



City of Harrisonburg, Virginia

Office of the Mayor

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Deanna R. Reed
Mayor

National Family Caregivers Month Caregiving Around the Clock November 2017

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, 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 managing medications for their loved one. 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 is 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 Mayor Deanna R. Reed of the City of Harrisonburg, Virginia, does hereby recognize November 2017 as National Family Caregivers Month with the endorsement of Valley Program for Aging Services and the Institute for Innovation in Health and Human Services at James Madison University and with the theme "Caregiving Around the Clock" in Harrisonburg, Virginia.

GIVEN under my hand this 24th day of October 2017.

BY: _____
Deanna R. Reed, Mayor

ATTEST: _____
Pamela S. Ulmer, Deputy City Clerk

The Friendly City