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DEPARTMENT OF SOCIAL SERVICES

NEVADA COUNTY BOARD OF SUPERVISORS

Board Agenda Memo

MEETING DATE: May 13, 2025

TO: Board of Supervisors

FROM: **Rachel Peña**

SUBJECT: Resolution proclaiming May 2025 as Older Americans Month in Nevada County.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: N/A

BACKGROUND: Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging. Nevada County offers many ways for older adults to strive and stay connected! Connecting Point supports a Volunteer Hub offering many local opportunities for every interest, taste, or commitment level. Our local Gold Country Senior Center offers a wide array of programs to either share personal knowledge or learn from others. Social connections emanate from working environments, volunteer activities, roles in faith-based organizations and book groups as well as participating in interest groups such as hiking, mahjong, golf, and knitting, to name a few.

Lastly, friends in later life are considered essential for one's physical and mental health. Close friendships or newly formed friendships by staying engaged strengthen the immune system, help to recover more quickly from illness, sharpen one's memory and even lead to longer lives.

On April 1st, there was a reorganization of the Administration for Community Living (ACL) federal staff and it is unclear how the Older American Act monies, health insurance information and counseling, and disability programs will be impacted. Potentially, this reorganization could be devastating to our local senior center. USAging is continuing to support efforts to maintain these vital programs.

Approved by: Rachel Peña, LCSW Director of Social Services