

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: Aging is a normal and natural process that everyone undergoes, yet it can present challenges such as increased rates of chronic diseases including hypertension, diabetes, dementia, and arthritis; and

WHEREAS: The way an individual ages depends on a multitude of factors including heredity, physical health, mental health, lifestyle, and nutrition; and

WHEREAS: Remaining physically active, eating a balanced diet, being involved in your community, using preventative services such as cancer screenings, and most importantly managing your health can help you age in a graceful manner and decrease the likelihood of developing chronic conditions; and

WHEREAS: The number of older adults continues to grow in the United States; by the year 2030, 1 in 5 adults are projected to be 65 years or older; and

WHEREAS: According to 2020 census data, older adults account for 21.5% of Tioga County's population. Prioritizing healthy aging is crucial; and

WHEREAS: With an aging population comes an increased need for healthcare, long-term care, social services, senior housing, and other resources that support adults as they age; and

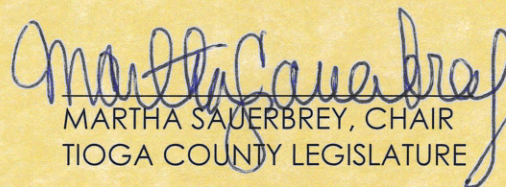
WHEREAS: Current resources for older adults in Tioga County include, but are not limited to, programs offered through Tioga Opportunities, Tioga County Department of Social Services, Tioga County Mental Hygiene, and Tioga County Public Health. Available services include congregate dining and home delivered meals, programs and activities for older adults, protective services, long term care services, and free home safety checks; therefore

The TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of September 2022 as:

HEALTHY AGING MONTH

and urges all residents 65 years and older to utilize available programs and services in our community, visit their primary care provider regularly, make healthy lifestyle choices, and enjoy their lives!

Dated: September 13, 2022


MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE

