Introducing the NEW Timpany Center Newsletter!

Please enjoy this new Timpany Center newsletter! This newsletter will be published every other month from now on. In it, you will find facility updates, new classes, important registration dates, director messages, and much much more.

We would also like you to contribute. Provide the Timpany Center with updates, such as what month your birthday falls within and we will be sure to give you a birthday shout out in the corresponding publication.

Free Fitness Opportunities for Veterans

Free Fitness Opportunities for US Veterans are available until September 30, 2012. This opportunity is made possible due to a grant from the United States Olympic Committee Military Branch. Opportunities are as follows:

**Nordic Walking: Tuesday/Thursday 11a-12p**
Nordic walking is defined as fitness walking with specially designed walking poles. This exercise burns up to 30% more calories than walking alone.

**Enhanced Fitness: Tuesday/Thursday 9a-10a**
Enhanced Fitness is an evidence-based group exercise program, helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives.

**Open Gym Hours: Wednesday/Friday 3p-5p**
Use the Timpany Center cardio equipment during open gym hours with a trained Timpany Center staff member present for assistance. Staff members will provide advice on proper technique and offer workout tips.

**These opportunities will be offered after 9/30 for a fee**
Cleaner water is here to stay!
By Director of Programming and Operations
Angela Papp

Due to a new system being installed to improve water quality and sanitation, you should notice an on-going fresh and clean feel/smell to the water in our pool and spa. A HUGE THANK YOU to the County of Santa Clara and their willingness to improve Timpany operations! We have recently installed a new UV (ultra violet) sanitation system to increase pool/spa water quality and decrease the amount of chlorine needed to sanitize. Most importantly, you will notice less skin irritation and a reduction in a smell that I like to describe as “dirty foot smell” upon exiting the water. This is due to the decrease and possible elimination of a nasty by-product of chlorine called chloramines (or the bad chlorine that is generated when sweat, urine, and other things mix with chlorine).

There is no need to worry about negative skin reactions with this system as it is not a chemical, but a section of piping which houses several amalgam light bulbs. As water travels to/from our pump room, it needs large pipes to carry it through a series of individual “treatment centers”. In addition to filtering and heating, the water is now “zapped” during its travels. The UV light bulbs were added to the largest section of the piping to insure that 100% of the water is exposed, sanitizing and eliminating anything and everything that could be harmful.

I am not trying to give a message that chlorine is bad or ineffective. It is actually the number one, most effective method for treating pool water and ensuring that swimmers do not become ill from bacteria that may be present. The UV system will simply add to our sanitation and chlorine will still need to be our front line of defense. If you would like additional information on the system that was installed, please see me (Angie Papp- in the office next to the men’s locker-room entrance), and I can happily provide you with an additional handout.

Thank you for reading this article and please assist in spreading this information to individuals who may have stopped using our pool due to sensitivity to chloramines. Most likely, their physician informed them (or they assumed) that chlorine was the issue. A large percentage of these individuals actually reacted to chloramines, and not the chlorine, and will now be able to benefit from our “healing waters” once again!

Internship Program: Fall 2012

The Timpany Center would like to welcome the Fall 2012 interns. Each San José State University semester the Timpany Center accepts about 20 qualified applicants from various health and fitness departments from the university.

The interns will assist with daily facility duties as well as work with scholarship recipients. They will also help organize and plan the new Fall fundraiser.

Interns will also participate in aqua fitness and land-based classes to help the instructors and help Omega Sport Rehabilitation. Nutrition interns will host free nutrition seminars and 1-on-1 nutrition counseling.

Feel free to ask the interns questions about health and fitness as they are knowledgeable and are well qualified to help.
Director’s Message

Program Director: Dr. Nancy Megginson

Happy Fall! I hope you have noticed the exciting changes that are happening at the Timpany Center. Through a generous donation, we have been able to do some selective work inside the facility, such as painting, carpeting in main hallways, new white bulletin boards, updated track lighting, and two brand new television monitors on the walls. On the outside of the building, you will see new signs that creates better visibility for the center as well recognizes the partnership between Santa Clara County and San Jose State University to operate the facility. And this is just the start of making the Timpany Center a beauty she truly is! We will continue to seek donations to help with this beautification process; if you wish to help us with a targeted donation for creating a new and improved facility, please feel free to contact me directly at the center. Every penny counts so whatever donation you are able to help us with would be greatly appreciated. Enjoy and keep smiling!

Scholarship Program: Fall 2012

Welcome! New scholarship recipients! We look forward to another successful scholarship semester. The Timpany Center and its interns are excited to have you at the facility and we hope that you enjoy your time here.

Each San José State University semester, the center offers a low-income intern-assisted Scholarship program. All interested people are encouraged to fill out an application. Scholarship recipients get a chance to work one-on-one with a SJSU intern from the Department of Kinesiology. This experience benefits both the intern, as they use what they have learned in the classroom into action and it benefits the recipients as they have access to the Timpany Center’s therapeutic swimming pool.
Celebrating the life of Nancy Zon

July 31, 1941 – June 7, 2012

Nancy Millen Zon passed peacefully in the presence of husband Carl, children Charles, Kathleen and Jeffrey, and nieces Nancy and Amy at her side in Sunnyvale California. Nancy met Carl at the University of Illinois in 1959 and married him in 1961. A family of five moved to Wisconsin where Nancy was diagnosed in 1973 with Multiple Sclerosis. A move to California close to her sister in Mountain View was prompted by the diagnosis. Nancy earned her Associate of Arts degree from De Anza College and next tackled graphology. She was a cornerstone member of the Northern California Chapter of the American Handwriting Association. Nancy began her study of Genealogy and submitted “Famous Cousins” (including FDR and Princess Diana) to the Genealogical Society in 2007. Nancy’s pride and joy was a cactus garden of over 200 plants. She took a pervasive interest in crafts generating products that her husband proudly displayed in their Sunnyvale home. Her warm countenance and dazzling smile impressed all who knew her. She lived her life as her husband’s soul mate, loving mother of three and grandmother of seven. Nancy faced MS with courage every day. She excelled in everything she did with her precious life. A fiftieth wedding anniversary celebration brought the Zon clan together in 2011. Wedding vows were renewed aboard the Sea Princess as well.
Advertisements

Do you provide a service? Do you sell something special? Advertise with us!!!

The Timpany Center is a non-profit therapeutic aquatics facility. This newsletter is a free monthly publication that will be handed out to all patrons who enter the facility.

Our population include; older adults, those with physical and mental disabilities, and all those looking for a fun and welcoming environment to get and stay fit and healthy. We have over 200 people use our facility each day.

If you are interested in advertising with us please contact Alyssa Wong at marketing.timpanycenter@gmail.com for more information.

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