

City of Kenmore, Washington Proclamation

WHEREAS, every person, regardless of their stage in life, deserves wellness and stability; and

WHEREAS, falls are the leading cause of injury, death, and the most common cause of nonfatal injuries and hospital admissions for trauma among those 65 years old or older; and

WHEREAS, the City of Kenmore strives to continue increased public awareness and educate older adults, caregivers, and healthcare providers about risk factors of falls and how to prevent falls; and

WHEREAS, many falls can be prevented through evidence-based interventions, physical activity, home modifications, regular health check-ups including vision and hearing, and talking to your family and asking for support; and

WHEREAS, Falls Prevention Awareness Week provides an opportunity for individuals, families, and organizations to learn about fall prevention strategies and to take steps to create safer environments; and

WHEREAS, the City joins organizations and partners to raise awareness of preventing falls, reducing the risk of falls, and helping older adults live without fear of falling.

NOW THEREFORE, I, Melanie O'Cain, Deputy Mayor of the City of Kenmore, on behalf of the City Council, do hereby proclaim the week of September 23-27, 2024, to be **Falls Prevention Awareness Week** throughout the City of Kenmore. We want to encourage the community to play a role in falls prevention and empower older adults in taking action to reduce the risk of falling.

IN WITNESS WHEREOF, signed this 9th day of September 2024.

Signed: Melanie O'Cain
Melanie O'Cain, Deputy Mayor

Attested: Anastasiya Warhol
Anastasiya Warhol, City Clerk