

Spring 2007

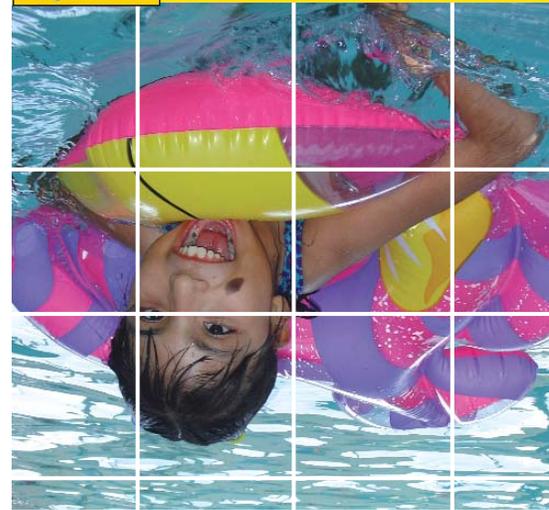


CALIFORNIA POOLS OF HOPE, INC.



Warm Water Rehabilitation Therapy





6801 Long Beach Blvd., Long Beach, CA 90805



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Thank you for supporting CPH in providing aquatic exercise and therapy programs to the community.

CPH was a dream of Evelyn duPont. Her dream is alive today due to the generosity of our donors. Please support CPH with your financial and in-kind gifts. Leave a legacy by naming CPH in your Will or Living Trust. Ask your tax advisor or attorney about the many tax benefits your estate and heirs will receive by making a legacy gift to the Pools. Thank you for dreaming along with us!

CPH Schedule

During the spring and summer months hour of operations are being extended to meet the demand for services. Please note the following schedule of activities:

Starting in May 1, 2007:

- Tuesday & Thursday 9-8pm
- Wednesday & Friday 9-5:30pm
- Saturday 9-3pm

Editor's Box

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What is your child doing for the summer?



Sign them up for the
**SUMMER CHILDREN
MOOVIN N
GROOVIN PROGRAM**

They will love it...

- Swim lessons
- Hip Hop Water Aerobics
- Games
- Snacks
- Art Classes
- and more

Call today for more details.



SWIM LESSONS

Do You Swim? Want to Learn?

We offer Swim Lessons for all ages. You are never too old to learn to swim. Individual and Group Lessons available. Call to reserve your lesson - our certified swim instructors are waiting!



ARE YOU PLANNING A PARTY?

MAKE IT A POOL PARTY!!

We offer this beautiful indoor heated pool for your private party, special event and more.

POOL RENTAL PROGRAM

For only \$89 per hour (minimum 2 hour rental) you get not one, but two beautiful indoor pools for your event.

Call (310) 537-2224 for more details and to book your next event. IT Will Be A **SPLASH!!!**



Mayor Bob Foster, & Councilman Val Lerch Visits the Warm Waters of Hope

Recently, Bob Foster, the Mayor of Long Beach and Val Lerch, 9th District Councilman visited the California Pools of Hope, Inc. (CPH), to see how the warm waters of hope continues to improve the health of the elderly and people with disabilities.

CPH is a nonprofit organization and members of the Board of Directors and staff had the opportunity to discuss the current needs and vision of the organization.

We welcome the opportunity to share the great news of CPH. It's news that can make a difference!



(L-R) CPH board member Frank Buono, Long Beach Mayor, Bob Foster, Pat Dixon, Executive Director CPH, Val Lerch, Long Beach Councilman, 9th District, CPH board members, Carlos Urbina and John Andrews.



(L-R) Mayor Bob Foster, Councilman Val Lerch, Pat Dixon and Carlos Urbina

"44 WE CARE" ANNUAL SUSTAINING CAMPAIGN Come One. Come All!

It's our 44th year of providing aquatic exercise and therapy programs to improve the health of children with disabilities, the elderly and injured. To celebrate our program success, we invite you to be apart of the "44 WE CARE" Annual Sustaining Campaign. By donating \$44+ to CPH, you will help ensure that children and adults with catastrophic conditions/injuries like 9 year old Mayte, who has muscular dystrophy and retardation, continue to have access to aquatic exercise to improve her health. Mayte's parents credit the CPH program for her increased muscle strength and for reducing the pain that accompanies most of her physical movement.



Our goal is to raise \$50,000 for general operational support and we are recruiting 200 volunteers to make the campaign a success. We welcome the participation of clubs, groups and individuals of all ages to join the fun. You could win some great prizes!

The clients of CPH suffer from an array of illnesses and disabilities such as cerebral palsy, autism, arthritis, heart disease, diabetes, stroke, lupus, and many other orthopedic and neurological debilitating conditions. Your donation and volunteer service to the 44 WE CARE Annual Sustaining Campaign will support our efforts in providing therapeutic aquatic programs to Mayte and many others.

Your donation will assists us in providing:

-  Aquatic Therapy & Exercise Classes for people with disabilities and the elderly.
-  Physical Therapy Case Management Services with a licensed physical therapist.
-  Deep Water Exercise and Conditioning Activities.
-  Moovin' and Groovin' Aquatic Program for Children includes a Special Olympic Swim Team for children with disabilities.
-  Brown Baggin' It For Health and wellness education.

Together, we will ensure that the warm waters of hope continue to flow to improve the health and quality of life of others.

Please, make your gift and/or call us at (310) 537-2224 to volunteer for the 44 WE CARE Annual Sustaining Campaign, and help CPH continue to share the gift of aquatic exercise and therapy with people with disabilities and the elderly.





California Pools of Hope, Inc.
Annual Evelyn duPont
43rd Awards Dinner
"HONORING OUR HEROES"

An Enchanted Evening of Wine Tasting and Fine Dining

The 2006 Evelyn duPont Honoring Our Heroes" An Enchanted Evening of Wine Tasting and Fine Dining Awards Dinner was a night to remember thanks to Jamie Mulligan, Chief Operating Officer of the Virginia Golf Club and his dream team staff. Special thanks also goes out to Rich Archbold, Executive Press Editor of the Press Telegram for doing a fabulous job as the Master of Ceremony. Inspiring entertainment was provided by *Out A Sight*, a visually impaired singing group. Over 200 friends of CPH were in attendance.

The Awards Dinner is an annual event chaired by the Board of Directors and was held in November of 2006 in memory of our late founder, Evelyn duPont. Appreciation was shown to individuals and companies for their generous support. It was an evening of great friends, great food, and great wine!



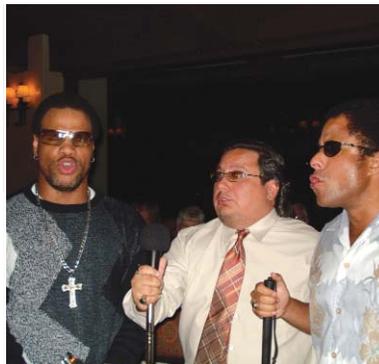
Pat Dixon and Rich Archbold, Executive Press Editor, Long Beach Press Telegram.



Richard Devylder, Deputy Director State of CA Department of Rehabilitation, George Deukmejian, former Governor of California.



Rich Archbold and Cheryl Moland, Long Beach Volunteer Center



"Out A Sight" singing group



Annual Swim Show

Thanks again to City Councilman Val Lerch of Long Beach, District 9 for hosting the Annual Evelyn duPont Swim Show in October. It was a blast! Not only did Councilman Lerch host the event, but he also jumped in the pool (clothes and all) and dance with one of our elderly members.

The Swim Show is our version of the Special Olympics where we celebrate the health improvements of our members. The event also serves as a fundraiser and is well attended by community and corporate leaders who distribute swim medals to the participants.

CPH members look forward to participating in the event every year.



GOOD POSTURE FOR LIFE

Changes occur naturally in your body, as you grow older. These changes can influence your posture and make it more difficult to maintain a good posture or correct a poor posture.

5 Tips for Maintaining Good Posture Throughout Your Life

1. Keep your weight down; excess weight exerts a constant forward pull on the back muscles and stretches and weakens muscles in the abdomen.
2. Avoid staying in one position for long periods of time; inactivity causes muscle tension and weakness.
3. Sleep on a firm mattress and use a pillow under your head just big enough to maintain the normal cervical—neck—curve.
4. Exercise regularly; exercise promotes strong and flexible muscles that keep you upright in a proper postural position.
5. Protect your back by using good body mechanics; bend your knees when picking something up or putting it down.

Get in on the secret. Start your posture perfect program today. Consult with a physical therapist and get a thorough assessment on how to improve your posture.

Here's to your health!

Henry Helms, P.T.
NewWest Rehabilitation