicks off our Commit to Your Community series by exploring how our social nature affects our happiness and success.



BOOK DISCUSSION: THE AUTHENTICITY PROJECT **Tuesday, November 10, 2020, 7:00 pm – 8:30 pm**

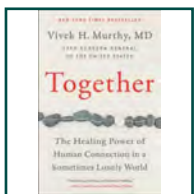
Join us for this discussion of Clare Pooley's bestselling novel, *The Authenticity Project*. The book's message aligns with our series mission and urges readers to get off social media. The characters discover the value of forming real-life community and support networks.



AUTHOR TALK: CLARE POOLEY

Saturday, November 14, 2020, 10:00 am – 11:30 am

Join bestselling author Clare Pooley (direct from her home in the UK!) for a talk about her book, *The Authenticity Project*, followed by a Q & A session.



BOOK DISCUSSION: TOGETHER **Wednesday, December 2, 2020, 7:00 pm – 8:30 pm**

We'll discuss former US Surgeon General Vivek Murthy's latest book, *Together*, which stresses the importance of community to counteract the forces driving us to depression and isolation. Join us to explore Murthy's solutions for creating connections.



MUTUAL AID PANEL DISCUSSION

TBD, early December 2020

Mutual aid builds community by connecting those in need with others who can offer assistance. Mutual aid networks are not charities but exchanges, designed to create connections across communities. The COVID-19 pandemic has led to the emergence of more mutual aid networks. Join Lucy Flamm of Cambridge Mutual Aid Network and Claire Bechmann of Mutual Aid of Medford and Somerville (MAMAS) as they share how they got involved, how the organizations work, and how to start your own mutual aid network.

All events are virtual. Register at wakefieldlibrary.org or 781-619-1100.

SPEAKER BIOGRAPHIES



MATTHEW LIEBERMAN

Dr. Lieberman is a professor at UCLA and considered one of the founders of the field of Social Neuroscience. He is the bestselling author of *Social: Why Our Brains are Wired to Connect*. His articles and chapters have been cited in journals such as *Science* and *Proceedings of the National Academy of Sciences*. His work has received worldwide attention from publications including *The New York Times*, HBO, *Time Magazine*, *Rolling Stone*, and *Scientific American*. Dr. Lieberman won the American Psychological Association's Distinguished Scientific Award for Early Career Contribution to Psychology (2007), the Society for Experimental Social Psychology Career Trajectory Award (2015), and UCLA's Distinguished Teaching Award (2020). *Science Magazine* named him one of the "Top 50 Science Stars of Twitter."



CLARE POOLEY

Clare Pooley graduated from Newnham College, Cambridge and spent twenty years in the heady world of advertising before becoming a full-time mum. Her memoir, *The Sober Diaries*, was published in 2017 to critical acclaim. *The Authenticity Project* - Clare's debut novel - was inspired by her own experience of exposing the rather grubby truth about her own seemingly perfect life and is being published in twenty-nine territories in 2020. Clare's talks include a TEDx talk, *Making Sober Less Shameful*, a talk for Radio 4's *Four Thought*, and numerous podcast interviews. Clare lives in Fulham, London with her husband, three children, two border terriers, and an African pygmy hedgehog.

LUCY FLAMM & CLAIRE BLECHMAN

Lucy Flamm is a digital archivist who lives in Cambridge and volunteers as a resource coordinator with the Cambridge Mutual Aid Network (CMAN). CMAN is a mutual aid network dedicated to providing holistic community support in the context of COVID. Since March 2020, CMAN has helped uplift neighbors through acts of solidarity including grocery shopping, assistance with filing for unemployment, and connection to community resources.

Claire Blechman is a resident of Somerville and volunteers at Mutual Aid of Medford and Somerville (MAMAS). MAMAS began to organize on March 12, 2020 in response to the COVID-19 pandemic and its anticipated impact on our communities.



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