



**Welcome:**  
**Click to see each new slide.**

The Commissions' New "Timetrack-o-Meter"

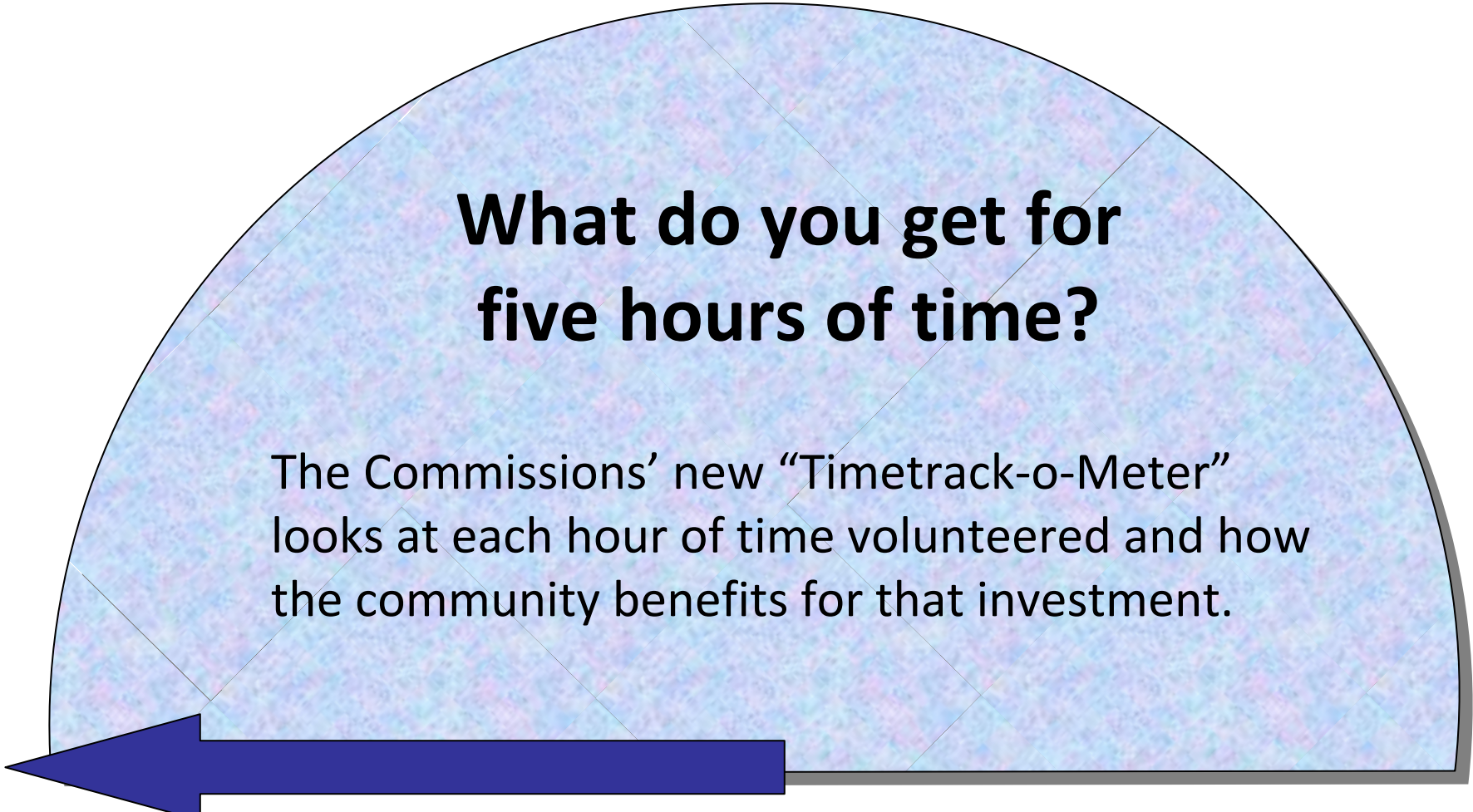
**What if TIME**

*equaled*

**CHANGE?**



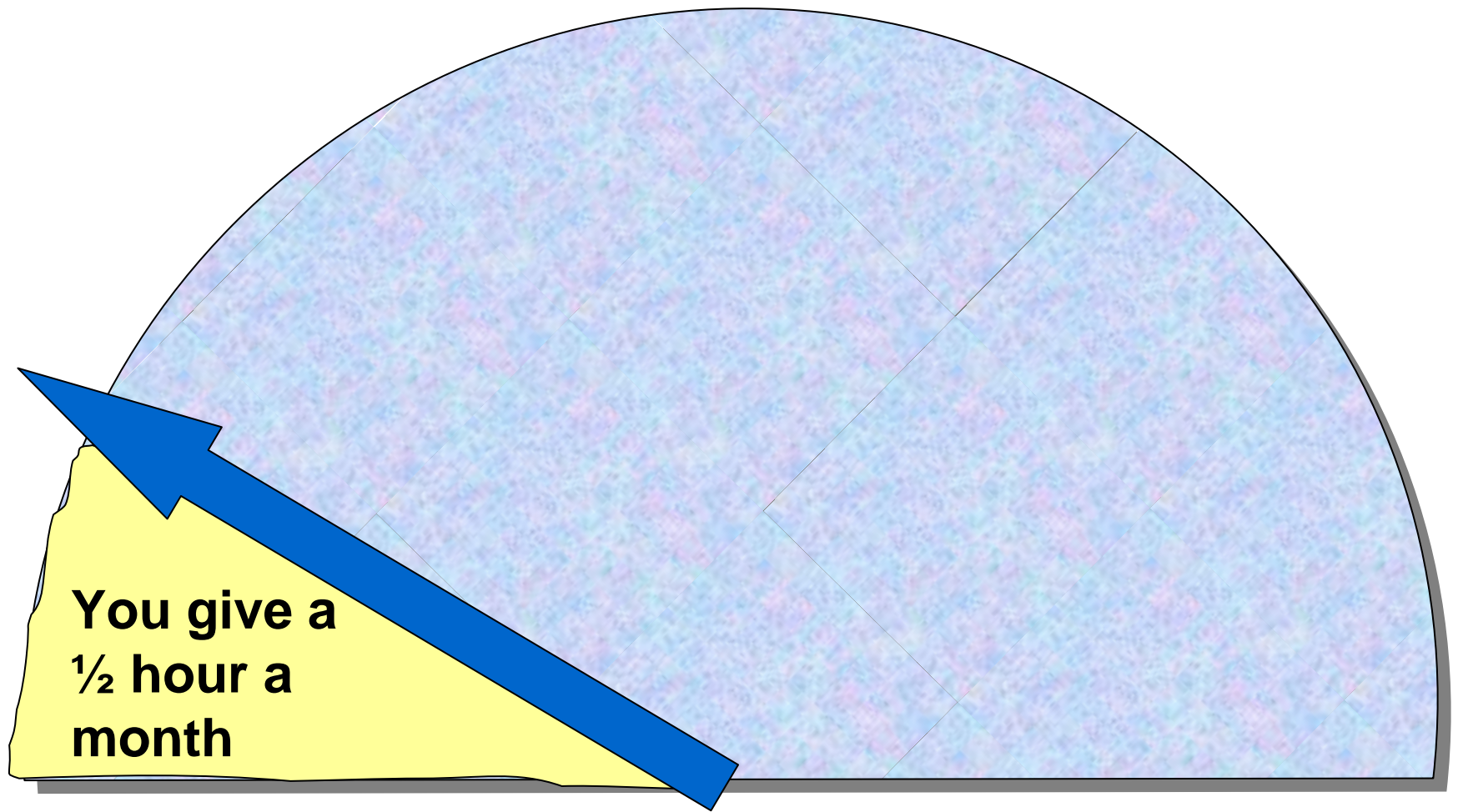
The Commissions' New "Timetrack-o-Meter"



## **What do you get for five hours of time?**

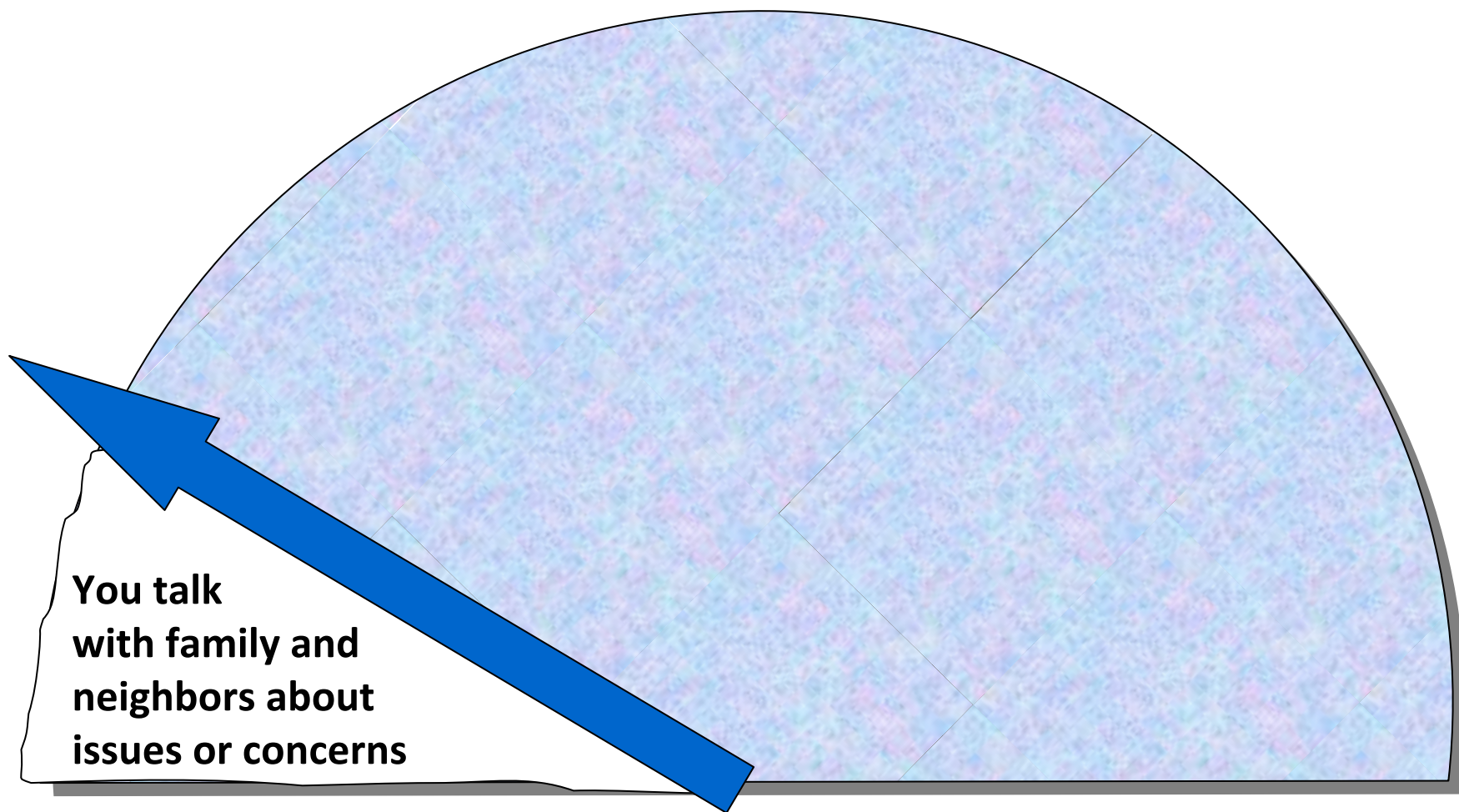
The Commissions' new "Timetrack-o-Meter" looks at each hour of time volunteered and how the community benefits for that investment.

**The Commissions' New "Timetrack-o-Meter"**



**You give a  
1/2 hour a  
month**

**The Commissions' New "Timetrack-o-Meter"**



**You talk  
with family and  
neighbors about  
issues or concerns**

**The Commissions' New "Timetrack-o-Meter"**

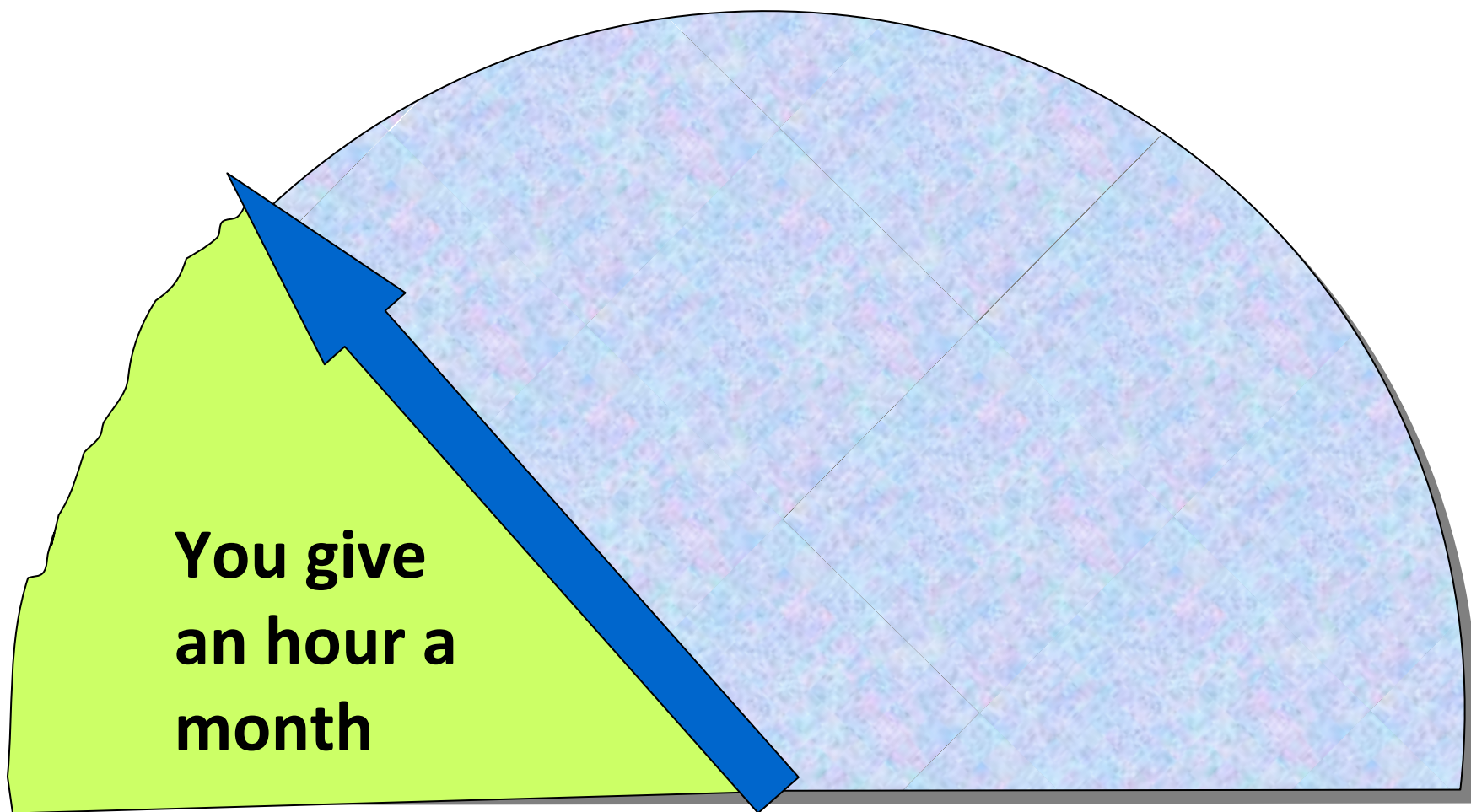


**Somerville's Benefit:**

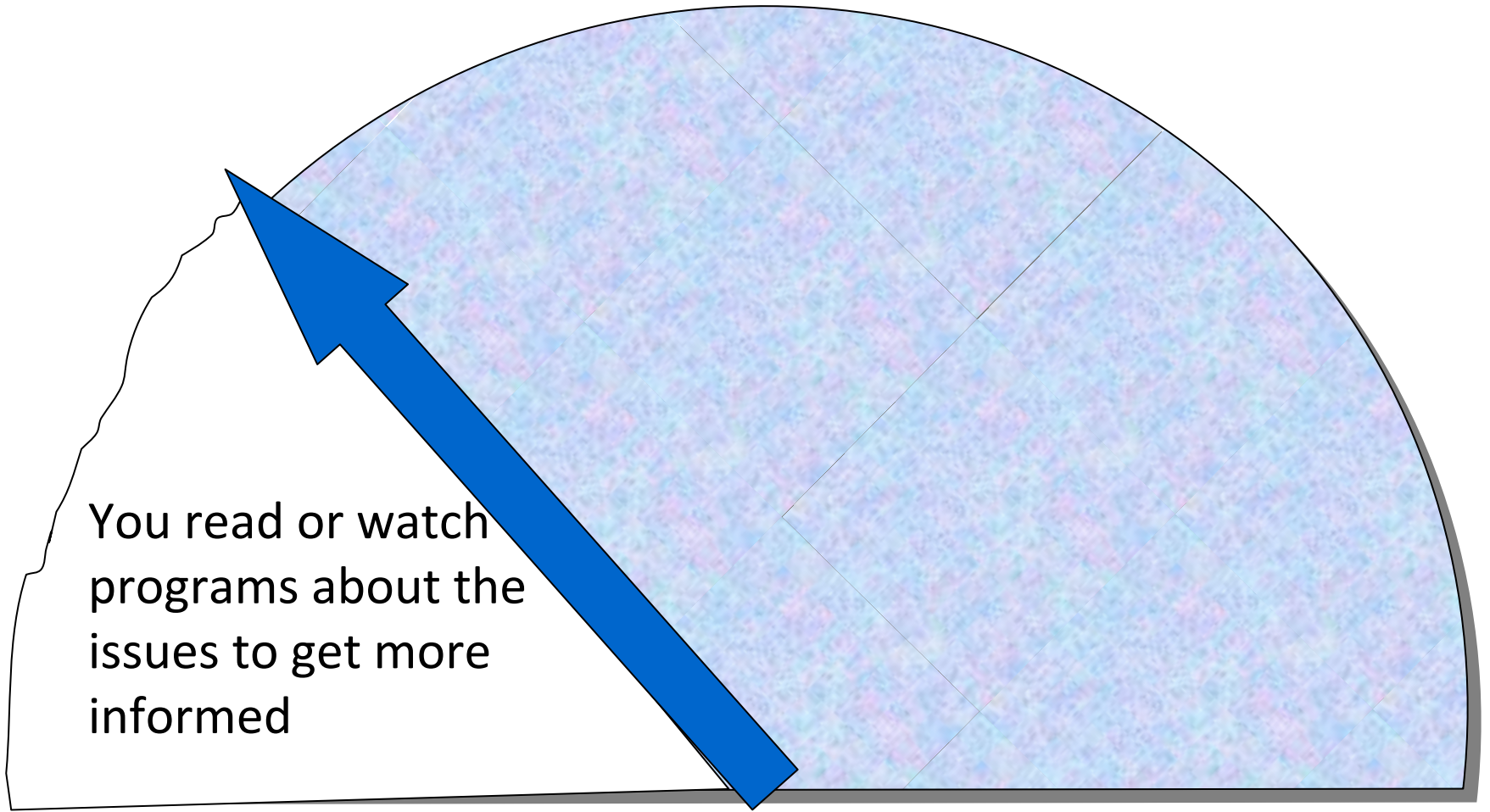
Residents talking about issues may potentially raise awareness on a limited level

**You talk  
with family and  
neighbors about  
issues or concerns**

**The Commissions' New "Timetrack-o-Meter"**



The Commissions' New "Timetrack-o-Meter"



You read or watch programs about the issues to get more informed

## The Commissions' New "Timetrack-o-Meter"

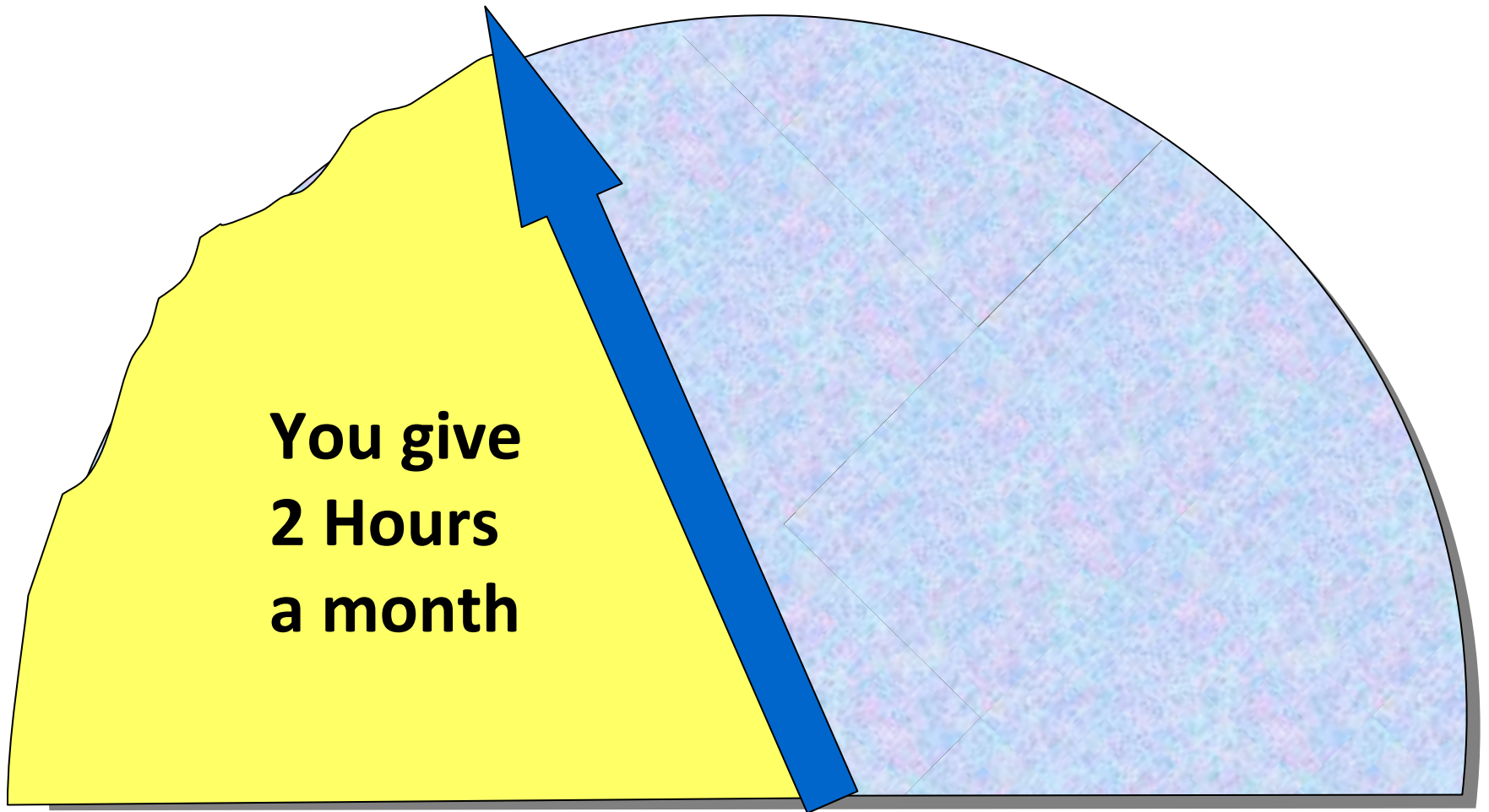


**Somerville's Benefit:**

Residents becoming informed about issues increase awareness of opportunities and challenges for solutions

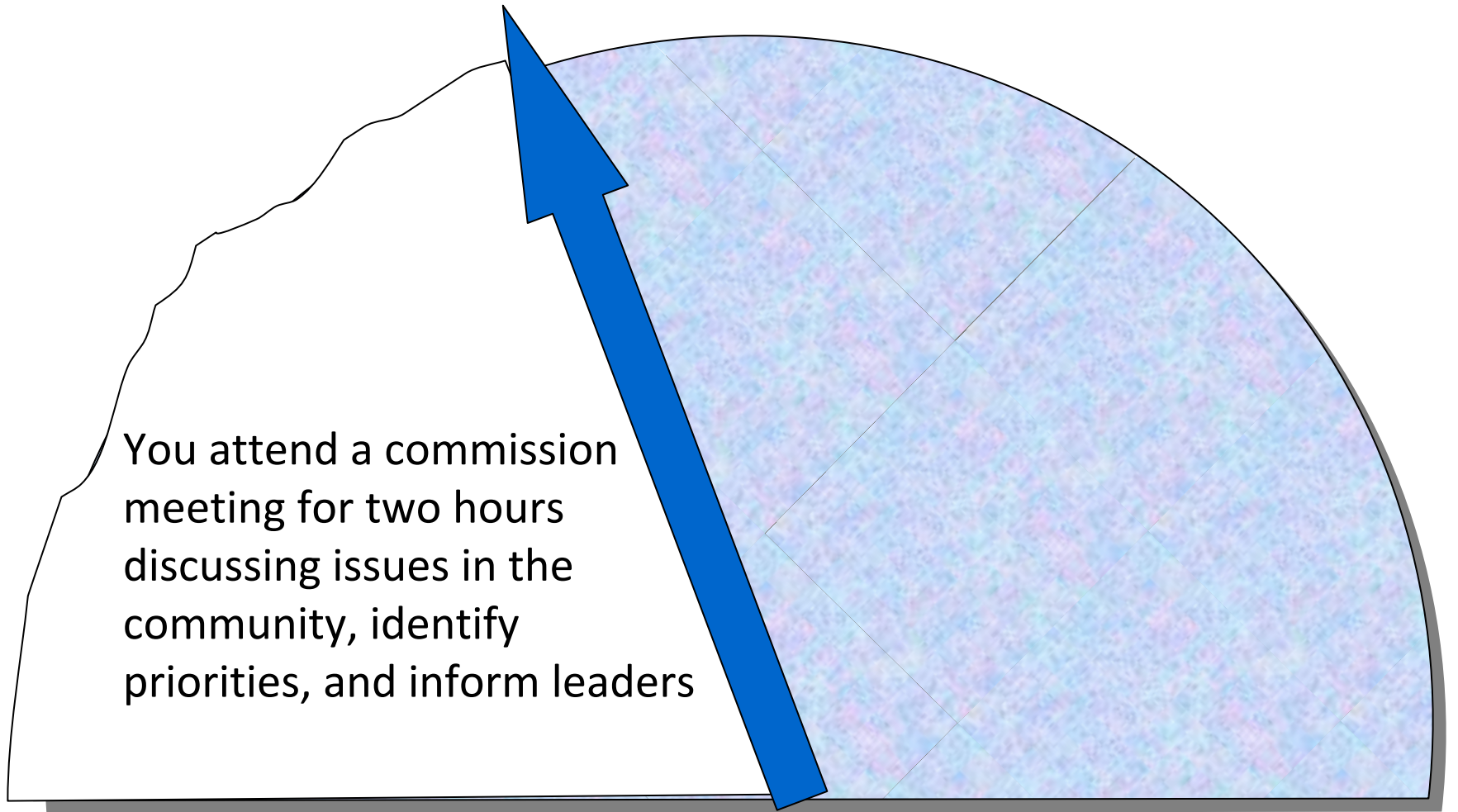
You read or watch programs about the issues to get more informed

The Commissions' New "Timetrack-o-Meter"

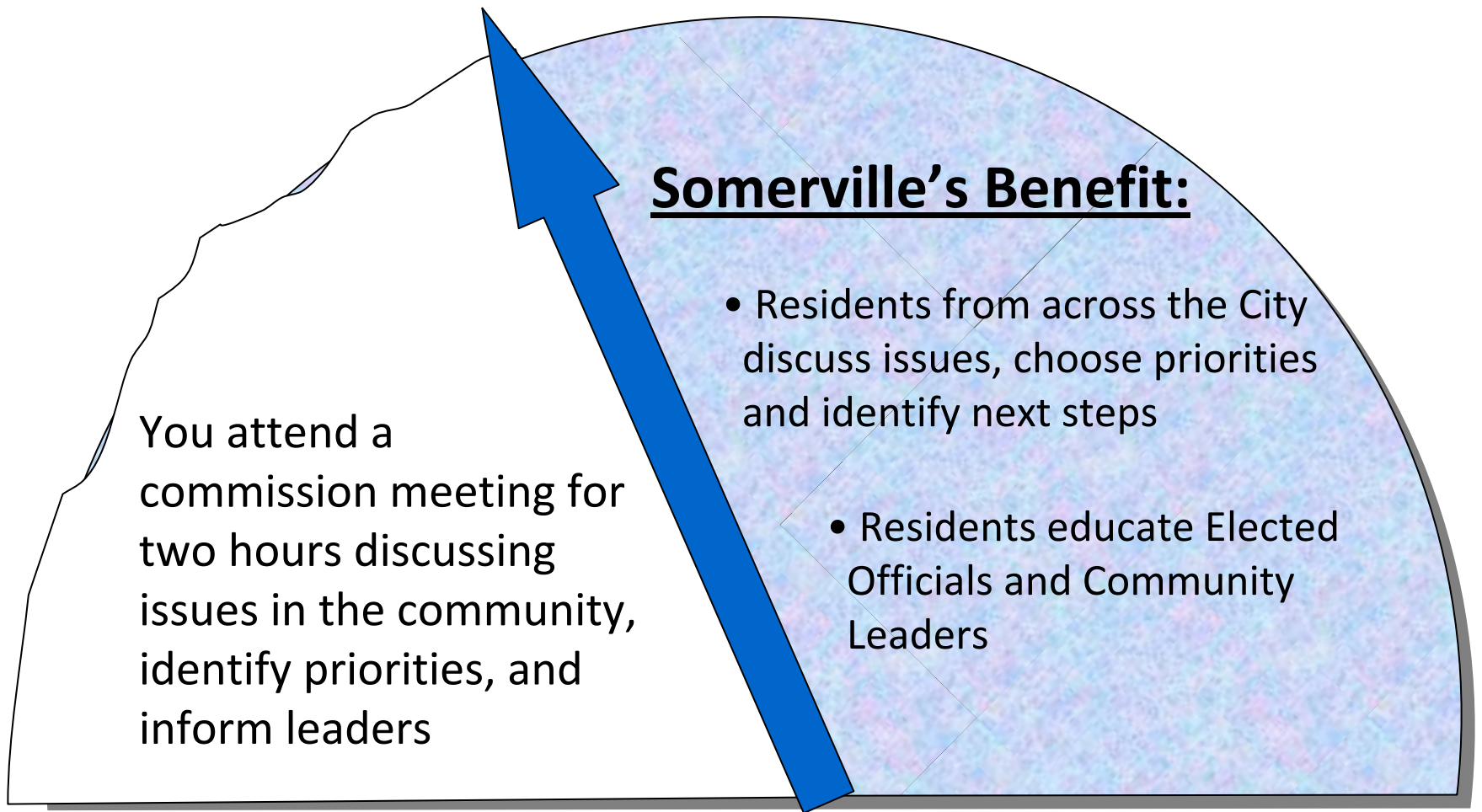


**You give  
2 Hours  
a month**

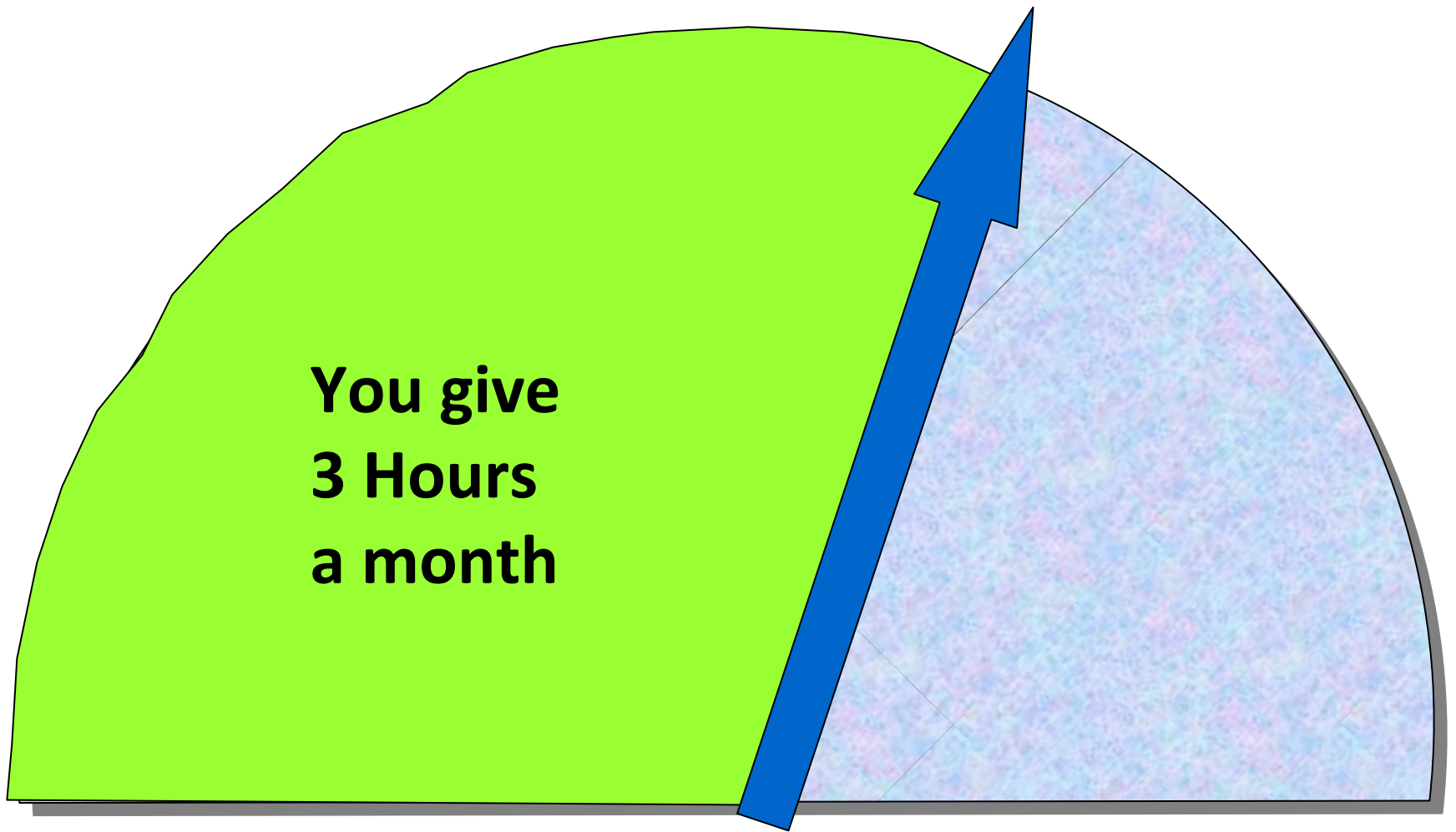
The Commissions' New "Timetrack-o-Meter"



## The Commissions' New "Timetrack-o-Meter"

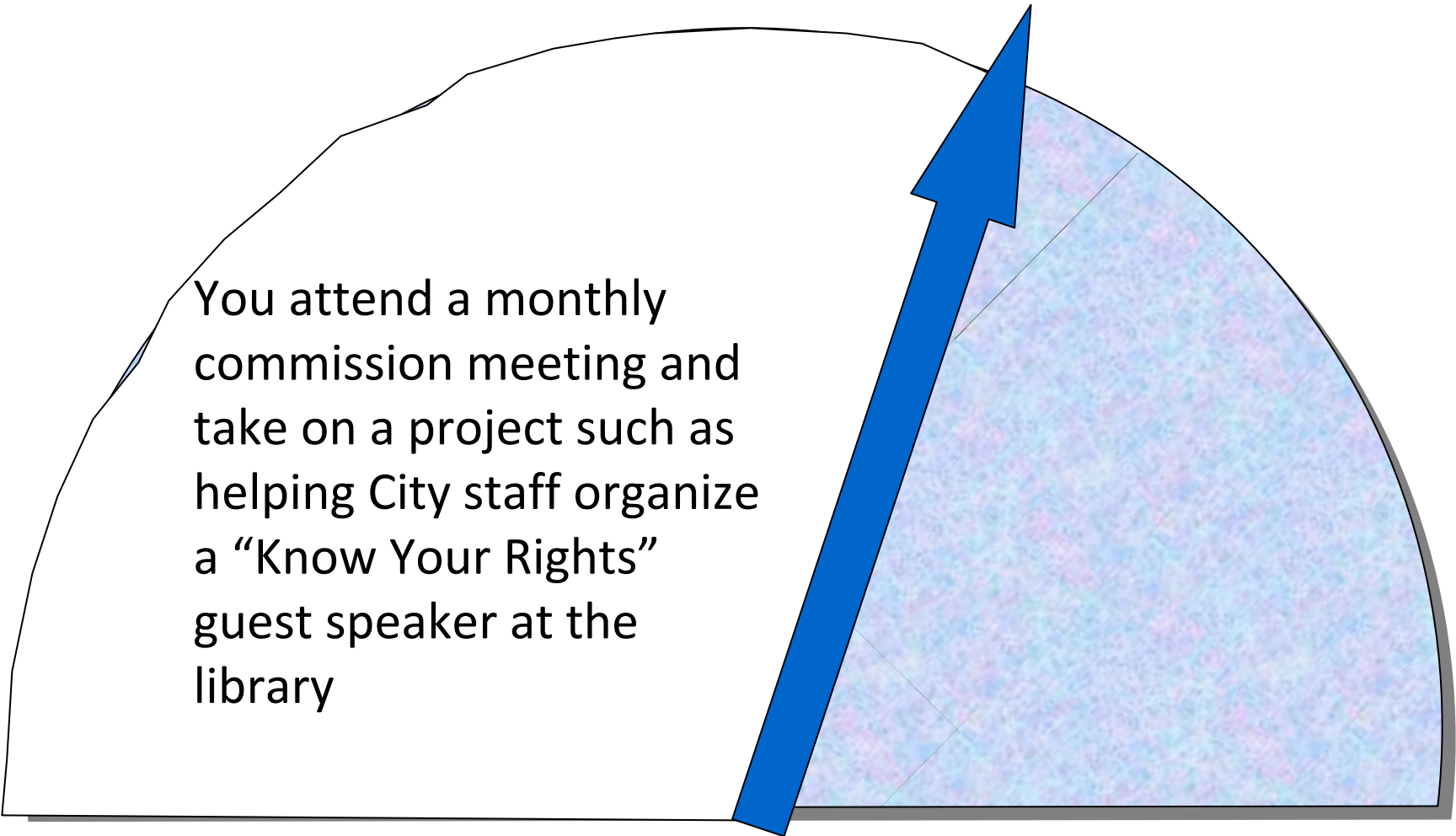


## The Commissions' New "Timetrack-o-Meter"



**You give  
3 Hours  
a month**

The Commissions' New "Timetrack-o-Meter"



You attend a monthly  
commission meeting and  
take on a project such as  
helping City staff organize  
a “Know Your Rights”  
guest speaker at the  
library

The Commissions’ New “Timetrack-o-Meter”

You attend a monthly commission meeting and take on a project such as helping City staff organize a “Know Your Rights” guest speaker at the library


**Somerville’s**  
**Benefit:**

- Somerville residents start knowing their rights
- People feel more empowered

The Commissions’ New “Timetrack-o-Meter”



The Commissions' New "Timetrack-o-Meter"



You attend a monthly two hour  
commission meeting and help  
commissioners and staff organize an  
event to educate girls about healthy  
body image and bring adult women's  
elite athletes to mentor the girls

The Commissions' New "Timetrack-o-Meter"



## Somerville's Benefit:


- Residents are discussing key issues and the implications of potential solutions and challenges to overcome
- Vulnerable community groups benefit with training and opportunities

The Commissions' New "Timetrack-o-Meter"



**You give 5 hours  
per month**

The Commissions' New "Timetrack-o-Meter"



**You attend** the monthly commission's meeting and participate in activities in the community that spreads the word about commissions, encouraging neighbors and people you know to join commissions. **You help** with an occasional event or project during the year. **You advocate** about priorities at meetings and to elected officials. **You stay informed** about community issues.

The Commissions' New "Timetrack-o-Meter"

## Somerville's Benefit:

- Issues are discussed in public meetings with a diverse group of people bringing up important concerns that impact different populations in Somerville
- Events, workshops, policies, and programs are developed to address highest priority issues
- Community involvement helps people stay connected, prevent isolation and marginalization, and community health improves with an engaged population

The Commissions' New "Timetrack-o-Meter"

Join the next  
commission's monthly  
meeting to learn more.

For more info



[www.somervillema.gov/departments/health/somerville-commissions](http://www.somervillema.gov/departments/health/somerville-commissions)

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