

Proclamation

Whereas, Over 90 million Americans today are family caregivers for their loved ones; and

Whereas, A large number of them are finding themselves providing care 24-hours a day/7-days a week; and

Whereas, Although caregiving can be a rewarding experience, it is not without its consequences such as stress, poor health, caregiver burnout, and isolation—and all that was before COVID. The pandemic brings even more challenges as family caregivers handle “Caregiving in Crisis”, which is this year’s theme; and

Whereas, Six out of ten family caregivers juggle everyday life tasks such as preparing the children for school, managing household responsibilities, and administering medications for their loved ones. In addition, they currently may be unemployed due to the pandemic and may be struggling to cover costs. Whether it be for a senior with Alzheimer’s or a child with special needs the required attention can be non-stop; and

Whereas, Making time for yourself and the family protects a family caregiver’s own health, strengthens family relationships, prevents burnout and can enable a care recipient to stay at home up to three times longer. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today; and

Whereas, With the responsibility of family caregivers in our country growing every year, it is even more essential to encourage these heroes to take some time for respite so they may continue their mission of providing that loving care that only they can provide.

Now, Therefore, Be It Resolved that I, Richard Montgomery, Mayor of the City of Manhattan Beach, California, on behalf of the City Council and the residents of Manhattan Beach, do hereby recognize November 2020, as

National Family Caregivers Month

in which we acknowledge the new realities family caregivers face with their loved ones during these uncertain times.

Dated this 4th day of November, 2020.

ATTEST:

CITY CLERK LIZA TAMURA

MAYOR RICHARD MONTGOMERY

