



# The Punch Line

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**Elkhart Gym**  
2510 Benham Ave.



**South Bend Gym**  
50680 State Rd 933



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## Rock Steady Boxing of Michiana

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# Welcome to *The Punch Line*

This is the first attempt at publishing a newsletter for our Rock Steady Boxing of Michiana family and friends. We hope you like it.

Our new website was launched in December 2023. It is full of information and resources, intended to both educate and inform. Think of it as an electronic bulletin board or kiosk.

Now comes this e-newsletter – an attempt to drill down and publish articles of general interest to our members and their families and friends. Future issues will offer cameo perspectives on our members and volunteers, as well as general interest articles.

If you are reading this e-newsletter, either you are a member or volunteer - or you subscribed to it. *The Punch Line* is available only in this electronic form, and only by subscription through our website portal, although you are free to print and share.

We welcome your ideas for future issues. We sincerely appreciate your interest in and support of Rock Steady Boxing of Michiana.

## Upcoming Events

Indiana State Rally  
Indianapolis  
March 5 9-11a

Tulips Bloomfest  
Fort Wayne  
April 7 12:30-3:30p

8<sup>th</sup> Birthday Gala  
South Bend  
April 20



## RSB: Accredited by the Parkinson's Foundation

"Research continues to prove how beneficial exercise is for people with Parkinson's across all stages of the disease, which is why it is our duty as the Parkinson's Foundation to ensure those who are engaging in classes are in the safest hands," said Eli Pollard, Parkinson's Foundation Vice-President.

Three programs have met the rigorous requirements of the Parkinson's Foundation Exercise Competency Framework: **Movement Revolution**, **PWR!Moves** and **Rock Steady Boxing**. These comprehensive programs provide and assess knowledge and skill acquisition, allowing participants to become certified exercise professionals.

Rock Steady Boxing's Coach Training Camp is one of the three programs accredited by the Parkinson's Foundation. Coaches are assessed on an on-going basis to maintain certification. These courses can fulfill a continuing education requirement for a certified exercise professional.



## Up Next: Birthday Number 8

In April 2017, we held the first of what has become an annual celebration with our fellow fighters, friends and family and supporters. We have held this event five times, missing just two years. These events celebrate our birthday, another year together with our growing “family”, as well as promote Parkinson’s Awareness month.

In addition, these events have proven to be our major fund-raising effort each year. Party-goers enjoy a delicious meal and outstanding presentation from a keynote speaker. As well, they enjoy bidding on more than one hundred items in our silent auction. Auction items are donated; the proceeds go to supplement our annual budget. Last year, we offered online bidding, so that friends and supporters from around the world with internet access were able to bid remotely.

On April 20, we will gather at Morris Park Country Club to celebrate birthday number eight. We will soon announce more details. Mark your calendar now and watch your email to make sure you don’t miss out on this year’s outstanding gala event.

## Our Mission

Michiana Partners for Parkinson’s, Inc. - d/b/a Rock Steady Boxing of Michiana - offers a fitness program exclusively serving folks living with Parkinson’s Disease.

We improve the quality of life for people with Parkinson’s Disease through a non-contact, boxing-inspired fitness curriculum.

We help folks get their lives back. **WE OFFER HOPE.**

## Fund Raising

Non-profit organizations like ours rely on the generosity of the community at-large to help meet ever-increasing budget needs.

Monthly membership fees from our fighters combine to provide only 62% of our budget needs. Although we are an *all-volunteer organization*, costs for space (rent, utilities, insurance, etc.) continue to increase and exceed the dollars raised from fees.

Thus, we turn to corporate and individual donors to help meet our budget needs and continue serving our Parkinson’s community – *one punch at a time.*