



*"The Peak of Good Living"*

# TOWN OF APEX NORTH CAROLINA

## *Proclamation*

### Older Americans Month 2026

*from the Office of the Mayor*

WHEREAS, Older Americans Month, observed each May, is a time to recognize the countless contributions, experiences, and achievements of older adults while reaffirming our commitment to supporting their health, independence, and well-being; and,

WHEREAS, the 2026 theme, "Champion Your Health," emphasizes the importance of wellness, prevention, and self-care, encouraging individuals to take an active role in maintaining their physical, mental, and emotional health as they age; and,

WHEREAS, older adults are vital members of our community, contributing their time, talents, and leadership through volunteering, mentoring, civic engagement, and participation in local programs and activities; and,

WHEREAS, the Town of Apex is home to 16,785 residents age 55 and older, each bringing unique life experiences, knowledge, and value that strengthen the fabric of our community; and,

WHEREAS, older adults in Apex have access to a wide range of opportunities throughout the community – including Town of Apex facilities & parks, local organizations, and civic groups – that support championing their health through active living, connection, learning, and engagement; and,

WHEREAS, the Town of Apex is committed to fostering an environment where older adults can thrive by supporting active lifestyles, encouraging preventive health practices, reducing social isolation, and promoting opportunities for engagement, purpose, and connection.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim the Month of May 2026 as Older Americans Month in the Town of Apex, and encourage all residents to recognize, celebrate, and support older adults in our community as they continue to champion their health and enrich the lives of those around them.

I hereby set my hand and have caused the Seal of the Town of Apex, North Carolina, to be affixed this the 28th day of April, 2026

Jacques Gilbert, Mayor