

John Cookus

You might say that John Cookus is a fountain of youthful enthusiasm. Known for his boundless energy, optimism and zest for life, he is admired for his vitality, positive outlook, and ability to inspire others, whether by staying active, engaging with friends, or embracing new experiences. He lives by mottos that reflect his outlook, such as *“Keep moving forward”* and *“Life begins with liking yourself.”*

Born in Hagerstown, Maryland, he earned a bachelor’s degree in philosophy from Northwestern University and a master’s degree in psychology from Governors State in Illinois, foundations that shaped his thoughtful and people-centered approach to life.

John’s peers admire his positivity and drive, and he’s a reminder that age is no barrier to staying active and curious. His infectious enthusiasm encourages others to embrace life with the same vigor.

John built a distinguished career as Corporate Director of Human Resources for Bell & Howell, a Fortune 500 company. His passion for athletics began early with wrestling and cross-country running in high school, later expanding to martial arts. He proudly earned a brown belt in karate while living in the Philippines – a journey reminiscent of the Karate Kid’s!

For over forty years, John has shared life with his wife Connie, the “love of his life.” Together they raised two daughters: one retired as a brigadier general in the Air Force, and the other owns a gym and has blessed John with many grandchildren. It’s clear that family is at the heart of his joy.

John’s philosophy of living shines through in the mottos he carries with him: *“Have 100% intention in all of your endeavors but zero addiction to results,”* and *“Always attempt to achieve an attitude of gratitude.”* These guiding principles are his playbook for life.