

State of Texas
County of Williamson
Know all men by these presents:

That on the 30th day of April 2024 the Commissioners Court of Williamson County, Texas met in duly called session at the Williamson County Courthouse, 710 Main Street, Georgetown, Texas, with the following members present:

Bill Gravell, Jr., County Judge
Terry Cook, Commissioner Precinct One
Cynthia P. Long, Commissioner Precinct Two
Valerie Covey, Commissioner Precinct Three
Russ Boles, Commissioner Precinct Four

And at said meeting, among other business, the Court considered the following:

PROCLAMATION

WHEREAS, Williamson County has a growing number of older Americans, with almost 90,000 citizens aged 65 years or older, who contribute their strength, wisdom and experience to our community in unique ways; and

WHEREAS, communities in Williamson County benefit when people of all ages, abilities, and backgrounds are welcomed, included and supported; and

WHEREAS, Williamson County recognizes the need to create communities that provide services and supports older Americans and recognizes CAPCOG's Aging Services which provides support through direct services, including nutrition, benefits counseling, in-home services, health and wellness education, ombudsman advocacy for nursing home residents and caregiver respite; and

WHEREAS, Williamson County residents can foster communities in which older Americans can feel supported, encouraged, appreciated and will thrive by:

- *Supporting community-based services:* such as Opportunities for Williamson & Burnet Counties' Meals on Wheels program that assists with older Americans independence.
- *Preventing social isolation and loneliness:* Reach out to older American neighbors and family members.
- *Promoting physical activity:* Walking and exercise can help reduce levels of stress, anxiety, improve balance and lower risk of falls, enhance sleep and decrease feeling of depression.
- *Encouraging healthy eating:* A healthy diet can help boost immunity and lower risk of certain health problems.
- *Involving older adults in stimulating activities:* such as crafting, gardening, higher learning, reading, music and dancing, and connecting with grandchildren and animals.

NOW THEREFORE, BE IT RESOLVED, that Williamson County Commissioners Court declares the month of May 2024 to be "***Older Americans Month***". We urge every resident to take time during this month to recognize older adults and the people who serve them as vital parts of our community and key to building healthy and stronger communities.

PROCLAIMED THIS 30TH DAY OF April 2024.

Bill Gravell, Jr., County Judge