

**BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON,**

PROCLAMATION NO. _____

Proclaiming September 2013 as National Falls Prevention Awareness and Senior Center Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. The 2013 National Falls Prevention Awareness Month theme is, "*Preventing Falls: One Step at A Time*" - a goal the aging network, older adults, caregivers, and family members embrace and that the County actively promotes.
- b. The 2013 National Senior Center Month theme is, "*Senior Centers: Experts at Living Well,*" which captures the key role County-funded senior centers, along with other County and community agencies serving older adults, play in preventing falls and encouraging healthy aging.
- c. Evidence-based programs such as Tai Chi: Moving for Better Balance at the Urban League Multicultural Senior Center, Hollywood Senior Center, NAYA Family Center, Charles Jordan Community Center, Southwest Community Center, and Maranatha Church; A Matter of Balance and STEADI at OHSU; and Stepping On at Legacy Emanuel, Providence, and VA medical centers; and the Otago Exercise Program for Homebound Seniors at Beyond the Clinic Physical Therapy are significantly reducing older adults' fall risks and falls.
- d. Senior centers provide a wealth of opportunities to help older adults "live well:" yoga and other forms of exercise, chronic disease management workshops, arts and crafts activities, outings to places of interest, educational classes, support groups, and a variety of social activities including meals.
- e. This is a time to honor and promote falls prevention programs that enhance older adults' health, and senior centers that provide a welcoming place to gather for activities, learning and companionship. By supporting senior centers' efforts to keep older adults active and engaged, and falls prevention programs that improve their strength, balance, and flexibility, Multnomah County helps ensure the safety, independence, and well-being of its older residents.

The Multnomah County Board of Commissioners Proclaims:

September 2013 is National Falls Prevention Awareness and Senior Center Month in Multnomah County.

ADOPTED this 5th day of September, 2013

BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

Jeff Cogen, Chair

Submitted by: Commissioners Shiprack & Smith