



Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

July 6, 2020

MEDIA CONTACTS:

Matt LaPorte, Superintendent of Recreation, 847.388.5458, mlaporte@mundeleinparks.org

Chistine M. López, HMHB Coordinator, 847.388.5439, clopez@mundeleinparks.org

Deb Engdahl, Marketing Coordinator, 847.388.5473, dengdahl@mundeleinparks.org

PARK DISTRICT RECEIVES GRANT TO BRING VETERAN'S PROGRAM VIRTUAL

MUNDELEIN, IL –Mundelein Park & Recreation District has been selected to receive a grant for its' Healthy Minds Healthy Bodies® program for veterans. The Lake County Community Crisis Relief Fund (<https://www.lakecountycf.org/lake-county-community-crisis-relief-fund/>) will be awarding \$10,000 to the District to support an alternative delivery system by making disabled veteran support services accessible through online meetings, teleconferencing and video chat.

With the onset of the coronavirus pandemic, the issues prevalent in our veteran community have become more pronounced. "While social distancing, self-quarantining, and isolation are all necessary to help control the spread of COVID-19, all can increase social isolation (a lack of interactions with others) and loneliness (a feeling of the lack of a social network or companion)," according to the Bob Woodruff Foundation's research, April 2020

-more-

HMHB Virtual Grant

Page 2

July 6, 2020

(<https://bobwoodrufffoundation.org/veterans-and-covid19/>). Healthy Minds, Healthy Bodies (HMHB) Program serves wounded, ill or injured military personnel. Mundelein Park & Recreation District offers two free one-year NovaCare Fitness Center memberships (one for the veteran and one for a workout partner). Also included are up to 15 free personal training sessions and monthly networking opportunities. Qualifications to participate in the HMHB program include:

- Honorable/medical discharge on DD214
- 10% disability rating or higher assigned by the VA
- Disability rating applied for, in medical review or under appeal
- Non-service-connected injury, note from your civilian doctor, or a general endorsement from a VA counselor, VOC/PVA representative.

HMHB members represent all branches of the United States Armed Forces and have served in such conflicts as World War II, the Korean War, the Vietnam War, the Gulf War, the War in Afghanistan, and the War in Iraq.

“We are honored to be awarded this grant, which will allow us to expand our remote services for our veteran community.” said Matt LaPorte, Mundelein Park & Recreation District Superintendent of Recreation.

Those services include individualized personal training sessions, case management and monthly networking sessions to learn about resources within the community. It will also include engagement with fellow HMHB Members and their families to build a personal support system.

-more-

HMHB Virtual Grant

Page 3

July 6, 2020

“Our goal is to serve those who served—and their families, by offering a variety of delivery formats for mind-body fitness classes and networking programs to ensure social connectedness during this trying time for our country,” added Christine M. López, HMHB Coordinator.

For more information on Friday Hero Workouts or the Healthy Minds/Healthy Bodies program at Mundelein Park & Recreation District, contact Christine López at

clopez@mundeleinparks.org.

Healthy Minds Healthy Bodies is a trademarked program of AllenForce implemented by licensed fitness centers throughout the country that is offered free of charge to qualified veterans. Each facility and fitness professional complete specific training on veteran culture, PTSD, MST, injuries, and illness specific to veterans and adaptive equipment. For more information visit https://allenforce.org/healthy_minds_healthy_bodies.html

#



PHOTO:

Personal Trainer Kwame Dupree works with veteran Arnie Gorospe at NovaCare Fitness Center in the Healthy Minds Healthy Bodies® program.