

**REQUEST FOR BOARD ACTION**

**HENDERSON COUNTY  
BOARD OF COMMISSIONERS**

**MEETING DATE:** October 18, 2017

**SUBJECT:** Proclamation – National Family Caregivers Month –  
November 2017

**PRESENTER:** Carol McLimans, Land-of-Sky

**ATTACHMENTS:** YES

1. Proclamation
2. Request from Land-of-Sky

**SUMMARY OF REQUEST:**

The Land-of-Sky has requested the Board of Commissioners adopt the attached Proclamation proclaiming November 2017 as National Family Caregivers Month with the theme “Caregiving Around the Clock” in Henderson County, North Carolina.

**BOARD ACTION REQUESTED:**

The Board is requested to adopt the Proclamation as presented.

**Suggested Motion:**

*I move the Board of Commissioners adopts the Proclamation as presented, proclaiming November 2017 as National Family Caregivers Month with the theme “Caregiving Around the Clock” in Henderson County, North Carolina*

# HENDERSON COUNTY BOARD OF COMMISSIONERS

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## PROCLAMATION

### National Family Caregivers Month

#### *Caregiving Around the Clock*

**November 2017**

**WHEREAS**, over 90 million Americans today are family caregivers for their loved ones; and

**WHEREAS**, a large number of them are finding themselves providing care 24-hours a day/7-days a week; and

**WHEREAS**, although caregiving can be a rewarding experience, it is not without its consequences such as stress, poor health, and caregiver burnout; and

**WHEREAS**, six out of 10 family caregivers juggle everyday life tasks such as preparing the children for school, managing household responsibilities, and work full- or part-time. In addition, they have the added responsibility of managing medications for their loved one. Whether it be for a senior with Alzheimer's or a child with special needs the required attention can be non-stop; and

**WHEREAS**, caregiving affects the whole family, family time and mealtime are extremely important in the caregiving setting. Ensuring that the caregiver and family members get the proper nutrition is important for maintaining strength, energy, stamina, and a positive attitude; and

**WHEREAS**, making time for yourself and the family protects a family caregiver's own health, strengthens family relationships, prevents burnout and can enable a care recipient to stay at home up to three times longer. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today; and

**WHEREAS**, with the responsibility of family caregivers in our country is growing every year, it is even more essential to encourage these heroes to take some time for respite so they may continue their mission of providing that loving care that only they can provide.

**Now, therefore, be it resolved**, that the Henderson County Board of Commissioners do hereby recognize November 2017 as National Family Caregivers Month with the theme "Caregiving Around the Clock" in Henderson County, North Carolina

This the 18<sup>th</sup> day of October, 2017.

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J. Michael Edney, Chairman

Attest:

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Teresa L. Wilson, Clerk to the Board

## Terry Wilson

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**From:** Carol McLimans <carol@landofsky.org>  
**Sent:** Wednesday, September 27, 2017 12:12 PM  
**To:** Terry Wilson  
**Subject:** Proclamation for National Family Caregiver Month-November  
**Attachments:** Henderson Proclamation.docx

**Follow Up Flag:** Follow up  
**Flag Status:** Flagged

Hi Terry

I left a voice mail message about this request.

November is National Family Caregiver Month.

I've attached a National Family Caregiver Month proclamation that I would like the commissioners to adopt at an Oct meeting. I can attend a meeting to accept this. Please let me know when it will be on their agenda.

Please call or email me if you have questions or need additional information.

Thank you.

**Carol McLimans, MA**

Family Caregiver Specialist

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