

# Member of the Month

January 2017

The Pointe is excited to announce January's  
Member of the Month, **Kazuko Trubilla**

Kazuko has three children; a daughter Nancy and son John who both live in Oregon and a daughter Lucy who lives here in St. Louis with her husband Kevin and son Spencer. Originally from Tokyo, Kazuko moved to St. Louis about 10 years ago after her husband Charles passed away.



Kazuko became a member of The Pointe shortly after moving to the area and is thrilled to have a complex so close to her home in Ellisville. Kazuko is a positive and bubbly force around The Pointe. Her nominator wrote of her, "Kazuko is here literally every day; sometimes twice! She is always so friendly and waves hello to everyone."

According to Kazuko, life in America is quite different from life in Japan. In Tokyo, Kazuko says, you walk everywhere, or grab a train to get closer to your destination and fitness is just built into your everyday life. In America, you have to have a car to get places which is convenient but drastically reduces the activity level of the population.

That's why The Pointe is so important to Kazuko. She comes almost every day and swims for an hour and half or bikes for an hour (sometimes both)! She decided to join The Pointe so she'd be able to swim indoors year round, meet new people and develop friendships.

Health is the most important thing to Kazuko. "To be healthy is happiness," she says. She would encourage other members to remember this when they are in need of motivation to stay in their fitness routine. "Instead of getting physical therapy when it's already too late, it's best to move daily."

As Kazuko predominantly speaks Japanese, her daughter Lucy helped translate and mentioned about her mother, "I see a big difference when she has come here. She's not happy if she doesn't come every day. It's almost as if she has lost or forgotten something if she doesn't come. She always feels safe here and she just loves The Pointe."

"I always feel welcome at The Pointe. The staff is very friendly and they always greet me with a great big smile," Kazuko shared. It should also be noted the friendliness she experiences each day is reciprocated tenfold in her greetings of staff and other patrons each time she visits the facility. At 83 years old, Kazuko is a testament to how positivity, physical activity and kindness go a long way in life.

Creativity is another gift of Kazuko's. In her free time she makes crafts for the Japan American Society which are sold each year at the Botanical Garden's Japanese Festival. She is also a master of Ikebana a type of Japanese flower arrangement and she has already knitted 130 hats for babies in Africa.

We are honored to have you as a long time member Kazuko and to be able to feature you as January's Pointe Member of the Month. Congratulations!



*Know someone who deserves the title "Member of the Month?"  
Ask for a nomination form at The Pointe's Front Desk today!*