

STATE OF ARKANSAS
EXECUTIVE DEPARTMENT

PROCLAMATION

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: Over 90 million Americans today are family caregivers for their loved ones; and

WHEREAS: A large number of them are finding themselves providing care 24-hours a day/7-days a week; and

WHEREAS: Although caregiving can be a rewarding experience, it is not without its consequences such as stress, poor health, and caregiver burnout; and

WHEREAS: Six out of 10 family caregivers juggle everyday life tasks such as preparing the children for school, managing household responsibilities, and work full or part time. In addition, they have the added responsibility of managing medications for their loved one. Whether it be for a senior with Alzheimer's or a child with special needs, the required attention can be non-stop; and

WHEREAS: Caregiving affects the whole family unit. Family time and mealtime are extremely important in the caregiving setting. Ensuring that the caregiver and family members get the proper nutrition is important for maintaining strength, energy, stamina, and a positive attitude; and

WHEREAS: Making time for one's self and the family protects a family caregiver's own health, strengthens family relationships, prevents burnout, and can enable a care recipient to stay at home up to three times longer. Taking opportunities to re-energize is vital in order for an individual to be as good a caregiver tomorrow as they were today; and

WHEREAS: With the responsibility of family caregivers in our country growing every year, it is even more essential to encourage these heroes to take some time for respite so they may continue their mission of providing loving care from a personal position;

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 2017 as

NATIONAL FAMILY CAREGIVERS MONTH IN ARKANSAS

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 6th day of October, in the year of our Lord 2017.



Asa Hutchinson, Governor

Mark Martin, Secretary Of State