

Proclamation

- WHEREAS, over 90 million Americans today are family caregivers for their loved ones; and*
- WHEREAS, a large number of them are finding themselves working to share in the care decisions that affect the health and well-being of their loved ones; and*
- WHEREAS, although caregiving can be a rewarding experience, it is not without its consequences such as stress, poor health, and caregiver burnout; and*
- WHEREAS, six out of 10 family caregivers juggle everyday life tasks such as preparing the children for school, managing household responsibilities, and work full- or part-time. In addition, they have the added responsibility of advocating for their loved ones and making decisions that lead to best care outcomes. Whether it be for a senior with Alzheimer's or a child with special needs the required attention can be non-stop; and*
- WHEREAS, caregiving affects the whole family, family time and mealtime are extremely important in the caregiving setting. Ensuring that the caregiver and family members get the proper nutrition is important for maintaining strength, energy, stamina, and a positive attitude; 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, Hildy Stern, Mayor of the City of Manhattan Beach, California, on behalf of the City Council and the residents of Manhattan Beach, do hereby recognize November 2021, as

National Family Caregivers Month

and encourage everyone to remember that in order for caregivers to provide the best care possible, they must also take care of themselves.

DATED this 2nd day of November, 2021.

ATTEST:

CITY CLERK LIZA TAMURA

MAYOR HILDY STERN

