



## Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

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# NEWS RELEASE

**FOR IMMEDIATE USE**

**September 29, 2021**

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### LOCAL VET TO REPRESENT ILLINOIS AT NATIONAL GOLF AND WELLNESS WEEK

MUNDELEIN, IL —Veteran Jim Nelson of Mundelein will represent the Illinois section in the PGA HOPE (Helping Our Patriots Everywhere) National Golf & Wellness Week this October in Washington DC. PGA HOPE (<https://www.pgareach.org/services/military>), the military program of PGA REACH, introduces golf to Veterans with disabilities to enhance their physical, mental, social and emotional well-being. PGA HOPE helps Veterans assimilate back into their communities through the social interaction the game provides.

Over the course of four days, Nelson and select PGA HOPE Veterans will receive a tool kit of new skills focused on advanced golf instruction and impactful wellness training. This curriculum will be an extension to what they have been learning throughout the year at their home PGA

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HOPE program.

Golf instruction will be provided by the most respected PGA Members from around the country, and wellness instruction will be provided by leaders in Veteran healthcare from the Cohen Veteran Network (CVN) (<https://www.cohenveteransnetwork.org/>). The curriculum will cover nutrition, stress management, mental health and life skills. The event will culminate with a golf outing at Congressional Country Club in Bethesda, MD.

Nelson was nominated after participating in the PGA HOPE series of clinics last fall at Pine Meadows Golf Club in Mundelein which was run in partnership with Mundelein Park & Recreation District's Healthy Minds, Healthy Bodies® Veteran program (<https://www.mundeleinparks.org/fitness/healthy-minds-healthy-bodies/>), AllenForce ([https://allenforce.org/healthy\\_minds\\_healthy\\_bodies.html](https://allenforce.org/healthy_minds_healthy_bodies.html)), Pine Meadow Golf Club (<http://pinemeadowgc.com/>), Illinois PGA Foundation (<http://www.ipga.com/>), and RevelationGolf (<https://revelationgolf.org/>).

In addition to attending the six sessions of the program, Nelson was instrumental in helping organize the golf clinic through his involvement with the Healthy Minds Healthy Bodies® program at Mundelein Park & Recreation District. Nelson served in the U.S. Army from 1962–1965. He was shipped to Germany where he was part of the Pershing Missile organization, 4<sup>th</sup> Battalion. He was promoted three times in 13 months and completed his military service as a Field Communication Sr. Switchboard Operator in Germany.

Nelson is looking forward to becoming an ambassador of the PGA's HOPE program following National Golf and Wellness Week, "to get people interested in golf, especially if it helps their

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mental stability. We can work around some physical things; they've (PGA HOPE) got everything you want. All you need to do is attend!" Nelson added, "Golf isn't only about doing well or improving your score, when you golf with someone that has a great hole, it makes me feel good that he felt good. It's really fun when someone else is excited."

Nelson took up golf after retiring from his 40+ year telecommunications career in 2009. He took four golf lessons at Mundelein Park & Recreation District's Steeple Chase Golf Club (<https://www.steeplechasegolf.com/>) and was hooked. His interest expanded to working in the sport as he has been part of the grounds crew at Steeple Chase for the last 6 years.

Terry Russell, PGA Teaching Professional and Lead Instructor of PGA HOPE, nominated Nelson to represent the Illinois section stating, "Jim Nelson is committed to serving his country, fellow veterans, the PGA Hope program and the game of golf."

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PHOTO CAPTION:

US Army Veteran Jim Nelson will represent Illinois at PGA HOPE National Golf & Wellness Week October 14-19.

