

Office of the Mayor
City of Fort Lauderdale

Proclamation

**In Recognition of
Family Caregivers Month
November 2016**

- WHEREAS,** the first rule of taking care of others is “Take care of yourself first.” Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation’s 90 million family caregivers; and
- WHEREAS,** one out of five caregivers agree they have sacrificed their own physical health while caring for a loved one. This incidence is even higher in “high burden of care” roles; and
- WHEREAS,** nutritious eating helps promote good health. Ensuring proper nutrition is key to helping caregivers maintain strength, energy and stamina, as well as support their immune systems. Maintaining a healthy diet is one of the most powerful things caregivers can do to take care of themselves; and
- WHEREAS,** poor nutrition is a problem for many older adults. Up to half of all older adults (caregivers and patients) are at risk for malnutrition. Many times this risk goes undetected, leading to loss of strength, health complications, longer hospital stays, and increased re-admissions. Recognizing nutrition as a vital sign of older adult health and including malnutrition screening and intervention in healthcare quality initiatives can help improve recovery from illness, which benefits everyone in the family; and
- WHEREAS,** the recognition of families as valued caregivers is growing every year, it is even more important to encourage them to take care of themselves and their own nutrition as well as the nutrition of their loved ones so they can continue to give the heartfelt care on which their loved ones depend; and
- WHEREAS,** only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to “take care to give care!”

NOW, THEREFORE, WE, as City Commissioners of the City of Fort Lauderdale, Florida, do hereby proclaim, **November 2016** as:

National Family Caregivers Month

in the city of Fort Lauderdale and do urge family care givers in our city to “take care to give care.”

DATED this, the 18th day of November 2016.



A handwritten signature in green ink that reads "John P. Seiler".

Mayor John P. “Jack” Seiler



“Fort Lauderdale: The City You Never Want To Leave”