



## Fontana Center News

### ON A MISSION

The Fontana Center has teamed up with Mrs. Heather Broussard (founder of non-profit organization Maizie's Mission) and Ashley Spencer (certified Infant Self-Rescue (ISR) Program swim instructor) to not only bring water safety awareness to our community, but also kinesthetically teach infants how to survive in water. According to the Centers for Disease Control and Prevention, roughly ten people in the United States drown each day. Drowning is the 5th leading cause of traumatic death in the country, and LEADING cause of death in children ages 1-4 years old. Unfortunately, Mrs. Broussard lost her daughter (Maizie) when she was a week shy of being 18 months old. Maizie crawled out of the doggie door (which was part of the same locked back door that lead to their swimming pool) and tragically drowned. Maizie's Mission Statement: "to bring awareness, educate and promote water safety so that no family has to experience the loss of a child due to drowning." Starting October 10th, the Fontana Center will be the first and only pool to host ISR swimming lessons in the Acadiana area. Lessons will commence Monday through Friday in the morning hours for 6 weeks. Look for more specific details on our website ([www.fontanacenter.com](http://www.fontanacenter.com)) and/or next month's newsletter. For more information on the ISR Program, visit their website at: <https://www.isrswimbabies.com/> or visit their Facebook page at: <https://www.facebook.com/ISR225>. To register an infant for ISR swim lessons, go to: <https://bit.ly/MaiziesMissionRegistration>. And, if you would like to help support Maizie's Mission with a donation to enhance water safety awareness and provide scholarships for ISR swim lessons, go to: [www.maiziesmission.net](http://www.maiziesmission.net).



### CELEBRITIES REALLY ARE STILL HUMANS

In a recent interview with Nicole Pajer of *Parade* magazine, world renowned singer/actress Gloria Estefan, talks about how crucial exercise has been in her life. After surviving a near fatal tour bus accident, Gloria now has rods and screws down her spine. She claims the hardware in her back are like extra bones and her activities are not restricted because of them; however, her decisions to engage in certain activities are highly dependent on how she thinks her "extra bones" will feel. For instance, sitting in a hard back chair will be uncomfortable versus sitting on a stool because she feels the screws in between muscle and bone. Gloria says staying active is very important because it has been the key to staying mobile and, "especially at this decade (she's 64), it gets a little more difficult." Gloria's workout regimen consists of one hour of cardio (usually the elliptical) and strength training with resistance bands at least 5 days a week. She also encourages everyone of all ages and ailments to keep moving.

(Pajer, N.: *Spry Living*, Gloria Estefan: How the Latin legend found emotional healing; July 2022; p.6)

### WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Cissy Clark, Mike Mills, Cade Bourque, Roxane Thibodeaux, Ben Mayfield, Eugenia Bordelon, Hannah Vedrines, Mary Castille, Karen Romero, Jude Duhon, Sonny Punch, Karen Devillier, Debby Dean, Melissa Weber, Melissa Hair, Phyllis Streeter, Tamara Martin, Clare Martin, Dean Martin, Lawrence Uter and Terry Broussard

## MEMBER SPOTLIGHT



Meet Mrs. Mona Voochries, our spotlighted member of the month. Mona has been part of the Fontana Center Fitness Family for a few years and has focused mainly on the pool until recently. After a series of unfortunate events (2014: Mona's mother passed away; 2015 and 2016: knee replacements), as well as suffering with Rheumatoid Arthritis and Fibromyalgia on a daily basis, Mona found herself in a deep state of depression. With Rheumatoid Arthritis, the pain in her joints was excruciating, and Fibromyalgia made her feel weighted down. In general, the thought of exercising seemed nearly impossible for Mona. Thankfully, she knew how beneficial exercising is for both physical and mental health and found her way to the Fontana Center. Mona claims exercising (even as difficult as it may have seemed) made her feel so much better, but exercising specifically at the Fontana Center, was what ultimately pulled her out of her depression. Mona stated that she is beyond grateful to God for the continued support from her family and friends

on her fitness journey, and she emotionally confessed how thankful she is for the Fontana Center and its friendly, helpful and supportive staff. She said she enjoys coming to the Fontana Center because of the comradery she has experienced with fellow members and that each and every person here has played key roles in building her self-confidence. Mrs. Mona, we love how determined and dedicated you are at making progress on your fitness journey. We also enjoy seeing your beautiful, never ending smile and hearing your kind and encouraging words. Your positive attitude is infectious!

We always enjoy hearing everyone's success stories so please share them with us. You might be in next month's



### HEALTHY ZUCCHINI BREAD RECIPE BY: [HTTPS://WWW.AMBITIOUSKITCHEN.COM](https://www.ambitiouskitchen.com)

#### INGREDIENTS:

1 1/2 cups packed shredded zucchini (squeezed of excess moisture from about 1 medium zucchini)  
1/3 cup milk (preferably unsweetened vanilla almond milk)  
1/3 cup coconut oil, melted and cooled (can sub melted butter)  
2 cups whole wheat pastry flour or white whole wheat flour  
1/2 cup honey                      1 teaspoon baking soda  
2 large eggs                      1/2 teaspoon salt  
2 teaspoons vanilla extract    1 1/2 teaspoons ground cinnamon  
1/3 teaspoon nutmeg            Optional: zest from 1 large orange

#### Optional add-ins:

1/2 cup chopped toasted walnuts (or chopped macadamia nuts)  
1/2 cup dark chocolate chips, plus more for sprinkling on top of bread

#### INSTRUCTIONS:

Preheat oven to 325 degrees F. Grease a 8x4 inch loaf pan with nonstick cooking spray. In a large bowl, add zucchini, honey, eggs, almond milk, vanilla extract and optional orange zest. Mix until smooth. In a separate medium bowl, whisk together the flour, baking soda, salt, cinnamon and nutmeg. Add dry ingredients to wet ingredients and mix with a wooden spoon until just combined. Next add in coconut oil and mix again until well combined. Fold in toasted nuts and/or chocolate chips if desired. Pour into prepared loaf pan, sprinkle with extra chocolate chips if desired and bake for 50-60 minutes until toothpick tester comes out clean. Cool in pan for 10 minutes, then remove and transfer to a wire rack to finish cooling. Cut into 12 slices.

**NUTRITION FACTS:** Servings: 12 slices; Serving size: 1 slice

Calories: 202kcal; Fat: 8.9g; Saturated fat: 4.5g; Carbohydrates: 28.5g; Fiber: 3.4g; Sugar: 11.3g; Protein: 3.9g

*\*Have an idea for the newsletter? Email [Jessica@fontanacenter.com](mailto:Jessica@fontanacenter.com) or call us at 337-234-7018.\**