

WHY SHOULD YOU SQUARE DANCE?

SQUARE DANCING HAS BEEN A PART OF OUR LIFE FOR ALMOST 40 YEARS. BESIDES OUR FAMILY, MOST OF OUR FRIENDS ARE SQUARE DANCERS TOO.

ON DECEMBER 12TH, 2004 I HAD A LARGE STROKE. I SPENT A WEEK IN THE HOSPITAL AND THEN WAS SENT TO A REHABILITATION HOSPITAL CALLED, "ST. LUKES" FOR 3 WEEKS. THEY TOLD ME THAT HARD WORK ON MY PHYSICAL AND MENTAL SKILLS WOULD BENEFIT ME GREATLY. LITTLE DID THEY KNOW THE POWER OF SQUARE DANCING AND OUR SQUARE DANCE FAMILY. SUPPORT FROM THEM WAS , AS ALWAYS GREAT.

MY GREATEST FEAR AS I LAY IN THAT BED WAS, WILL I BE ABLE TO SQUARE DANCE , AND MOST IMPORTANT, WILL I REMEMBER EVERYTHING I HAD LEARNED THROUGH C-1. THAT IS ONE HECK OF A LOT OF CALLS.

I TALKED TO THE COUNCILORS ABOUT IT AND THEY WOULD NOT LET ME OUT TO TRY. SO, I ASKED MY HUSBAND WHO RUNS OUR TAPE GROUP TO COME TO THE REHAB CENTER AND BRING OUR C-1 GROUP. THEY AGREED TO ALLOW ME TO TRY DANCING, WITH SUPERVISION AND A SAFETY BELT. MUCH TO THEIR WONDER I COULD STILL DO ALL MOST ALL THE CALLS IN MY MIND BUT WAS ONLY ABLE TO DANCE A PART OF A TIP BECAUSE OF FATIGUE. THEY HAD NEVER SEEN THIS DONE BEFORE .

THE RESULT WAS, ALL THE TIME SPENT LEARNING AND DANCING WAS A GREAT BENEFIT THAT ALLOWED ME TO QUICKER RETURN TO A NORMAL LIFE STYLE. AFTER DISCHARGE I BEGAN ATTENDING ALL THE WORKSHOPS WITH JIM. I WOULD DANCE A PART OF A TIP OR A WHOLE TIP. THEN ONE MONDAY NIGHT THEY NEEDED ME TO FILL IN TO MAKE ANOTHER SQUARE... I DANCED THE WHOLE TWO HOURS!

ALL OUR SQUARE DANCE FRIENDS HAVE HELPED ME RETURN TO FULL TIME DANCING. THE PEOPLE AT REHAB LEARNED THAT PEOPLE WHO ARE HAPPY AT WHAT THEY ARE DOING ARE BETTER ABLE TO RECOVER.

PLEASE TELL EVERY ONE TO LOOK AT DANCING AS A GREAT WAY TO STAY IN SHAPE AND STAY YOUNG!! IT IS BOTH MENTAL AND PHYSICAL EXERCISE AND ALWAYS WITH WONDERFUL PEOPLE TOO.