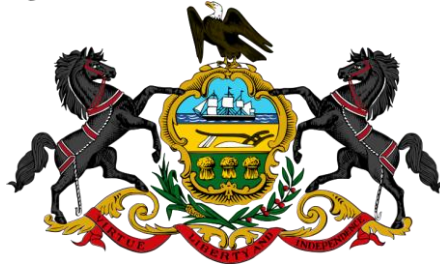


# County of Westmoreland



## PROCLAMATION

### NATIONAL SENIOR CENTER MONTH

SEPTEMBER 2014

**WHEREAS**, the month of September is devoted to celebrating Senior Centers and their contribution to improving the quality of life for older adults; and

**WHEREAS**, Senior Centers have been promoting independence with food, fellowship and fun for 40 years. This year's theme, "Senior Centers – Experts at Living Well" focuses attention on the variety of health and fitness classes that empower older adults to make choices that help them become "Experts at Living Well"; and

**WHEREAS**, centers provide supports to enable older adults to stay at home, where the vast majority want to remain. Westmoreland County Centers reached more than 2,000 persons last year and served 75,000 lunch meals. Centers also delivered over 125,000 meals to the homebound, helping to reduce nutritional risk; and

**WHEREAS**, here in Westmoreland County, **It's a New Day** and Centers are changing with the times. The 13 Centers for Active Adults celebrate the month with Open Houses and welcome all to visit and discover their non-traditional activities such as biking, brain games, book clubs and yoga; and

**WHEREAS**, centers offer lifelong learning through day trips to the theatre and in-house programs; exercising the mind and keeping older adults engaged in their communities, which reduces isolation and improves outlook and promote wellness with health promotion activities like fall prevention workshops to improve balance, chronic disease self-management classes to empower individuals and fun fitness classes like aerobics and line-dancing to increase stamina and heart health.

**THEREFORE**, We, the Commissioners of Westmoreland County, Charles Anderson, Tyler Courtney and Ted Kopas, do hereby proclaim September 2014 as Senior Center Month and encourage all citizens to recognize the importance of the programs at the Centers for Active Adults that contribute to the well-being and enhance the lives of older adults.

**IN WITNESS THEREOF**, we have hereunto set our hands and caused the Seal of Westmoreland County to be affixed this 11<sup>th</sup> day of September, 2014.

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*Charles W. Anderson, Chairman*

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*R. Tyler Courtney, Vice- Chairman*

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*Ted Kopas, Secretary*

*Board of County Commissioners*