



Branson Senior Center  
201 Compton Drive, Branson, MO 65616  
417-335-4801

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December 5, 2018

Dear Mindy,

My name is Lisa Arnold and I am the Administrator for the Branson/Hollister Senior Center. I am writing to you to let you know of the impact that the 2017 Skaggs Helping Hands Grant has had on our seniors.

We have two fitness programs at the center that have benefited from the grant. Chair Exercises which is led by Certified Instructor Marie Powers and Fitness Gold which is led by Certified Instructor Sandra Tyner. With the grant money we received we were able to purchase exercise bands, weights, and other equipment much needed to enhance the quality of these programs. Both fitness programs have shown an increase in attendance since acquiring the equipment.

Regular exercise programs increase strength and improve balance to help reduce falls among older adults. Receiving the Skaggs Helping Hands Grant has provided the seniors an opportunity to boost their activity levels to include strength and resistance training. Also, the friendship, fellowship and fun the seniors share while exercising is priceless.

We thank you for allowing us to be the 2017 recipient of the Skaggs Helping Hands Grant. It truly has made a difference in the health and well-being of the seniors.

Sincerely,

Lisa Arnold  
Senior Center Administrator