

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

**PROCLAMATION NO. \_\_\_\_\_**

**Proclaiming September 2015 as Falls Prevention Awareness Month and National Senior Center Month in Multnomah County, Oregon**

**The Multnomah County Board of Commissioners Finds:**

- a. The 2015 National Falls Prevention Awareness Month theme is, “*Take a Stand to Prevent Falls*” — seeking to raise awareness on how to prevent fall related injuries among older adults, a goal the aging network, older adults, caregivers, and family members embrace and that the County actively promotes.
- b. The 2015 National Senior Center Month them is, “Celebrate LIFE at Your Senior Center” — which captures the important role of County-funded senior centers, along with other County and community agencies serving older adults, play in preventing falls and embracing positive, active aging.
- c. Evidence-based programs such as Tai Chi: Moving for Better Balance, Walk with Ease, and Arthritis Foundation Exercise Program are offered through partnerships with organizations in Multnomah County like NAYA Youth and Family Center, Urban League Multicultural Senior Center, Hollywood Senior Center, Asian Health and Service Center, Friendly House and Impact NW.
- d. By supporting senior centers’ efforts to keep older adults active and engaged, falls prevention programs that improve strength, flexibility, and balance, and care-transitions programs that provide critical support to bridge the divide between hospital and home, Multnomah County ensures the safety, independence, and well-being of its older residents.
- e. Most falls can be prevented and Oregon Public Health promotes these four CDC recommendations to prevent falls: 1) exercise to improve strength and balance, 2) have your health care provider review your medications, 3) have your vision checked, and 4) make your home safer.

**The Multnomah County Board of Commissioners Proclaims:**

September 2015 is National Falls Prevention Awareness and Senior Center Month in Multnomah County – a time to honor and promote falls prevention programs that enhance older adults' health, and senior centers that provide a welcoming place to gather, celebrate life, and connect with the community.

**ADOPTED this 10th day of September, 2015.**

BOARD OF COUNTY COMMISSIONERS  
FOR MULTNOMAH COUNTY, OREGON

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Deborah Kafoury, Chair

REVIEWED:  
JENNY M. MADKOUR, COUNTY ATTORNEY  
FOR MULTNOMAH COUNTY, OREGON

By \_\_\_\_\_  
Jenny M. Madkour, County Attorney

**SUBMITTED BY:**