



Whereas, May is Older Americans Month, a time for us to recognize and honor older adults and their immense influence on every facet of American society; and

Whereas, through their wealth of life experience and wisdom, older adults guide our younger generations and carry forward abundant cultural and historical knowledge; and

Whereas, older Americans improve our communities through intergenerational relationships, community service, civic engagement, and many other activities; and

Whereas, communities benefit when people of all ages, abilities, and backgrounds have the opportunity to participate and live independently; and

Whereas, the City of Rockville must ensure that older Americans have the resources and support needed to stay involved in their communities — reflecting our commitment to inclusivity and connectedness; and

Therefore, the Mayor and Council of the City of Rockville, Maryland, do hereby proclaim **May 2026 is Older Americans Month.** This year's theme, "**Champion Your Health,**" focuses on prevention, wellness, and personal responsibility as key aspects of healthy aging. It encourages older adults to take an active role in managing their health, advocating for themselves, and making informed decisions that support independence. We call upon all residents to recognize the contributions of our older residents and promote programs and activities that foster connection, inclusion, and support for older adults.


Monique Ashton, Mayor
Kate Fulton, Councilmember
Izola (Zola) Shaw, Councilmember
Barry Jackson, Councilmember
Manissa Valeri, Councilmember
David Myles, Councilmember
Adam Van Grack, Councilmember

May 4, 2026