



## STATE of MINNESOTA

# Proclamation

- WHEREAS: Caregiving can be a rewarding experience, but it is physically and emotionally demanding; and
- WHEREAS: The stress of dealing with caregiving responsibilities leads to higher risks of health issues for the nation's 90 million family caregivers; and
- WHEREAS: One out of five caregivers surveyed agreed they have sacrificed their own physical health, while caring for a loved one; and
- WHEREAS: Maintaining a healthy diet is one of the most important things caregivers can do to take care of themselves; and
- WHEREAS: The recognition of families as valued caregivers is growing every year; and
- WHEREAS: It is imperative to encourage caregivers to take care of themselves and their own nutrition, as well as the nutrition of their loved ones, so they can continue to provide care; and
- WHEREAS: Family caregivers must remember to pay attention to their own physical and mental wellness, and get proper rest and nutrition.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim the month of November 2016 as:

## FAMILY CAREGIVER MONTH

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 28<sup>th</sup> day of October.

  
GOVERNOR



SECRETARY OF STATE