



A Proclamation by the Governor

WHEREAS, the first rule of taking care of others is "take care of yourself first," as caregiving can be a rewarding experience, but it is also physically and emotionally demanding, and the stress of caregiving responsibilities leads to a higher risk of health issues among the nation's 90 million family caregivers; and

WHEREAS, one in five caregivers surveyed agreed they have sacrificed their own physical health while caring for a loved one; and

WHEREAS, a nutritious diet helps promote good health, and ensuring proper nutrition is key to helping caregivers maintain their strength, energy and stamina, as well as support their immune systems; and

WHEREAS, up to half of all adults, caregivers as well as patients, are at risk for malnutrition, and many times this risk goes undetected, leading to loss of muscle strength, health complications, longer hospital stays, and increased re-admissions; and

WHEREAS, the recognition of families as valued caregivers is growing every year, and it is important to encourage caregivers to take care of themselves, 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, and a caregiver must remember to attend to their own physical and mental wellness, and get proper rest and nutrition as only by taking care of yourself can you be strong enough to take care of your family;

NOW, THEREFORE, I, BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA, do hereby proclaim November 2016 as

FAMILY CAREGIVER MONTH IN NEVADA



In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 24th day of October, 2016.

By the Governor:

Governor

Barbara K. Cogan
Secretary of State

By

Scott W. Anderson
Deputy