



# PROCLAMATION

ONE CITY. ONE JACKSONVILLE.

**WHEREAS:** More than 90 million Americans today serve as caregivers for their loved ones, committed to providing around-the-clock care. This selfless experience can be rewarding, but it is also physically and emotionally demanding. The stress of dealing with these responsibilities leads to a higher risk of health issues; and

**WHEREAS:** These caregivers provide for a variety of daily needs, which can include assisting with self-care, administering medication, providing emotional support, caring for the family and home, and earning income by working outside the home; and

**WHEREAS:** Adults of all ages are among the ranks of family caregivers, according to a 2015 study by AARP and the National Alliance for Caregiving. Often the recipient is a spouse with dementia or heart disease who needs a high level of care for 34 hours or more a week, and the caregiver has been providing that help for more than five years; and

**WHEREAS:** By providing billions of dollars' worth of caregiving services each year, they dramatically reduce the demands on our Nation's health care system and make an extraordinary contribution to the quality of life of their loved ones; and

**WHEREAS:** As the residents of Jacksonville age an increasing percentage will either need a caregiver or be a caregiver. Caregivers often experience burn out and it is increasingly important to encourage these individuals to also focus on their own health and wellbeing so that they may continue to deliver the devoted care upon which their loved ones depend.

**NOW, THEREFORE, I, LENNY CURRY,** by virtue of the authority vested in me as mayor of Jacksonville, Florida, do hereby proclaim November 2020 as

## CAREGIVERS MONTH

in Jacksonville and call upon all citizens to recognize and support those who work tirelessly and generously to care for loved ones who are unable to care for themselves.



IN WITNESS THEREOF, this *30th* day of *October*  
in the year Two Thousand *Twenty*

*Lenny Curry*

MAYOR

CITY OF JACKSONVILLE, FLORIDA