



**Susana Martinez, Governor**  
*Kyky Knowles, Acting Cabinet Secretary*

**FOR IMMEDIATE RELEASE:**

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**Aging & Long-Term Services Department Recognizes  
New Mexico Seniors**  
*May is Older Americans Month*

**SANTA FE, NM** - The New Mexico Aging and Long-Term Services Department (ALTSD) recognizes May as Older Americans Month, and emphasizes the importance for older adults to be active and involved in their communities. The theme for this year's observance is "Engage at Every Age". Governor Susana Martinez issued an [Executive Proclamation](#) commemorating the observance.

"We take this opportunity to celebrate the many positive contributions from New Mexico seniors," said ALTSD Acting Cabinet Secretary Kyky Knowles. "Across the state, our seniors are working and volunteering, mentoring and learning, leading and engaging, and we couldn't be more grateful."

Engaging with friends and family and participating in community activities can enrich physical, mental, and emotion well-being for seniors. Remaining socially engaged can improve the quality of life for older adults.

In New Mexico and across the United States, adults ages 60 years of age and older is a rapidly growing population. According to the U.S. Census Bureau, approximately 434,000

New Mexicans are 60 years of age and older. By 2030, New Mexico is projected to have the third largest senior population, making up nearly a third of the state's residents.

ALTSD encourages healthy aging and independence, and provides an array of opportunities, including senior employment, volunteering, exercise, engagement, learning, and nutrition. Each year, the Aging and Long-Term Services Department and New Mexico's Aging Network, provide support to more than 100,000 elders in various forms including senior transportation, meals for seniors and caregiving.

To learn about more about opportunities and services provided by the New Mexico Aging and Long-Term Services Department, contact the Aging and Disability Resource Center at 1-800-432-2080 or by visiting [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us) and selecting 'Live Chat'.

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### *Partners in Lifelong Independence and Healthy Aging*

*The New Mexico Aging and Long-Term Services Department (ALTSD) provides accessible, integrated services to older adults, adults with disabilities, and caregivers to assist them in maintaining their independence, dignity, autonomy, health, safety, and economic well being, thereby empowering them to live on their own terms in their own communities as productively as possible.*



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

# Proclamation

**WHEREAS**, APPROXIMATELY 434,000 NEW MEXICANS ARE 60 YEARS OF AGE OR OLDER; AND

**WHEREAS**, BY 2030, APPROXIMATELY 682,000 NEW MEXICANS WILL BE 60 YEARS OF AGE OR OLDER, WHICH IS MORE THAN 30 PERCENT OF NEW MEXICO'S POPULATION; AND

**WHEREAS**, NEW MEXICO'S AGING AND LONG-TERM SERVICES DEPARTMENT IS COMMITTED TO HELPING ALL NEW MEXICANS LIVE HEALTHY, INDEPENDENT, HIGH-QUALITY LIVES, AND TO PROMOTING OPPORTUNITIES FOR ELDER EMPLOYMENT, VOLUNTEERISM, EXERCISE, ENGAGEMENT, LEARNING, AND NUTRITION; AND

**WHEREAS**, OLDER NEW MEXICANS ARE SHARING THEIR WISDOM AND EXPERIENCE WITH FUTURE GENERATIONS AND IMPROVING THEIR COMMUNITIES THROUGH WORKING AND VOLUNTEERING, MENTORING AND LEARNING, LEADING AND ENGAGING; AND

**WHEREAS**, NEW MEXICO ACKNOWLEDGES THE IMPORTANCE OF TAKING PART IN ACTIVITIES THAT PROMOTE PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING — REGARDLESS OF AGE; AND

**WHEREAS**, NEW MEXICO RECOGNIZES THAT HELPING OLDER ADULTS REMAIN HEALTHY AND ACTIVE IS CRITICAL TO OUR SUCCESS AS A STATE; AND

**WHEREAS**, THIS MONTH PRESENTS AN OPPORTUNITY TO THANK OLDER ADULTS, AND THE PEOPLE WHO SUPPORT THEM, FOR THEIR SIGNIFICANT CONTRIBUTIONS TO OUR COMMUNITIES, AND TO CONSIDER WHAT WE WANT AGING IN NEW MEXICO TO MEAN FOR US;

**NOW, THEREFORE**, I, SUSANA MARTINEZ, GOVERNOR OF THE STATE OF NEW MEXICO, DO HEREBY PROCLAIM THE MONTH OF MAY 2018, AS

## “OLDER AMERICANS MONTH”

THROUGHOUT THE STATE OF NEW MEXICO.

SIGNED AT THE EXECUTIVE OFFICE  
THIS 30<sup>TH</sup> DAY OF APRIL, 2018.

ATTEST:

*Maggie Toulouse Oliver*

WITNESS MY HAND AND THE GREAT  
SEAL OF THE STATE OF NEW MEXICO.

MAGGIE TOULOUSE OLIVER  
SECRETARY OF STATE

*Susana Martinez*  
SUSANA MARTINEZ  
GOVERNOR

