



The Punch Line

Let's Party!



Join us for the Spring Gala on April 26 from 5:00 PM to 10:00 PM at the beautiful Morris Park Country Club in South Bend, IN, as Rock Steady Boxing of Michiana celebrates our 9th birthday! These celebrations keep getting bigger and better every year.

This enchanting evening will not only mark a significant milestone for our organization, but will also shine a light on the vital importance of raising awareness for Parkinson's Disease.

Attendees will enjoy a delicious banquet and have the chance to participate in exciting live and silent auctions, with all proceeds going directly to support our mission of empowering individuals with Parkinson's through boxing-inspired fitness programs.

Our guest speaker for the evening's program will be **Dr. Randall Bjork**, a consulting neurologist with the South Bend Neurology Group. He has enjoyed the practice of neurology in all four continental time zones, and finds that there is an astounding commonality among "US". Dr. Bjork will share his expertise about Parkinson's Disease, a subject of tremendous importance to all of us.

Our emcee for the evening will again be local television celebrity, **Gary Sieber**, WNDU's "weather guy". Gary co-anchors the Saturday morning show on WNDU and is a published author - "The Weather Could Be Verse", a charming and delightful collection of his famous weather poems.

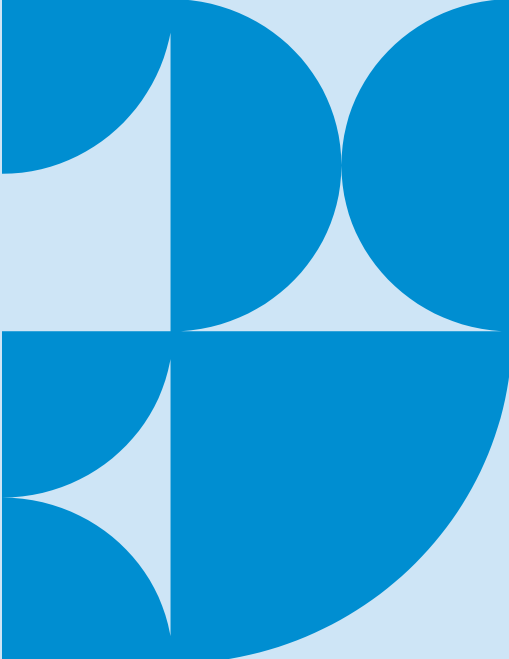
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For an evening of fun with your friends and family – and to help support the programs of Rock Steady Boxing of Michiana, you will want to first visit our Spring Gala platform. Finding it is easy:

On your computer's browser, enter <https://onecau.se/rsbm25>

On your phone or tablet, scan this QR code:



Or you can text rsbm25 to 44834

However you get there, you will be greeted with the happy image on the front page. From there, you can purchase tickets to the gala, donate to Rock Steady Boxing of Michiana, become an event sponsor, view and bid on silent auction items, get a peek at the evening's program and menu, and even donate items for the evening's silent auction. Remember to bookmark (save) this platform site, so you can return easily. New auction items are added frequently; you will want to "heart" your favorites and keep an eye on the bidding.

Share this information with your friends and family. Help us celebrate Parkinson's Awareness Month on April 26 by making this the best gala yet. Simply forward to your contacts the email that sent this newsletter to you.

Then come together with friends, family, and community members to enjoy an inspiring night filled with hope, connection, and the spirit of giving—your support will help us continue to make a difference in the lives of those affected by Parkinson's Disease. Don't miss out on this opportunity to celebrate and uplift our community!

Did You Know?

On May 2, 2016, our Rock Steady Boxing of Michiana organization held our first class in South Bend. We had three "fighters" attending that session – all males. Two years later we added a gym in Elkhart. Now, nearly nine years later, we serve 71 active fighters in Michiana (41 in South Bend and 30 in Elkhart). Of those members, 58 (82%) are male; 13 are female.

In 2024, we grew by 19 fighters (9 in South Bend and 10 in Elkhart).

And the average age of all our fighters? 70.9 years.

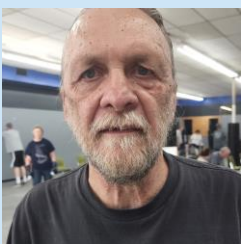
Rock Steady Boxing of Michiana

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South Bend
and
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RockSteadyBoxingMichiana.com

We Remember



Dennis Botka

12/20/1952 - 1/11/2025

Member Spotlight



Bruce Lyons

Elkhart fighter Bruce Lyons came to Rock Steady Boxing of Michiana three years ago, in February 2022. He had been diagnosed with Parkinson's Disease a year earlier. His daughter found us on the internet and urged him to take a look.

That much of his story sounds a lot like most of our members. But like most members, the part of his story BP (*Before Parkinson's*) defines him.

Bruce was born in Minneapolis in 1956, His family moved to St. Louis, where he graduated from high school in 1975. While in high school, he played and lettered in baseball, football and hockey.

After high school, Bruce became a Hoosier, as his family moved again – this time to Fort Wayne. That move turned out to be his good fortune, because that's where he met his wife. Cheryl was a nurse; Bruce sold sporting goods at a department store.

They moved to Minneapolis, where Bruce had a large family. Their daughters Jenna and Stephanie were both born there. He worked for a while as a laborer until he took a sales position with Elkhart manufacturer, NIBCO. In his position he traveled the Midwest until he moved back to Indiana as a regional product manager.

Bruce made two more career moves – back to Minnesota, as a regional manager. And then back to Indiana, where he retired as the Director of National Accounts in 1993.

Bruce refuses to let Parkinson's define him. He moved a lot in his career, and he's still moving after retirement – but in a different way. Now his focus is in moving faster than Parkinson's. In addition to participating in Rock Steady 3 times a week, he walks with Cheryl in their Granger neighborhood. And in good weather he golfs 3 times a week.

The Rock Steady Boxing benefit? It helps Bruce keep his focus, which these days is on staying ahead of the inevitable physical decline.

And his advice to others in their fight with Parkinsons? "Exercise. Learn more about PD from the people around you. Get involved, Make friends. Stay focused. Stay active. Identify your problems and fix them."

Bruce Lyons: A focused fighter!



Bruce Lyons

Welcome New Members

South Bend

Mike Moriconi

Phil Maternowski

Hilary Asher

Jerry Parent

Elkhart

Bill Stockton

Garold Naragon