



in Honor of
OLDER AMERICANS MONTH
MAY 2026

WHEREAS, this year's theme, "Champion Your Health," encourages older adults to take an active role in their health and prevention, wellness, access to health care, informed decision-making, and personal responsibility are cornerstones of healthy aging;

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 prevention, wellness, and affordable access to quality health care;

WHEREAS, A1AA provides access to preventative health care through the Volunteer Driver Program; and promotes health and wellness through SAIL (Stay Active and Independent for Life), Bingocize, and Tai Chi classes as well as through Aging in Place services such as Emergency Preparedness, Fall Prevention and Northcoast Homeshare; provides funding for healthy meals through local Meals on Wheels and congregate meal sites, and supports the health and wellbeing of family caregivers;

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; the Health Insurance Counseling and Advocacy Program (HICAP) provides unbiased, accurate information about Medicare and assistance in accessing medical resources, and A1AA funds Senior Legal Services to help protect the right of older adults;

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, changes to federal or state funding that decrease access to quality, affordable health care jeopardize the health, safety, and independence of older adults and people with disabilities—putting them at greater risk of injury, hospitalization, isolation, institutionalization, and homelessness—impacting the ability to proactively Champion Their Health;

NOW, THEREFORE, BE IT PROCLAIMED that the City of Arcata recognizes **MAY 2026** to be **OLDER AMERICANS MONTH** and calls upon the community to honor and uplift older adults, advocate for their needs, and join in celebrating this year's theme "Champion Your Health."

Dated: May 6, 2026

Kimberley White
Mayor