

CITY OF FRESNO

Office of Councilmember Mike Karbassi

WHEREAS, *the first rule of taking care of others is take care of yourself first. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers including thousands here providing care to loved ones throughout Central California; and*

WHEREAS, *the stress of caregiving influences physical health. One out of five caregivers surveyed agreed that they have sacrificed their own physical health while caring for a loved one. This incidence is even higher in "high burden of care" roles; and especially during these unprecedented challenges that COVID-19 presents; and*

WHEREAS, *the recognition of families as valued caregivers is growing every year in our country, it is even more important to encourage them to take care of themselves and their own nutrition as well as the nutrition of their loved ones so they can continue to give the heartfelt care on which their loved ones depend; and*

WHEREAS, *family caregivers have the best interests of their loved ones at heart. A family caregiver must remember to pay attention to their own physical and mental wellness, and get proper rest and nutrition.*

NOW, THEREFORE BE IT RESOLVED, *that we, Mayor Jerry Dyer and Fresno City Councilmembers, do hereby recognize November 2021 as National Family Caregivers Month, and acknowledges and thank Valley Caregiver Resource Center for their decades-long Valley tradition of providing information, assistance, support and education on all aspects of care for those giving care and those receiving care;*

BE IT FURTHER RESOLVED, *that we, Mayor Jerry Dyer and Fresno City Councilmembers, do hereby proclaim November 2021 to be:*

“Valley Caregiver Resource Center Month”

in the City of Fresno.

IN WITNESS WHEREOF, we have hereunto set our hands and affixed the seal of the City of Fresno, California, this 2nd day of December 2021.