



# *Proclamation*

## **September Senior Centers Month**

**WHEREAS**, older adults are opting to "age in place" and live in their own home independently and safely without losing their quality of life and Senior Centers are undoubtedly an invaluable part of that process; and

**WHEREAS**, Senior Centers serve as a community hub for older adults, connecting them to indispensable services to maintain and elevate wellbeing through a combination of life engagement and both cognitive and physical stimulation; and

**WHEREAS**, a Senior Center can help combat depression and without a doubt improve a person's wellbeing; and

**WHEREAS**, older adults who feel lonely and isolated are more likely to have poor physical and/or mental health and; and

**WHEREAS**, Senior Centers are important because intergenerational members of the community can come together to promote a positive image of aging as we all grow older; and

**WHEREAS**, Senior Centers advocate for meaningful senior programs and resources.

**NOW, THEREFORE**, I, Damien Boley, Mayor of the City of Smithville do hereby proclaim September 2024 as Senior Centers Month. This year's theme for National Senior Center Month is "Powering Connections".

Dated this 5<sup>th</sup> day of September 2024

  
Damien Boley, Mayor