

Resolution No. 2019 - 186

RESOLUTION OF THE SOLANO COUNTY BOARD OF SUPERVISORS RECOGNIZING SEPTEMBER 23 - 29, 2019 AS FALL PREVENTION AWARENESS WEEK IN SOLANO COUNTY

WHEREAS, the County of Solano has more than 99,000 residents who are age 60 years and older; and

WHEREAS, the California State Department of Finance, Demographic Research Unit projects Solano County's senior population to increase by 23% to over 122,000 by 2024; and

WHEREAS, the County of Solano and the Napa/Solano Area Agency on Aging plan and administer a variety of federal, State and local programs to assist older and functionally impaired adults and their families to maximize self-sufficiency, safety, health and independence; and

WHEREAS, a Fall Prevention Program has been established by the federal Older Americans Act and the Older Californians Act has established a similar fall prevention program aimed at reducing falls among older adults, thereby allowing seniors to live healthy and independent lives; and

WHEREAS, the Fall Prevention Program may include funding from Title III B and Title III D of the Older Americans Act; and


WHEREAS, local Fall Prevention activities include: Tai Chi Quan strength and balance training; A Matter of Balance classes which can reduce the fear of falling and increase activity levels; and Bingocize classes to improve lower/upper body strength, encourage social engagement and provide knowledge of the risk for falls; and

WHEREAS, Solano County's seven cities have senior centers and other community-based agencies that provide a myriad of opportunities for seniors to stay active and engaged in maintaining their own physical and mental health and the well-being of their communities.

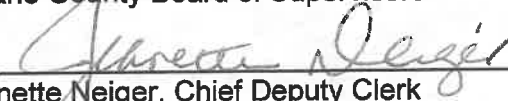
NOW, THEREFORE BE IT RESOLVED, that the Solano County Board of Supervisors does hereby recognize September 23 - 29, 2019 as Fall Prevention Week in Solano County and encourages all seniors to stay actively engaged to maximize self-sufficiency, safety, health and independence.

Dated this 24th day of September, 2019




ERIN HANNIGAN, Chairwoman
Solano County Board of Supervisors

ATTEST:
BIRGITTA E. CORSELLO, Clerk
Solano County Board of Supervisors

By: 
Jeanette Neiger, Chief Deputy Clerk