

Richard had looked forward to June 13, 2014, the day he was to retire from a career as a school psychologist in a public school system. Although he had enjoyed his career, he was anxious to have time to pursue other favorite interest like golf, painting watercolors and travel, but mainly golf. But during the early morning hours of the day he was to retire, he suffered a massive stroke. He remained in Baylor hospital for over 2 months and then in outpatient physical therapy for 2 and 1/2 years. He fought to learn to walk short distances, to speak again and to use his left hand as his right was paralyzed. In January of 2017 Richard and his wife, Gail moved to Ashland to finally begin the retirement he had looked forward to. He learned to paint again with his left hand and joined the Mid Missouri Art League. But some of the most important parts of his week are regular visits to the YMCA. He was happy to find such a nice facility so close to his new home. Continued physical exercise is necessary to keep him moving and have a good quality of life. He was glad to meet Denise Barnett, a physical trainer who encourages him to keep working to get stronger and gain mobility. Going to the Ashland YMCA several times a week has become a way of life not just for Richard but for 3 generations of his family.