

THE GENERAL ASSEMBLY OF PENNSYLVANIA

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# HOUSE RESOLUTION

No. 1084 Session of  
2018

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INTRODUCED BY BOBACK, HENNESSEY, READSHAW, MACKENZIE, MILLARD,  
CALTAGIRONE, PICKETT, HILL-EVANS, BIZZARRO, YOUNGBLOOD,  
JAMES, RYAN, NEILSON, LONGIETTI, THOMAS, SAYLOR, BURNS,  
SAINATO, MENTZER, J. McNEILL, SCHLEGEL CULVER, MARSICO,  
DRISCOLL, DALEY, SCHWEYER AND KAUFER, SEPTEMBER 24, 2018

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
SEPTEMBER 24, 2018

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## A RESOLUTION

1 Recognizing the week of September 23 through 29, 2018, as  
2 "Active Aging Week" in Pennsylvania.

3 WHEREAS, "Active Aging Week" is an annual event created by  
4 the International Council on Active Aging to promote healthy  
5 lifestyles and increase physical activity among older adults;  
6 and

7 WHEREAS, The International Council on Active Aging has  
8 announced that the theme of "Active Aging Week" is "Inspiring  
9 Wellness" which recognizes the important role older adults play  
10 in our communities and celebrates their full participation in  
11 diverse areas of life; and

12 WHEREAS, Studies have shown that increased mental and  
13 physical activity in older adults has a positive impact on brain  
14 health and that exercise may improve cognitive function in those  
15 at risk for Alzheimer's disease and other related dementias by  
16 improving the efficiency of brain activity associated with

1 memory; and

2 WHEREAS, "Active Aging Week" is an opportunity to promote and  
3 publicize the efforts of motivated organizations to reach older  
4 adults with the key messages of staying active, healthy and  
5 engaged; and

6 WHEREAS, "Active Aging Week" promotes wellness as an  
7 invigorating lifestyle for all who embrace it, encouraging  
8 people to participate in life as fully as possible, at any age,  
9 regardless of health conditions; and

10 WHEREAS, This Commonwealth has the fourth largest number of  
11 residents 65 years of age or older in the United States and it  
12 continues to be the fastest-growing segment of our population  
13 because older adults are living longer due to their increased  
14 physical and mental activities which prolong and enrich their  
15 lives every day; and

16 WHEREAS, We recognize the contributions which older adults  
17 have made and will continue to make in this great Commonwealth  
18 regarding culture, history and the economy and encourage older  
19 adults to continue to remain active participants who enhance,  
20 educate and improve our communities; therefore be it

21 RESOLVED, That the House of Representatives recognize the  
22 week of September 23 through 29, 2018, as "Active Aging Week" in  
23 Pennsylvania.