



A PROCLAMATION AUTHORIZING RECOGNITION OF MAY 2026 AS OLDER AMERICANS MONTH

WHEREAS, the ten-county Capital Area Council of Governments (CAPCOG) region includes a growing number of older Americans who contribute their time, wisdom, and experience to our community; and

WHEREAS, communities benefit in understanding the vital role that connectedness plays in supporting independence and aging in place in combatting isolation, loneliness, and other issues; and

WHEREAS, CAPCOG recognizes that the mental, physical, and emotional health benefits of social connectiveness and how it contributes to overall wellbeing. CAPCOG Aging Services ensures this support for connectiveness through services that include information and referral linking older adults to social activities; funding of congregate meal sites that foster connectiveness; health and wellness programs fostering shared experiences and learning; respite care for unpaid family caregivers that ensures time to maintain their social networks; as well as other core services such as benefits counseling, in-home services, and ombudsman advocacy for facility residents.

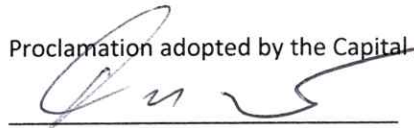
WHEREAS, CAPCOG recognizes this year's Older American Month (OAM) theme, "**Champion Your Health**," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence. This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging

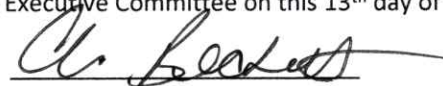
WHEREAS, CAPCOG can mark Older American Month by:

- Promoting OAM through newsletters, meetings, and social media channels.
- Invite community members to share stories and reflections using #ChampionYourHealth.
- Highlight practical tips and trusted resources that support prevention and healthy aging.
- Elevate local programs and events that help older adults stay healthy, active, and engaged

THEREFORE, the Executive Committee of the Capital Area Council of Governments declares the month of May 2024 to be recognized as Older Americans Month in the CAPCOG region to encourage community groups, businesses, and local organizations to promote "**Champion Your Health**" for healthy aging.

Proclamation adopted by the Capital Area Council of Governments Executive Committee on this 13th day of May 2026.


Mayor Doug Weiss, Chair
Executive Committee
Capital Area Council of Governments


Commissioner Clara Beckett, Secretary
Executive Committee
Capital Area Council of Governments