



## **Older Americans Month**

**May 2009  
A Proclamation**

WHEREAS, the Alamo Area Council of Governments (AACOG) region is a community in which over 300,000 citizens age 60 and over make their home; and

WHEREAS, older adults in the AACOG region and throughout the nation are an increasing population with evolving needs; and

WHEREAS, older Americans are valuable members of our society who enhance our communities and personal lives; and

WHEREAS, the increasing number of baby boomers reaching traditional retirement age highlights the need for increased support of older adults; and

WHEREAS, our older citizens of today and tomorrow promise to be among the most active and involved older adult populations in our nation's history; and

WHEREAS, it is the responsibility of this and all U.S. communities to work collaboratively to address older adults' unique health and long-term care challenges; and

WHEREAS, it is crucial that communities modernize systems of care to help empower older Americans and give them more control over their own lives; and

WHEREAS, communities can improve older citizens' overall quality of life by helping them:

Make behavioral changes in their lifestyles that can reduce the risk of disease, disability, and injury;

Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities;

Have more options to avoid placement in nursing homes and remain at home as long as possible.

NOW THEREFORE, the Board of Directors of the Alamo Area Council of Governments do hereby proclaim May 2009 to be Older Americans Month. We urge everyone to take time this May to honor our older adults and the professionals, family members, and citizens who care for them. Our efforts can improve the lives of our older citizens and help pave the way for future generations.

Dated this 29th day of April 2009:

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The Honorable Louis Rowe, Chair, Board of Directors, Alamo Area Council of Governments