

Fw: Remember me??

From Francesca Fisher <[REDACTED]>

Date Thu 2/12/2026 9:55 AM

To Francesca Fisher <[REDACTED]>

Hi, Fran.

I hope you are doing well! If you recall, I am the former Director of Programs at Area Five in Logansport, IN. We started your Geri-Fit about 6 years ago, I think. It's still wildly successful and growing!

I don't know if you remember or not, but my mom was the first guest. She attended the class religiously and loved every minute of it. She bought an extra set of weights and a band to use at her house.

About 3 weeks ago, she was delivering meals to shut-ins and fell. She popped right up. Later she thought she had a pulled muscle. By day 3, we decided it may be more than a muscle and dragged her to get X-rays. She fractured her femur near her hip. She had surgery to add three screws to the bone. She was in the hospital 3 days, rehab 7 and home. She will be 93 in two weeks. I wanted you to know that ALL of the personnel, including the surgeon, were amazed by her physical condition. The surgeon specifically commented that when he cut into the muscle, he did not cut into the muscle of a 92 year old woman. He said she is in remarkable shape and attributes it all to her exercise- which WE all know is Geri-Fit! :).

Just thought I would share that your program is still loved and doing great things for people all over the place. Mom is home doing in-home therapy and can hardly wait to get back to her class with Susan!

Hope that made you smile. Thanks again for working with me and making this happen. I didn't realize how personal it would become for me all those years ago!

Many blessings to you.

Steve G.