November-December Newsletter

Congratulations Barkha!

Name: Siyona Ajami
Birthdate: September 8, 2012 at 7:20am
Weight: 6.5 lbs
Height: 19 inches

The Timpany Center would like to congratulate Nimit and Barkha Ajami. Barkha, a physical therapist with Omega Sports Rehabilitation, and her husband, Nimit, welcomed their first child Siyona Ajami on September 8. Congratulations! We couldn’t be happier for you!

Donate $10 and receive a free game. Games come with different color backgrounds and wood.

Inaugural Fall Basketball Tournament Fundraiser

Each spring the Timpany Center hosts our annual Spring Fling Aquathon. The Aquathon has been quite successful over the past 2 years, so it was decided that we should have a fall fundraiser as well!

The Inaugural Fall Basketball Tournament Fundraiser is currently being planned! The Timpany Center staff and amazing interns have been working hard planning this event.

The tournament will be the first fall fundraising event put on by the center. It will be held on Saturday, November 17th at San José State University. Teams participating will be provided with a free t-shirt, food, and a raffle ticket. Raffle tickets will also be sold at the event and at the front desk up until the event. (More information on the raffle can be found on page 4.)

Our goal is to raise $8,000 to be used for much needed renovations. Thank you for all your support!
Directors Message

Program Director: Dr. Nancy Megginson

As the 2012 year winds down, I wanted to acknowledge some specific folks who have been very instrumental in making your Timpany Center experience as wonderful as possible. You may have seen this semester’s SJSU Timpany Center interns hustling about in their various roles at the center. They are integral to the support of the facility’s mission and its operation. And they are delightful individuals who never fail to put smiles on all they meet. I want to recognize Katie Akbar, Dominic Brunello, LeAnn Carrillo, Erika Ebert, Kayla Landes-Brenman, Jay Manalo, Cynthia Martinez, Natali Mendoza, Erin Motofuji, John Rhodes, Andy Romero, Matt Speciale, Jenny Thach, and Daniel Wung for all their hard work at the center as interns this semester. As SJSU students, they are specializing in adapted physical activity, movement science, exercise fitness specialist, pre-professional, or sport nutrition. Let’s give them a round of applause for their contribution of 100-150 hours of internship this fall at the center!

Secondly, I am sorry to report that the Timpany Center is losing one of its staff members in November. Alyssa Wong is the editor of this newsletter, marketing, fund-raiser extraordinaire, and, this semester, co-Intern coordinator at the center. She has accepted a sales position with the San Jose Earthquakes and will be leaving us mid-November. We wish her the best and thank her for her contribution at the center.

Finally, the Timpany Center wishes to thank you for your patronage at the center this year. Your continued support of the facility’s operation through your membership, class participation, swim lesson program, etc. is greatly appreciated. Happy Holidays!

Program and Operations Director: Angie Papp: What our Members Think About Us!

We would like to thank those of you who took the time to fill out our member survey that was recently available at the front desk! We have compiled the results and were able to gain valuable information that will help us improve in certain areas of our operation. We have already begun putting new procedures in place to address the areas that were of most concern and will continue to make improvements as we move forward.

Below, I have listed the results by percentage, so you can see an overall picture of what areas need attention in addition to the areas that you feel we are excelling in.

<table>
<thead>
<tr>
<th></th>
<th>Poor</th>
<th>Fair</th>
<th>Moderate</th>
<th>Good</th>
<th>Outstanding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Desk Customer Service</td>
<td>0%</td>
<td>4%</td>
<td>2%</td>
<td>21%</td>
<td>72%</td>
</tr>
<tr>
<td>Locker Room Cleanliness</td>
<td>4%</td>
<td>8%</td>
<td>20%</td>
<td>52%</td>
<td>16%</td>
</tr>
<tr>
<td>Pool Cleanliness</td>
<td>0%</td>
<td>13%</td>
<td>16%</td>
<td>51%</td>
<td>20%</td>
</tr>
<tr>
<td>Overall Facility Cleanliness</td>
<td>0%</td>
<td>4%</td>
<td>13%</td>
<td>66%</td>
<td>17%</td>
</tr>
<tr>
<td>Staff Knowledge on Health/Fitness</td>
<td>2%</td>
<td>4%</td>
<td>2%</td>
<td>32%</td>
<td>60%</td>
</tr>
<tr>
<td>Monthly/Class Registration Process</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
<td>42%</td>
<td>49%</td>
</tr>
<tr>
<td>Feel Safe in the Pool</td>
<td>0%</td>
<td>4%</td>
<td>2%</td>
<td>22%</td>
<td>72%</td>
</tr>
<tr>
<td>Desk Staff is Attentive/Responsive</td>
<td>0%</td>
<td>4%</td>
<td>2%</td>
<td>21%</td>
<td>73%</td>
</tr>
<tr>
<td>Timely Registration Process</td>
<td>0%</td>
<td>0%</td>
<td>6%</td>
<td>21%</td>
<td>73%</td>
</tr>
<tr>
<td>Welcomed by Staff upon Entering</td>
<td>0%</td>
<td>4%</td>
<td>6%</td>
<td>25%</td>
<td>65%</td>
</tr>
</tbody>
</table>

Surveys are an important tool that Timpany management/staff takes very seriously. If you missed out on this round of surveys, we will be conducting them again in the near future. We will let you know when they are available for you to provide this much needed and appreciated feedback!
IMPORTANT DATES

HOLIDAY FACILITY CLOSURES AND EARLY CLOSURES

**Thanksgiving**
- **CLOSED:** Thursday, November 22
- **EARLY CLOSURE:** Friday, November 23

**Christmas**
- **EARLY CLOSURE:** Monday, November 24
- **CLOSED:** Tuesday, December 25

**New Years**
- **EARLY CLOSURE:** Monday, December 31
- **CLOSED:** Tuesday, January 1

AQUA FITNESS

<table>
<thead>
<tr>
<th>Month</th>
<th>Registration Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>*December</td>
<td>Monday, November 26</td>
</tr>
</tbody>
</table>

*Arthritis Foundation will be discounted at half price due to the holiday and early closures

<table>
<thead>
<tr>
<th>Month</th>
<th>Start Date</th>
<th>End Date</th>
<th>Priority Registration Current students</th>
<th>Open Registration New/Returning students</th>
</tr>
</thead>
</table>

SPRING BREAK NO CLASS: Mon., Mar. 25-Sat., Mar. 30

NO CLASS: Memorial Day Mon., May 27

Spring Session 3: There will only be 5 Monday sessions and classes will be prorated due to Memorial Day

EARLY CLOSURE SCHEDULE

OPEN SWIM: 6:30-3p

*NO ARTHRITIS FOUNDATION CLASS on early closure days

**All other Aqua Fitness classes will take place during their normal scheduled times

---

**Come in for a Free Physical Therapy Consultation**

Present this card and you will receive a FREE consultation to determine how Physical Therapy can best benefit your body.

We can develop a plan that's right for you. It'll help to keep you strong and injury free and running long!

Our focus is on “whole person” care. This means that every patient's treatment plan is specific to his/her diagnosis and functional needs. At Omega Sports Rehabilitation, we focus on treating the cause of the problem and not just the symptom. We can help treat neck and back pain, orthopedic and sports injuries, shoulder, arm, wrist and/or hand problems, knee, ankle and foot problems, arthritis, auto accidents, work related injuries, joint replacement, and more. We work in coordination with your own doctor within his/her protocols to ensure that you are getting the most out of your treatment.

(408) 358-3631
www.omegasportsrehab.com

---

730 Empey Way, San Jose, CA 95112  408.283.9036  timpanycenter@gmail.com  sjsu.edu/timpany
New Equipment: The Facility Now Has a Power Plate

What’s it all about?
Power-Plate is a machine that gives the body's muscles a high-speed workout by using vibrations to stimulate them to contract and relax. They generally contract once or twice a second, but by standing on the Power-Plate, its vibrations cause an automatic reflex muscle contraction of 30-50 a second. Power-Plate is a great time-saver due to the effectiveness of training and the fact that many muscle groups are activated at the same time. It's claimed that 10 minutes on the Power-Plate will have the same results as 60 minutes of conventional strenuous training.

**Personal Training: Winter Special**
Buy 10 sessions and get 2 for free
30 minute sessions

<table>
<thead>
<tr>
<th>Members</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session $38...NOW $32</td>
<td>1 session $42...NOW $36</td>
</tr>
<tr>
<td>5 sessions $179...NOW $165</td>
<td>5 sessions $199...NOW $185</td>
</tr>
<tr>
<td>10 sessions $335...NOW $310</td>
<td>10 sessions $369...NOW $345</td>
</tr>
</tbody>
</table>

**WEBSITE Still Under Construction**

In our last memo we announced the upcoming launch of the newly updated Timpany Center website. Unfortunately, in our excitement we made the announcement prematurely. The website is currently undergoing a complete facelift, and we look forward to making all of the new information and online resources available within the upcoming weeks. Enhancements to the webpage include updated class schedules, current pool hours, downloadable forms, a newly expanded newsflash page, and many more improved features. Again, we apologize for the delay, and appreciate your patience and understanding.

**TIMPANY CENTER GYM NOW AVAILABLE!!!**

**Weight Room and Cardio Room**
Wednesday & Friday 3:00 - 5:00pm

**Members:** $10 a month
**Non-members:** $15 a month

Contact Russell Mathern russell.timpanycenter@gmail.com for more information
Celebrating the Life of John Surina  
November 7, 1939 – October 4, 2012

John was born in San Pedro, CA and passed peacefully in Santa Clara where he resided for over fifty years. Our thoughts go out to his family and friends.

Raffle Tickets for Sale!!!

Tickets will be chosen at the Fall Basketball Tournament on Saturday, November 17th. Members who purchased tickets do NOT have to be at the event to claim their prize. Winning tickets will be posted at the center by Monday, November 19th.

Raffle ticket prices:
- 1 ticket $1.00
- 8 tickets $5.00
- 15 tickets $10.00
- Arms length of tickets $20.00

Prizes include:
- Olympic gold medalist, Ryan Lochte, autographed water Frisbee
- Gift card to:
  - Applebee’s
  - Cheesecake Factory
  - Pizza My Heart
  - In-N-Out
- Tickets to:
  - The Tech Museum
  - Children’s Discovery Museum
  - Oakland Zoo

AND MUCH MUCH MORE!!!

NUTRITION TIPS
10 Easy Steps for Cutting Sodium

The Dietary Guidelines for Americans recommends limiting sodium to less than 2,300 mg, or 1 teaspoon of salt per day, but Americans eat on average about 3,300 mg of sodium a day.

1. Read the Nutrition Facts Label to gage sodium intake and choices
2. Prepare your own food when you can and limit salt use before and during cooking and at the table.
3. Use herbs and spices instead of salt such as rosemary, oregano, basil, curry powder, garlic, vinegar, ginger, and black pepper.
4. Buy fresh or frozen poultry, pork and lean meats rather than canned, smoked or processed meats like luncheon, sausages, and corn beef.
5. Buy fresh, frozen, or low sodium or no-salt-added canned vegetables.
6. Rinse sodium containing canned foods such as tuna, vegetables and beans before using.
7. Choose fat-free or low-fat milk and milk products
8. Choose unsalted nuts and seeds, and snack products that are marked “low sodium” or “no-salt-added”
9. Choose lite or reduced sodium condiments.
10. Speak up at restaurants and ask to see the nutrition information and choose the lower-sodium option, or ask for your meal to be prepared without salt.

For more information visit www.fda.gov, or www.ChooseMyPlate.org

FREE Nutrition Services

The Timpany Center currently has two great nutrition interns that are available for Nutrition Advising Hours and will be hosting a free seminar. Both interns are studying Nutritional Science at San José State University with an emphasis in Sports Nutrition.

Nutrition Advising Hours

Erin Motofuji  
Mon./Wed., 4:30-7:00p  
Fri., 9:00-11:30a

Jenny Thach  
Mon., 10:00a-12:30p  
Thurs., 3:30-6:00p

Upcoming Seminar: How Important is Protein?  
When: Friday, November 9, 2012  
Where: Timpany Center Classroom  
Time: 12:30-1:30p
Advertisements

The Timpany Center Newsletter is produced every 2 months. It is a free newsletter used by the Timpany Center to announce new programs, classes, and opportunities at the facility. The Timpany Center has over 6,500 visits to the facility per month. The newsletter is also posted to our website.

Contact Alyssa Wong at 408.283.9036 or marketing.timpanycenter@gmail.com for more information or if you are interested in advertising with us.

EXAMPLE: QUARTER PAGE ADVERTISEMENT

Quarter page advertisement
Black:
  2 month= $35
  4 months= $45
  6 months= $55
Color:
  2 month= $40
  4 months= $50
  6 months= $60

EXAMPLE: HALF PAGE ADVERTISEMENT

Half page advertisement
Black:
  2 month= $45
  4 months= $55
  6 months= $65
Color:
  2 month= $50
  4 months= $60
  6 months= $70