

To Whom It May Concern: 11-1-07

As a senior citizen who reside at St. Mary's Court (a pleasant environment who housed seniors as well as the disabled) I would be elated and most appreciative to be afforded the opportunity to use your Wellness Center. As you may know, many of our seniors, such as myself, can not walk very far while others, must ~~see~~ rely on mechanical assistance. So, your location is perfect! It means; that those who can not travel would be able to get the exercise that is so important as well as take advantage of all and any other opportunities that you offer. Further, the fact that the students from GWA would be there is an asset to us. I feel that visually, they would serve as food for the soul. In addition to ~~the~~

Our minds and bodies, the students
would be instrumental in helping
our seniors to stretch our souls.

Some of us, do not feel special
after giving so much to so many
and are left with little company
and even less to do.

John Steenbeck said "A sad soul
will kill me quicker, much quicker
than a germ".

The silence presence of the youth,
will promote the emotional, physical
and social well being of us and
thus, the students will benefit
by gaining a greater understanding
of senior citizenship and hopefully
create a deeper respect for the
aging as we all must face
or die young.

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