

Albert & Clare Kucera



My husband and I started coming to the Arthritis Foundation Aquatic Program in August of 2009. We were talked into it by his daughter, “What could it hurt?” Believe me, it hurt. (For the first two classes). She belongs to the YMCA, but the nearest one is in Rhinelander, and for us, 22 miles to the Phillips Community Pool is far enough.

Doing 80% of the Aquatic Program exercises on land would be impossible for me. Arthritis is in my spine real bad. Then, as always, the pain spreads everywhere. Waking up and moving is not always a pleasant thing. But, once I start in the pool I become loose and enjoy moving.

My husband has COPD, Chronic Heart Failure and Arthritis; moving hurts for him. But, being in the pool is easier on his breathing and heart. His cardiologist asked him not to stop coming to these classes. It will not fix his heart and lungs but it can make them as strong as they can get.

The instructors and lifeguards are always helpful and courteous during our class. They watch out for everyone. Everyone in class has different aches and pains, but the water makes them each loosen up.

If anyone would ask me today what my feelings were in 2009 about the whole pool thing, I would have said, “It will never happen.” But, today I’d encourage anyone reading this – if you know of someone with arthritis, or who is coming back from surgery – talk with your doctor and come to the Phillips Community Pool. It can change your outlook on LIFE and get you moving.

As the saying goes, a body in motion stays in motion. Thanks to the staff of the Phillips Community Pool for keeping us moving.