

**CITY OF BALTIMORE
COUNCIL BILL 07-0334R
(Resolution)**

Introduced by: Councilmember Holton, President Rawlings-Blake, Councilmembers Kraft,
D'Adamo, Curran, Harris, Spector, Middleton, Conaway, Welch, Reisinger, Mitchell, Crider,
Clarke

Introduced and adopted: September 24, 2007

A COUNCIL RESOLUTION CONCERNING

**In Appreciation of Baltimore City Seniors on
the Occasion of the Celebration of Annual Active Aging Week 2007**

FOR the purpose of expressing appreciation for the many contributions of Baltimore City seniors to the preservation of our families, the safeguarding of our heritage, and the enhancement of our entire quality of life; and celebrating these esteemed members of our community during Annual Active Aging Week 2007 and throughout the year.

Recitals

The Census Bureau's 2006 American Community Survey shows that of Baltimore's estimated population of 631,366, there are an estimated 76,132 residents over the age of 65. The survey of grandparents shows that 19,944 live with their own grandchildren under 18 years old, and 16.8% of householders or their spouses are responsible for their grandchildren, with no parent of the grandchildren present. Of these grandparents, 24.6% had income below the poverty line in the past year prior to the survey, and 40.9% had some disability.

Last month, the City Council adopted a resolution in recognition of National Grandparents Day, giving official thanks for the gift of grandparents and paying special tribute to the wonderful people who have "stepped up to the plate" to care for the children whose parents are struggling with substance abuse, mental illness, incarceration, economic hardship, divorce, domestic violence, and other challenges.

As the world enters what the World Health Organization coins the "age of aging", health and wellness for the 50-plus population has become one of the most pressing issues of the day. The International Council on Active Aging (ICAA) recognizes that one of the most effective ways to stay healthy is to stay active, and, in response to the impending boom in the number of older adults worldwide, is promoting Active Aging Week with this year's theme of "Choose an Active Life".

The ICAA CEO states that this year's theme was chosen to emphasize that we all have a choice to contribute to our own health and well-being. Current research suggests that the top concerns of older adults include running out of money and losing their health. Staying active is a means of preserving one's health which, in the long run, will aid in saving money that would have had to go to healthcare costs.

Acting Aging Week is an annual event held the last week in September, culminating on October 1, International Day of Older Persons. It was initiated by the International Council on

EXPLANATION: Underlining indicates matter added by amendment.
~~Strike out~~ indicates matter deleted by amendment.

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1 Active Aging to give as many older adults as possible the means to experience activities and
2 exercise in a safe, friendly, and fun atmosphere. During the week, host organizations provide a
3 variety of free activities, classes, educational seminars, access to fitness facilities, health fairs,
4 community walks and tennis matches. Locally, the Commission on Aging and Retirement
5 Education, in partnership with Baltimore’s Senior Centers, invited Baltimoreans to visit local
6 senior centers and participate in their daily activities and encourages them to participate in
7 outdoor activities with loved ones, reminding us all that an “active senior is a healthy senior!”

8 We encourage older Baltimoreans to remember to take care of themselves as they so
9 selflessly go about taking care of the many people who are the lucky recipients of their love and
10 support.

11 **NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF BALTIMORE,** That this
12 Body appreciates the many contributions of Baltimore City seniors to the preservation of our
13 families, the safeguarding of our heritage, and the enhancement of our entire quality of life; and
14 celebrates these esteemed members of our community during Annual Active Aging Week 2007
15 and throughout the year.

16 **AND BE IT FURTHER RESOLVED,** That a copy of this Resolution be sent to the Mayor, the
17 Executive Director and Commissioners of CARE, and the Mayor’s Legislative Liaison to the
18 City Council.