



Health and Human Services Agency

Ryan Gruver, MPA, Agency Director
Ariel Lovett, MNA, Chief Fiscal Administrative Officer
Cari Yardley, Psy.D., Acting, Behavioral Health
Paul Johnson, JD, Child Support
Tyler Barrington, Housing & Community Service
Jeff Goldman, MPA, Probation
Thomas Angell, Public Defender
Kathy Cahill, MPH, Public Health
Rachel Peña, LCSW, Social Services

950 Maidu Ave.
Nevada City, CA 95959

Phone: (530) 265-1627
Fax: (530) 265-2295

DEPARTMENT OF SOCIAL SERVICES

NEVADA COUNTY BOARD OF SUPERVISORS

Board Agenda Memo

MEETING DATE: May 12, 2026

TO: Board of Supervisors

FROM: **Rachel Peña**

SUBJECT: Resolution proclaiming May 2026 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 2026 theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health advocating for themselves, accessing preventive care, and making informed decisions that support independence. Nevada County has one of the oldest populations in the state. Approximately 30.5% of residents are age 65 and older, representing a significantly higher proportion than the statewide average and reflecting the county's growing aging population.

Let's encourage individuals to take charge of their health at every age by:

- Staying up to date on preventive care and screenings
- Building and maintaining social connections that support emotional well-being
- Choosing nutritious, minimally processed foods
- Incorporating regular physical activity to maintain strength and mobility
- Practicing daily habits that support mental health and resilience.

Local programs at Gold Country Senior Services and Dignity Health Sierra Nevada Memorial Hospital promote wellness education, access to preventive services, and community engagement can empower seniors to take an active role in their health. Supporting these initiatives helps build a

healthier aging population while also reducing long-term healthcare and social service costs for the community. Encouraging seniors to be champions of their health is both a personal and community investment—supporting healthier individuals while strengthening the overall resilience of the aging population.

Healthy aging supports longer independence, better quality of life, and stronger communities!

Approved by: Rachel Peña, LCSW Director of Social Services