



THAT

PICKLEBALL MEMBER PROFILE

Number 21

By Laurie Einstein Koszuta

From Cane to Court:

Marjorie Stockett's Pickleball Path to Healing and Hope



"I believe pickleball saved my life," said 59-year-old Marjorie Stockett, who was officially diagnosed with multiple sclerosis (MS) in 2019.

Marjorie had been a stay-at-home mom while her three children were growing up. When her mother became ill and needed extensive home care, she moved her into her house.

Though she had already noticed troubling symptoms such as weakness and numbness in her limbs, persistent, and digestive issues, she brushed them aside, focusing instead on caring for her mother. In 2017, she returned to work as a real estate agent in the Bay Area of California.

It was only after her father-in-law passed away in November 2017 that Marjorie finally sought medical care. The diagnosis came as a blow, with her symptoms seeming to escalate quickly.

Her once active lifestyle shifted to one defined by the side effects of multiple medications, reliance on a cane, and long stretches of being bedridden.

The onset of COVID only served to deepen her isolation, leaving her homebound for nearly two years.

"I was definitely struggling," she admitted, "but I was also trying to work at it. I wanted to get better."

A New Start in Minnesota

In 2023, searching for ways to heal, she attended a conference on essential oils, something she was passionate about at the time. But when she walked outside to go home after the conference, she discovered her car had been stolen, possibly aided by the parking lot attendant.

"Because the car was in a secure parking lot, its loss was even more devastating," she said. "At that point, I decided I was



done with California and moved to Rochester, Minnesota, to live with my daughter.”

Hooked

Shortly after relocating, she joined 125 Live, a local community center in Rochester that offers numerous classes for older adults. Initially, she joined to meet people, but then she spotted a flyer for pickleball lessons; one session a week for four weeks.

Curious, she signed up. From her very first session, she was hooked.

Due to limited court space and a large number of players, the rules dictated that games be played to seven points before new players rotated in.

“The shorter games were the perfect scenario for me since I was still using my cane,” Marjorie said.

An Athletic Life

Athletic all her life, playing and coaching various sports, the multiple sclerosis diagnosis and the pandemic really took a toll.

“There’s no easy fix with MS. Some days you don’t even know why you don’t feel good,” Marjorie noted. “I feel like pickleball helped restore my movement, strength, and sense of purpose after being weak and tired all the time.”



Her passion for the game quickly grew, and she calls herself “obsessed.” Online, she discovered *That Pickleball School* and tried their seven-day free trial. “I

loved it,” she says. “The drills and tutorials are amazing, and so is the community. People share what works for them, and you realize you’re not alone in the struggle.”

Healing Through Play and Mindset

Even the game’s mindset tools carry over into her daily life. “The ‘21 Day Mindset Reset’ challenge really spoke to me, not just for pickleball, but for life. Some days when I don’t want to get out of bed, I remind myself, ‘It’s mind over matter, baby. Just get up and put one foot in front of the other.’ That’s been so valuable for me.”



She has also competed in tournaments and already has won gold in a DUPR 14 team event.

Rediscovering Normalcy

Along the way, Marjorie built a new circle of friends. She now trains regularly at the gym to improve balance and agility, plays consistently, and has even convinced her daughter to join her on the court. The two are preparing to enter their first tournament together.

“I feel more normal playing pickleball than I do anything else right now. And for me, that is a really good place to be.”

