



May 15, 2002

Welcome to AMBUCS where we are dedicated to creating opportunities for independence for people with disabilities, especially children.

news@ambucs-dnv.com

P.O. Box 266 Danville, IL 61832

Pledge: Richard Woodard

Prayer: Jeff Saylor

Guests: Marilee DeArmond, Kirk Adams, Lisa Creamer, George Schildt and the cute child of Carol Wade: May Grace.

May 22

Orientation, Social, Awards

Bring your spouse or significant other (but not both!) for a relaxing meeting, honoring chairpeople from 2001-2002 and orientation of new members. If you have never been through an orientation, or it's been a while, make a point of coming and asking your burning questions!

Meeting Notes

George Schildt was on hand to sell tickets to 'The Many Faces of Old Glory' by Vane Scott to be held in the DHS auditorium on May 23 with a magic show by The Zodiacs. Buy a ticket and attend.

The HALO Painting Blitz is coming up on June 15. Signups circulated and will continue to do so until the event. We should know by the end of May which house we are painting and we will post it here, so keep your eyes open!

The Demo Site for AmTrykes has been secured! The AmTrykes have been ordered! District 118 will sponsor the site in the fall. So we don't have to wait, Heritage Development Services is hosting the site for the summer. Thanks for all your work folks!

Summer Sounds Concert Series

The sponsorships continue to sell. As part of that process and to begin promoting the event, fliers have been placed in the Chamber of Commerce mailing and letter are being sent to all downtown businesses. If you would like to help, contact Jeff Saylor!

Our first concert is coming up on June 14 with Irish Night's band Hog Eye Naavy. They were one of the favorite bands last year. For more, please visit www.summersounds.org.

Personal Trainer

Marilee DeArmond

Personal Trainers set up individual programs for personal fitness from weight issues all the way to planning for a vacation in the mountains. Marilee DeArmond said that strength training is a key factor in what she does. Weight loss can occur without it, but a little strength training helps the posture, high blood pressure, back pain, and increases your metabolism.

The trainer works with you to create a program to accomplish your goals. They also, perhaps more importantly, motivate you to accomplish those goals. During the once or twice a week sessions they help you use the equipment properly to avoid injury and to get the most workout from your work.

In picking a trainer Marilee strongly urges you to check their certification carefully. Like many industries today, it is getting easier to obtain certification - so make sure it is from a credible place, and nation wide. Ask for personal references of previous or current clients. Meet with them and see if you can communicate well with them. If not, the motivation won't work!

Marilee DeArmond takes an interconnected approach to Personal Training. She looks at the medial background (heart, joint, surgery, etc), the lifestyle (occupation, exercise, diet, etc) and your environment (support system, exercise history, etc). She starts with easy, strength training and works up to your current ability slowly. Then she adds a dose of cardio-respiration work, again working slowly up to your current level. Then begin to build a new you!



Future Program

5/22 Spring Orientation

Lunch will be Beef Stroganof.

5/29 Big Hat

6/5 Installation of Officers & Party

6/12 Craig Cummings - Consumers Water

6/19 Ron Neufeld - City Comptroller

6/26 Picnic at the Playground for Everyone

Board Meeting

June 10 at noon at Clifton-Gunderson. Feel free to join us, let Donna know so she can make sure there's enough lunch for all. Please park in the lot if you can rather than in front.

National News

AmTryke National Statistics

2001 was a busy year for the AmTryke as 755 were shipped, an increase of 49 from the previous year. Of these 383 were small, 292 were large and 80 were all terrain. National filled 110 requests from the Wish List which left only 33 not including requests for the Toddler.

Nomenclature

Executive Director

Operates the AMBUCS Resource Center, implements programs of the AMBUCS' Board of Directors, plans the national conference, publishes AMBUCS publications, provides training materials, and administers the Scholarships for Therapists program.

Membership Corner

Come check out the members at this weeks meeting! It's our big orientation, social, awards meeting for the year ending this month!

Bring your spouse or significant other for a relaxing meeting. You can ask about anything you don't know!

If you would like more of your information listed in the newsletter or on our web site, let us know: info@danvilleambucs.com.

Meetings - Wednesdays at Noon - Days Inn

Creating Independence for Persons with Disabilities

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