

November 6, 2016

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Program Coordinator Council on Aging of Central Oregon

Better Bones and Balance classes have been a life enhancing experience at this stage of my life. (I'll be 85 in December of 2016). I had been teaching college for twenty-nine years and ski racing in local alpine ski races. In 1989, I was able to compete in the Masters Nation Alpine Championships which were held at Mt. Bachelor that year. I won and became a member of the Masters National Alpine Ski team. I retired from teaching in 1990 and then was able to travel and race competitively nationally and internationally until 2001.

Then I slowly started losing my sight due to Age Related Macular Degeneration. I had to give up skiing and was no longer active in sports. I lost much of my fitness and sense of balance. I believed I would never ski again. Two and a half years ago I enrolled in the Better Bones and Balance class at COCC. After three months I had begun to gain back my fitness and sense of balance. I was able to return to skiing although at a much more recreational level. Now I am back in contact with ski friends and engaged in a sport I love.

The class was never intimidating. All levels of students were welcomed and encouraged to participate and improve at their own pace. We were told to always listen to our own bodies and be safe. A great fellowship formed in each class and we worked together to encourage and help each other. I look forward to attending class three times a week.

Better Bones and Balance has helped me feel more secure and confident in my daily life.

Sincerely,

Tom Temple