

Submitter: Ruth Johanna  
On Behalf Of: Osborne Aquatic Center funding request  
Committee: Joint Committee On Ways and Means Subcommittee On  
Capital Construction  
Measure, Appointment or Topic: SB5531

I am a low-income senior living in Corvallis, Oregon. I began swimming laps at Osborne Aquatic Center in 2021 as part of a successful effort to lower my blood pressure through lifestyle management rather than medication. Although I also engaged in other fitness efforts such as jogging, biking and stretching/calisthenics, I found that swimming was the outstanding way to burn calories, tone muscle and improve my mood! And my Silver & Fit insurance program meant that I could afford regular frequent lap swims. I was crushed when the facility closed last fall and have gained weight and lost strength and muscle tone in the interim. Now repeated eruptions of precancerous lesions on my face have caused my doctor to caution me to avoid exposure to sunlight which will curtail my outdoor activities. I am so hoping that Osborne Aquatic Center will be able to reopen its indoor pool soon, allowing me to resume my efforts to maintain the best possible physical and mental health. Thank you for considering my position.