

## Steady Strides 2021

Steady Strides 2021, presented by Supernus Pharmaceuticals is back at The Lindner Family Tennis Center in Mason October 2. Our race has become a symbol of our vibrant Parkinson community, an annual celebration of our community's will and capability to do our best to live well with PD.

Steady Strides is the single largest fundraiser for Parkinson Support & Wellness each year, historically bringing in more than half of our operating funds. Last year we adapted to the pandemic and ran a virtual race. We lost the opportunity to gather in person to celebrate our Parkinson community and raised only about half our usual funds.

This year we are still dealing with the pandemic, but we are eager to meet in person. For those who are not comfortable meeting outside with a large group, we un-



derstand. That's we again have an option to participate virtually, and the ability to change your decision right up to race day.

Currently, registrations, donations, and team registrations are all behind the pace set in 2019. We understand that these are challenging times, but we need your help. Please consider registering for the race, as an in-person or virtual participant. Page 3 of this newsletter is an offline registration or you can register or donate

online at [parkinsoncincinnati.org/steady-strides](https://parkinsoncincinnati.org/steady-strides).

The need for the services to our Parkinson community have only increased in the past year and half. We have expanded services and added features to our website. We continue to provide financial grants to physical therapy/exercise providers to expand their services and to help keep the costs

to our constituents as low as possible. We have added a social worker to our staff and brought on board an Assistant Executive Director. So our need to raise funds continues unabated.

Please register as a race participant. If you have led a team in the past, please consider doing so again this year. We look forward to seeing everyone on Saturday, October 2. Gates open at 7:30am and the race kicks off with staggered starts at 9am. Thanks for your continued support.

### In This Issue

Caregiver's Corner	2
Meet Cecilia Bidigare	2
Steady Strides 2021	3
Walking with PD	4
Support Listings	5
Exercise Listings	6-7
Website Changes	8
Upcoming Events	8

## Support Offerings Expand



PSW welcomes Mary Beth Bialick to an expanded role on our team. Mary Beth will continue as Social Worker for those persons with Parkinson's who are not patients at UC Health. In addition, Mary Beth will lead two new support groups, one for Care Partners and another for patients. Both will be virtual (Zoom) sessions that will meet at least initially on the second Monday of each month. The

Care Partner group will meet 1-2:30pm and the group for PWP's will meet 3-4pm. Please visit our website for Mary Beth's contact info and to register for the meetings. These two sessions will be permanently virtual, for those who cannot or do not prefer to meet in person.

## About Us

*Dedicated to the physical, mental, emotional, and social needs of those living with Parkinson disease (PWP) in the Greater Dayton/Cincinnati metroplex, Parkinson Support & Wellness exists to help those with PD learn about the disease, empowering individuals to take control and connect with local resources like support and exercise groups.*

*The organization also produces educational programming, provides grants to exercise programs specially-tailored to the needs of PWPs, and sponsors support groups and other events designed to bring people together in a mutual supportive and encouraging environment.*

*All money raised stays in the Tri-State area to fund PSW programming.*

## Board of Directors

### Executive Committee

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Carol Simons  
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Nancy Wetterer, *Office Administrator*  
Chris Gaffney, *Executive Director*  
Julia Burks, *Assistant Director*  
Kate Stark, *Webmaster & Editor*

# SHARING

## Caregiver's Corner

Maureen Gartner, NPC

I get lots of questions on how to deal with dementia. A great caregiver website, [caregiving.com](http://caregiving.com), has these 5 tips to deal with dementia.

**PRACTICE PATIENCE** This can be incredibly difficult. Try to remember dealing with your children when they were toddlers. You probably had more patience then. Remember those days of taking a deep breath before saying something. With practice, it gets easier.

**PROMOTE PHYSICAL HEALTH** This is for both the caregiver and care receiver. The care receiver can benefit from chair yoga, dancing, gentle stretching. A walk outside in the fresh air can help clear the caregiver's mind and provide a brief respite. YouTube has many resources to help both carepartners.

**USE PHYSICAL TOUCH** Touch is a powerful form of communication and connection. It can also be a valuable expression of reassurance particularly to someone living with dementia. All of us need a hug now

and again. My own mother would remind me I forgot to kiss her good night!

**FIND RESPITE** If you're focusing most—if not all—of your time, energy, and resources on caring for a loved one, you may find you cannot sustain it long-term. With proper self-care, you can relax and recharge, manage caregiver stress, and become a more effective caregiver. Consider sitting on the porch, reading a book, a brisk walk, a cup of coffee, an ice cream cone, a massage, a warm bath. These things need to be done regularly for your own health.

**REDUCE WORKING HOURS** If you are still working full-time, caregiving can be a second full-time job. Consider meeting with HR to propose temporarily working from home, flex-time opportunities, job sharing, and/or even paid leave due to your caregiving demands. You may be pleasantly surprised by the accommodations your employer is willing to make.

## Meet Cecilia Bidigare



Cecilia Bidigare, DNP RN joined PSW as a board member and chair of the grants committee in 2018. Cecilia is the associate nursing program administrator at Sinclair Community College. She is a graduate of the Edmond J. Safra Visiting Nurse Faculty Program sponsored by the Parkinson's Foundation. Cecilia has worked with many patients who have PD and believes her father may have had PD many years ago. Vicki Gaffney, a colleague of Cecilia's at Sinclair, introduced Cecilia to her husband, Chris Gaffney (PSW's

Executive Director) and the rest is history! Chris and Cecilia are working on a very exciting project for 2022. They are talking to the Michigan Public Health Institute and Parkinson's Foundation to apply for a grant that would help us analyze PSW by looking at our organization and the services provided to individuals with PD in our region. This grant would allow us to identify communities that may not have programs for people with PD and offer start-up funding.



Saturday, Oct. 2, 2021 9:00am Start Time  
Lindner Family Tennis Center, Mason, Ohio

### REGISTRATION

- \$40 registration (9/1 through 10/2)
- Entry fee includes one optional Honor or Memory card, and shirt if registered by 11:59pm on 9/15/2021.
- Race shirt is NOT guaranteed after Sept. 15, 2021
- Online at parkinsoncincinnati.org/steady-strides registration closes on Sept. 30, 2021 at 11:59pm
- Mail your check and form, postmarked by 9/15/2021
  - o To Parkinson Support & Wellness
  - o 260 Stetson Street, Suite 2300  
Cincinnati, OH 45219
- Race Day at Lindner Family Tennis Center starting at 7:00 am  
Cash, check and credit cards accepted

### RACE DAY SCHEDULE

7:00am – Event Check-in Opens  
9:00am – 5k Run & Walk stagger start  
10am-12pm – Post Party, Awards, Raffle and “Lil’ Striders” Fun Run

### COURSE

Chip timed 5k (3.1 miles) with optional early turn off.  
Lil Striders Fun Run – free for kids 12 & under

### FREE PARKING

Parking pass available for those with mobility concerns

Sorry, no refunds. No rain date.

### PACKET PICKUP

Queen City Running White Oak – 9/30 – 2-7pm  
Queen City Running West Chester – 10/1 – 11-3pm

QUESTIONS? Call us at (513) 558-0113 or email  
info@parkinsoncincinnati.org



### PROCEEDS BENEFIT

Parkinson Support & Wellness exists to help those with PD learn about the disease through educational events, and to then empower them to take control by connecting individuals with local resources like support and exercise groups.

Donations to Steady Strides go directly to programs that make a positive impact on the lives of people with Parkinson Disease, their caregivers, families and loved ones. All money raised stays in the Tri-State to fund PSW programs. Parkinson Support & Wellness, Inc. is a 501(c)(3) corporation.

USE ONE FORM PER REGISTRANT (Please circle one)      Runner      Walker      Donation ONLY

Name \_\_\_\_\_

Team name: \_\_\_\_\_

Address \_\_\_\_\_

Birthdate: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please circle one: Male | Female  
Prefer not to identify \*\*

Email \_\_\_\_\_

Phone \_\_\_\_\_ Please circle one: Virtual or In-person

\*\*Please note: There are only race male or female race categories\*\*

Long sleeve shirt size for registrations submitted by 9/15/2021

Unisex T-shirt S M L XL XXL Youth S M L

\_\_\_\_\_ Parking pass for those with mobility concerns, please

In consideration of registration, I, the undersigned, assume full and complete responsibility for any injury or accident, which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless Parkinson's Support and Wellness, Inc., sponsors, promoters, and all other persons and entities associated with the event. I assume the risk associated with this event including but not limited to falls, contact with other participants, the effects of weather, the conditions of the road, etc., such risk being known and understood by me. Fees are not refundable. I attest that I am physically fit and sufficiently trained to participate in this event. I have read the foregoing and certify my agreement by this signature or my parent or guardian.

Signature \_\_\_\_\_

Date \_\_\_\_\_

OFFICE USE ONLY: Cash\_\_Check\_\_Card\_\_ | Donation Amount \$ \_\_\_\_\_ Bib # \_\_\_\_\_



## 6 Places to Get Started Walking with PD

by Elizabeth Grover, originally published on the PSW Blog

By this time, you have most likely heard how important exercise is for people living with Parkinson's disease. Very important. In fact, it's essential. Perhaps you have not been an exercise fanatic most of your life. Spending your weekends competing in athletic events or running marathons is just not your idea of a good time. And now your doctor tells you that you **MUST** exercise. Where to begin? I suggest you begin with walking.

When I was diagnosed, I began by walking. My best friend, eager to do anything she could to help, arranged for 3 or 4 friends a week to go on regular walks with me. What a gift that was! Exercising with what seemed like the simplest of activities was a great way to get started. Additionally the buddy system made it more fun and added accountability. And walking can be quite vigorous if you walk briskly and/or include hills. So it remains an excellent way for anyone to exercise.

In our area there are a number of great places to walk. If you are tired of walking around your neighborhood, try somewhere new. If you have trouble walking (as many of us with PD do), you may want to stick to paved trails, which can be safer than wooded trails (which are uneven and may contain rocks and roots) or sidewalks (also uneven and potentially lots of traffic). Here are a few that stand out:

**Winton Woods** has a two-mile paved Harbor Trail that encircles the lake. We saw some deer right on the trail once. Winton Woods is a Hamilton County park located just north of Finneytown.



**Sharon Woods**, also owned by Hamilton County, also has a trail that goes around the lake. It is about 3 miles and we have seen turtles, ducks and herons there. Sharon Woods is in the Sharonville area.

**Miami Whitewater Forest** on Mount Hope Road in Harrison is the largest Hamilton County park. It has the paved Shaker Trace trail. The inner loop is 1.4 miles, and the outer loop is 7.8 miles. Bring a sun hat as this trail wanders out in the open.

The new **Wasson Way** on the former railroad bed in Oakley/Hyde Park is currently about 4 miles but will eventually hook up with the Little Miami Trail. The first bike-path-friendly business to open along this path was the Busken Bakery walk-up window, but you don't have to stop here!

Paved trails at **Otto Armleder Park** (2 miles)—which is off of Wooster Pike—and Lunken Airport Loop (5 miles) connect with the Ohio River Trail. As it enters downtown, this trail includes Sawyer Point and

Smale Riverfront Park.

One of my favorite places to walk (and one that has lots of hills ) is **Spring Grove Cemetery** on Spring Grove Avenue. At 733 acres it is the second largest cemetery in the US. It is open every day and there is no charge. Grab a map at the visitor center or you might get lost! And don't forget it is an arboretum, too!

Here are a few tips for walks:

- Most paved trails are multi-use, so look out for cyclists (and their bikes).
- If you have balance problems, consider taking hiking or trekking poles.
- Try to always have a map of the area where you are walking
- Take water and some extra meds.
- Wear comfortable shoes and clothing.
- In hot weather, don't overdo it. Slow down and stay hydrated.

Call a PD friend today and make a date to take a walk. It is essential!

# SHARING

## Blue Ash

3<sup>rd</sup> Mondays 7pm  
Parkinson Community Fitness  
9687 Kenwood Rd, Blue Ash, OH 45242  
Cheryl Weisgerber 513-731-9272  
cherylmweisgerber@gmail.com

## Bridgeway Pointe

Last Saturday Jan-Oct; 1<sup>st</sup> Sat in Dec  
11am-12noon Online  
Carol Simons 513-474-4441  
casimonsoo3@yahoo.com

## Cincinnati Caregivers

1<sup>st</sup> Thursday 11:15am  
Slatts Restaurant  
4858 Cooper Rd, Cincinnati, OH 45242  
Patty Ahern 513-260-8495  
pdpatty42@gmail.com

## Clermont County

3<sup>rd</sup> Friday 10am  
Immaculate Heart of Mary Welcome Center  
7800 Beechmont Ave, Cincinnati, OH 45255  
Patty Ahern 513-260-8495  
pdpatty42@gmail.com

## Crescent Springs

1<sup>st</sup> and 4<sup>th</sup> Fridays 12:30-2pm Online  
Dick Zimmer 859-653-9552

## Dayton Caregivers

2<sup>nd</sup> Fridays 1:30pm  
Dayton Metro Library  
2718 Lyons Road, Dayton, OH 45342  
Rose Wurst 937-231-3362  
dirkno1@aol.com

## Dearborn County

2<sup>nd</sup> Wednesday 11:45am  
Aurora Recreation Community Center  
404 Green Blvd, Aurora, IN 47001  
Mary Beth Bialick 859-409-1810  
info@parkinsoncincinnati.org

## Florence

3<sup>rd</sup> Wednesdays 6-7:30pm Online  
John Anneken 859-743-3936  
JBAneken@aol.com

## Georgetown

1<sup>st</sup> Tuesdays 2pm  
Villa Georgetown Nursing & Rehab  
8065 Dr. Faul Rd, Georgetown, OH 45121  
Nikki Pelvit 513-378-4178  
npelvit@affirmarehabilitation.com

## Greene County

3<sup>rd</sup> Wednesdays 10:30am  
*must register in advance*  
Xenia Community Center  
1265 N. 2nd St, Xenia, OH 45385  
Lynn Martin 937-376-5486

## Mason

3<sup>rd</sup> Thursdays 6:30-7:30pm  
*must register in advance*  
Mason Community Center  
6050 Montgomery Rd, Mason, OH 45040  
Ruth Everett 513-486-1617  
reverett335@gmail.com

## Miami County

2<sup>nd</sup> Wednesdays 1-2pm  
Monroe Senior Center  
528 S Hyatt St, Tipp City, OH 45371  
Tim and Mindy Drake 937-573-9098  
melindaldrake@gmail.com

## Miamisburg

2<sup>nd</sup> Tuesdays 1:30-3:30pm  
Dayton Metro Library  
2718 Lyons Rd, Dayton, OH 45342  
Rose Wurst 937-231-3362  
dirkno1@aol.com

## Northern Kentucky Caregivers

3<sup>rd</sup> Tuesdays 6:30pm  
Panera  
2911 Dixie Hwy, Crestview Hills, KY 41017  
Patty Ahern 513-260-8495  
pdpatty42@gmail.com

## Norwood

3<sup>rd</sup> Mondays 6:30-8pm  
Alpha Neuro Fitness  
800 E Ross Ave, Cincinnati, OH 45217  
Elizabeth Grover 513-379-1196  
lovettgrover@gmail.com

## Oxford

1<sup>st</sup> Thursdays 6:30-8pm  
Oxford Bible Fellowship  
The Loft (second floor)  
800 Maple St., Oxford, OH 45056  
Sara Penhale 513-593-0059  
sarap@earlham.edu

## Partners in Parkinson's

3<sup>rd</sup> Wednesdays 3:30pm  
Do Good Restaurant  
25 Main St, Osgood, OH 45351  
Shannon Parton 937-423-5689  
pdppartners.oh@gmail.com

## PD Book Club

Fridays 1-1:45pm  
Parkinson Community Fitness  
9687 Kenwood Rd, Blue Ash, OH 45242  
Lisa Coors 513-233-2673  
lisa@coorscorefitness.com

## PD Coffee Talk

Fridays 10-10:45am  
Parkinson Community Fitness  
9687 Kenwood Rd, Blue Ash, OH 45242  
Lisa Coors 513-233-2673  
lisa@coorscorefitness.com

## Vandalia

1<sup>st</sup> Mondays 2-3pm  
MPower Gym  
270 Dixie Dr, Vandalia, OH 45377  
Jeff Baker 937-529-9072  
MPowergymllc@gmail.com

## Virtual Care Partners

2<sup>nd</sup> Mondays 1-2:30pm Online  
Mary Beth Bialick 859-409-1810  
info@parkinsoncincinnati.org

## Virtual Care Partners

2<sup>nd</sup> Mondays 3-4pm Online  
Mary Beth Bialick 859-409-1810  
info@parkinsoncincinnati.org

## Working with PD

4<sup>th</sup> Thursdays 5:30pm Online  
Cheryl Wirtley cheryl@wirtley.com

## Young Onset

2<sup>nd</sup> Saturdays 12noon  
Alpha Neuro  
800 E Ross Ave, Cincinnati, OH 45217  
Adam Magee 859-609-2155  
alphaneurofitness@gmail.com

# MOVING

## BOXING

### Anderson \$12

Lisa Coors 513-233-2673  
lisa@coorscorefitness.com

### Elite Thursday 12-1pm

Coors Core Fitness  
7693 Beechmont Ave  
Cincinnati, OH 45255

### Delhi \$10 for non-members

Maureen Scheiner 513-347-5514  
maureen.scheiner@bayleylefe.org

### Wednesday 2:30-3:30pm

Bayley Fitness Club  
401 Farrell Court  
Cincinnati, OH 45233

### Rock Steady Boxing

#### Blue Ash \$150/10 or \$250/20

Sarah Palmer, 513-404-1918 or  
sarah@foreverfitnesscincinnati.org

#### Basic Tuesday, Thursday 2-3pm

Advanced Tues, Thurs 3:30-4:30pm  
4542 Cornell Rd  
Blue Ash, OH 45241

### Dayton

Alex Sheets/Craig Cole 937-433-2110

#### Tuesday, Thursday 2-3:30pm

Bethany Village  
6451 Far Hills Ave  
Dayton, OH 45459

### Eaton \$45/month

Brian Steele/Dennis McCord 765-983-3092  
Brian.Steele@ReidHospital.org

#### Tuesday & Thursday 9-10am, 10-11am

Reid Eaton Rehab  
550 Hallmark Dr  
Eaton, OH 45347

### Connersville, IN \$45/month

#### Tuesday, Thursday 10-11:30am, 11:15am-12:15pm

Reid Healthworks  
3542 Western Ave  
Connersville, IN 47331

### Richmond, IN \$45/month

#### Mon, Weds, Fri 8-9am, 9-10am, 10-11am, 11am-12, 12-1pm

Reid Rehab  
2021 Chester Blvd  
Richmond, IN 47374

### Liberty Twp. \$15/class

Amy Bertram, 513-543-3188  
info@theneurofitgym.com

#### Mon, Weds, Fri 12-1pm

The NeuroFit Gym  
4155 Tonya Trail  
Hamilton, OH 45011

## DANCE

### Dancing with Parkinson's

#### Monday 12-1:15pm \$10/pair

Cincinnati Ballet **starts Oct 4**  
1801 Gilbert Ave  
Cincinnati, OH 45202  
513-621-5219

#### Wednesday 2-3:15pm \$5

Wyoming Fine Arts Center  
322 Wyoming Ave  
Cincinnati, OH 45215  
Elizabeth Grover 513-379-1196  
lovettgrover@gmail.com

#### Wednesday 2-2:45pm online

Jill Becker 937-767-2646  
jillbecker1@gmail.com

#### Friday 2-3:15pm \$10/pair

Cincinnati Ballet **starts Oct 8**  
1801 Gilbert Ave  
Cincinnati, OH 45202  
513-621-5219

## EXERCISE

### Coors Core Fitness \$12

Lisa Coors 513-233-2673  
lisa@coorscorefitness.com

7693 Beechmont Ave  
Cincinnati, OH 45255

#### PD Advanced

Tuesday 12-1pm

Saturday 11:30am-12:30pm

#### PD Basic

Tuesday 1:10-2:10pm

### Creativity in Motion

#### 2<sup>nd</sup> & 4<sup>th</sup> Monday 11am-12:30pm

Michanne Davis 513-475-8792  
UC Gardner Center Outpatient Bldg  
Multipurpose Rm 1109, 1st Floor  
3113 Bellevue Ave  
Cincinnati, OH 45219

### Delay the Disease

#### Hamilton Non-Members \$20

Anna Flanagan, 513-892-9622  
ajflanagan@gmvymca.org

#### Tuesday, Thursday 2-3pm

East Butler County YMCA  
6645 Morris Road  
Hamilton, OH 45011

### Liberty Twp. \$15

Amy Bertram, 513-543-3188  
info@theneurofitgym.com

#### Monday 1:15-2:15pm

#### Wednesday 2:15-3:15pm

The NeuroFit Gym  
4155 Tonya Trail  
Hamilton, OH 45011

### Kettering FREE

Tyler McClean 937-401-6109  
tyler.mclean@ketteringhealth.org

#### Medium Tues, Thurs 1:10-1:50pm

#### High Tues, Thurs 4:10-4:50pm

NeuroRehab & Balance Center  
7677 Yankee St #210  
Centerville, OH 45459

### West Chester \$10

Doug Dunlap, 513-256-1552  
ddunlap@hillandale.com

#### Monday, Wednesday 1:30-2:30pm

Chesterwood Village  
8073 Tylersville Road  
West Chester, OH 45069

### Exercise

#### Mon 1-1:50pm; Tues, Weds, Thurs, Fri 11-11:50am

Angela Perkins 513-418-5867  
angela.perkins@uhealth.edu  
Daniel Drake Wellness Center  
151 W Galbraith Rd  
Cincinnati, OH 45216

### Exercise & Chair Volleyball

#### Thursday 4:30-5:30pm

Potluck follows meeting 1<sup>st</sup> Thursday  
Mason Community Center  
6040 Mason-Montgomery, Mason 45040  
Ruth Everett 513-486-1617  
reverett335@gmail.com



**foreverfitness** \$11-15/class  
Sarah Palmer 513-404-1918  
sarah@foreverfitnesscincinnati.org

### **Balance & Stretch**

Friday 10-11am online

### **PWR! Circuit**

Friday 2-3pm hybrid

4542 Cornell Rd  
Blue Ash, OH 45241

### **PWR! Moves**

Basic Monday 2:30-3:30pm

4542 Cornell Rd  
Blue Ash, OH 45241

Wednesday 2:30-3:30pm online

### **Mixed Level online**

Thursday, Saturday 10-11am

### **Advanced online**

Monday, Wednesday 4-5pm  
Thursday 10-11am

### **Mind & Motion**

Wednesday, Friday 10:15-11:15am

Elise Smith, 812-926-2311

esmith@aurora.in.us

Aurora Rec. Community Center  
404 Green Blvd  
Aurora, IN 47001

### **Parkinson's Community Fitness** \$25/mo. unlimited

9687 Kenwood Rd  
Blue Ash, OH 45242

### **Cardio Drumming**

Thursday 10-10:45am

### **Chair Yoga**

Basic Mon, Weds, Fri 12-12:45pm

### **PD Advanced**

Tuesday, Thursday 11-11:45am

### **PD Elite**

Tuesday 10-10:45am

### **PD Elite Strength**

Wednesday 11-11:45am

### **PD Foundations**

Tuesday, Thursday 12-12:45pm

### **Pickle Ball**

Monday 11-11:45am

### **Speech for PD**

Tuesday 2-2:45pm

### **Strength Training Advanced**

Monday 1-1:45am

### **Strength Training Foundations**

Friday 11-11:45am

### **Tai Chi**

Monday, Wednesday 10-10:45am

### **Pilates for PD** \$22-30/class Wednesday 3pm

Mary Wahrer 937-672-0930

Cincinnati Sport Club

3950 Red Bank Road

Cincinnati, OH 45227

### **PWR! Moves** \$8/class

Tuesday, Thursday 1pm

812-934-6006

Southeastern Indiana YMCA

30 State Rd 129

Batesville, IN 47006

## **YOGA**

**Sharon Byrnes** 513-475-9567

Friday 11am-12pm &

12:30-1:30pm online Free

### **Chair Yoga**

**April Aloisio** [aprila@fuse.net](mailto:aprila@fuse.net)

Tuesday 12-1pm \$6/class

Blue Ash Recreation Center

4433 Cooper Road

Blue Ash, OH 45242

## **By Appointment**

### **Alpha Neuro Fitness**

800 E Ross Avenue

Cincinnati, OH 45217

Adam Magee 859-609-2155

[alphaneurofitness@gmail.com](mailto:alphaneurofitness@gmail.com)

### **Coors Core Fitness**

7693 Beechmont Ave

Cincinnati, OH 45255

Dayton: Mary Sarah 937-287-3255

Cincinnati: Lisa Coors 513-233-2673

### **foreverfitness**

4542 Cornell Rd

Cincinnati, OH 45213

PWR! certified trainer

Sarah Palmer 513-404-1918

[sarah@foreverfitnesscincinnati.org](mailto:sarah@foreverfitnesscincinnati.org)

### **LSVT Big Exercise**

Daniel Drake Center

151 W Galbraith Rd

Cincinnati, OH 45216

Stephani Bellm 513-418-2709

[stephani.kohls@uchhealth.com](mailto:stephani.kohls@uchhealth.com)

Gateway Rehabilitation Hospital

5940 Merchants Dr

Florence, KY 41042

859-426-2415

Jewish Hospital—Mercy Health

4672 E Galbraith Rd, Ste 118

Cincinnati, OH 45236

Amy Bertram 513-686-3254

[alanham@mercy.com](mailto:alanham@mercy.com)

Superior Rehab & Balance

8135 Beechmont Ave, Ste W269

Cincinnati, OH 45255

Logan Waddell, DPT

513-368-5212

### **Parkinson's Community Fitness**

9687 Kenwood Rd

Blue Ash, OH 45242

Lisa Coors 513-233-2673

### **The NeuroFit Gym**

4155 Tonya Trail

Hamilton, OH 45211

Amy Bertram 513-543-3188

[info@theneurofitgym.com](mailto:info@theneurofitgym.com)

Our **support groups** and **exercise opportunity** listings are always being updated. View the most current version at [parkinsoncincinnati.org](http://parkinsoncincinnati.org).

For corrections, contact Elizabeth at 513-379-1196.



260 Stetson St., Suite 2300  
Cincinnati, OH 45219

## Upcoming Events

### Steady Strides 2021

October 2

7:30am

FREE to attend \$38 to run/walk

Lindner Tennis Center

5460 Courseview Drive

Mason, OH 45040

[parkinsoncincinnati.org/steady-strides](http://parkinsoncincinnati.org/steady-strides)

### PD Edu

Speech Therapy & Swallowing Issues

October 16

11am

Free

Online

[parkinsoncincinnati.org/pd-edu](http://parkinsoncincinnati.org/pd-edu)

## Changes to the PSW Website

*Chris Gaffney, Executive Director*

Telemedicine, virtual exercise, therapy and support groups have led many of us to become Zoom veterans. PSW has responded to the pandemic by facilitating online support groups and educational seminars, including the Harvey Chyette Spring Educational Forum. If you have been unable to attend our PD Edu events you can find archived videos at [parkinsoncincinnati.org/pd-edu](http://parkinsoncincinnati.org/pd-edu) and videos of our Spring Forum speakers are available at [parkinsoncincinnati.org/spring-forum](http://parkinsoncincinnati.org/spring-forum).

Under the LEARNING tab, added information for those who are recently diagnosed and we have expanded our list of available resources.

We continue to list Exercise Opportunities and Support Groups, both by neighborhood and day of the week, with more details and contact information to help you find the right fit for you. There is also a list of both categories meeting virtually (online).

We also have a new blog on the website! We curate both helpful, informational articles and share personal stories from members of our community in a column called, "My Parkinson Story." We invite you to submit stories to share as we work to uplift everyone in this PD world.