



THE COMPASSION CARE CLASSIC

BEST WISHES MEGHAN AND ASIA

Meghan Belch and Asia Mahaney have resigned from the Windsor-Essex Compassion Care Community to take on other roles in the community. We wish them well and thank them for their time with the movement!



ASIA MAHANEY



MEGHAN BELCH

SAVE THE DATE !!



WINDSOR-ESSEX
Compassion
Care Community

A COMPASSION CELEBRATION

OCTOBER 22nd 2019
4PM - 7PM

Windsor Public Library (850 Ouellette Ave.)

A COMPASSION CELEBRATION

Our movement is hosting an event on October 22, 2019 at Windsor Public Library located at 850 Ouellette Avenue. Our "Compassion Celebration" will take place between 4pm and 7:30pm in the basement of the library. Members of our movement are asked to arrive at 4pm to play games, talk about issues that impact them and to discuss ways to combat these issues. Partner agencies are asked to arrive at 5:30pm to mingle with members, share a light meal and offer some support. For more information call Christie at 226-344-4022 or sign up at <https://www.eventbrite.com/e/a-compassion-celebration-tickets-69422633967>

THE IMPORTANCE OF BEING CONNECTED

Being connected supports us to live longer and happier. In fact, research shows us that being connected helps us to live with less stress, helps us to live a happier lifestyle, and can even reduce our risk of suffering from a stroke or heart attack. Come and learn more for yourself and how you can make a difference for others.

Wednesday October 16, 2019 at 1-3pm, The Hospice of Windsor and Essex County. 6038 Empress Street, Windsor

Or

**Monday October 21, 2019 at 1-3pm, Erie Shores Welcome Centre
197 Talbot Street W. Suit 701 Leamington**

For more information call Diane at 519-974-2581 Ext: 2276 or
Linda at 519-974-7100 Ext: 2201

BOXING BENEFITS FOR PEOPLE WITH PARKINSON'S DISEASE

By Janice Moroun

We are learning every day that there are ways in which people with Parkinson's disease can enhance their daily quality of life and build impressive power, strength, flexibility and speed! By exercising with trainers who know the ropes, you can fight your way out of the corner and start to feel and function better. Marg and Doug Lavoie, is a local couple who have found a way to help Marg combat Parkinson's disease thorough Rock Steady Boxing classes at Border City Boxing Club on Drouillard Road. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. Rock Steady Boxing classes have proven that anyone, at any level of Parkinson's, can lessen their symptoms and lead a healthier, happier life.

Gary Provenzano is a retired Chef and long-time kitchen volunteer at the Hospice Residential Home. He was diagnosed with Parkinson's disease and heard of the Rock Steady Boxing at the Border City Boxing Club 15 months ago and loves the comradery with others who understand and have the same life altering diagnosis.

The Lavoies and Gary find it important to attend weekly, every Saturday morning, in order to keep their muscles moving and their brain active. They have found they are moving muscles they have never moved before. Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum.



Left: Doug Lavoie and Mary Lavoie
Right: Gary Provenzano
Pictures by Janice Moroun

To contribute to our Windsor-Essex Compassion Care Community Newsletter

Contact Christie at: cnelson2@thehospice.ca or by calling 226-344-4022.