


**R-30**

**Date:** May 13, 2008

**To:** Honorable Mayor and Members of the City Council

**From:** Councilmember Tonia Reyes Uranga, Seventh District 

**Subject:** **AGENDA ITEM: Proclamation recognizing May as Older Americans Month**

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The United States is seeing the start of a tremendous demographic shift. Beginning last year, the first of 78 million baby boomers (people born between 1946 and 1964) started transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, we in the City of Long Beach can improve older adults' overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and remain at home as long as possible

By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations.

**Recommendation: To approve a proclamation recognizing the month of May as Older Americans Month**

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