



NEVADA COUNTY HEALTH & HUMAN SERVICES AGENCY

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NEVADA COUNTY BOARD OF SUPERVISORS

Board Agenda Memo

MEETING DATE: May 10, 2022

TO: Board of Supervisors

FROM: Rachel Peña

SUBJECT: Resolution proclaiming May 2022 as Older Americans Month in Nevada County.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: N/A.

BACKGROUND: Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That is why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Item Initiated and Approved by: Rachel Peña, LCSW, Director of Social Services