

hen in the Dell

Weekly Newsletter for the Town of Wendell Team

CENSUS 2020

Wendell Counts

From the Desk of: Planning

Assistant Planning Director Bryan Coates

Blueprint Wendell 2030

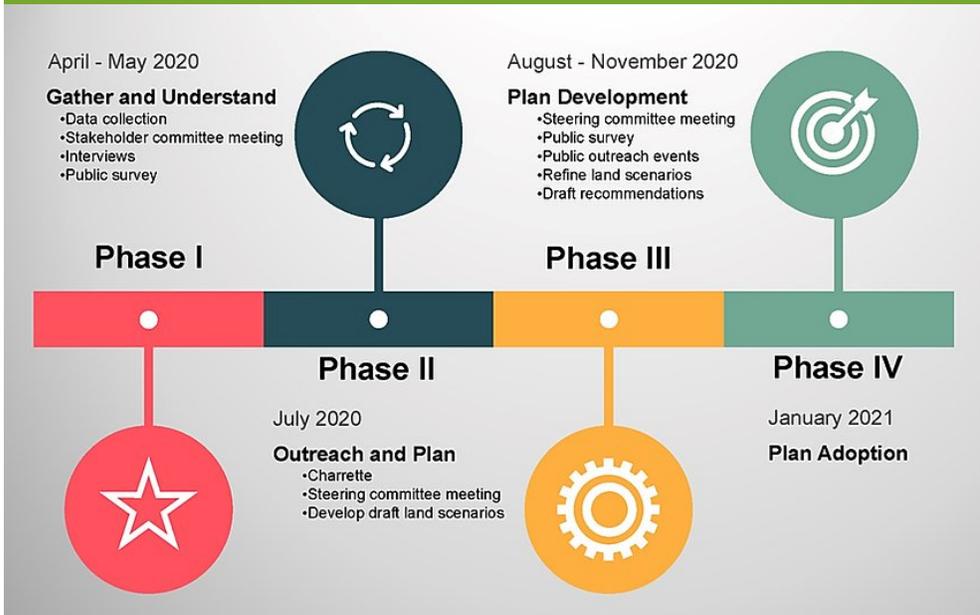
The Town of Wendell is creating a new Comprehensive Plan called Blueprint Wendell 2030 that will serve as a policy and action document for Town leadership. Blueprint Wendell 2030 will create a clear vision of the community in 2030. The Plan will provide guidance on future land use; transportation; parks, recreation and open space; community character; business development; community facilities; infrastructure and utilities; and natural resources.

A Town's Comprehensive Plan is a policy guide that is implemented by land development ordinance or a Unified Development Ordinance (UDO) in the Town of Wendell. The Town's UDO contains the zoning and land use regulations or the rules for development.

EMPLOYEE NEWS

Each newsletter, we'll let you know what Town staff has been busy with in our employee news sidebar. The Town has 6 different departments: Administration, Finance, Planning, Police, Parks and Recreation, and Public Works.

- The FY 20-21 Proposed Budget was completed and is on the Town's website at: <https://www.townofwendell.com/departments/finance/budget>
- City of Raleigh utility crews worked on Stratford Drive on utility upgrades
- City of Raleigh paving crews paved East Mattox Street from Old Zebulon Rd to the dead end of E Mattox as well as various small sections on the south side of town.



Blueprint Wendell 2030 is a year long process that will include surveys, stakeholder meetings, community events and a three-day charette to gather community input. The community input will help create land use scenarios, policy recommendations and priorities for the Town.

The project website

<https://www.blueprintwendell2030.com/> is active and will be updated as the project moves forward. We will be releasing a survey early this summer that will contain a series of questions about the future of Wendell, we look forward in hearing your thoughts and ideas for the Town for the next 10 years.

Blueprint (noun)- is a plan that describes how to do or achieve something in the future.

Census 2020

Once a decade, America comes together to count every resident in the United States, creating national awareness of the importance of the census and its valuable statistics. The decennial census was first taken in 1790, as mandated by the Constitution.

EMPLOYEE NEWS

- Parks and Recreation staff are evaluating summer athletic leagues, beach volleyball, women's fast pitch softball, adult kickball, soccer and youth basketball registration with a tentative start date of June 1st.
- Parks and Recreation staff participated in a North Carolina Recreational Parks Association (NCRPA) round table discussion dealing with COVID-19.
- The Planning Department received the Dining District Preliminary Plan for Treelight Square Phase II.
- Planner I Jeannine Ngwira attended her first in a series of UNC School of Government Zoning Officials Certification Courses.
- Planning Department staff met with Wake County Housing Affordability & Community Revitalization on the Neighborhood Improvement Projects for Zone I.
- The Police Department is completing the State-mandated in-service training through the NC Justice Academy online training portal.

It counts our population and households, providing the basis for reapportioning congressional seats, redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities' vital programs — impacting housing, education, transportation, employment, health care, and public policy.

The 2020 decennial census is under way and for the first time ever can be completed online. You can fill your form out online right now until August 14 at <https://my2020census.gov/> Census employees will start going door to door this summer for those households that did not complete the 2020 Census.

The Town of Wendell is a member of the Census 2020 Wake County Complete Count Committee. We have been participating in outreach and community engagement to spread the word about Census 2020, answer questions and provide information. We work in collaboration with federal, state and local governments to ensure a complete count. The Census Bureau, which is funded by Congress, is ultimately responsible for conducting the Census 2020.

How does an accurate count impact Wendell? Federal funds, grants, and support to states, counties, and communities are based on population totals and breakdowns by sex, age, race, and other factors. Your community benefits the most when the census counts everyone.

So how are our Wendell residents doing at completing the Census? As of May 7th our self-response rate was 62.1%, slightly lower than the Wake County rate of 63.1%. We are recording a higher response rate than the US (57.7%) as a whole and the State of North Carolina at 53.5%.

EMPLOYEE NEWS

Wendell Parks and Recreation along with the Wendell Council of Church's, and Wendell Rotary Club will be hosting a Summer Foods Program for kids in our area.

This program is run though Wake County Human Services and it is designed to help feed kids during the Summer while school is not in session.

Wendell's Summer Foods Program will begin on June 16 and run through August 18. It will be held at the Wendell Community Center every Tuesday at 12:00 pm.

When school is not in session a lot of our kids miss those valuable meals and this is a way to help them get fed during the summer.

Volunteers from the Wendell Council of Churches and the Wendell Rotary Club will help with the food distribution and programs each week.

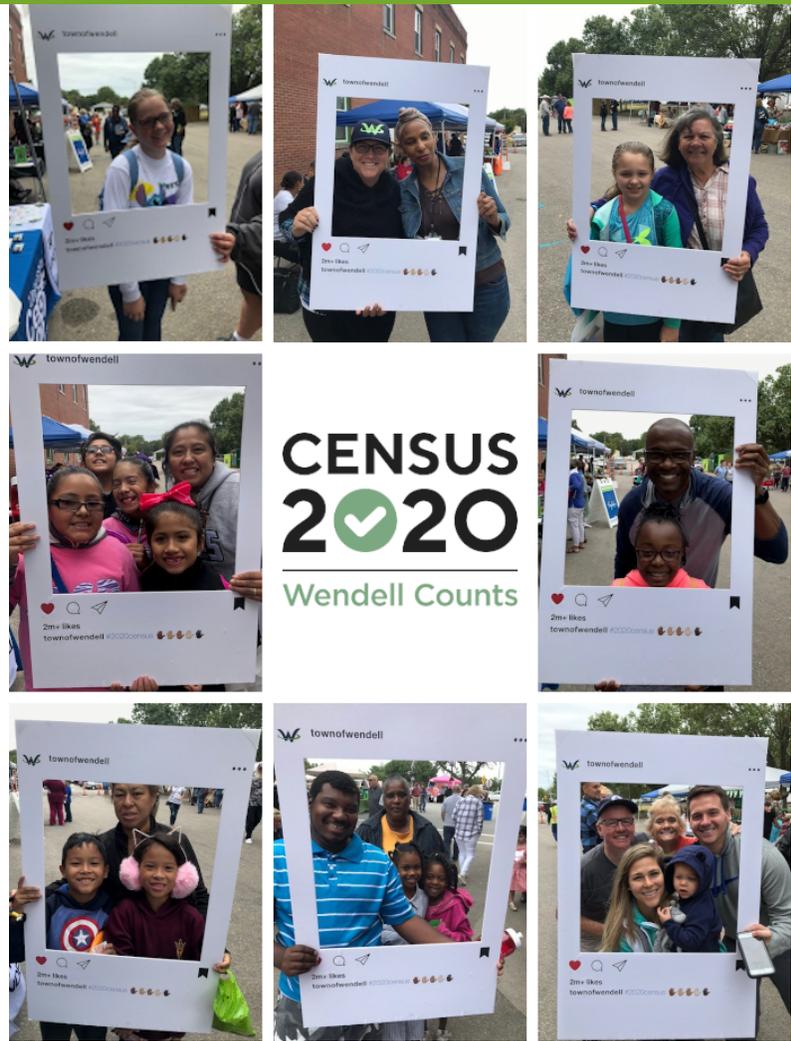
This will be the first year that Wendell was able to be a host site and we hope it will be a huge help to our kids in Wendell.

Stay tuned for more information about this exciting program!

In 2010, we had a self-response rate of 67.4% before Census workers went door to door counting the remaining households. We have 1 month before the door to door campaign begins, it would be great to reach a 75% self-response rate by then. The population count and household information created by the 2020 Census is not officially updated again until 2030.

Both the 2020 Census and Comprehensive Plan will impact the Town's future. It's important to get all Wendell residents participating to determine the community we will be in 2030.

Yours in Service,
Bryan Coates, Assistant Planning Director



Well in the Dell

Wellness Tip from Wendell's HR Department



What is the best advice for people stuck at home as they practice social distancing?

As we shelter in place, many people are seeing it as a sense of loss. The loss that they are feeling – loss of their freedom for example – can be similar to some of the grieving processes we actually see. If you are feeling that sense of loss, it's ok to own your feelings. These feelings are actually quite normal for us to have. And as we own these feelings, we can also make strategies to help deal with them better.

What are some strategies to help you cope with your feelings?

As you start to look at the sense of loss that you have, try to re-frame from your thinking. Instead of looking at it as a sense of loss, try to think of this time as an excuse to slow down. Many of us often say that we want to get away from the hustle and bustle of life. Well, now we have an opportunity to do that. So use this as time to do some self-reflection or spend time bonding with family and really pick projects or things that you want to do so you're actually gaining something in the end.

What about stress and cortisol?

Cortisol is actually one of those hormones that is released during the stress process – and as it relates to cravings, it can increase your cravings but in an indirect way. When you are stressed your body is going to release a host of hormones – cortisol being one of them. In the short term, cortisol is actually quite helpful and essential in that it helps you get through a stressful process. However, over a period of time cortisol can do things that are detrimental to you such as lowering your immune system or even increasing thirst. And it's that thirst that can trick our minds into thinking that we're hungry. That thirst can cause increased cravings or drive us to eat when we're not really hungry.

In addition to foods, what are some other ways you can lower your level of cortisol?

Try to get regular physical activity. When you do, it helps to release calming hormones like dopamine that counterbalance stress hormones and helps to lower your cortisol level. Exercise doesn't have to be at the gym, it can be something as simple as walking, gardening or even dancing to your favorite tune. In addition, mindfulness techniques such as mindful breathing, meditation and yoga are also very effective as well.

Are there foods you can eat to help boost your immune system and help to lower your cortisol levels?

Being in a state of chronic stress can actually cause you to have a lower immune system. To help counteract this, we must maintain a diet that is as healthy as possible in addition to performing stress management techniques. Foods that are known to help lower stress as well as boost your immune system are things that are high in vitamins and minerals. Examples are whole grains, fruit, vegetables, herbal teas such as chamomile or green tea and even a little chocolate (just try to stick with dark chocolate).

What are some foods that we should have on hand if we do get sick?

Definitely make sure you're focused on healthy eating. When we are stressed, your body is naturally going to want to eat carbohydrates. If you are eating carbs, make sure you focus on carbs that are high in fiber, filled with great vitamins, and very complex like beans and lentils, root vegetables with skin, whole grains which are minimally processed, berries, quinoa, and cous cous. Some of these can even be healthy sources of protein. Also, your fruits and vegetables will help to boost your immune system and getting ones that are fresh or flash frozen is also helpful as well to make sure you are maintaining as healthy of a protocol as you can.

Does upping your water intake help stave off food cravings?

Yes, it absolutely does!

Any other tips for healthy eating when being stuck at home?

- Stick to a schedule to avoid binging or excess snacking.
- Eat together when possible to increase socialization and enhance mood.
- Couple healthy eating with physical activity to help lower stress, stay active and maintain cardiovascular fitness.
- Make lists for shopping to help avoid impulse buying of comfort foods and limit trips to the store to decrease exposure.
- Try to stay away from processed food and go more with fresh, flash-frozen or canned veggies.

Thank you, Andi Curtis, for this submission.



**WENDELL FARMER'S
MARKET OPENING DAY**

**SAT, MAY 16, 2020
9 AM TO 1 PM
E CAMPEN ST**