

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON
PROCLAMATION NO. 2010-053

Proclaiming May 2010 OLDER AMERICANS MONTH in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. May 2010 is National Older Americans Month. This year's theme, "Age Strong! Live Long!" highlights the important role of good health in helping older adults' remain vital, healthy members of our community, a goal both the County and City of Portland enthusiastically embrace.
- b. An important key to aging strong and living long is a nutritious diet. For a significant number of low-income older adults and especially elders of color, finding and affording healthy food can be challenging, as recent survey data and census estimates indicate increasing poverty amongst older adults.
- c. Community-based efforts such as the Multnomah Food Initiative, that promote a more sustainable, equitable, and healthy food system, along with the Senior Farm Direct Nutrition Program, Supplemental Nutrition Assistance Program, congregate and home-delivered meal programs, and community gardens are resources that greatly benefit older adults as well as our local economy.
- d. Increasing older adults' participation in programs to address their nutritional needs is critical in improving their overall health and well-being.
- e. Regular physical activity is equally important and crucial to older adults maintaining their strength, flexibility, mental acuity, and emotional health.

The Multnomah County Board of Commissioners Proclaims:

May 2010 Older Americans Month in Multnomah County and urges public agencies, the private sector, advocates, and citizens to work together to ensure that older adults have access to affordable, healthy food at farmers markets, farm stands, grocery stores, senior meal sites, and community gardens so they can be strong and live long.

ADOPTED this 6th day of May, 2010.

BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

Jeff Cogen, County Chair

Deborah Kafoury,
Commissioner District 1

Barbara Willer,
Commissioner District 2

Judy Shiprack,
Commissioner District 3

Diane McKeel,
Commissioner District 4

SUBMITTED BY: Commissioner Judy Shiprack