THE KING'S UNIVERSITY

"The Benefits of the Neighbour Relationship": An Annotated Bibliography

Prepared for:
Edmonton Federation of Community Leagues
And
The Abundant Community Initiative Canada

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December 6, 2018

Project Undertaken through ENVS 491: Becoming Environmental Citizens
The King's University

A COMMUNITY ENGAGED RESEARCH PROJECT

"Building the research capacity of our community partners"

Community Engaged Research

1.0 Introduction

The City of Edmonton places a high value on healthy neighbourhoods, recognizing the important role neighbourhoods play in the quality of life of its residents and to the flourishing of our city as a whole. At the same time, the neighbour relationship continues to decline in perceived importance in Edmonton, Alberta, and Canada. This is demonstrated by its absence in policy development and in funding. The Abundant Communities Initiative has created a short document – "The Benefits of Neighbouring" – that is used by a number of cities and municipal departments to substantiate the case for neighbouring. A comprehensive annotated bibliography revealing the academic veracity of the claims in this document is needed to support the case for strengthening the neighbouring frameworks, programs of municipalities and in order to refocus existing programs toward the neighbouring relationship. This project aimed to provide such an annotated bibliography.

2.0 Project Background

"Neighbouring" is defined as relationships of nearby neighbours, first at the block/building floor/cul-de-sac level, and then the approximately 1000 household scale. The City of Edmonton is working with Edmontonians to improve the livability of its neighbourhoods and the lives of the people who live, work, and visit them. Supporting strong neighbourhoods is clearly reflected in The City of Edmonton's Ten Year Strategic Plan. Community leagues are one of the structures through which the city expresses its strong commitment to communities and neighbourhoods. Leagues are seen as the mechanism for citizens to build great neighbourhoods and advocate for the city they want.

The Abundant Community Initiative Canada recognizes as their mandate that we need our neighborhoods and communities to be healthy, produce jobs, protect the land, and care for the elderly and those on the margin. Whenever a neighbourhood comes together in powerful and satisfying ways, it is because two things have happened. First, they have found out about each other's gifts. Second, they have made new connections based on these gifts. It is the sum of these connections that "glues" a neighbourhood together.

The goal of the Edmonton Federation of Community Leagues (EFCL) is to enhance the quality of life in Edmonton by supporting the community league movement. EFCL supports this movement through various ways such as promoting affordable recreation, developing the skills of community league volunteers, providing a multidimensional communication network, advocating on behalf of the community, assisting in the creation of new community leagues and much more.

Requested by the Edmonton Federation of Community Leagues and the Abundant Community Initiative Canada, this project is a partnership between these two organizations and students from the ENVS 491 class at The King's University. This project aims to explore, understand, and promote the benefits of neighbouring, specifically in the context of Edmonton with its many unique neighbourhoods. One primary goal of this partnership is to expand knowledge surrounding the act of "neighbouring", for the benefit of the students, the project partners, and the neighbourhoods across Edmonton

3.0 Project Purpose and Objectives

This is a Community Engaged Research (CER) project of The King's University in Edmonton, Alberta, through the ENVS 491 Becoming Environmental Citizens: University and Beyond class, under the supervision of Dr. Joanne Moyer. The project was undertaken in partnership with Edmonton Federation of Community Leagues and The Abundant Community Initiative Canada. The purpose of this project was to complete a comprehensive annotated bibliography of eight of the claims in the Benefits of Neighbouring document in order to substantiate the importance of the neighbour relationships with a goal to direct municipal programming, and funds to support and encourage positive neighbour to neighbour relationships. The eight claims focused on in this project include:

1. Environmental Sustainability
2. Disaster Preparedness
3. Recreation
4. Spirituality
5. Poverty Reduction
6. Health and Wellness

7. Resident Retention
8. Neighbourhood Engagement

In addition to the annotated bibliography, the search strategy used to discover relevant articles was recorded to monitor key search terms. This has also been provided to the project partners to assist them in future literature reviews or other relevant endeavours.

4.0 Methods

The annotated bibliography portion of this project, conducted by the four team members, explored the eight claims in the Benefits of Neighbouring. Each team member was responsible for the research of 2 topics. The annotated bibliography consists of a list of citations to journals, books, or articles, pertaining to a particular topic (i.e. the benefits of neighbouring) and critical evaluation of all articles that address the research question. A key aspect to this type of bibliography was being methodological in the collection of articles, and maintaining constant structure in how the research is being conducted, it is meant to concisely inform the reader of the sources cited.

4.1 Article Database

Articles considered and used in this annotated bibliography were gathered primarily from The King's University Simona Maaskant Library and online library database, from scholarly journal catalogues (i.e. JSTOR), and other sources (scholarly articles and peer reviewed articles). Peer reviewed articles have undergone review by academic colleagues or other professionals in that field, and scholarly articles are written by experts in that particular field. Grey literature (i.e. articles and sources that have not been peer reviewed) was also examined and used in this project.

4.2 Article Selection

As previously mentioned, scholarly articles, peer reviewed articles, and grey literature were used in the bibliography. Word choice selection while searching for articles was documented, along with all relevant articles reviewed under each type of word choice. Small details such as the spelling of research terms were also taken into consideration (i.e.

neighbourhood versus neighborhood), along with the use of synonyms for similar or like words to enable maximum results (i.e. searching "community" and then "neighborhood" to see if article results vary). Each team member kept a detailed document pertaining their search history, which was compiled into one document to be examined and used by the project partners.

4.3 Article Inclusion

Inclusion terms were used in the library search function to help all members of the team determine which articles to select, and which they should neglect.
Inclusion terms used in this project included:

- Full Text
- Scholarly articles
- Articles written in English

5.0 Findings

Though the concepts of "neighbouring" and the benefits of neighbour relationships were familiar to the project partners, these were not terms easily found in the literature. Each member of the student research team found it difficult to find sources that spoke of each research term as a benefit of neighbour-to-neighbour relationships, rather than the other way around (e.g. neighbour-to-neighbour relationships being a product of poverty reduction, rather than poverty reduction being a product of neighbour-to-neighbour relationships). Given this precise but crucial differentiation, analyses were conducted in the secondary paragraphs of the annotated bibliography which included extracting any relevant information from each article. This information was then brought into conversation with the concept of "neighbouring". This analysis process was necessary to ensure that the project partners are able to easily use whichever source they choose without searching to make the connection between the article and the benefits of "neighbouring".

Considering that each member of the research group was responsible for creating an annotated bibliography for two of the eight "benefits of neighbouring" terms, findings are presented under the heading of each individual term. The information under each heading

provides a brief summary of the specific findings for that term. More detailed information on each referenced article or source can be found in the annotated bibliography of Appendix 1.

5.1 Environmental Sustainability (p. 13)

Neighbourhoods are a framework in which environmentally sustainable action is possible. The literature shows that the better connected members are to their community the more likely they are to be involved in environmentally sustainable behaviours. As Local communities throughout the world are experiencing environmental changes, communities that have strong relationships are likely to know how to best adjust to these changes to the benefit of everyone in the community as well as the environment. Green space is also an important factor in neighbourhoods. Green space connects us to one another as well as the environment, increasing neighbouring relationships as well as sustainable behaviours.

5.2 Disaster Preparedness (p. 17)

The literature in this area assessed both disaster preparedness and post-disaster relief, and was found that maintaining strong neighbouring relations was essential to both. The type of support found within a neighbourhood is different compared to family relations, and during a disaster we are most likely to look to our neighbours for support and supplies. However, the literature did also mention that in some instances neighbouring relations can actually cause us more harm, by putting us in harm's way during an event. This is due to our emotional feeling of needing to help save someone else.

5.3 Recreation (p. 19)

Recreation is an important aspect of fostering neighbouring relationships. The literature shows that recreation is a way to bring people together, and recreation fosters positive relationships between all members of the community despite, social class, age or race. Neighbourhoods with greater opportunities for their members to be involved in recreation usually have lower crime rates, but low crime rates also lead to increased engagement in recreational activity. Sport is the most common form of recreation seen in the literature. Sport

can lead to increase in health in adults and youths. Stronger relationships within a neighbourhood increases the number of youths and adults who are willing to participate in recreation.

5.4 Spirituality (p. 23)

In an attempt to diversify search results regarding spirituality (as opposed to honing in on one particular spirituality or spiritual tradition), a variety of search terms were employed (e.g., faith, religiousness, sacredness, spiritual formation). Literature involving spirituality as a benefit of neighbouring was sparse and often non-specific. One relevant notion that did emerge was that of neighbour-love; this involves introducing the divine into the neighbour relationship and can be understood as a benefit of learning to live well alongside neighbours. Another theme that arose was that of the pre-existing sacredness in community life. There were also links between neighbourhood spaces, spirituality, and quality of life; this includes understanding the neighbourhood as a "therapeutic landscape" (a place that is both physical and spiritual). In addition, connections between spirituality and neighbourhood well-being were discovered: the interaction of religiosity/spirituality with neighbour relationships might indeed be significant for one's health and well-being.

5.5 Poverty Reduction (p. 26)

Initially, finding literature that explored the relationship between neighbouring and poverty reduction proved to be more difficult than expected. Search results often focused on neighbourhood poverty and specific communities that were marginalized for various reasons. Once relevant literature was discovered, it became evident that neighbouring relationships often lead to a decrease in material poverty, as well as emotional poverty and poverty of relationships. In this way, poverty was recognized as being both dynamic and multidimensional. Neighbour relationships connect individuals to support networks to share resources and help each other out in times of need. These networks also provide people with emotional support and the motivation to tackle systemic challenges that face their neighbourhoods, such as a lack of social services or racial discrimination. Poverty in neighbourhoods is a direct result of isolation from neighbours, and so networks created through neighbouring automatically creates an atmosphere of prosperity

and abundance. Neighbouring relationships equip people with the capacity to reduce poverty in the context of their own individual lives, but also in the community as a whole.

5.6 Health and Wellness (p. 30)

Health and wellness were defined in different ways throughout different forms of literature, however, it was often referred to as social wellbeing. An individual who had strong neighbouring relations was more likely to have better mental health, and sense of support, and would therefore be more likely to stay in their neighbourhood for a long time. Especially for seniors, those who felt safe, were more likely to stay in their neighbourhood versus moving to an old-folks home. There were also various forms of mental and physical stimulation that benefited from neighbouring relationships.

5.7 Resident Retention (p. 34)

Much of the literature explored for this topic did not explicitly focus on "resident retention", as defined, but rather on the sense of belonging and attachment to place that neighbouring relationships provided for individuals. As individuals become more involved in their community, and engage with their neighbours, they feel more attached to their neighbourhood and are less likely to leave. Neighbouring generates a positive feedback loop: the more people feel attached to their neighbourhood, the more likely they will want to remain there, and as a result, they will foster an environment in which others want to stay as well. This literature review indicated that neighbouring is one of the most important factors pertaining to community attachment, hence emphasizing the importance of neighbouring relationships and why municipalities should prioritize it in program planning efforts.

5.8 Neighbourhood Engagement (p. 35)

Considering that neighbourhood engagement is an extremely broad term, other terms were also used to yield more focused results (rewordings such as "community engagement", "neighbourhood blocks", and "neighbourhood government"). Neighbourhood engagement was

imagined in the literature in two main ways: political neighbourhood engagement and social neighbourhood engagement. Political neighbourhood engagement emphasized the relationship between trust and informal networks of interaction among neighbours, as well as how neighbourhood residents become politically engaged. Conversely, social neighbourhood engagement explored concepts that were more sociological in nature, such as social capital and neighbourhood mobilization. Neighbourhood governance was understood as a variation of social neighbourhood engagement as much as political neighbourhood engagement; it highlighted the need to find social ways to approach social problems. In addition, a clear connection between place identity and neighbourhood satisfaction showed that the role of place identity (as a part of social identity) is considered to be highly related to neighbourhood engagement and relationships.

6.0 Conclusion

Though the word "neighbouring" is not technically considered a verb, the findings of "The Benefits of the Neighbour Relationship": An Annotated Bibliography" would suggest otherwise. Requested by the Edmonton Federation of Community Leagues and the Abundant Community Initiative Canada, this project consisted of a collaboration between these two organizations and students from the ENVS 491 class at The King's University. The purpose of this project was to determine whether the eight environmentally-related benefits of neighbouring (Environmental Sustainability, Disaster Preparedness, Recreation, Spirituality, Poverty Reduction, Health and Wellness, Resident Retention, and Neighbourhood Engagement), as expressed in a short document created by The Abundant Communities Initiative, are substantiated in the literature surrounding neighbourhood relationships.

As such, this project had two primary goals. First, to expand knowledge surrounding the act of "neighbouring", for the benefit of all involved as well as neighbourhoods across Edmonton. Secondly, the student research team and the project partners worked to bolster the benefits of neighbouring with academically sound evidence in the hopes that these findings will affect municipal programming and funds in order to support and encourage positive neighbour-to-neighbour relationships.

Given the linkages found in the literature between neighbouring relationships and the above eight benefits, we are able to conclude that neighbour-to-neighbour relationships have and continue to produce quantifiable and significant benefits in many North American cities. Healthy neighbouring in Edmonton need not be valued only sentimentally, but can also be valued empirically: there is evidence to show that fostering neighbour-to-neighbour relationships does indeed produce more engaged, active, spiritually-nourished, and disaster-prepared citizens who are committed to living well in their physical and symbolic place. As such, strengthening neighbouring frameworks and refocusing existing programs toward the neighbouring relationship would not go amiss. As a city, Edmonton would certainly benefit from committing resources and efforts to the transformative act of "neighbouring".

7.0 Project team

Co-Team Leader and Main Contact Person: Claire Brandenbarg, BA ENVS student at The King's University with a concentration in Sociology
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Relevant classes taken: Research assistant for Dr. Joanne Moyer on environmental engagement of faith-based organizations, SOCI 200: Introductory Sociology, SOCI 201: Canadian Society, ENVS 300: Humankind and the Biosphere, SOCI 301: Sociology of Gender, GEOG 310: Landscapes and Human Settlements, SOCI 360: Social Inequality in a Global Age, SOCI332: Classical Sociological Theory, SOCI 309: Methods of Inquiry and Analysis, POLI 327: Public Policy Analysis, BIOL 304: Environmental Sustainability and International Development
Relevant skills: Strong leadership skills, previous experience with Community Engaged Research (CER) project involving a literature review, editing skills, experience in undergraduate academic writing and research, good communication skills

Co-Team Leader: Erin Greidanus, BSc ENVS student at the King's University with a concentration in Biology
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Relevant classes taken: Research assistant in sustainable farming and community development, GEOG 310: Landscapes and Human Settlements, ENVS 410: Resources and Environmental

Management, ECON 325: Economics of Development, ENVS 450: Environmental Impact Assessment, ECON 315: Ecological Economics, POLI 327: Public Policy Analysis, ECON 300: Canadian Political Economy

Relevant skills: Leadership skills and experience, experience conducting literature reviews for community-based research, good organizational skills

Ashley Horn, BA ENVS at The King's University with a concentration in Social Sciences
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Relevant classes taken: GEOG 310: Landscapes and Human Settlements, SOCI 495: Senior Seminar, ENVS 450: Environmental Impact Assessments, POLI 327: Public Policy Analysis, ENVS 410: Resources and Environmental Management, SOCI 309: Methods of Inquiry and Analysis, ENVS 300: Humankind and the Biosphere
Relevant skills: Good at problem solving and critical thinking, and always willing to listen to the perspectives and opinions of others within the group. Proficient with Microsoft software including Word, Excel, etc. Experience with the creation and implementation of literature reviews on various other topics, involving attention to detail and investigative skills when looking for documents.

Erin Postma, BA ENVS student at the King's University with a concentration in Biology
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Relevant classes taken: GEOG 310: Human Geography, ECON 315: Ecological Economics, ENVS 300: Humankind and the Biosphere, ENVS 450: Environmental Impact Assessment, POLI 327: Public Policy Analysis, BIOL 304: Environmental Sustainability and International Development
Relevant skills: Good at listening to others, experience in undergraduate academic research, and helpful organizational skills.

8.0 Acknowledgements

9.0 Appendices

Appendix 1: Annotated Bibliography
Appendix 2: Literature Search Strategy Report

Appendix 1: Annotated Bibliography

Environmental Sustainability (Appendix 2 p. 1-2)

Eby, J., Kitchen, P., & Williams, A. (2012). Perceptions of quality life in Hamilton's

neighbourhood hubs: A qualitative analysis. *Social Indicators Research*, *108*(3),

299–315.

This paper examines the quality of life of the people living in Hamilton, Ontario. 6 sessions were held with the residents who lived in areas that are characterized by high poverty levels. Quality of life of these neighbourhoods were determined by factors such as "housings, amenities and services, employment, health and sense of community belonging (p. 300). The finding of these sessions suggested that "decision-makers to support and work alongside context-based, resident-led community development efforts" (p. 300).

One of the themes highlighted as significant to the quality of life in the neighbourhoods was green space and physical environment. Having sufficient green space was deemed important to residents, but a lot of this green space is being lost due to construction in the Hamilton area. In this study the people living in these residential areas felt the quality of life in their community was decreasing as the amount of available green space was decreasing. Green space is a place where residents can connect to each other and nature, lack of green space can create a disconnect. Eby, Kitchen and Williams noted that "community engagement and sense of belonging were seen as a positive contribution to the quality of life in the neighbourhoods" (p. 311). People who felt a sense of belonging in their neighbourhood recognized the importance of green space as a source of connection for the neighbourhood. These people seemed to be more willing to advocate for an increase in green space within their neighbourhood to increase the quality of life for the neighbourhood residents (p. 311).

"The Benefits of the Neighbour Relationship" Annotated Bibliography

Forsyth, Donelson R., et al. "Identity and sustainability: Localized sense of community increases environmental engagement." *Analyses of Social Issues & Public Policy, vol. 1.* Dec. 2015, p. 233–252. EBSCOhost, doi:10.1111/asap.12076.

This article outlines a study done assessing residents' connection to their community and their willingness to take steps to protect and enhance local streams and waterways. It is predicted that individuals who feel part of a community will feel motivated to act in a way where everyone in the community will benefit and they would also be less likely to engage in environmentally irresponsible activities. The survey was conducted in various communities in Richmond, Virginia. This survey asked citizens about their localized sense of community and their level of environmental engagement.

The study found that "a localized sense of community was associated with greater willingness to engage in pro-environmental behaviors, supporting our prediction that the natural resources of an area could be viewed as a common resource and those individuals with a localized sense of community will be more concerned about the sustainability of that resource" (p. 10). The study also found that when the people identified themselves as a member of a neighbourhood (rather than just a community), they served as a potent source of commitment to positive environmental actions. When people think of their place of residents as a community, they are more willing to express concern for the environment in which the community lives.

Huntington, Henry P., et al. "How small communities respond to environmental change: Patterns from tropical to polar ecosystems." *Ecology & Society, vol. 22, no. 3*, Sept. 2017, p. 1–13.

Local communities throughout the world are experiencing economic, cultural, social, environmental and climatic changes. This paper highlights 13 different cases from different communities all over the world and how these communities are able to adapt to these various changes. In the 13 communities there were various responses, they included making changes to the time and location of an activity, by developing or using new technologies and organizing themselves internally.

One of the communities examined was located in the Amazon basin, where the community was facing a depletion in their fish stocks. The local fishermen were competing with large fishing companies and the fish population was struggling due to environmental factors. The community came together and organized fishing agreements. Part of these agreements included leaving a sustainable population for fish as well as providing the local fisherman with higher fishing yields. Neighbour relationships allowed this community to "organize themselves internally" (p.1), in order to provide support for the local fisherman as well as supporting the local environment. This study recognizes the importance of the "actions of local communities in response to climate change" (p. 9).

May, C. K. (2008). Achieving sustainability in US fisheries: Community engagement in
      co-management. *Sustainable Development,* 16(6), 390–400.

In order to have efficient and effective regulations ensuring the sustainability of the United States fisheries "the participation of local fishermen and their communities is fundamental" (p. 390). However, the United States government fisheries are based on a stakeholder engagement, which poses a barrier for local communities to participate. Centralized government management and market based approaches cause problems: it ignores the importance of local communities and erodes social bonds, it disregards the current localized systems and it diminishes the biological and economic productivity of the fisheries.

 When a community has strong social bonds they are more likely to participate in community-based governance (p. 396). Community-based governance poses several advantages. First, community governance is based on local norms and values. These norms and values are useful in determining the best management techniques. Second, community based governance maintain cultural integrity and ensure a level of fairness and cooperation in the community, building a stronger sense of community. When a system is threatened, it is important for communities to get involved, this benefits the environment as well as increases a sense of community. Sustainability of fisheries "depends upon the increased involvement of formally excluded local actors and communities" (p. 393). Community cooperation occurs within communities where their strong

ties amongst its members, community cooperation is essential in order to achieve a sustainable ecosystem (p. 398).

Williams, K., & Dair, C. (2007). A framework of sustainable behaviours that can be enabled through the design of neighbourhood-scale developments. *Sustainable Development, 15(3)*, 160–173.

This paper presents the development of sustainable behaviours that have the potential to be implemented through neighbourhood development. The paper identifies 8 sustainable behaviours that can be enabled by neighbourhood development. The 8 behaviours include: using less water, using less energy, reducing waste, maintaining biodiversity, using more alternative modes of public transit, an increased public transit, local decision making, and using local services and amenities. Neighbourhood development has the potential to create a more sustainable future because it creates a framework for which environmentally sustainable behaviours are possible.

This article describes sustainable behaviour as including 3 objectives, environmental protection, social development and economic growth (p. 162). If these goals are to be achieved citizens need to behave in a specific way that contributes to these 3 sustainable objectives. There are many barriers to developing sustainable behaviours, however neighbourhoods are a framework in which developing sustainable behaviours is possible (p.162). One sustainable behaviour discusses was using alternative modes of transportation such as walking or biking, the article suggests that safety and comfort level within a neighbourhood contribute to the number of people willing to use an alternative mode of transportation (p. 169). The more people feel connected to their neighbourhood the more likely they are to develop sustainable behaviours.

"The Benefits of the Neighbour Relationship" Annotated Bibliography

Disaster Preparedness (Appendix 2 p. 3-4)

Gil-Rivas, V., & Kilmer, R. P. (2016). Building community capacity and fostering disaster
 resilience. Journal of Clinical Psychology, (12), 1318.
 https://doi-org.ezproxy.aekc.talonline.ca/10.1002/jclp.22281

This academic journal, written by Virginia Gil-Rivas and Ryan P. Kilmer, dives into the effects that natural disasters have on communities and the individuals that reside in them, looking at it from an ecological framework methodology. They specifically look at factors such as empowerment, collaboration and community strengths, social justice, etc. information gathered in this study is from a literature review of other academic work.

However, it is recognized that not a single method of disaster relief or readiness will work for all communities, and that each community will be unique. But also they must utilize and "emphasize multiple strategies to bolster factors and conditions associated with community" (p.1328), in order to be successful. The authors also recognize however, that some communities already have natural support systems within their neighbourhoods such as churches, and schools that will be able to offer support and potentially resources. Gil-Rivas & Kimer also state that is imperative to the survival of a community through a natural disaster, that they recognize that there is going to be more than just physical harm, but there is also "heightened risk for diverse and mental concerns" (p. 1318). If a neighbour fosters neighbouring relationships, a community will be better able to cope with disasters, and will find support within them. All options must be utilized in these hard times, and the authors suggest fostering social support within the neighbourhood, and among neighbours.

Committee on Post-Disaster Recovery of a Community's Public Health, M. and S. S., Board on
Health Sciences Policy, & Institute of Medicine. (2015). Healthy, Resilient, and
Sustainable Communities After Disasters : Strategies, Opportunities, and Planning for
Recovery. Washington, D.C.: National Academies Press. Retrieved from
http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=
true&db=e000xna&AN=991080&site=eds-live

This book, primarily focuses on communities post-disaster from various aspects, in the second
chapter: Post-disaster opportunities to Advance Healthy, Resilient and Sustainable Communities,
they speak of resilience within a community. "Like health status, social connectedness is a
human characteristic that affects resilience at both the individual and the population level.
Social networks are formed from the connections among community residents, as well as
residents' connections with individuals and organizations outside of their community". (Pg. 54)
Communities that obtain high levels social cohesion, show levels of resilience that help them
significantly both during and after a disaster. "Individuals and communities with shared norms
and strong ties can better connect to critical resources and mobilize to overcome problems that
arise during a crisis through collective action". (Pg. 54) After a disaster strikes, many services
are shut down, and they recognize that resources can only be found from those around them.
Social cohesion helps communities function and flourish in many ways, and allow communities
to better act and manage when disaster hits.

Patterson, O., Weil, F., & Patel, K. (2010). The Role of Community in Disaster Response:
Conceptual Models. Population Research & Policy Review, 29(2), 127–141.
https://doi-org.ezproxy.aekc.talonline.ca/10.1007/s11113-009-9133-x

Patterson, Weil and Patel, take a different stance when looking at the relationship between a
community and relief. While most studies look at the positive correlation between the two, this
academic journal also highlights the potential downfalls that are often overlooked.

What they bring to light is that fostering neighbouring relationships within one's community,
may in fact may be detrimental to one's survival. For example, "community cohesion in disaster

response may encourage members to remain in vulnerable locations because they have a false sense of security or desire to maintain community solidarity" (p. 139). Feeling a sense community, and having neighbourly feelings toward one another, could in the end put yourself at a greater risk and more likely to be vulnerable.

Silver, A., & Grek-Martin, J. (2015). "Now we understand what community really means": Reconceptualizing the role of sense of place in the disaster recovery process. Journal of Environmental Psychology, 42, 32–41. https://doi.org/10.1016/j.jenvp.2015.01.004

This study looks at the aftermath of an F3 tornado, that struck down in Ontario in 2011, through the use of 35 semi-structured interviews, and 268 close-ended questionnaires to help understand the long-term recovery and the role of a sense of place.

The end result, that was while many of the studies participants felt grief, sadness, disbelief, loss, frustration, etc. they also felt a sense of togetherness and purpose. The term social cohesion comes up multiple times in this study, which suggests neighbouring relationships within a community. Individuals who had been affected by the disaster, who had lived in the same area, obtain a sense of gathering, and likeness, and could find comfort in those people because they understand what one another was going through. Although post-disaster, if one was to participate in helping re-green the area, or volunteer, by doing so it would revamp their feelings of social cohesion with one another.

Recreation (Appendix 2 p. 5-7)

Eby, J., Kitchen, P., & Williams, A. (2012). Perceptions of quality life in Hamilton's neighbourhood hubs: A qualitative analysis. *Social Indicators Research*, *108*(3), 299–315.

This paper examines the quality of life of the people living in Hamilton, Ontario. 6 sessions were held with the residents who lived in areas that are characterized by high poverty levels. Quality of life of these neighbourhoods were determined by factors such as "housings, amenities and

services, employment, health and sense of community belonging (p. 300). The finding of these sessions suggested that "decision-makers to support and work alongside context-based, resident-led community development efforts" (p. 300).

Many of the residents stated that "recreation programs, community centres, and opportunities for neighbourhood engagement have made a positive contribution to neighbourhood" (p. 306). Recreation can create a sense of community and a sense of belonging for the neighbourhood residents (p. 306). Green space and physical environment that is accessible for the community is also an important part of a community because it provides room for recreation.

Morello, P. G. (2014). Skateparks - a key to community engagement. *Parks & Recreation*, *49*(5), 67–69.

 Little Current is a small community in southern Ontario that attracts many tourists due to its ideal location for boating. The community was looking for a way to engage both local and visiting children and youth. They decided to do this through building recreation facilities. One of those facilities was a skatepark, which has become a local attraction for residents as well as people from neighbouring communities.

Community engagement was vital to the success of this skatepark because it took into consideration the opinions of those who would be frequent users during its design process. Designing these recreational facilities in this way allows for members of the community who are not normally involved to participate. These parks are also a place where we see interactions among older kids and younger kids can occur, it is not just a place for boys but a place where girls hang out too and you can often see elderly people sitting and watching the skaters (p. 68). With community backing of a recreational facility development, it is often possible to get support from local companies or charitable organizations, which is often needed to develop recreational facilities. Building the skatepark was a collaborative effort, it brought together parts of the community that do not always interact. Engagement of the entire community was crucial to the development of this skatepark, this community wanted to increase its neighbouring relationships which was done through creating a space for recreation.

Ribeiro, A. I., Pires, A., Carvalho, M. S., & Pina, M. F. (2015). Distance to parks and

non-residential destinations influences physical activity of older people, but crime

doesn't: A cross-sectional study in a southern European city. *BMC Public Health*, *15*(1),

1–12.

This study is aimed at addressing the amount of physical activity of older adults and how it is

influenced by neighbourhood environments. Because many older adults live a very sedentary

lifestyle, the physical and social environment of neighbourhoods may be a factor that contributes

towards this lifestyle. This study addresses the environmental variables in a neighbourhood that

could influence the amount of physical activity of older adults. A sample of older adults from

various communities in Portugal were chosen and surveyed. Surveys were conducted on

individual characteristics and neighbourhood environments and data was collected on crime in

the various neighbourhoods of the participants.

The study found that high rates of crime within a neighbourhood may dissuade people from

participating in recreational and outdoor activities. The study also found that neighbourhoods

with a strong sense of community tend to show increased amounts of physical activity in older

adults. Factors that can increase physical activity for neighbourhood residents are neighbouring

relationships, accessibility to parks and non-residential destinations.

Taylor, C. S. (1996). Sports and recreation: Community anchor and counterweight to conflict.

Peace and Conflict: Journal of Peace Psychology, *2*(4), 339–350.

In the past sport and recreation have made a contribution to developing strong neighbourhoods.

Unfortunately, many communities cannot support sport and recreation opportunities. "With

crime being a constant problem in many communities, with the continuing escalation of youth

poverty, and with the erosion of industrial centers" (p. 1), municipal budgets often cannot

support sports and recreation.

Sport and recreation are an important part of economic development because they can increase

tourism, enhance real estate value and increase the appeal of a neighbourhood. But they are also

an important component of positive youth development. Sports and recreation allow youth to be involved in their communities; they serve as a means to foster positive relationships with peers and adults and aids in physical moral and social development. The availability of sports and recreation in a neighbourhood is a way to counter violent, disruptive and criminal behaviour. Community relationships are vital "for sports and recreation programming to make a difference, all sectors of the community from the family to the school, the church, and the private sector must be supportive" (p. 11). Sports and recreation can bring communities together and can provide communities with a sense of pride.

Watson, Kathleen B., et al. "Disparities in adolescents' residence in neighborhoods supportive
of physical activity - United States, 2011-2012*." MMWR: Morbidity & Mortality
Weekly Report,* vol. 65, no. 23, June 2016, p. 598.

In 2013, only 27% of teenagers met the federal guidelines for physical activity. The Community Preventive Services Task Force has recommended improving neighbourhood supports for physical activity in order to increase the amount of physical activity of teenagers. Wealthy neighbourhoods tend to have structures such as sidewalks or walking paths as well as the availability of parks, playgrounds, or recreation centers. Poor neighbourhoods are less likely to be equipped with these amenities, so teens in these neighbourhoods are more likely to experience health disparities. There is also a correlation between how parents feel about the safety of the neighbourhood and the amount of physical activity teenagers get. Neighboring relationships among the community increase parents' willingness to let their children participate in local recreational activity.   Neighbourhood community and neighbourhood supports are important in ensuring the health of adolescents. Ensuring neighbourhoods are safe and that neighbourhoods have well maintained sidewalks, parks and recreation facilities might be a way to increase physical activity among adolescents and reduce health disparities.

Spirituality (Appendix 2 p. 8-10)

Pargament, K. I. (2008). The sacred character of community life. *American Journal Of Community Psychology, 41*(1–2), 22–34. doi: 10.1007/s10464-007-9150-z.

This article, written by Kenneth I. Pargament of Bowling Green State University, discusses the implications of spirituality or "the sacred" for human behaviour. It provides a basis for understanding people as spiritual beings and for defining the sacred. Concerning the intersection of spirituality with community life, Pargament suggests that "to learn more about the sacred character of community life we have to make the sacred more explicit in our questions, our measures, and our conversations" (p. 30). He claims firmly that "it is time to extend the study of spirituality to other levels of analysis, including marriages, organizations, institutions, neighborhoods, and communities" (p. 29).

Pargament speaks directly to the intersection of spirituality and the neighbourhood when referencing writer Moehringer's experience of seeing his local neighbourhood tavern, Dickens, "as a sanctuary from his chaotic family life" (p. 26). Moehringer writes that "everyone has a holy place, a refuge, where their heart is purer, their mind clearer, where they feel closer to God or love or truth or whatever it is they happen to worship. For better or worse my holy place was [Dickens]" (p. 26). Under the heading and idea of "Integrating Spirituality into Our Efforts to Better the World", Pargament expresses that in order to integrate spirituality into community planning, a neighbourhood-based question must be asked: "How do we develop neighborhoods and communities that enhance a sense of sacredness?" (p. 32). With this question, he suggests that sacredness already exists in the neighbourhood and thus, in neighbour-to-neighbour relationships.

Plane, J., & Klodawsky, F. (2013). Neighbourhood amenities and health: Examining the
significance of a local park. *Social Science & Medicine, 99*, 1–8.
https://doi.org/10.1016/j.socscimed.2013.10.008

This paper reports on a qualitative study which examines "the links between neighbourhood spaces and quality of life for nine formerly homeless women who live in a supportive housing development in Ottawa, Ontario" (p. 1). The study was conducted in 2010 and involved a modified version of the photo-voice method in order look at the neighbourhood from the perspectives of the participants. The links between access to nearby urban green space, feelings of well-being, and having a sense of belonging to the broader community are explored and discussed.

This article is especially pertinent to discussions about spirituality as a benefit of neighbour-to-neighbour relationships in Plane and Klodawsky's discussion of the neighbourhood as a therapeutic landscape. They suggest that "therapeutic landscapes [emphasize] a holistic understanding of health as emerging out of complex interactions among physical, spiritual, mental, emotional and social elements" (p. 2). In addition, participants commented that a yoga community event held in the neighbourhood park contributed to health and a sense of belonging in the community (p. 5). Through some of their positive encounters at the park, "the women developed "therapeutic networks" of support and care in their community" (p. 5). Ultimately, this study explores the neighbourhood as both a physical place as well as a spiritual space, and exemplifies how these two components of the neighbourhood are linked to neighbour-to-neighbour relationships.

Post, S. (1990). The purpose of neighbor-love. *Journal of Religious Ethics, 18*(1), 181. Retrieved
from
http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=
true&db=a9h&AN=5757591&site=eds-live

Post's essay outlines the notion of neighbour-love, making a case that "the service of the most lasting significance for the neighbor is the restoration of the divine-human encounter that issues

in true happiness" (p. 181). Derived from the study of Christian ethics, neighbour-love intends that the neighbour is "encouraged toward the "God-relation" or towards "conscious life in relation to God" (p. 181), that the neighbour is to be provided with all physical needs (food, shelter, etc.), and that the neighbour is to be respected as a free being (p. 181).

In regards to spirituality as a benefit of neighbour relationships, Post offers the concept of neighbour-love (or *agape)* as a significant benefit derived from learning to live well alongside neighbours. He links neighbour-love to spirituality (and in this case, Christian spirituality) by suggesting that "there is no true human happiness for the neighbor that is not simultaneously profound love for God" (p. 181). He further states that "neighbor-love was driven and informed by the injunction to love God with all of one's heart, soul, and mind" (p. 182). Post speaks to the sacredness of neighbour relationships when quoting poet T.S. Eliot: "the commandment to love God is the guiding light of neighbor-love" (p. 184). Further, it is suggested that "neighbor-love does not settle with the lowest common denominator in the domain of human spiritual development, for it is a "creative force" that seeks to elevate the beloved" (p. 186). Post also speaks to the connectedness of the heart and life to the physical reality of "the land" (the material places, such as neighbourhoods, inhabited by neighbours): "there is no denying that material welfare and human freedom are intended by neighbor-love" (p. 191). Neighbour-love, then, can be seen as a highly beneficial spiritual product of strengthening neighbour-to-neighbour relationships.

Tan, M.M., Chan, C.K.Y., & Reidpath, D.D. (2014). Faith, food and fettle: Is individual and
     neighborhood religiosity/spirituality associated with a better diet? *Religions, 5*(3)
     801-813. https://doi-org.ezproxy.aekc.talonline.ca/10.3390/rel5030801

This article traces and investigates the connections between religiosity/spirituality, neighbourhoods, and diet. While this is not a research study, Tan, Chan, and Reidpath highlight literature which indicates that the religiosity/spirituality of the neighbourhood may play a role in influencing the adoption of a healthier diet (p. 801).

Tan, Chan, and Reidpath suggest that "even though religion is practiced individually, it is also a community activity, and each religious community is a miniature neighborhood by itself where adherents of the same faith gather regularly and interact with each other" (p. 805). The interaction of religiosity with neighbour relationships becomes significant for one's health, given that "the religious neighborhood one belongs to might encourage or discourage healthy diet" (p. 805). As the practice of spirituality/religiosity/mindfulness as a method to achieve spiritual health becomes ever more popular, physical health (as pointed out in this article through the investigation into healthy diets) is important to consider as well. However, given that there is "variation in the degree of adherence to religious norms in different religious communities even within the same religion" (p. 805), the social and physical characteristics of a religious neighbourhood may also be key factors in the health and health behaviors of its members (p. 805). In other words, spirituality/religiosity is not the only determinant of health in a neighbourhood but may still play an important role in how neighbours interact with each other, their health, and their experience with spirituality.

Poverty Reduction (Appendix 2 p. 11-14)

Anguelovski, I. (2014). Neighborhood as Refuge: Community Reconstruction, Place Remaking, and Environmental Justice in the City. Cambridge, Massachusetts: The MIT Press. Retrieved from http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=e000xna&AN=712587&site=eds-live

This book describes the changing conditions of a neighborhood called Dudley, in Boston, Massachusetts. Dudley had about 1300 vacant lots by the mid-1980's, and had become a food desert as supermarkets had abandoned the area. Dudley also lacked parks and recreational facilities, and its lands were being illegally dumped on, and the neighbourhood also had an extremely high rate of child poverty. Residents worked with supporting organizations and groups to achieve socio-environmental gains such as community gardens, farms, infrastructure, playgrounds, community centers, parks, and green housing. As a result, "poverty fell from 32.4 percent in 1989 to 27 percent in 2008, and unemployment decreased from 16.3 percent in 1990

to 10.5 percent in 2011. (p. 67)." The author goes on to describe that unlike other low-income and minority neighborhoods in Boston, Dudley has increased its residents' quality of life by providing environmental and social services. This newfound urban sustainability in Dudley goes beyond simply poverty alleviation and job creation but places a heavy emphasis on community rebuilding, place reconstruction, and social coexistence.

Danziger, S., & Lin, A. C. (2000). *Coping with poverty: The social contexts of neighborhood, work, and family in the African-American community*. Ann Arbor: University of Michigan Press. Retrieved from:

http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com.ezproxy.aekc.talonline.ca/login.aspx?direct=true&db=e000xna&AN=469022&site=eds-live

This study focuses on many of the social contexts of poverty that are missing from mainstream studies of poverty. It argues that work opportunities are not the only factor that should be addressed by public policy on poverty, because "policy prescriptions that emphasize only employment, housing, and transportation—work and its correlates—will not address all of the barriers that keep the poor from fully participating in the economic and social mainstream" (p. xiii). Often times, impoverished neighborhoods and communities have an inherent capability for creativity and coping with poverty by "creating networks for resource sharing and mutual support" (p. 6). People have a responsibility for their neighbors such that they help nurture each other's children's dreams and aspirations. Poverty is not simply an income problem, but a separation and alienation problem that can be solved to some extent by recreating affluent neighborhoods and communal support systems. In many cases, neighborhood poverty rates correlate strongly with community isolation, which has therefore replaced community interdependence. As social services leave neighborhoods, people leave to wealthier neighborhoods, leaving some neighborhoods ever-impoverished. This phenomenon is created through policy that emphasizes individual affluence rather than community affluence – ultimately creating isolation and paradoxically leaves neighborhoods in deeper states of poverty. On the other hand, in a neighborhood that flourishes, "residents can trust, share, and gain additional resources unavailable within their own context. It is the collective contributions and exchanges that create a sense of communal interdependence to sustain the vitality of the

community, even during periods of hardship" (p. 73). Hence, supporting neighbouring relationships through social policy will provide communities with the capacity to reduce poverty in their own ways.

McKnight, J., & Block, P. (2010). *The abundant community : Awakening the power of families and neighborhoods* [Chicago, Ill.] : American Planning Association ; San Francisco, CA : Berrett-Koehler Publishers, c2010; 1st ed. Retrieved from: http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com.ezproxy.aekc.talonline.ca/login.aspx?direct=true&db=cat03059a&AN=kings.4673128&site=eds-live

In their book, McKnight and Block expose the effects of individualism and the "consumer way" on the way neighbors relate to one another within their neighborhood. This is in direct comparison to those living in a "citizen way," which is much less common and even viewed as backward or disadvantageous. In mainstream culture, people find their social and civic identities through work or school... "they associate with others, form relationships, by becoming proficient in system life." (p. 15). This type of culture perceives neighbor relationships as an amenity rather than fundamental to one's identity and being. This is not a characteristic of a competent community, though, which finds value and identity in relationships with their family and neighborhood. In fact, for people living the "citizen way" the neighborhood is the place their entire social life takes form. This book argues that communities should re-evaluate the way they relate to their neighbours to recognize the abundance they have. The "local community is abundant with the relationships that are the principal resource for rescuing themselves and their families from the failure, dependency, and isolation that are the results of a life as a consumer and client" (p. 18).

Neighboring relationships can reduce poverty by creating a circular flow of money. The authors argue that most communities have an inherent ability to provide for their own needs and prosper. Competent communities, who value neighbor relationships "increase the likelihood of a better future," as opposed to poverty, which "is the absence of a belief in a future" (p. 97). In this sense, poverty is more than a lack of material wealth but instead more holistic.

Unger, Donald G., and Abraham Wandersman. 1985. "The Importance of Neighbors: The Social, Cognitive, and Affective Components of Neighboring." American Journal of Community Psychology 13 (2): 139–169.

As transportation, communication, technology and lifestyles have progressed, cities have been made "smaller" and "neighborhoods are losing some of the importance they once had" (p. 140). Activities and relationships are often located outside of the neighborhood. Although this is not inherently negative, this study argues that there is still a place and value in neighbors and neighborhoods for a variety of reasons. This article reviewed, integrated, and expanded the concept of neighboring using a variety of literature that discusses the interactions of individuals with their neighbors, and the benefits they had to them (p. 141). They found that neighbors can serve as support networks, reducing poverty in all senses of the word (physically and materially, as well as emotionally). By socially interacting with each other, "neighbors provide emotional, instrumental, and informational support. Social networks that neighbors establish, both individually and collectively, can enhance individual well-being as well as neighborhood quality of life" (p. 149). Further, the study found that neighbors may "join together to exercise their political skills and better the quality of their living environment," (p. 141) something extremely vital when specific neighborhoods are experiencing systematic oppression or environmental injustice – forcing them deeper into poverty traps. The authors state that "neighboring is the human glue that binds the macro physical and social aspects of a neighborhood with neighborhood organizations and neighborhood development" (p. 162), emphasizing the value that neighbor relationships can have in improving the state of the neighborhood, and the affluence of its residents.

Health and Wellness (Appendix 2 p. 15)

Carney, A. K., Turiano, N. A., & Patrick, J. H. (2017). Changes in Neighborhood Quality Relate
to Changes in Well-Being. Seniors Housing & Care Journal, 25(1), 97–111. Retrieved
from
http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=
true&db=bth&AN=130697629&site=eds-live

In this academic journal written by Carney, Turiano and Patrick, they aim to identify the
relations between what they call "social environments" and "social cohesiveness" in regard to an
individual's wellbeing and health. They recognize that traditional studies between health and
neighbourhoods looks to find the physical factors, however, they wanted to dive into the social
aspects that are typically harder to evaluate. To study this, they evaluated three waves of data
taken from the MIDUS (Midlife Development in the United States), from the years 1995-1996,
2009, and 2013, totaling 966 individuals from the ages 25-76, and many of the residents by the
3rd study had resided in their households for 19 years on average.

From their study they were able to see various trends and results, such as that having a higher
neighbourhood quality increases one's perception of safety in their area, as well as their sense of
community with their neighbours. It may also protect them from "negative emotional and
physical health effects of daily hassles" (p. 105). Connections between self-growth and whether
one had relocated, or remained in the same area were also prevalent. However, those who were
more likely relocate often had a high sense of individual self-growth, while those who remained
in their neighbourhoods, reported lower self-growth. However, they also indicated higher levels
of self-acceptances, and better relations with others, along with various other connections. It
could be concluded that better 'neighbouring' relations, did in fact create a better and safer
environment, particularly for senior individuals who chose to remain in their homes.

Charis W. L. Ng, Nan Luo, & Bee Hoon Heng. (2014). Health status profiles in
community-dwelling elderly using self-reported health indicators: a latent class analysis.
Quality of Life Research, (10), 2889. Retrieved from
http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=
true&db=edsjsr&AN=edsjsr.24728069&site=eds-live

This quantitative study consisting of approximately 2500 seniors, focused on seniors' overall
health in comparison to social contexts. The study focuses on seven health indicators, such as
pain, depression, social isolation, chronic conditions, etc. and were later categorized into two
categories of 'health at risk' and 'relatively healthy'. It was found that "select socio-demographic
characteristics were associated with different profiles, which furthered our understanding of the
social stratifications related to the health status of the elderly and provided implications for the
structuring of future health interventions targeting the older population" (p. 2897).

It was found that the more socially isolated a senior was, the more likely they were to be placed
into the 'health at risk' category, community-dwelling seniors were likely to have overall better
health. It was even suggested that social effects be considered in looking for health alternatives,
and that we should look to a more holistic approach, suggesting that having seniors in
neighbourhoods is more beneficial to their overall health, as they would be participating in
neighbouring relationships.

Liu, Y., Zhang, F., Liu, Y., Li, Z., & Wu, F. (2017). The effect of neighbourhood social ties on
migrants' subjective wellbeing in Chinese cities. Habitat International, 66, 86–94.
https://doi.org/10.1016/j.habitatint.2017.05.011

The academic journal, written by five academic scholars, looks to identify the ties between
migrants SWB (subjective well-being) in Chinese cities and the connection it may potentially
have with one's social ties. They used a multilevel model method, to ensure they embodied all
aspects of the topic. They started by taking survey data from 23 residential communities to help
form their conclusions regarding this connection/if there was a connection, they also focused on

the distinctions between buffering effects, versus main effects, and then cross referenced it with data found from a literature review.

The result of their study was that an individual who has and maintains neighbourhood ties, will in fact enhance their SWB in a direct and positive manner, however they did not find any evidence that would correlate having neighbourhood ties to lessening the negative effects of neighbourhood deprivation. Although, there was also significant data, showing migrants are less likely to feel the effects of neighbouring and have an increased SWB as they tend to utilize their foreign family and friends when in need of support versus their neighbours and neighbourhood, but also because they have a greater potential to move around more than those who are native to the area.

Martino, J., Pegg, J., & Frates, E. P. (2017). The Connection Prescription: Using the Power of
     Social Interactions and the Deep Desire for Connectedness to Empower Health and
     Wellness. American Journal of Lifestyle Medicine, 11(6), 466. Retrieved from
     http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=
     true&db=edb&AN=126084113&site=eds-live

The authors of this article highlight the importance of social connection within the medicine field, calling it the 'pilar'. Making the connection between humans' innate desire for connect, but also understanding how those connections will have an effect on one's health. Suggesting that there are vast amounts of research and theories written on this phenomena that provide evidence that social support, and neighbouring connections will help to better one overall health. It has the power to control blood sugars, decrease depressive symptoms, improve an individual's cancer survival rate and so much more. However, they do also mention that with every action, there is a reaction, that while social connections promote health, the opposite, of social isolation will cause negative health effects. To eliminate these negative effects, they suggest counselling, or will prescribe their patients social connections, and explain the benefits of it, encourage them to expand all relations. It is implied that neighbouring relationships and social connections are important to one's health and could potentially add years to one's life.

Resident Retention (Appendix 2 p. 11-14)

Anguelovski, I. (2014). Neighborhood as Refuge: Community Reconstruction, Place Remaking, and Environmental Justice in the City. Cambridge, Massachusetts: The MIT Press. Retrieved from:
http://ezproxy.aekc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=e000xna&AN=712587&site=eds-live

When a neighbourhood's residents participate in neighbourhood revitalization, they develop an increased sense of belonging. In this case study, residents were involved in projects like neighborhood clean-up, park development, and community gardens which all helped them develop a stronger sense of collective identity. This created, in return, "a deeper connection to place and a stronger place-based identity encouraged long-term resident engagement in and for their neighborhood" (p. 132). The attachment people feel towards a place is directly related to their sense of community. In Dudley, people had strong neighborly relationships as they spent a lot of time outside of the home with other community members, making connections through conversation and doing activities together... "a simple and informal type of human interaction that people cherish" (p. 135). Hence, strengthening neighbourly relationships results in a stronger sense of attachment to place and greater resident retention.

Mahmoudi Farahani, L. (2016). The value of the sense of community and neighbouring. *Housing, Theory & Society, 33*(3), 357-376. doi:10.1080/14036096.2016.1155480

This study explores the "role of space in the creation of local communities, the value to feeling a sense of community and neighbourhood attachment and neighbouring in contemporary societies" (p. 358). They found that when residents of a community know their neighbours, and experience neighbourly relationships, they experience strong social ties and bonding which directly affects the strength of their attachment to the neighbourhood. Further, this attachment to place fosters political and social involvement in the "preservation of the physical and social features that characterize a neighbourhood" (p. 365) – and so a positive feedback loop is created. The more people feel attached to their neighbourhood, the more likely it is that they will want to remain

there, and the more likely it is that they will further foster an environment in which others want to stay as well. The paper states that without these neighbourly relationships fostering a sense of community, and a sense of belonging, attachment will not occur (p. 368).

Sundblad, D. R., & Sapp, S. G. (2011). The persistence of neighboring as a determinant of community attachment: A community field perspective. *Rural Sociology, 76*(4), 511-534. doi:10.1111/j.1549-0831.2011.00059.x

This study quantitatively conducted surveys in 99 different communities in Iowa to measure community attachment, in which residents were asked questions related to feelings of commitment to one's community. These questions were based on a number of variables such as community participation, length of residence, urban influence, perceived neighboring, and more. This survey was done consistently every year for ten years. The major finding was that "the most important indicator of community attachment... was the perceived quality of neighboring" (p. 527). The study explains that "the interaction-based components of neighboring have important implications not only in tying residents together but in creating a supportive environment and leading to greater levels of community attachment" (p. 530). These findings bring up important questions such as: "What is the process through which neighboring takes place and grows?" and "In what ways does it foster community attachment?" (p. p. 530). A qualitative study that focuses on interactional processes would be necessary to determine the answers to those questions.

Unger, Donald G., and Abraham Wandersman. 1985. "The Importance of Neighbors: The Social, Cognitive, and Affective Components of Neighboring." American Journal of Community Psychology 13 (2): 139–169.

As transportation, communication, technology and lifestyles have progressed, cities have been made "smaller" and "neighborhoods are losing some of the importance they once had" (p. 140). Activities and relationships are often located outside of the neighborhood. Although this is not inherently negative, this study argues that there is still a place and value in neighbors and neighborhoods for a variety of reasons. This article reviewed, integrated, and expanded the

concept of neighboring using a variety of literature that discusses the interactions of individuals with their neighbors, and the benefits they had to them (p. 141). They found that attachment to place and a sense of community are directly correlated with social interaction among neighbours (p. 157). Social interactions, through the "positive face-to-face contact of neighboring, continues to enhance the shared emotional connection that helps maintain a sense of community" (p. 157). The quality of social ties to one's neighborhood, which increase through the act of neighboring, is related to their attachment to their neighborhoods (p. 156).

Neighbourhood Engagement (Appendix 2 p. 16-19)

Bernardo, F., & Palma-Oliveira, J. M. (2016). Urban neighbourhoods and intergroup relations: The importance of place identity. *Journal of Environmental Psychology, 45*, 239–251. https://doi.org/10.1016/j.jenvp.2016.01.010

Based on a field study conducted in four adjacent neighbourhoods in the city of Lisbon, this article explores "the influence of place identity on the perception of the participants' own neighbourhood and its residents (in-group) and of the other neighbourhoods and their residents (out-groups)" (p. 239). As Bernardo and Palma-Oliveira examined the concept of place identity in the context of intergroup relationships in urban place, they discovered that "place identity was highly correlated with neighbourhood satisfaction, relevant out-group differentiation, and favouritism to the in-group and depreciation of the relevant out-group" (p. 239). They used the social identity approach in their five-part questionnaire.

Considering that neighbouring gurus John McKnight and Peter Block understand that a network of block-to-block point people can create an empowering consultation ability within the neighbourhood, this article interacts with this notion of neighbourhood engagement by providing evidence for the importance of place identity (in this case, the neighbourhood) as a part of social identity. The study found a significant correlation between place identity and neighbourhood satisfaction. In addition, Bernardo and Palma-Oliveira cite another study to show that "place identification with the neighbourhood of residence influences the degree of satisfaction with the residential environment, particularly with the social aspects of residential satisfaction" (Fleury-

Bahi, Feloneau, & Marchand, 2008) (p. 247). In regards to neighbourhood engagement with the larger city, results indicated that "the higher the place identity, the lower the distance estimated between neighbourhood and city centre" (p. 247). Ultimately, this study discusses place identity and neighbourhood location: both of which weigh into how neighbours engage with each other and with their place.

Hays, R. A. (2015). Neighborhood networks, social capital, and political participation: The relationships revisited. *Journal of Urban Affairs, 37*(2), 122–143. https://doi.org/10.1111/juaf.12137

In this article, Hays examines the relationship between trust and informal networks of interaction among neighbours, as well how neighbourhood residents become politically engaged. Three waves of surveys between 2002 and 2011 in 10 American cities were conducted to produce results on this relationship and on the political involvement of neighbourhoods.

As it relates to neighbourhood engagement, Hays references social capital scholars such as Robert Putnam. Putnam suggests that there is a "link between informal social capital networks and collective action, including both civic and political participation" and that "informal ties among neighbors, friends, and coworkers help to move people away from strictly private, personal concerns and encourage them to turn outward towards community needs" (p. 123). To this, Glanville & Paxton (2007) add that informal ties also encourage neighbours to develop generalized feelings of trust towards each other (which, in turn, develops a greater engagement to influence larger social and political issues) (p. 123). The interdependency model introduced in this paper posits strong relationships between neighbourhood social capital and other forms of social capital possessed by individuals (p. 124). This is relevant given that neighbour-to-neighbour relationships allow an individual to build up their own social capital. In addition, the linkage model "suggests that such informal relationships hold the potential to make collective action to address common problems easier, because a significant number of people in the neighborhood already know and trust each other" (p. 127). Hays also introduces how the attitudes of neighbourhood attachment, neighbourhood confidence, and neighbourhood commitment can help determine how connected one is to one's neighbourhood (p. 127). These

notions are ones that are naturally fostered by the neighbour-to-neighbour relationship, and can grow abundantly if nurtured properly. One of the key findings of this paper for neighbourhood engagement is as follows: "if the person is committed to the neighborhood as their home, then they may be more likely to speak out on neighborhood issues than persons who are not" (p. 139). If neighbouring allows a person to think of the neighbourhood as their home, perhaps this will also allow more involvement in issues relevant to the neighbourhood to occur on their part.

Payne, P. R., & Williams, K. R. (2008). Building social capital through neighborhood mobilization: Challenges and lessons learned. *American Journal of Preventive Medicine, 34*(Supplement), S42–S47. https://doi.org/10.1016/j.amepre.2007.12.010

This paper presents a neighborhood-level study and intervention completed in order to promote the well-being of children up to five years old and their families in the city of Riverside, California (p. S42). As a case study, this study is grounded in an assumption that "violence can ultimately be prevented by rebuilding social capital depleted by rapid and extensive neighborhood changes during the past decade" (p. S42). As such, Payne and Williams look at the concept of neighbourhood mobilization in dialogue with the development of social capital in a neighbourhood.

In regards to neighbourhood engagement and the benefits of "neighbouring", it is noted that one of the most critical issues to consider when implementing a neighbourhood-level initiative is that success is hinged largely on the level of trust engendered among the residents themselves: "trust in the mobilization effort and trust in each other" (p. S46). Because neighbour-to-neighbour relationships can help build up trust in a neighbourhood, they may help bring about more successful neighbourhood-level initiatives. When discussing mobilization goals and strategies in regards to the Arlanza Neighbourhood Initiative (a neighborhood-level intervention consisting of community engagement and the construction of a community center), Payne and Williams point out that "participating city and county agencies emphasized strengthening neighborhoods by affirming and supporting healthy social relationships, thus helping residents thrive and collectively address challenges, such as youth violence" (p. S43).

Thus, neighbour-to-neighbour relationships can contribute to solving the challenges occurring in a neighbourhood by ensuring that a healthy relational network is securely in place.

Sampson, R. (2004). Neighbourhood and community. *New Economy, 11*(2), 106–113.
https://doi.org/10.1111/j.1468-0041.2004.00346.x

In this article, Sampson focuses on the concepts of neighbourhood governance and the role of collective efficacy theory (which captures the link between cohesion and shared expectations for action) (p. 108). This work is not a study, but a scholarly engagement with ideas surrounding neighbourhood engagement. In particular, Sampson discusses "the promises and perils of neighbourhood governance", focusing especially on public safety and community well-being (p. 108).

In regards to neighbourhood engagement, Sampson's use of the term *collective efficacy* may be of relevance: it "is meant to signify an emphasis on shared beliefs in a neighbourhood's capability for action to achieve an intended effect, coupled with an active sense of engagement on the part of residents. Some density of social networks is essential, to be sure, especially networks rooted in social trust. But the key theoretical point is that networks have to be activated to be ultimately meaningful" (p. 108). Neighbour-to-neighbour relationships have the capacity to activate the dense social network already existing in neighbourhoods (because of the geographical proximity of block-to-block neighbours) in order to engage citizens towards shared action. In addition (and if neighbourhood governance can be viewed as one branch of neighbourhood engagement), collective efficacy theory "reaffirms the importance of thinking about social ways to approach social problems" (p. 112). Sampson highlights this by suggesting that "information is a tool of neighbourhood governance" (p. 109). He also puts forward the idea of "the good community [...], where the legitimacy of social order comes in part from the mutual engagement and negotiation among residents, mediating institutions, and agencies of law enforcement" (p. 113). The neighbour-to-neighbour relationship can achieve exactly that: a negotiation and dialogue among residents, which Sampson suggests can contribute to creating a "good community" with legitimate social order. Finally, Sampson concludes that the success of a collective efficacy approach to neighbourhood governance is found in the "equitable

implementation of 'voice' in the process of building legitimate state and community authority, while at the same time redressing the durable economic and racial stratification by place that pervades modern cities" (p. 113). Neighbours, contributing together as the voice of their neighbourhood, can become politically engaged to build this authority for themselves and for other neighbourhoods, too.

Yen, I. H., Shim, J.K., Martinez, A.D., & Barker, J.C. (2012). Older people and social   `
        connectedness: How place and activities keep people engaged. *Journal of Aging
        Research, Vol 2012*(2012). doi:10.1155/2012/139523

This study inspects how older adults perceive and navigate their neighbourhoods through the implications of neighbourhood activity for their health (p. 1). Conducted with older adults living in San Francisco or Oakland, California, the researchers discovered that older adults in this study valued "mobility, active lives, and social connections" (p. 1). Their methodology consisted of digitally recorded face-to-face interviews and a brief demographic survey on self-rated health (p. 2), taken from a purposive sample of approximately 40 older adults recruited from diverse ethnic and economic groups (p. 3).

Two key themes emerged in this research which relate to neighbourhood engagement: first, the finding that "people express a wide range of expectations for neighborliness, from "we do not bother each other" to "we have keys to each other's houses"" (p. 1) and the other finding that "people able to leave their homes do many activities outside their immediate residential neighborhoods" (p. 1). Given this range of expectations for neighbourhood involvement, active engagement in one's neighbourhood may not always be a benefit of neighbour-to-neighbour relationships. In addition, the issue of mobility presents potential challenges for older adults to engage in their neighbourhood: "for those without access to a car or for those who have no relatives close by and who would likely experience constrained mobility in the future, the features and resources within the neighborhood are and would be important" (p. 8). When older adults maintain a high level of busyness in their life, researchers Yen, Shim, Martinez, and Barker suggest that their geographic scale and therefore, areas of activity, increases to one greater than the residential neighbourhood (p. 8). This has implications for social interactions in

the neighbourhood, as the participants in this study largely described their relationship to their neighbours as "detached and distant", but "expressed satisfaction with this state of affairs" (p. 8). As such, neighbouring relationships may not always contribute to a high sense of neighbourhood connectivity and engagement; they can be overlooked due to activities which occur in places other than the neighbourhood or negatively affected by a lack of accessibility to neighbourhood engagement activities. The researchers conclude that modest associations can be made for the neighbourhood influence on the health of older adults (p. 9).