



## April 2024 Sports & Fitness Updates

The latest news from Shirley Ryan AbilityLab Adaptive Sports & Fitness Center

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### Join Our Nordic Poles Agility Walking Group!

Spring has sprung and we are resuming our outdoor class starting May 29th! Click [here](#) for more info!



#### Why Nordic Poles Agility?

- Improve balance and walking stamina while walking around the track and performing other exercises such as agility courses as a group!
- Learn exercises that will help you strengthen your entire body safely
- Enhance posture and flexibility for daily activities

#### Details:

Dates: May 29th to August 7th (Wednesdays), 9:00 am

Location: 808 N Lake Shore Park Drive

Cost: One-time registration fee: \$45 ( for new members) , 11-week session fee: \$110.00 or Drop-in fee: \$15

Suitable for seniors with balance and stamina deficits

Nordic poles provided

**Limited spots available! Reach out to us at 312-238-5001 to secure your place and start your journey towards improved balance, stamina, and agility today!**

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# Administrative Professionals Day was Yesterday, April 24th!

Our Administrative Coordinators here at the 541 Fairbanks Adaptive Sports and Fitness Center, **Logan and Maggie**, keep our center running smoothly on a day-to-day basis. They are essential to the success we have had here to keep our clinic organized and efficient. The day in the life of an administrative professional is varied from moment to moment. While organization is key to their success, their flexibility, ability to handle the unexpected, and friendliness to our clients make them exceptionally valuable to us and the community here at Shirley Ryan Ability Lab.

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## ShirleyRyan AbilityLab Basketball Finishes 3rd in the Nation



The Chicago Hornets sponsored by SRALB finished third place at the National Wheelchair Basketball Association's National Tournament in Richmond, Virginia. This serves as the highest finish for the Hornets team bettering their 5th place finish in

2023. The team was led in scoring by Jonathon McNamara and Emily Oberst. Noah Hotchkiss (holding the plaque) was named first team All-Tournament.

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## Jose's Story

Meet Jose Alzati, a member of the Shirley Ryan Ability Lab Adaptive Sports and Fitness program, with an inspiring story!

Back in 1997, Jose survived a serious car accident that caused an arterial rupture in his heart, defying the odds of survival. During his three years of therapy at Shirley Ryan AbilityLab, Jose found strength and support from his loving wife, who played a crucial role in his recovery.

In 2005, Jose rediscovered his love for sports through the Adaptive Sports and Fitness program. Introduced to wheelchair basketball and softball by Jorge Alfaro, Jose engaged into the community and has been staying active for almost two decades. While Jose enjoys various sports, hand cycling is particularly close to his heart, along with archery, weightlifting, and Functional Fitness sessions at the Adaptive Fitness Center.

Jose regularly participates in events like the Skyrise and adaptive cycling, achieving impressive goals like completing the Chicago Marathon in just five hours. Despite facing challenges like Type-2 Diabetes and heart issues, Jose's determination and resilience is inspiring to his team mates, clients and staff at the Adaptive Sports and Fitness Center.

On his journey to better health, Jose focused on nutrition and exercise, shedding over 45 pounds in seven months. Through consistent workouts at Adaptive Fitness Center and mindful eating, he not only improved his physical health but also gained strength and mobility.



Grateful for the support from Shirley Ryan Adaptive Sports and Fitness, and our donors, Jose looks back on his journey with gratitude. His advice to others is simple yet powerful: "Set small goals, stay consistent, and lean on your community for support!"

Jose's story is a reminder of the power of resilience, community and focus. He continues to inspire us all, and we can't wait to see what he accomplishes next!

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## Paralympians Headed to Paris!

SRALab Chicago Hornet, Emily Oberst along with former Chicago Skyhawk player Ixhelt Gonzalez will be traveling to Paris for the 2024 Paralympic games!

Emily has played with the SRALab Hornets for the past two seasons after graduating from the University of Illinois, the Chicago resident by way of Brookfield, Wisconsin is making her first appearance at the Paralympic Games. Next week (4/12-14) she will lead the #3 ranked Chicago Hornets at the NWBA National Tournament in Richmond, Virginia. Her Instagram is [Emily\\_Oberst](#).



Ixhelt Gonzalez is making her second appearance in the Paralympic games ( Tokyo 2020) for Team USA. Currently a member of the two-time defending National Wheelchair Basketball Association (NWBA) National Champions University of Alabama, the Sophomore came up through the Chicago Skyhawks programs. The

Chicago Skyhawks youth program is a partnership between the Chicago Park District and Shirley Ryan AbilityLab, we currently have two teams ( Prep & Varsity). Her Instagram is [ITZI.GZZ54](#).

Be sure to tune into NBC, CNBC, and USA network to watch the 2024 Paris Parlympic games beginning August 28th through September 8th!

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## Book Your Free

## Balance/Strength Assessment

We are thrilled to remind you that our fitness center continues to offer complimentary balance assessments and physical function assessments. These assessments can be scheduled simply by reaching out to us at 312-238-5001. Additionally, we are excited to announce that our new session of Strength and Bone Resilience Class will start in May, focusing on vital aspects such as mastering techniques for getting on and off the floor, enhancing mobility, loaded carrying, ball slamming, pushing and

pulling for real-world strength, dynamic exercises for balance, and utilizing strengthening machines effectively. Our classes are designed to be fun, engaging, and empowering, with small group sizes for personalized attention. Registration is open! To get started, contact us at 312-238-5001.

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## Cerebral Palsy Soccer Event

If you are or know any families with ambulatory kids with CP or TBI that have an interest in Soccer, CP Soccer is hosting an event this weekend!

**CP Soccer Midwest Showcase April 27 & April 28, 2024**

Location: FC United Falcon Field (indoor facility)  
3090 North Lake Terrace  
Glenview, IL



Registration is free!

Please register via this link if you plan to attend.

<https://forms.gle/GjZZh1kUpoqEn8t6A>

### **New Players Welcome!**

No experience necessary. This is a great opportunity for new players to come check out the team and participate in a fun weekend! All levels of play are welcome.

**Who Qualifies for CP Soccer:** Participants must be between age 7-17 and have ambulatory cerebral palsy, stroke, hemiplegia or traumatic brain injury which affects their motor coordination yet still enables them to run and kick a ball.

### Schedule of Events:

Saturday, April 27

Time: 3PM-5PM soccer clinic and trailing sessions

Saturday Evening Activity (optional) April 27

Dinner & Social 5:30PM-8:00PM

Location: North Shore Sports & Wellness, 550 Lake Cook Road, Deerfield, IL

Sunday, April 28

Tournament: 9AM-11AM

### Accommodations:

If you would like hotel accommodations (there are many in the area) but we have secured a group rate at the Courtyard Marriott in Glenview. Please use this link when booking: [Book Your Group/Corporate Rate | Marriott International](#)

Website: [Central Conference — CP Soccer](#)

Questions? Email us at: [chicago@cpsoccer.us](mailto:chicago@cpsoccer.us)

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## Celebrating Parkinson's Awareness Month!



April is Parkinson's Awareness Month, and at Shirley Ryan Ability Lab's Parkinson's Disease and Movement Disorder Clinic, we marked this important occasion with an extraordinary event. PDMD clinic brought together experts, researchers, and

resources to shed light on Parkinson's disease and provide valuable insights into managing it.

### **Event Highlights:**

Informative Lectures: speakers shared their expertise on Parkinson's disease, covering topics such as treatment, resources and research.

Resource Showcase: Our event featured a comprehensive showcase of resources, including exercise, educational materials, therapies, and research.

Fitness Center ePresentation: Our dedicated fitness center team conducted a dynamic presentation and exercise demo tailored specifically for individuals with Parkinson's. The session highlighted the importance of physical activity in managing symptoms and maintaining overall well-being.

Community Engagement: The event fostered meaningful connections within the Parkinson's community, offering a supportive environment for individuals, caregivers, and healthcare professionals alike.

We wanted to send out a BIG thank you to everyone who attended! Together, we are raising awareness, promoting education, and empowering individuals affected by Parkinson's disease.

Stay tuned for more updates and initiatives as we continue our commitment to supporting those living with Parkinson's throughout the year.

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## **You're Invited to the Annual Sailing Open House!**

Don't miss the fun and enjoyment of learning to sail and race a sailboat on Lake Michigan with the 34-year-old Judd Goldman Adaptive Sailing Program. The Annual Open House is on Saturday, June 1 from 10:00 to 4:00, Judd Goldman Sailing Center, 1362 Linn White Drive, Burnham Harbor. See the 2024 schedule <https://juddgoldmansailing.org/events/> or for more information contact Kerry Tarmey at (312) 644-3200.



## Judd Goldman Adaptive Sailing Foundation

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### General Classes for All Ability Levels

[Adaptive Yoga: Seated Level or Mat level](#)

[Adaptive Pilates](#)

[Seated Dance](#)

[Balance and Stability](#)

[Golf Performance](#)

[Aquatic Fitness: Group Sessions and One-on-Ones](#)

### Functional Fitness

Individualized training is also offered through our [Functional Fitness Program](#), where members work one-on-one with one of our exercise physiologists to advance and maintain their functional goals. In addition, our staff can help you improve your gait and balance through Lokomat, AlterG treadmill training, and aquatic exercises (downtown only).

### Telefitness

[Telefitness](#) is a one-on-one interactive virtual exercise program for individuals who are looking to maximize their functional fitness and training outcomes under the guidance and care of one of our expert Exercise Physiologists. The program is designed to help increase motivation, activity, improve physical ability, and enhance personal fitness goals all from the comfort of home.

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If you are interested in using any of our services, please contact us at the Fitness Center at (312)-238-5001 or [sports@sralab.org](mailto:sports@sralab.org).

[Click Here For More Info](#)

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