

STATE OF ALASKA



Executive Proclamation *by* *Governor Sean Parnell*

WHEREAS, seniors are the fastest growing age group in our state, with 91,000 Alaskans over the age of 60; and

WHEREAS, falls are the leading cause of nonfatal injuries for Alaskans aged 65 and older, and are the leading cause of fatal injury for Alaskans 75 years and older; and

WHEREAS, approximately one-third of our seniors over the age of 65 and half of those over the age of 80 will fall each year, with those who have fallen once being two or three times more likely to fall again; and

WHEREAS, at \$19 million annually, the statewide cost of treating fall-related injuries is high; and hospitalizations resulting from falls rose in recent years; and

WHEREAS, elderly Alaskans can reduce the risk of falls by exercising regularly to increase strength and balance, reviewing medications with a doctor to guard against dizziness, maintaining updated vision and hearing aids, and obtaining improvements to make their homes more accessible; and

WHEREAS, family, friends, neighbors, and community organizations can support older Alaskans who desire to age independently in the privacy and comfort of their own homes by assisting with errands and keeping walkways and sidewalks clear of snow and ice.

NOW, THEREFORE, I, Sean Parnell, Governor of the State of Alaska, do hereby proclaim September 16 – 22, 2012 as:

Senior Fall Prevention Week

in Alaska, and encourage all Alaskans to commit to do their part in preventing falls and raising community awareness of the risk of falls for our senior Alaskans.

Dated: September 11, 2012



A blue ink signature of Sean Parnell.

Sean Parnell, Governor
who has also authorized the
seal of the State of Alaska to
be affixed to this proclamation.