



The Punch Line

Thank You All

To all our boxers and corner persons:

I want to take the time to thank all of you for supporting our 8th birthday gala. Attendance was up (160). Even if you were not able to attend or donate, we do appreciate your continued support.

It was a great night with a great keynote speaker, Rock Steady Boxing's president and CEO, Ryan Cotton. We all enjoyed our celebrity emcee, WNDU's Gary Sieber. I think everyone enjoyed the meal and fellowship.

We raised enough money to keep the doors open for another year. We keep getting better and better at this, so next year should be even greater. We have already booked the date – April 26, 2025 – again at Morris Park Country Club. I look forward to seeing you all there.

I also need to thank the planning committee. Without these people who volunteer their time, it would not be as successful as it continues to be. They are already working on plans for next year.

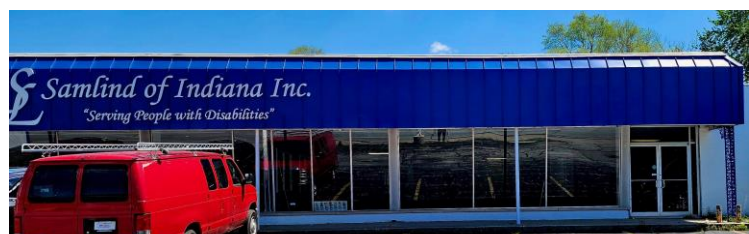
If you haven't heard, we moved our South Bend gym over the first weekend in May. What a great turnout to help! You always amaze me. What a caring, giving bunch of people! We have some more work to do, but I think the heavy lifting is over.

Thanks again for all you do to help Rock Steady Boxing of Michiana.

Don Sheliga, President

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South Bend Gym Moves

For exactly eight years, the South Bend wing of Rock Steady Boxing of Michiana held classes at 50698 State Road 933. Their first class was held on May 2, 2016; their last – May 2, 2024. In that time, active membership grew from 3 to more than 70 fighters. In that time a second gym was added.

On May 7, South Bend classes moved to 50770-A State Road 933, at literally the second building south of their former location.

Parkinson's Exercise Recommendations

Exercise and physical activity can improve many motor and non-motor Parkinson's symptoms:

Aerobic Activity 3 days/week for at least 30 mins per session of continuous or intermittent at moderate to vigorous intensity **TYPE:** Continuous, rhythmic activities such as brisk walking, running, cycling, swimming, aerobics class **CONSIDERATIONS:** Safety concerns due to risks of freezing of gait, low blood pressure, blunted heart rate response. Supervision may be required.

Strength Training 2-3 non-consecutive days/ week for at least 30 mins per session of 10-15 reps for major muscle groups; resistance, speed or power focus **TYPE:** Major muscle groups of upper/lower extremities such as using weight machines, resistance bands, light/moderate handheld weights or body weight **CONSIDERATIONS:** Muscle stiffness or postural instability may hinder full range of motion.

Balance, Agility & Multitasking 2-3 days/week with daily integration if possible **TYPE:** Multi-directional stepping, weight shifting, dynamic balance activities, large movements, multitasking such as yoga, tai chi, dance, boxing **CONSIDERATIONS:** Safety concerns with cognitive and balance problems. Hold on to something stable as needed. Supervision may be required.

Stretching >2-3 days/week with daily being most effective **TYPE:** Sustained stretching with deep breathing or dynamic stretching before exercise **CONSIDERATIONS:** May require adaptations for flexed posture, osteoporosis and pain.

Source: Parkinson's Foundation

Rock Steady Boxing of Michiana

50770-A State Road 933
South Bend
and
2510 Benham Avenue
Elkhart

(574) 286-6731

RockSteadyBoxingMichiana.com



Member Spotlight



Mike Hoover

Mike (Big Mike) Hoover has been around RSB Michiana almost since our beginning. He joined in South Bend in October, 2016. Having been diagnosed with Parkinson's Disease for five years, he attended a support group presentation by Phil and Don at Saint Mary's College. Skeptical, he visited the South Bend gym, and after that first visit, proclaimed, "I've found a new home!"

Fifty-seven-year-old Mike Hoover retired from the Elkhart County Health Department in 2020. He and his wife Colleen have two teenage sons, Travis (17) and Maclean (14). Mike earned his BS degree in Environmental Science from Wright State University and his Master's degree in Occupational Health and Safety from Indiana State University.

Although for the first five years of his diagnosis, Mike was in denial and withdrawal, he found that using humor helped to cope. He continues using humor during every session. His regrets? That he can no longer pursue his life passion, tennis, and that his ability to do photo restoration is diminished by his disease. Yet he feels that his Parkinson's progression has slowed since joining Rock Steady Boxing.

Hoover is one of several members who have undergone DBS (Deep Brain Stimulation) to quiet his dyskinesia, undergoing DBS surgery in 2022. A bonus: he now takes 3 pills daily, down from 18 before the procedure.

Asked what Rock Steady Boxing has done for him, Mike credits support for both the mental and physical improvement he has experienced. "It's given me a sense of fitting in, a social network, a support group. I am still progressing, but it has slowed. I have a better outlook now. I'm not sure I would still be alive if not for Rock Steady. I now have a sense of belonging and accomplishment."

If you've been in the South Bend gym, you know that Mike enjoys *hitting*. Speed bags. Heavy bags. Focus mitts. Dummies. *Anything* hittable.

As a veteran of Rock Steady Boxing of Michiana, Mike offers some good advice to new members. "Listen and learn from the old-timers. You can't know what they're going through, but they certainly know what you're going through. Listen to their advice. 1. There's always someone who has it worse than you and, 2. You really need a social network to help you cope. That's what Rock Steady is all about."

Welcome
New Members

South Bend
Sondra Champer

Elkhart

Ken Davies

Nancy Becker

Jon Troyer

Betty Ryder