
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 455 Session of
2013

INTRODUCED BY BOBACK, HENNESSEY, KIRKLAND, DAY, LUCAS,
DONATUCCI, SNYDER, PASHINSKI, SCHLEGEL CULVER, LONGIETTI,
VEREB, SONNEY, COHEN, SCHLOSSBERG, BROOKS, MAJOR, V. BROWN,
ROCK, READSHAW, HARHART, ROSS, BIZZARRO, BAKER, MILLARD,
CALTAGIRONE, BROWNLEE, MENTZER, MURT, YOUNGBLOOD, SWANGER,
SAYLOR, EVERETT, WATSON, FLECK AND GINGRICH,
SEPTEMBER 23, 2013

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
SEPTEMBER 23, 2013

A RESOLUTION

1 Recognizing the celebration of the week of September 22 through
2 28, 2013, as "Active Aging Week" in Pennsylvania.

3 WHEREAS, Active Aging Week is an annual event created by the
4 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 the theme of Active Aging Week is "Discover Your
9 Community" which is intended to recognize the important role
10 that older adults play in our communities and celebrate their
11 full participation in 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

1 improving the efficiency of brain activity associated with
2 memory; and

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

7 WHEREAS, This Commonwealth has the fourth largest number of
8 residents 65 years of age and older in the United States and it
9 continues to be the fastest growing segment of our population;
10 and

11 WHEREAS, Older adults are living longer due to their
12 increased physical and mental activities which prolong and
13 enrich their lives every day; and

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

19 RESOLVED, That the House of Representatives recognize the
20 week of September 22 through 28, 2013, as "Active Aging Week" in
21 Pennsylvania; and be it further

22 RESOLVED, That all citizens are encouraged to recognize the
23 value of active aging for older adults and participate in events
24 in their local communities.