

Steady Strides 2016 Success

On behalf of everyone on this year's Steady Strides committee, a huge thank you to all of you for making the 2016 Steady Strides the most fan-



tastic race yet! There were many new challenges for us to overcome this year, from our new beginnings as an organization to moving our traditional Saturday event to a Sunday. But in sterling fashion, the Parkinson community came together, and you produced yet another year of record results.

We hope you enjoy the photos throughout the newsletter from this year's event. It turned out to be a glorious sunny day, and as you can see in the photos, a grand time was had by all.



We look forward to seeing you again in 2017, when Steady Strides returns to its traditional date, June 3, the first Saturday in June. Until then, know that the proceeds you helped raise will be put to good use in fulfilling our mission of providing education, support, and exercise for the Parkinson community. See you in 2017!

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Announcing our 2017 Spring Forum Speaker

We are pleased to announce that our keynote speaker for next year's Spring Forum will be Dave Iverson. Dave is an independent filmmaker, broadcast journalist, and person living with PD. He is a contributing editor for the Michael J Fox Foundation (MJFF), and a founding member of the MJFF Patient Council. You may have seen him in action as moderator of the MJFF Partners in Parkinson's event held this summer in Cincinnati, or in a similar role at the World Parkinson Congress.



More information on page 2.

LEARNING

Announcing our Spring Forum 2017 Speaker!

Continued from page 1.

Two of Dave's films focus on the topic of Parkinson's disease. *Capturing Grace* is a feature documentary about a group of dancers with Parkinson's disease and their unique collaboration with the world-renowned Mark Morris Dance Group. It aired on PBS in 2015 and has won a number of awards. Iverson was also the writer, correspondent and co-producer/director of the 2009 PBS Frontline documentary *My Father, My Brother and Me*, which explored how he and his family have battled Parkinson's disease. He has previously produced over 20 films for PBS, served as a radio host for KQED in San Francisco and produced programs for Wisconsin Public Television for 20 years.

Since his diagnosis of PD in 2004, Dave has established a very strict workout routine which he credits (along with some luck) with keeping his symptoms at bay. Dave feels fortunate to have the wonderful support of family and friends and to have the opportunity to be engaged with the broader Parkinson's community from whom he has learned some of the deepest truths and life lessons. He looks forward to sharing some of his wisdom with us next spring.

The Manor House
7440 Mason-Montgomery Rd
Mason, OH 45040

Saturday, April 22, 2017, 10am—3pm

Admission fee of \$15 includes lunch.

Registration will open in early 2017.



Photos clockwise from top: Kids' Fun Run, Crossing the finish line, Jakk Hunter receives the Ingrid Fabian Memorial trophy for raising the most money, and the Unmarked Cars play at Steady Strides.



PD EDU

Those who attended our July event with Dr. Ted Barrett expecting games, creative thinking and a bit of magic were surprised to discover the topic had changed! But we did get a bit of magic anyway; each attendee received a bag of "tricks" to help fight the emotional symptoms of PD!

A Hershey's Chocolate Hug since we need to give and receive a hug every day. Hormones released from a hug can combat blood pressure problems, increase immunity to disease and increase levels of serotonin and dopamine in our system.

A humorous cartoon because laughter both decreases tension and enhances oxygen intake, therefore improving one's mood. So make some time to laugh!

A paper clip for clipping reminders and notes. We all have memory problems stemming from the aging process and/or cognitive issues of PD, but tools like reminder words or clues can help us. Dr. Barrett has a "don't lose it" basket where he puts his keys, wallet, cell phone, and other important items so he can always find them in a hurry.

Sugar-free chewing gum offers a myriad of benefits. It reminds us to relax, can enhance weight loss, and fights tooth decay by increasing saliva which then washes the decay away. It also boosts mental power and brain activity by increasing blood flow to the front of the brain.

A drawing of a heart to remind us not to let Parkinson's disease take away our hope! Hope blocks pain. Since PD affects the mind and body and spirit, we need to live with hope and focus on the best we can be right now.

A rubber band to symbolize being flexible and accommodating the ideas and behaviors of others without surrendering to them. If the only disability in life is a bad attitude, what are you really capable of doing now?

The Ace of hearts card to remind us to schedule some play time every day. It provides nourishment for the body and the spirit— something necessary for both PWDs and caregivers alike!

If you missed this presentation, plan ahead for the remaining talks in 2016:

Saturday, September 17, 11am

Anderson Library

The topic will be Assistive Devices.

Saturday, November 19, 11am

North Central Library

The topic will be Safe Patient Transfers, including getting up after a fall, transfers from a wheelchair to a car, and other likely situations.

Each talk is one hour long. There is no charge, but reservations are required because space is limited. Please register online at parkinsoncincinnati.org/pd-edu or by phone at 513-558-0113.

MOVING

Coors Core Fitness

Boxing Elite \$48/month

Thursdays 12:15-1:15pm

Coors Core Fitness
7693 Beechmont Ave
Cincinnati, OH 45255

Thursdays 2-3pm

The Punch House
3911 Reading Rd
Cincinnati, OH 45229

PD Advanced \$48/6 weeks

Tuesdays 12noon-1pm

Coors Core Fitness
7693 Beechmont Ave
Cincinnati, OH 45255

Fridays 11am-12pm

Church Venture
3187 Western Row Rd
Maineville, OH 45039

Saturdays 9:30-10:30am

Choice Physical Therapy
9419 Kenwood Rd
Blue Ash, OH 45242

PD Basic \$48/6 weeks

Tuesdays 1:10-2:10pm

Coors Core Fitness
7693 Beechmont Ave
Cincinnati, OH 45255

Fridays 12:15-1:15pm

Church Venture
3187 Western Row Rd
Maineville, OH 45039

Saturdays 10:45-11:45am

Choice Physical Therapy
9419 Kenwood Rd
Blue Ash, OH 45242

For all Coors Core Fitness classes,
contact Lisa Coors, 513-233-2673
or lisa@coorscorefitness.com.

Dancing with Parkinson's

Cincinnati Suggested: \$5/class

Wednesdays 2-3:15pm
Wyoming Fine Arts Center
322 Wyoming Ave
Cincinnati, OH 45215

Contact Elizabeth Grover at
513-379-1196 or
lovetgrover@gmail.com.

Kettering Free of charge

Mondays 11-11:45am
First Baptist Church of Kettering
3939 Swigart Rd
Beavercreek, OH 45440
Contact Jill Becker at
937-767-2646 or
jillbecker1@gmail.com.

Yellow Springs Free of charge

Wednesdays 2-2:45pm
Yellow Springs Senior Center
227 Xenia Ave
Yellow Springs, OH 45387
Contact Jill Becker at
937-767-2646 or
jillbecker1@gmail.com.

Fit for Function

\$15/each or \$90/8 classes

Low Intensity

Tuesdays & Thursdays 4-5pm

Medium Intensity

Mondays & Wednesdays 12-1pm

High Intensity

Mondays & Wednesdays 11am-12pm
Tuesdays & Fridays 11am-12pm

Neuro Rehab and Balance Center
7677 Yankee Street #1101
Centreville, OH 45459

For all Fit for Function classes,
contact Lindsey Hershberger at
937-401-6109 or
lindsey.hershberger@khnetwork.org.

foreverfitness

PWR! Moves \$10/class

Mondays 4-5pm
Village Adventist Church
8936 S Mason-Montgomery Rd
Mason, OH 45040

Tuesdays 10:30-11:30am
Epiphany Lutheran Church
10155 Sheehan Rd
Dayton, OH 45243
Contact Katie James at
937-626-2997 or
kejames1226@gmail.com.

Wednesdays 1-2pm
Connections Church
7421 E Galbraith Rd
Cincinnati, OH 45243

Wednesdays 3-4pm
Ivy Knoll Senior Community
800 Highland Avenue
Covington, KY 41011

Wednesdays 4:30-5:30pm
St James Episcopal Church
3207 Montana Ave
Cincinnati, OH 45211

Saturdays 11:15am-12:15pm
Hyde Park Health Center
3983 Rosslyn Dr
Cincinnati, OH 45209

Rock Steady Boxing

\$250/20 classes
Tuesdays & Thursdays 3:30-4:30pm
Title Boxing
10659 Loveland-Madeira Rd
Loveland, OH 45140

For all foreverfitness classes
(except where noted), contact
Sarah Palmer at 513-404-1918 or
sarah@foreverfitnesscincinnati.org

Moving with a Purpose

\$6/class; members free
Fridays 11am-12noon
The Heights Racquet & Fitness Club
5239 Taylorsville Rd
Huber Heights, OH 45424
Contact Fern Strahan at
937-554-6649.

Parkinson's Exercise

\$5/class
Tuesdays 3:30-4:30pm
HealthSouth of Northern Kentucky
Hospital Community Room
201 Medical Village Dr
Edgewood, KY 41017
Contact Jenna Smith at
859-344-3234 or
Jenna.Smith@healthsouth.com.

Parkinson's Exercise

Tuesdays 10:30-11:30am
First Baptist Church of Kettering
3939 Swigart Rd
Beavercreek, OH 45440
Contact Lois Milligan at
lamilligan@woh.rr.com.

Parkinson's Exercise Class

\$50/8 weeks
Mondays 1-1:50pm
Wednesdays 11-11:50am
Daniel Drake Wellness Center
151 W Galbraith Rd
Cincinnati, OH 45216
Contact Angela Perkins at
513-418-5867 or
angela.perkins@uhealth.edu.

Parkinson's Exercise & Chair Volleyball

Mondays 5-6 pm
Mason Community Center
6040 Mason-Montgomery Rd
Mason, OH 45040
Contact Kay Herrington at
513-754-8430 or 513-315-8473.

Steady Strides Singers

\$5/session
2nd & 4th Mondays 1-2pm
The Church of the Redeemer
2944 Erie Ave
Cincinnati, OH 45208
Contact Janet Langhorst at
jlanghorst@cinci.rr.com or
Elizabeth Grover at 513-379-1196.

Yoga for PD

No charge
Thursdays 12noon-1:15pm
St. Paul United Methodist Church
8221 Miami Ave
Cincinnati, OH 45243
Contact Patty Braasch at
healingartsyoga1@aol.com or
513-673-9978.

Chair Yoga

\$6/class
Fridays 1-2pm
The Centennial Barn
110 Compton Rd
Cincinnati, OH 45215
Contact April Aloisio at
513-205-6353 or aprila@fuse.net.

One-on-one & By Appointment

Coors Core Fitness

Personal training
Dayton: Contact Mary Sarah at
937-287-3255. Cincinnati: Contact
Lisa Coors at 513-233-2673.

foreverfitness

Personal training in your home
with a PWR! certified trainer
Contact Sarah Palmer at
513-404-1918 or
sarah@foreverfitnesscincinnati.org

HealthSouth of Northern Kentucky Hospital

Training with a physical therapist
201 Medical Village Dr.
Edgewood, KY 41017
Contact Jenna Smith, DPT, at
859-344-3234 or
Jenna.Smith@healthsouth.com.

Parkinson Disease Rehabilitation Institute

Training by appointment
2145 Central Pkwy
Cincinnati, OH 45214
Contact Brian Terpstra at
terp74@hotmail.com.

Rock Steady Boxing

Training by appointment
School of Boxing
3401 Hamilton-Mason Rd, Door B
Hamilton, OH 45011
Contact Michael Imhoff at
513-205-7546 or mipsycho2@att.net

Superior Rehab & Balance

High-amplitude training with a
physical therapist
8135 Beechmont Ave
Suite W269
Cincinnati, OH 45255
Contact Logan Waddell, DPT at
513-368-5212.

Our lists of **support groups** and **exercise opportunities** are always being updated. For the most current list, visit parkinsoncincinnati.org. Listings can be viewed by location or day of the week and include additional information to help you find the right option for you. For additions or corrections, please contact Elizabeth at 513-379-1196.

SHARING

Caregiver Day: Sunday, November 6, 1–4pm

Spouses, partners, adult children, family members and others caring for or loving someone with a neurological disease: You are invited to join us for an afternoon specifically tailored for **caregivers!** This is your opportunity to discuss issues that matter most to you in a supportive environment.

Succeeding as a spousal caregiver/partner includes knowing when to ask for help, finding

time for yourself, and making peace with your partner. Through discussion with others you may discover a new strategy, reassess your roles or find a supportive resource in a friend you make. Please join us for food and beverages, plus door prizes and good company.

The event will be at **The Beechwood Home**, 2140 Pogue Ave., Cincinnati, 45208. Register: parkinsoncincinnati.org/caregiver-day or by phone at 513-558-0113. Cost \$5/person.

Bridgeway Pointe Support Group

Last Saturday Jan–Oct; 1st Sat in Dec
10am–12noon
Bridgeway Pointe, 2nd floor
165 West Galbraith Road
Cincinnati, OH 45216
Carol Simons 513-474-4441
casimonso03@yahoo.com

Caregiver Support Group

Last Mondays 10–11am
Panera
8420 Winton Road
Cincinnati, OH 45231
Gay Volz 513-931-7148
volzgjvolz@aol.com

Centerville Support Group

Last Wednesdays 2:30–3:30 pm
St. Leonard Franciscan Wellness Center
8200 Provincial Way
Centerville, OH 45458
Dawn Arrowood 937-439-7145
darrowood@stleonard.net

Clermont County Support Group

3rd Fridays 10–11am
Panera
876 Eastgate N Drive
Cincinnati, OH 45245
Patty Ahern 513-260-8495
pdpatty@roadrunner.com

Evergreen Support Group

3rd Mondays 6:30–8pm
Evergreen Retirement Community
230 West Galbraith Road
Cincinnati, OH 45216
Patty Ahern 513-260-8495
pdpatty@roadrunner.com

Franklin Support Group

2nd Tuesdays 1:30–3:30pm
First United Methodist Church
303 South Main Street
Franklin, OH 45004
Rose Wurst 937-748-4768

Fort Thomas Support Group

2nd Thursday 1–2:30 pm
St. Elizabeth Hospital, 5th Floor
85 North Grand Avenue
Fort Thomas, KY 41075
Elaine Groneck 859-572-3172

Georgetown Support Group

1st Tuesdays 4pm
Villa Georgetown Nursing & Rehab
8065 Dr. Faul Road
Georgetown, OH 45121
Nikki Pelvit 513-378-4178
npelvit@affimarehabilitation.com

Kenwood Support Group

1st Thursdays 6:30–8pm
Good Shepherd Lutheran Church
7701 Kenwood Road
Cincinnati, OH 45236
Patty Ahern 513-260-8495
pdpatty@roadrunner.com

Kettering Support Group

1st Wednesdays 2–4 pm
Greenmont-Oakpark Community Church
1914 Woodman Drive
Kettering, OH 45420
Cheryl Barnett 937-429-2884
cbarnett456@sbcglobal.net

Lawrenceburg Support Group

2nd Wednesdays 5:30–7:30pm
No meeting: Dec.–Feb.
Dearborn County Hospital
600 Wilson Creek Road
Lawrenceburg, IN 47025
Maureen Gartner 513-558-0113
maureen.gartner@uc.edu

Mason Support Group

3rd Mondays 6–7:15 pm
Mason Community Center
6050 Montgomery Road
Mason, OH 45040
Kay Herrington 513-754-8430

Versailles Support Group

2nd Wednesdays 4pm
Versailles Health Care Center
200 Marker Road
Versailles, OH 45380
Stephen Winner 937-526-0130
swinner@affimarehabilitation.com

West Chester Support Group

2nd Thursdays 5–6:30pm
UC Health Women's Center
Community Room, 4th floor
7675 Wellness Way
West Chester, OH 45069
Michanne Davis 513-475-8792
michanne.davis@uchealth.com

Young Onset Support Group

2nd Saturday: Feb, May, Aug, Nov
Times & places vary
Patty Ahern 513-260-8495
pdpatty@roadrunner.com

PSW Financial Position: How Are We Doing?

Parkinson Support & Wellness (PSW) was incorporated as a non-profit Parkinson Disease service organization September 9, 2015. PSW began operating as an independent non-profit in November of 2015 and received its 501(c)(3) tax exempt status from the IRS in December.

What a year it has been! PSW began operations with only a \$5,000 loan from a Board member. Since then, the organization has sought to establish a sustainable financial foundation and deliver a meaningful program of service in this start-up year. We've done both!

Programs of education, including PD EDU, Person to Person and Spring Forum, have been executed with excellence thanks to the work of the Program Committee.

Steady Strides was a financial success, as a result of the Steady Strides Committee's great work and a high level of

community participation. As usual the event was a whole lot of fun. Bringing so many people from our community together, as Steady Strides does, in the spirit of mutual support is such an important part of what PSW does.

The same can be said of the gathering for Spring Forum, the continuing work of many support groups and participation in exercise programs.

The PSW organization is so very grateful for the generous support of our Parkinson community at large. Response to the Annual Appeal this year was solid. Throughout the year a number of large individual contributions have been most helpful to our efforts to build financial capacity. Grants were received from the Morris Braun and Cambridge

Foundations. Memorials and honoraria remain an important source of income as well.

The bottom line is that PSW has achieved what we believe is a sustainable financial footing. We are in a position to resume our exercise/activity grant program beginning with the start of our next fiscal year on January 1. Providing financial support for programs of exercise is a key part of what PSW does to help those with PD keep moving.

Yes, what a year it has been. Thanks to all who have helped make this year's progress possible. We look forward to a successful 2017 and beyond.





PARKINSON
SUPPORT &
WELLNESS

Learning. Moving. Sharing.

260 Stetson St., Suite 2300
Cincinnati, OH 45219

Calling all PWP's with Hobbies

If you have a hobby you would like to share with the rest of the Parkinson's community, mark Saturday, April 22, 2017 on your calendar. As part of the 2017 Spring Educational Forum, we will be providing an exhibitor table for those of you who wish to display the results of your endeavors. More info to come as we finalize plans.



Contact Us

For information on **support** and **exercise** opportunities, and **educational** events.

513-558-0113
parkinsoncincinnati.org
info@parkinsoncincinnati.org

Upcoming Events

September 17 PD Edu: Assistive Devices

November 6 Caregiver Day

November 19 PD Edu: Patient Transfers

April 22, 2017 Spring Forum