

I am writing in support of the aquatic center proposed by the White Mountain Aquatic Foundation.

I have lived in the Mt. Washington Valley for 36 years. I am the parent of an adult Downs Syndrome man. My personal health history includes post-polio syndrome and three knee surgeries, to include one total knee replacement. Swimming and water therapy have not only been passions of mine but have been prescribed activities for both my son and myself.

As a recent retiree of the Conway School District, I have become aware of the need for activities that promote health and wellbeing for persons in my age group. The Valley is an area that houses a wide range of demographics, each with health related needs specific to its group. Whether that need is post surgery therapy as a result of a skiing accident, movement, balance and range of motion for older people, or exercises tailored for persons challenged by debilitating conditions such as rheumatoid arthritis, the benefits of having an aquatic facility in the area are numerous. Furthermore, the facility could meet health needs of children in our area who may not participate in organized sports.

I currently teach a water fitness class in a facility in Tamworth. Our class is frequently impacted by water temperature that is too chilly to be beneficial. We have all dreamed of having access to a pool designed to meet our collective as well as our individual needs, physical, therapeutic, and restorative. I believe that the aquatic center proposed by the White Mountain Aquatic Foundation could fulfill that dream.

Sincerely,

Karen MacDonald