

UNITED WAY OF BROOME COUNTY



Agency Name: YWCA of Binghamton and Broome County, Inc.

Program Name: Fitness / Aquatics / Wellness

Program Success Story:

I think my favorite success story comes from a long-time swimmer, I'll call her "Helena". Her success story happened literally by accident.

Helena is a female (55+) who has been a member of the YWCA and swam in the pool for over a decade. Her exercise level and energy were far beyond what many would expect for a woman of her age. Since I began working here, Helena had complained that our water was too warm for her swims. In fact, she was the only customer ever to complain it was too warm--the majority want to swim in the equivalent of a king sized hot tub (cold water aggravates many with arthritis, joint issues, etc).

Last year, while visiting family, she attended a football game her nephew was playing in. While standing on the sidelines, a play swung around to her side of the field and two tacklers and the ball carrier ended up on top of Helena. Among her injuries was near-catastrophic damage to her knee. Post surgery and after the skin had healed enough for the doctor to clear her for aquatic therapy, Helena came back to the YWCA. Her leg was in a brace and she was in a wheelchair. We worked with her, helped her in and out of the pool every evening and with equipment afforded by a United Way Venture Grant, Helena managed to get back into her usual form. Only this time she told me how happy she was that our warm water therapy pool was still just that.