



A PROCLAMATION RECOGNIZING MAY 2025 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 negative effects of *Ageism* and how pervasive it is and how it can have series consequences for health, well-being, and on individual rights; and

WHEREAS, CAPCOG recognizes the need to ***Flip the Script on Aging*** by acknowledging that older Americans' make vast contributions in the region. CAPCOG Aging Services encourages older Americans to continue to contribute through volunteer opportunities, participating in focus groups, attending educational events, and participation on the Aging Advisory Committee. Furthermore, the Aging Division provides 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 can work to build an even better community for our older residents by:

- Transforming how the region perceives, talks about, and approaches aging.
- Encouraging individuals and communities to challenge stereotypes and dispel misconceptions
- Honoring older adults' contributions to our society
- Exploring and providing opportunities for staying active and engaged as they age
- Highlighting the opportunities for purpose, exploration, and the connection that come with aging

THEREFORE, let it be resolved that the Executive Committee of the Capital Area Council of Governments declares the month of May 2024 to be Older Americans Month in the CAPCOG region to celebrate older adults and the people who support them, help create an inclusive society and accept the challenge of flexible thinking around aging.

Resolution adopted by the Capital Area Council of Governments Executive Committee on this 9th day of April 2025.

Judge Brett Bray, Chair
Executive Committee
Capital Area Council of Governments

Mayor Pro Tem Steve Hougen, Secretary
Executive Committee
Capital Area Council of Governments