

**STATE OF ARKANSAS**  
**EXECUTIVE DEPARTMENT**

**PROCLAMATION**

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: The first rule of taking care of others is to 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; and

WHEREAS: The stress of caregiving influences physical health. One out of five caregivers surveyed agreed they have sacrificed their own physical health while caring for a loved one. This incidence is even more common in high-burden-of-care roles; and

WHEREAS: Nutritious eating helps promote good health. Ensuring proper nutrition is key to helping caregivers maintain their strength, energy and stamina, as well as support their immune systems. Maintaining a healthy diet is one of the most powerful things caregivers can do to take care of themselves; and

WHEREAS: Poor nutrition is a problem for many older adults. Up to half of all older adults (caregivers as well as patients) are at risk for malnutrition. Many times this risk goes undetected, leading to loss of muscle strength, health complications, longer hospital stays and increased re-admissions. Recognizing nutrition as a vital sign of older adult health and including malnutrition screening and intervention in healthcare quality initiatives can help improve recovery from illness and hospitalization, which benefits everyone in the family; 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

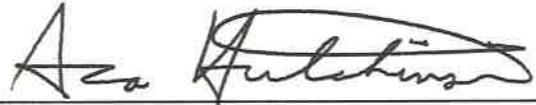
WHEREAS: Family caregivers have the best interests of their loved ones at heart. A family caregiver must remember to pay attention to their own physical and mental wellness and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really need to take care to give care;

NOW, THEREFORE, I, ASA HUTCHINSON, Governor of the State of Arkansas, by virtue of the authority vested in me by the laws of the State of Arkansas, do hereby proclaim November 2016, as

**NATIONAL FAMILY CAREGIVERS MONTH**

across the State, and I urge all citizens to remember they must "Take Care to Give Care."

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 2<sup>th</sup> day of September, in the year of our Lord 2016.



Asa Hutchinson, Governor



Attest:



Mark Martin, Secretary Of State