



Executive Proclamation

WHEREAS, Milwaukee County is home to more than 192,000 residents age 60 years and older who contribute their time, wisdom, and experience to our community; and

WHEREAS, May is recognized nationally as Older Americans month and this year's theme, "Champion Your Health", underscores the importance of good nutrition, disease prevention, wellness activities, and social engagement as cornerstones of healthy aging; and

WHEREAS, the 2026 theme, *Champion Your Health*, emphasizes prevention, wellness, and personal responsibility as essential components of healthy aging, encouraging older adults to take an active role in managing their health, advocating for themselves, and accessing preventive care; and

WHEREAS, Older adults lead healthier lives by staying up to date with preventative care and screenings, building and maintaining social connections that support emotional well-being, choosing nutritious meals, engaging in regular physical activity to maintain strength and mobility, and self-advocacy that informs your decisions and expresses your needs; and

WHEREAS, Milwaukee County's Area Agency on Aging hosts a variety of evidence-based disease prevention and health promotion classes, offers nutritious meals at sites throughout the county, and encourages socialization and active community engagement through senior centers, volunteer opportunities, and the Commission on Aging; and

WHEREAS, this annual observance provides an opportunity for governments, nonprofits, health providers, and community organizations to promote resources, expand access to supportive services, and celebrate the diverse experiences of older adults; and

WHEREAS, National Senior Health & Fitness Day will also be celebrated on the last Wednesday of May at senior centers throughout the county and will highlight the many opportunities offered through Aging Services to "Champion Your Health"; now therefore,

I, DAVID CROWLEY, County Executive of Milwaukee County, do hereby proclaim the month of May 2026 as

Older Americans Month

throughout Milwaukee County and call upon all residents to champion their health by engaging in the many opportunities offered through the Older Americans Act that foster evidence-based health promotion and disease prevention, socialization, good nutrition, caregiver support, and self-advocacy.

David Crowley
Milwaukee County Executive