

810A

**SUBMITTAL TO THE BOARD OF SUPERVISORS
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**



SUBMITTAL DATE:
March 23, 2006

FROM: Office on Aging

SUBJECT: Proclamation to Declare May 2006 Older Americans Month

RECOMMENDED MOTION: That the Board of Supervisors Approve and Proclaim May 2006 Older Americans Month in the County of Riverside.

BACKGROUND: May has been declared Older Americans Month throughout the United States. The face of aging is changing as longevity increases. The Aging boomer population of 86 million, began turning age 60 in 2006. As life span increases, older adults are more motivated to maintain a healthy life style. As we celebrate May as Older Americans month, with the theme of "Choices for Independence" the Office is presenting *Fit After 50* as an outstanding low-cost and high-results model program offering an opportunity for older adults to maintain fitness and achieve healthy aging.

Departmental Concurrence

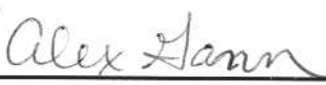


Lu Verne M. Molberg, Director

FINANCIAL DATA	Current F.Y. Total Cost:	\$0-	In Current Year Budget:	No
	Current F.Y. Net County Cost:	-0-	Budget Adjustment:	No
	Annual Net County Cost:	\$-0-	For Fiscal Year:	05/06

SOURCE OF FUNDS:	Positions To Be Deleted Per A-30	<input type="checkbox"/>
	Requires 4/5 Vote	<input type="checkbox"/>

C.E.O. RECOMMENDATION:
APPROVE

County Executive Office Signature 

Dep't Recomm.: Consent Policy
Per Exec. Ofc.: Consent Policy

Prev. Agn. Ref.: | **District: All** | **Agenda Number:**

2.5

Proclamation commending the Office on Aging *Fit After 50* Program and celebrating May as Older Americans month promoting “Choices for Independence”

Whereas there are 280,000 individuals age 60 plus in Riverside County, and

Whereas older adults are living longer and healthier lives, and approximately 2/3 of all the individuals who have ever been age 65 or older are alive today, and

Whereas older adults are redefining the aging experience, and are contributing more wisdom and service to succeeding generations than ever before, and

Whereas research shows that healthy aging is a result of good nutrition, physical activity, disease prevention, and active participation in one’s own health, and

Whereas the *Fit After 50* program of the Office on Aging coordinates 15 classes using volunteer trainers who assist several hundred seniors throughout Riverside County in building and retaining strength and fitness, and

Whereas *Fit After 50* helps create a community environment that encourages physical activity for older adults to support independent living and improve health,

Therefore Be It Resolved that the Riverside County Board of Supervisors celebrates May as Older Americans month in Riverside County, and commends the *Fit After 50* Program of the Office on Aging for supporting and assisting seniors in achieving healthy aging.