

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

Championing your health is about making daily choices that support your body and mind. Small, consistent actions — from preventive care to staying socially connected — can help people maintain their health and independence as they age.

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

NOW THEREFORE BE IT RESOLVED, we the council of the Borough of Bloomingdale do hereby proclaim, May 2026 to be *Older Americans Month*. We urge every resident to celebrate our older citizens, and encourage older adults to take an active role in their health.

Dated: April 21, 2026
John D'Amato, Mayor