



In The Center

CWR @ The Fontana Center

709 Kaliste Saloom Rd.

Lafayette, LA 70508



June / July 2012

PH: 337-234-7018

Fax: 337-234-3347

www.fontanacenter.com

Now Hear This!

Group Summer Swim Lessons

Group summer swim lessons are at the half way point and we would like to Thank You for your patience as we teach these youngsters to swim. We will continue to do our best to accommodate all of the activities in the pool area, but please don't hesitate to let us know if you are having any concerns. The remaining schedule for lessons is as follows:

- July 9-19: 1pm, 6:30pm
- July 23-Aug 3: 1pm, 6:30pm

All lessons are 45 minutes and classes are held Monday - Thursday. We will also continue to offer private lessons at various times through-out the day.

July 4th Fitness Hours

Wednesday, July 4th 5am - Noon
No Land or Water Classes!

Summer Bulletin Board

It's time to make changes to the gym bulletin board. This time we are asking you to look for Fontana Center t-shirts out and about. If you spot a Fontana t-shirt, snap a picture and send it to us

(fitness2@fontanacenter.com). Please include when and where the shirt was spotted. The goal is to see how far away we can spot the Fontana Center logo.

Class Schedule Updates

A few changes are being made to our land aerobic class schedule. On Wednesday, July 11 we will begin six weeks of Pilates Mat classes. This class will be offered on Mondays & Wednesdays at 10:10am and on Wednesdays at 5:30pm. This class is scheduled to continue through the week of August 20th. Please don't hesitate to give us your comments and feedback.

We will also be making an adjustment to the Thursday 10:10am class. This class will now be called Chair Works and will be based on the same methods of the SilverSneakers program. For a full schedule of both land and water classes, log onto our website www.fontanacenter.com or stop by the front desk to pick up a copy of the class schedule.

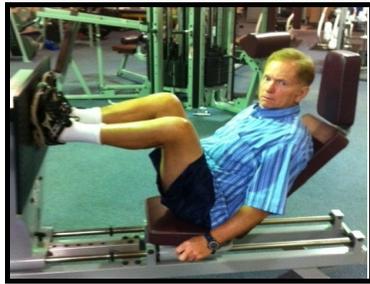
Lost & Found

You lost it...we found it! If you are missing keys, watches, glasses, pad locks, goggles or anything else, please stop by the front desk. Our lost and found is

filled with lots of your lost belongings and we would love to return them to the rightful owners.

Hip Hip Hooray

Mike Grace is a walking example of hip replacement



surgery gone right! It was a fitting 68th birthday present this year, as it restored almost 100% of Mike's previous level of daily activity. Now, cleaning the pool and cutting the grass have never seemed sweeter.

The last six years have been a lesson in perseverance, prayer, gratitude for his family's support and "taking directions" no questions asked.

Six years ago the pain started in his left hip, gradually at first but worsening until, for the last three years, Mike found himself carefully planning his day around assuring he had something to grab onto going from point A to point B. "I hobbled from place to placeand felt very mechanical, like a robot." The main focus of Mike's day had become managing pain, swelling, and avoiding injury. Fear of falling was constantly in the background. Mike had to make sure to constantly move and bend one leg, otherwise, it would stiffen up and the loosening up process would have to begin anew.

It took two hours each morning to get ready for the day....to warm up his joints and muscles before setting out for the day. Self massage for circulation, warm Jacuzzi baths, medication and maybe most importantly, the Rosary, were his daily preparation. And then, the activities themselves had to be deliberate and taken slowly.

Mike's condition is not uncommon and ultimately, the pain he felt was caused by bone rubbing on bone, instead of the two bone surfaces being buffered and aided by cartilage. Many factors can cause this degeneration but normal wear and tear is common. This was the cause of Mike's condition.

Mike's daily challenge with his hip was enough for any person to deal with, but, another condition arose as Mike was getting close to deciding to have hip surgery. About a year before his actual surgery, Mike developed a serious virus that placed him in the hospital for weeks and did not completely leave his body for close to 10 months. Mike's system was seriously compromised and there were periods when he thought he might not make it.

The hip condition and serious virus were one of the most trying times in Mike's life. When Mike finally recovered from the virus, he felt a new spiritual and mental resolve, which he applied to readying himself for the hip surgery. With a newfound appreciation for friends, family, and his doctor, and with a blessing from his priest, and prayers to St. Joseph, he embarked on the road to getting his new hip.

The procedure went well, with two of the hip replacement representatives even attending the surgery to make sure that the product was a good fit. Mike spent three days in the hospital. On day two he was using a walker.

Its been about eight weeks since the surgery. Mike comes to the gym on Tuesdays and Thursdays. There is no hobbling around now. Ninety-five percent of Mike's range of motion has returned and he now has zero pain. He can again lift the 30-40 pound sacks of Mardi Gras beads at his son's business. In the morning, he gets up and goes. Of course there are limits to his activity and he is careful to not overextend while bending, respecting the 90 degree rule. But he feels constant improvement physically.

Several times during our talk, with all the details being discussed, Mike's tone of voice and demeanor would every now and then change, slow down and he would emphasize and appreciate one very important person, Eleanor....that if it weren't for her, his wife, he would not have endured the way he did. She is the other amazing Grace in this story!