



OLDER AMERICANS MONTH MAY 2025

WHEREAS, it is time to *flip the script on aging* by transforming how society perceives, discusses, and approaches aging—challenging outdated stereotypes, dispelling misconceptions, and embracing the opportunities for purpose, exploration, connection, and continued engagement that aging brings; and

WHEREAS, the Area 1 Agency on Aging (A1AA) brings more than \$3 million in state and federal funding to Humboldt and Del Norte counties to support programs and services that promote independence, health, security, and choice for older adults and their families; and

WHEREAS, A1AA's vital services include Enhanced Information and Assistance, the Volunteer Driver Program to access medical appointments, and Aging in Place services such as Fall Prevention, Homemaker assistance, and Northcoast Homeshare to provide housing support, safety, and advocacy; and promotes health and wellness through SAIL (Stay Active and Independent for Life) exercise classes and CalFresh Healthy Living nutrition and exercise programs; and provides funding for local Meals on Wheels and congregate meal sites, legal assistance for older adults, and family caregiver support services; and

WHEREAS, the Long-Term Care Ombudsman Program safeguards the rights and dignity of residents in skilled nursing, assisted living, and other long-term care settings by advocating for quality care and respectful treatment; and the Health Insurance Counseling and Advocacy Program (HICAP) provides unbiased, accurate information about Medicare and assistance in accessing medical resources; and

WHEREAS, the Aging and Disability Resource Connection—a partnership with Tri-County Independent Living and the North Coast Health Improvement and Information Network—works to streamline and coordinate services for older adults, people with disabilities, caregivers, and families; and

WHEREAS, any reduction in federal or state funding would jeopardize the health, safety, and independence of those served—putting them at greater risk of injury, hospitalization, isolation, institutionalization, and homelessness—outcomes that run counter to the spirit of *flipping the script* on aging;

NOW, THEREFORE, BE IT PROCLAIMED that the City Council of the City of Arcata recognizes **MAY 2025** to be **OLDER AMERICANS MONTH**. This year's theme, "Powered by Connection," emphasizes the profound impact of meaningful interactions and social connection on the well-being and health of older adults in our community and urges residents to join in promoting programs and activities that foster connection, inclusion, and support for older adults.

Dated: May 7, 2025

*Alexandra Stillman
Mayor*