

**MOTION BY SUPERVISORS JANICE HAHN
AND HILDA L. SOLIS**

AGN. NO.
May 5, 2026

Declaring May 2026 as Older Americans Month and May 29, 2026 as Older Americans Recognition Day in Los Angeles County.

Los Angeles County is home to a growing and vibrant population of older adults whose leadership, experience, and continued contributions strengthen families, neighborhoods, and communities throughout the region. Older adults serve as caregivers, volunteers, mentors, and advocates, playing a vital role in civic life while helping to build stronger and more resilient communities.

The County recognizes the lasting impact older adults have made through decades of service, work, and community engagement. Their knowledge, dedication, and commitment continue to shape our communities while inspiring future generations. Recognizing and celebrating these contributions helps foster respect, inclusion, and opportunities for older adults to remain active, engaged, and connected.

Each May, Older Americans Month, led by the Administration for Community Living, recognizes the important role older adults play in our communities and highlights opportunities to support healthy aging, engagement, and independence.

The 2026 theme, “Champion Your Health,” emphasizes prevention, wellness, and personal responsibility as cornerstones of healthy aging. The theme encourages individuals to take an active role in managing their health, advocating for themselves, accessing

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preventive care, and making informed decisions that support independence and well-being. The Los Angeles County Aging & Disabilities Department, through its Area Agency on Aging and network of community-based partners, supports these efforts by providing programs and services that promote health, wellness, and independence among older adults. These include evidence-based health promotion and disease prevention programs, nutrition services, caregiver support, and other initiatives designed to help older adults remain healthy, active, and engaged in their communities.

Engaging in meaningful activities provides a sense of purpose and contributes to positive health outcomes, while maintaining connections with family, friends, and the community improves overall well-being and quality of life. As our communities continue to grow and residents live longer, supporting opportunities for older adults to remain engaged, independent, and included benefits not only older residents but the entire community.

WE, THEREFORE, MOVE that the Board of Supervisors:

1. Proclaim the month of May 2026 as Older Americans Month;
2. Adopt the attached proclamation for May 2026's "Older Americans Recognition Month";
3. Direct the Aging & Disabilities Department to work with County Communications and other County departments that engage with or support older adults, to include information on their websites and social media about available resources and services for this population; and
4. Direct the Aging & Disabilities Department to coordinate with the appropriate County departments and the Los Angeles County Commission for Older Adults (LACCOA), to organize the 61st Annual Older Americans Recognition Day Awards Program and to be held Friday, May 29, 2026, at Aging & Disabilities Department Headquarters.

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OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

“OLDER AMERICANS RECOGNITION MONTH”

May 2026

WHEREAS, Older Americans Month is observed each May to recognize the contributions of older adults and to highlight the importance of supporting their health, independence, and well-being; and

WHEREAS, the 2026 theme, *Champion Your Health*, promotes prevention, wellness, and personal responsibility as essential elements of healthy aging; and

WHEREAS, it is essential to recognize the importance of programs and services that promote health, prevent disease, and support the overall well-being of older adults

WHEREAS, Los Angeles County is home to a growing population of older adults who contribute to the strength and vitality of our communities through service, leadership, and civic engagement; and

WHEREAS older adult residents reinvest their resources in their communities through sharing their wisdom, talents and time with others; and

WHEREAS, older adult volunteers support youth, assist individuals experiencing homelessness, contribute to food distribution efforts, advocate for residents in long term care facilities, deliver and serve meals, provide transportation to older adults with limited mobility, and volunteer in community hospitals; and

WHEREAS, through these efforts and many others, older adults continue to make meaningful and lasting contributions that strengthen communities and improve the quality of life for residents across Los Angeles County;

NOW, THEREFORE, BE IT RESOLVED by the Board of Supervisors of the County of Los Angeles that the month of May is declared Older Americans Month, and that Friday, May 29, 2026, is designated Older Americans Recognition Day and encourages all residents to support and celebrate older adults in our communities.

Dated: May 5, 2026

