

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

PROCLAMATION NO. 2020-032

Proclaiming May 2020 as Older Americans Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. People 60 years and older have been asked to take extreme caution because of COVID-19, including limiting contact with family members outside their household. These necessary actions have drawn attention to the potential vulnerability of older adults and have highlighted their remarkable adaptability and grit.
- b. There is a direct link for older adults between social connections and overall physical and mental health emphasizing the importance of connections for older adults to their loved ones and their community. Older adults who stay engaged are more able to adapt in the face of adversity, trauma and tragedy. Historically, older generations have proven their resiliency, just as is happening now during this global pandemic.
- c. The aging services network, which includes community-based organizations and partners across Multnomah County, has responded to the unprecedented need by transforming their service delivery approach with unwavering commitment and remarkable speed. Our community has prioritized the health and wellbeing of older adults by serving thousands more meals with a no-contact home-delivery approach, by standing up new video social and support group meetings for LGBTQ elders, by making hundreds of friendly check-in phone calls by staff and peers, and by learning new video platforms to offer virtual enrichment activities or convening of long-standing groups.
- d. Family caregivers, both daily and in the midst of this pandemic, are essential to the health and safety of their spouses, family members, and friends who have long-term care needs. This commitment is built into our social contracts and demonstrated in caregivers' actions, such as managing medications, preparing meals, arranging medical appointments, and supporting self-advocacy. The social distancing measures dictated by COVID-19 bring the incredible contributions of family caregivers into the light, illuminating this critical work that often goes unseen.
- e. In response to Stay Home, Stay Safe, grandparents and elders who are raising grandchildren and young relatives are taking on extraordinary additional responsibilities with no respite and limited opportunity for outside recreation. They are weaving their

experience and talents with their commitment to the children they are raising, ensuring they have the support needed to participate in distance education and stay connected to their peers.

The Multnomah County Board of Commissioners Proclaims:

May 2020 is Older Americans Month, a time to recognize the generosity and resilience as demonstrated by older adults and elders and the system that serves them. Consistent with this year's national theme, "Make Your Mark," we ask people in Multnomah County to acknowledge an older adult in your life or community that you have seen "making their mark," as a caregiver or in the countless other ways older adults do on a daily basis. We urge people to plan safe celebrations via the telephone, letter or virtual celebration and to ask the elders and older adults in your lives, "How are you making your mark?" and proudly share those stories throughout this month and beyond.


ADOPTED this 21st day of May, 2020.



BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

Deborah Kafoury, Chair

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

By 

Jenny M. Madkour, County Attorney

SUBMITTED BY: Sharon Meieran, District 1 Commissioner