

2013-J71

LEGISLATIVE RESOLUTION honoring Rita Cook upon the occasion of her designation as recipient of the 2012 Fitness Award by Senior Services of Albany

WHEREAS, Individuals who give of their time and energies and serve the best interests of their communities are an asset beyond remuneration and cannot be sufficiently extolled; and

WHEREAS, Rita Cook has given not only of her time and energies but also of her competence, intelligence and leadership and consequently has been designated for special honor; and

WHEREAS, This Legislative Body is justly proud to honor Rita Cook upon the occasion of her designation as recipient of the 2012 Fitness Award by Senior Services of Albany, celebrated at its Third Age Achievement Awards Event on Friday, November 16, 2012; and

WHEREAS, Rita Cook has been called upon to contribute her time and talents to countless civic and charitable endeavors and has always given of herself unstintingly; and

WHEREAS, Rita Cook is a devoted fitness advocate and spends her days encouraging and engaging other seniors into healthy lifestyles; and

WHEREAS, After 20 years of employment with the Department of Social Services in Rensselaer County, Rita Cook began running the aerobics class at the Troy Senior Center on Mondays, Wednesdays and Fridays arriving before the staff at 8:30 am, regardless of the weather; and

WHEREAS, After opening the center, moving chairs and greeting everyone with a smile, Rita Cook gets the music playing and presents everyone with a challenging exercise program; and

WHEREAS, Despite being past the age of retirement, Rita Cook does not plan on slowing down anytime soon as she continues to be an active and valued member of her community; and

WHEREAS, Throughout the entire period of her community service, a period of constructive involvement, Rita Cook has stood constant in dignity, good grace and humor; and

WHEREAS, Rare indeed is the impressive dedication shown by an individual for the benefit of others which Rita Cook has displayed throughout

her life; and

WHEREAS, It is the sense of this Legislative Body that when individuals of such noble aims and accomplishments are brought to our attention, they should be celebrated and recognized by all the citizens of this great Empire State; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to honor Rita Cook upon the occasion of her designation as recipient of the 2012 Fitness Award by Senior Services of Albany; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to Rita Cook.