



Dear Family Caregivers,

The White House has declared November as National Family Caregivers Month through a presidential proclamation. The President said:

*"Family caregivers provide a vital lifeline of connection and hope to loved ones during challenging and uncertain days.*

*These caregivers, who devote immeasurable time, energy, resources, and heart, need our understanding, support, gratitude, and encouragement."*

All of us at the Tompkins County Office for the Aging would like to extend our sincere gratitude for the care, compassion, and unrivaled support you provide to your loved ones every day. Without your efforts many older adults in our community would go without much needed care. Our office is here to support you through your caregiving journey, give us a call at 607-274-5491. Thank you for everything you do!

Sincerely,

The Tompkins County Office for the Aging