



## *A Proclamation by the Governor*

**WHEREAS**, caregiving can be a rewarding experience, but it is also physically and emotionally demanding, and the stress of caregiving responsibilities leads to a higher risk of health issues among the nation's 90 million family caregivers; and

**WHEREAS**, one in five caregivers surveyed agreed they have sacrificed their own physical health while caring for a loved one; and

**WHEREAS**, up to half of all adults, including caregivers and patients, are at risk for malnutrition, and many times this risk goes undetected, leading to loss of muscle strength, health complications, longer hospital stays, and increased re-admissions; and

**WHEREAS**, a nutritious diet helps promote good health, and ensuring proper nutrition is key to helping caregivers maintain their strength, energy and stamina, as well as support their immune systems; and

**WHEREAS**, the recognition of families as valued caregivers is growing every year, and it is important to encourage caregivers to take care of themselves, so they can continue to provide the heartfelt care their loved ones depend on; and

**WHEREAS**, family caregivers have the best interests of their loved ones at heart, and a caregiver must remember to attend to their own physical and mental wellness, and get proper rest and nutrition;

**NOW, THEREFORE, I, BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA, do hereby proclaim November 2018 as**

### **FAMILY CAREGIVER MONTH IN NEVADA**



*In Witness Whereof*, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 23rd day of October, 2018.

By the Governor: \_\_\_\_\_ Governor

*Bailean K. Cegansko*  
Secretary of State

By \_\_\_\_\_ Deputy