



News Release

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CCH Receives \$2,500 Grant from Fraternal Order of Eagles to Support Rock Steady Boxing Program

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital (CCH) recently received a \$2,500 grant from the district-level Fraternal Order of the Eagles. The grant will support equipment purchases for the hospital’s Rock Steady Boxing (RSB) program.

RSB is a fitness curriculum for people with Parkinson’s disease (PD) which features exercises that are adapted from boxing drills. There is evidence that intensive exercises, such as those performed in RSB, may be neuro-protective, actually slowing PD’s progression and the loss of functional abilities.

“Parkinson’s disease is unfortunately all too prevalent in the Columbus area. Supporting CCH and the CCH Foundation in our efforts to assist patients is a cause that resonates with numerous local donors,” said Carol Keller, executive director of the CCH Foundation. “Physical therapy and staying active has been proven to be effective in fighting Parkinson’s disease. Rock Steady Boxing is an empowering way for patients to fight back.”

CCH’s Rehabilitative Services has been offering RSB classes since January 2019. The classes are held Tuesdays and Thursdays from 1:15 to 2:15 p.m. at the Columbus Wellness Center and the cost for the classes is \$15 a month for YMCA members and \$40 a month for non-members.

Participants also need a set of individual boxing gloves and wrist guards, along with a mesh bag to hold and carry their training gear. The wholesale cost for these items is \$45 for each set. Thanks to the Fraternal Order of the Eagles grant, RSB participants will now receive these items at no additional charge.

“We want to keep RSB affordable for everyone. This donation will help toward that goal for a number of years,” Keller said.

Keller and Doug Janssen, PT, DPT, director of Rehabilitative Services, submitted the grant application to the Fraternal Order of Eagles in May. On September 21, Keller accepted the \$2,500 grant award at the Eagles’ Nebraska/Iowa districts annual convention in South Sioux City, Nebraska.

For more information on RSB or how to support it and other hospital programs through the CCH Foundation, visit www.columbushosp.org.

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