

# In The Center

The Fontana Center  
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## Now Hear This!

### **Fitness Labor Day Hours**

Monday, September 4<sup>th</sup> 5am - Noon

#### **Class Schedule**

Water: 9am Deep Water  
10am PowerWaves



### **Walk into Health**

This month we will begin offering a new low, to no impact land aerobic class. This class is designed for those of you who are just beginning land based exercise. The "Walk To It" class will include 20 minutes of aerobic

walking and 20 minutes of strengthening and stretching chair exercises. This will be an excellent alternative/addition to your water activities. The 40 minute class will be held every Tuesday at 10:10am beginning September 5<sup>th</sup>.



### **Something New**

Did you check out the new digital scale in the gym area? Just step on and wait 5-10 seconds, the number will lock, then step off!

### **A Heart Warming Thank You!**

The Fontana Center would like to thank everyone who contributed to the fund raiser held for our fellow employee.

One of The Fontana Center's Houston employees has recently been diagnosed with chronic inflammatory demyelinating polyneuropathy. This is a neurological disorder that causes the nerves to swell and the protective, fatty coating around the nerves to be destroyed. The result is weakness and/or paralysis of the limbs - both arms and legs. In an acute attack, the patient can lose use of the limbs and must undergo blood filtering treatments and possible drug therapy.

For this employee, the symptoms began in June and a diagnosis came in early July. We have been operating without our co-worker since July 3<sup>rd</sup>. This time out has included an extensive hospital stay and therapy. On August 4<sup>th</sup>, Fontana Center held a benefit stuffed breads sale to raise funds to defer cost of treatment. Thanks to everyone who supported our efforts, we were able to raise **\$4,792.00!**



**October is . . .****Breast Cancer Awareness Month**

In honor of breast cancer awareness month, we would like to spotlight Acadiana and Louisiana's first Dragon Boat racing group - Cajun Invasion.

Dragon boat racing for breast cancer survivors began with a research project conducted by Dr. Don McKenzie. He assessed the differences in cardiovascular fitness between women who had been treated for breast cancer and those who had no history of breast cancer. He found that the breast cancer group had many weakness due to the post treatment exercise restrictions. Though doctors wanted to protect their patients, there had been no published research that supported the limits in activity. This gave Dr. McKenzie the desire to get breast cancer patients back to living an unrestricted and active lifestyle.

Dragon boat racing was chosen because it is a strenuous, repetitive upper body exercise that works the major muscles affected by breast cancer. Also, working in groups (each boat can seat up to 22) allows for a motivating workout.

The idea first came to Acadiana in 2005 when Cajun Invasion was established as a non-profit organization. The main focus of the group is to provide education and counseling to breast cancer survivors and their families. It is also a way for survivors to become physically active and to meet and interact with new people. Cajun Invasion promotes life after breast cancer, but also remembers those who have lost their lives to the horrible disease.

As for the actual boat, the Dragon Boat "SS Betty Ann" was purchased in 2005 and members have been actively practicing

since March 2006. A full crew is 22: with 20 paddlers, one steering person, and one drummer - the drummer leads the crew with rhythmic beating of a drum. The front two paddlers set the pace for the group and the steering person controls the boat by steering an oar.

Cajun Invasion encourages everyone to participate. Members are needed whether its as a paddler, to help with docking, or just to head out and watch a race - no experience is necessary. The "SS Betty Ann" is set to run in Atlanta next month, but you can see the "Betty Ann" locally at 9am on Saturday's and 5pm on Sunday's on the Vermilion River in Milton, LA.



To get more information log on to:  
<http://dragon.boat.louisiana.googlepages.com> .

**Sister to Sister... "The Sister Study"**

The Sister Study is the only long-term study of women aged 35 to 74 whose sister had breast cancer. It is a national study to learn how environment and genes affect the chances of getting breast cancer. In the next 3 years, 50,000 women whose sister had breast cancer, and who do not have breast cancer themselves will be asked to join the study.

It is one of the first long-term studies to help us understand how women's genes and the things in their environment — homes, workplaces, and communities — influence risk of breast cancer. It is the first to collect such extensive and detailed information about environmental exposures. To learn more information or to register log on to:

[www.sisterstudy.org](http://www.sisterstudy.org).