

May 12, 2026

To Whom It May Concern,

I am writing to share the profound impact the Jim King MUSCL Senior Wellness Center has had on my mother's life.

In April 2025, my mom began experiencing alarming changes. She was shaking, struggling to walk, her speech and swallowing were changing, and even her handwriting looked different. We didn't know what was happening. After five long months of appointments across multiple medical specialties, she was finally diagnosed with Parkinson's disease, a movement disorder. Before her symptoms began, she had been an active participant at the MUSCL Senior Center. But as her condition worsened, she stopped attending. She felt embarrassed, limited by her mobility, and convinced she could never return. The new medications and therapies were overwhelming, and she struggled emotionally as well as physically. At one point, I even asked her doctor if she was dying, because she was giving up. She felt ashamed of how much she had changed and did not want people to see her this way. Her mental health nurse and I knew that isolating at home would only make her decline faster.

In December 2025, the MUSCL Senior Center held a public holiday event. My daughter and I encouraged her to go so she could reconnect with the people she hadn't seen in more than six months. She was terrified to walk inside, afraid of being seen with her new challenges, and we practically had to guide her through the door. But something remarkable happened. As soon as she sat down, people who had known her before her challenges, came over to greet her. They told her how much they had missed her at the center and welcomed her to come back. That moment changed everything.

After that day, she began attending the center every Monday, Wednesday, and Friday. Her therapists, our family, and her doctors all noticed a rapid improvement in both her physical and mental health. She went from not wanting to do anything to wanting to try everything she used to enjoy.

The MUSCL Senior Center truly saved her life.

I am asking for your support in funding this center so it can continue to help people who rely on it for community, purpose, and hope. The center does not just serve seniors — it transforms lives.

Thank you for your time and consideration.

Sincerely,

Mary Harris (The Daughter)

*This is just one story out of hundreds. Each unique but just as moving. I hope this helps you understand how important this program is to the community.*

*Donna Director* *Karen Schwan*