

City of Michigan City

Indiana



Proclamation

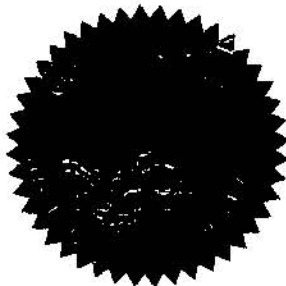
- WHEREAS:** Indiana has 777,506 persons aged 65 and older, representing 12.4 percent of the total population; and
- WHEREAS:** Older Hoosiers – even those with disabilities – can age in a healthy way with a high quality of life that is rich in social connections and purpose; and
- WHEREAS:** an inactive lifestyle can cause older adults to lose ground in four areas of health: strength, balance, flexibility and endurance; and
- WHEREAS:** Advances in medicine, public health, science and technology are keeping Americans healthier and stronger, adding years to our lives; and
- WHEREAS:** In addition to maintaining a healthier lifestyle, older persons must take steps to plan for later life; and
- WHEREAS:** Life expectancy has increased for both men (to 74.7 from 74.4) and women (to 79.9 from 79.8); and
- WHEREAS:** Among the nation's leading causes of death, there were declines in mortality from heart disease (3 percent decline), stroke (nearly 3 percent decline) and cancer (1 percent decline) in the past year; and
- WHEREAS:** Mortality rates have increased for some leading causes of death including Alzheimer's (up 5.8 percent), influenza and pneumonia (up 3.2 percent) and high blood pressure (up 2.9 percent) in the past year; and
- WHEREAS:** Indiana has 16 Area Agencies on Aging that provide a variety of services to enable older Hoosiers to maintain an active, healthier lifestyle and combat Alzheimer's Disease and other illnesses often associated with aging.

NOW, THEREFORE, I CHARLES E. OBERLIE, Mayor of the City of Michigan City, do hereby proclaim the month of May, 2007 as:

OLDER AMERICANS MONTH

In the City of Michigan City and ask that all citizens recognize the importance of a healthy lifestyle as we age and to be cognizant of this Older Americans Month

DATED THIS 1st DAY OF MAY, 2007



Charles E. Oberlie

Charles E. Oberlie, Mayor
City of Michigan City

ATTEST:

Thomas F. Fedder

Thomas F. Fedder