

## Communities Coming Together



### Why YOU Matter More Than You Think

So much of what our community has accomplished this year has happened because ordinary people chose to step in and help. From protests to cash collections for various groups, helping with our district's free store, gift card drives, care packages, and so much more - none of this happened overnight or out of thin air. They came to life because people like YOU showed up. Whether it was preparing a homemade meal, contributing to our resource lists, or simply sharing our posts and information so that more people could see them, every act of kindness created a ripple that reaches farther than any of us can imagine. Our projects work not because of a few leaders, but because of the hundreds of small, heartfelt efforts that add up to a serious and consistent movement.

Involvement goes beyond financial donations. We thrive when people sign up to volunteer their time - whether that is for poll standing, canvassing, delivering items, translating applications for assistance, or helping out at events. These "free" acts of support are often the things that make the biggest difference, because they build connection, dignity, and trust. When you give your time, your voice, or your skills, you are strengthening the fabric of our community. You matter more than you think, and every contribution helps ensure that no neighbor is left feeling that they're facing hardships alone.

[Visit Our Website](#)[Become a Member](#)[Donate to the Cause](#)

Affordable Housing in our Community

This is an opinion of studies done within the last 10 years for MORPC, aka Mid-Ohio Regional Planning Commission, known as Insight2050, and Grove City's model following and using the above as their guidelines into GC2050.

National Association of Realtors, NAR, and other organizations point towards the increasing preference for walkable communities, mixed use neighborhoods and shorter commutes. More than 60% of respondents favor a neighborhood with a mix of houses, stores and other businesses. The housing demand profile shows a shrinking demand for larger lot single family homes and an increasing demand for smaller lot detached homes, attached townhome products and multi-family housing to offer a broader choice in housing products.

The Grove City 2050, aka GC2050Community Plan, was accepted by Resolution No. CR-04-18 in January 2018. Of the core principles, "1. The City's small-town character is preserved while continuing to bring additional employment opportunities, residents, and amenities to the community. The City will continue to provide attractive options for living, working, shopping, and entertainment and community services to meet the needs of all age groups and income levels."Another core principle, "6. A wide range of housing types and price points is available across the City."

The City takes great care and, I'm certain at the hands of taxpayer money, do studies, hire professionals, engage community for the betterment of the future of Grove City. Where they are lacking, in my opinion, is their desire to step away from the same playbook used over the years. There is little to no change in innovative housing communities and if you've lived in our fair city or have driven and noticed developments popping up in various parts of Grove City, you might wonder if these are cases of copying and pasting from the last developer's models. We must open our minds to thoughtfully planning for all stages of living. From apartment living to first step starter homes to the move up and raise families lifestyle, there has to be greater consideration and planning, an openness where people coexist instead of keeping to the 'not in my backyard' mentality of some.

There's an appetite from citizens to diversify the known development area. Does every development have to segregate placing large family homes in a section from patio homes, smaller footprint starter homes? A developer already has their known brand products, none of which are smaller affordable homes for the single parent, veteran, late stage living. Recently, the Patrick property development came before city council. I believe these are the same developers as Farmstead off of SR 104. They spoke to the large single family homes in one area of the development while Patio homes would be situated in another area of the development. Mayor Stage asked if this product existed in Grove City already and was answered in the affirmative, at Farmstead.

Folks, the time has come for our city representatives to think outside of the box, look to innovative solutions implemented in other parts of Central Ohio, other areas of the country. We must be willing to go back to the core principles 'to meet the needs of all age groups and all income levels'.

We can begin to set the wheels in motion by focusing efforts on allowing ADUs, Additional Dwelling Units, already existing in Grove City. Many areas of Grove City are ripe for this change and it supports an aged community not wanting or able to afford 55+ community housing while subsidizing with an additional income. Perhaps there's room to consider Panelized construction as a means to ADUs, cluster housing units of double, triple, quads for veterans or disabilities of need. Our City representatives should work diligently to search out developers able and willing to come to the table to discuss options beneficial to Grove City, not beneficial to the developer first. We should no longer be in a situation of the tail wagging the dog as we've witnessed.

It has been reported that our income tax revenues have been flat these last three years and is projected to worsen in the future. We must do what is fresh, new, innovative in order to attract young adults, young families. These are exciting times for Grove City and we should desire the energy that comes with new growth, inclusivity, a place where all citizens of Grove City thrive.

*Thank you to Lori Johnson for this submission!*



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# Hold Onto Your Hope

Written by Cathy Cassani Adams, LCSW, and taken from Zen Parenting Radio

Maybe it's my therapist brain, but when I hear someone say, "I'm just being realistic..." what I hear is, "I've been hurt before, and I'm not going to let that happen again..."

And to this, I say, yes, welcome to the club. We all have, we've all been there. We're all moving through some wild days and times, and it's feels exhausting, unfair, and clearly unjust. But here we are.

And because this is where we are, cynicism can feel safer than hope. It's protection disguised as wisdom, a way to stay above it, outside it, immune to it. Like when journalists ask our political leaders about the latest headline and they shrug and say, "I haven't seen that," or "I haven't read it," when their actual job, the thing they're being paid to do, is see things and read things.

More importantly, being aloof or disconnected keeps us from caring, but caring is what connects us to ourselves and others. Caring gets us out of bed in the morning and gives our days purpose, knowing we have something to do that's bigger than ourselves.

**When people are overly detached or cynical, it's usually one or a mix of these things:**

**1. A response to pain.**

Cynicism shields us from disappointment, and if we don't hope, we can't be let down. After the election, so many people I know said, "I actually believed something good would happen, why would I do that?" But of course you did. What's the alternative? To completely lose faith? To believe in nothing? To stand on the sidelines?

**2. It feels cool.**

Detachment has become its own kind of status. Caring has somehow turned into something uncool in a world that worships irony, sarcasm, and whatever-ness. I love irony and sarcasm too, but I use them to blow off steam and vent so I can *keep* caring, not to stop caring.

**3. It feels smart.**

Data shows that cynics are often perceived as "smarter," while hopeful people are seen as naïve. But in real life, cynics can be exhausting to be around, and hopeful people are the ones who actually keep the world moving forward. And while cynics are *perceived* as smarter, **the actual data tells us they are less competent and do worse on cognitive and competency tasks.**

**4. To avoid vulnerability.**

This one's close to #1, a response to pain, but it adds another layer. Cynicism lets us avoid revealing what we really want or dream about. If we believe the world is rigged against us, we get to do less and expect more from others. We can judge others for not doing enough while convincing ourselves that our own efforts wouldn't matter anyway.

**5. Too overwhelmed by life.**

I get this one, I really do. When I was deep in the chaos of parenting or caring for my parents, there were plenty of days I didn't read the news or pay attention to much beyond survival. Sometimes you have to narrow your focus just to stay sane. But some people live in a constant state of chaos and use it as a reason to stay detached, to tune out or avoid getting involved in anything collaborative or community-based. The irony is that when we *do* get involved, we can build more community which can decrease our chaos.

**6. It's the glasses we wear.**

The "glasses" we wear are shaped by experience (heartbreak, loss, and disappointment) and they color how we see the world. Over time, we start to believe the world itself is dark, when really, our lenses are just dirty. Sometimes we have to take them off for a while to see things clearly again.

Once we notice our own cynicism, it's easier to see how collective cynicism has taken hold, and how we've normalized it so much that journalism, social media, and even everyday conversations treat goodness or progress like there's a hidden catch and the other shoe is about to drop. It sounds something like this: *This is good, and here's why it's actually bad for us.* Nothing is allowed to be simply good anymore, even for a minute.

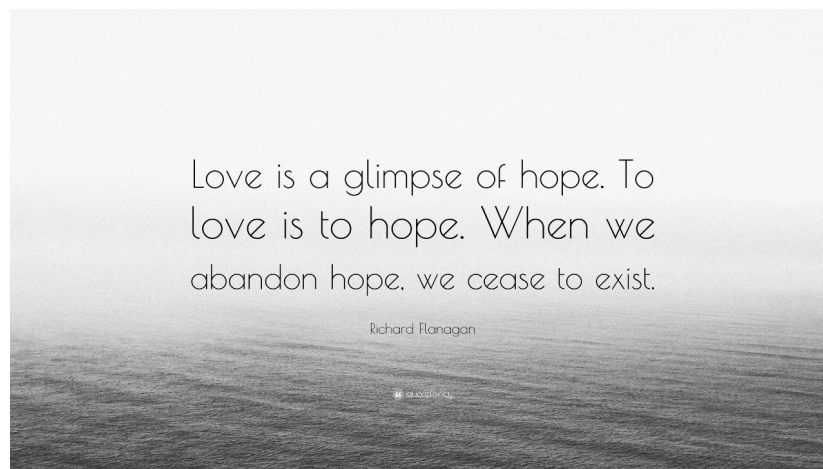
This kind of *reflexive cynicism, performative skepticism or both-sides framing*, makes us feel smart for distrusting everything, but it also drains our energy and spirit when everything good

comes with a “but”. I understand that nothing is permanent and that things are always changing, but we can still stop for a second and believe that genuinely good things exist right now. It might give us a chance to breathe and take off those dirty glasses for a second. Yes, yes, I know, we don’t want the opposite either. **Toxic positivity** or pretending everything is fine or looking the other way doesn’t help because that’s not hope, it’s avoidance. It keeps us from processing what’s real and makes genuine optimism impossible. **Real hope isn’t about pretending things are good, it’s about being honest about what hurts while staying open for what could get better.**

Hope says, *Yes, I see things are broken and I still believe in people, and I believe we can repair things.* Without hope, we stop showing up. We stop voting, creating, reaching out, mentoring, leading, and speaking up. We start to believe that *our vote doesn’t matter, or our skills don’t matter, or our voice doesn’t matter.*

But those thoughts carry a quiet kind of narcissism, a sense of specialness, as if *I alone* should matter in some grand, individual way. What actually matters is how we show up together. Real power isn’t found in one person’s work, it’s in the small actions of many, moving at the same time.

Hope isn’t naïve; it’s collaborative. It’s the willingness to pay attention and do what you can, instead of opting out or believing that it’s someone else’s responsibility. It’s the ability to stay focused on what you believe in when it would be easier to quit. It’s handling the losses, **celebrating the big wins**, and remembering that hope is an active choice.



## November Recap - Friendsgiving

We had a fantastic turn out for the Meet and Greet, thanks so much to everyone who came! You helped make a real difference for both our Head Start's Angel Tree collections and the Progress Pantry. It was great getting to chat with so many friends, and incredibly moving getting to be a part of such a giving community.





## Next Up...



Join us on Thursday, December 11 for the Progress Annual White Elephant party!  
Find the details [here](#) - hope to see you there!

## Join Our Partners In Action

If you're eager to make a significant impact in your community, consider taking action now. It's time to address the issues that matter to you and express your concerns about leadership. Our friends with Indivisible Central Ohio are planning in person visit's to Senator Moreno's office. Please consider joining them to share your thoughts and help drive meaningful change! You can find the sign up sheet at [this link](#).

Thanks everyone!!



If you would like to unsubscribe, please [click here](#).