

A newsletter for information and events affecting People with Parkinson's disease

Steady Strides 2023: Saturday, Sept. 30

Chris Gaffney, Executive Director

Steady Strides 2023 Presented by Supernus Pharmaceutical Moves to New Venue and Grows the Tradition



From 2022 Steady Strides

Steady Strides in 2023 is moving to a new location. We have enjoyed the hospitality of the Lindner Family Tennis center for the last few years, but this year the Tennis Center will be undergoing a major refresh and is unable to accommodate us. We are fortunate to be able to keep the 2023 Steady Strides in Mason, Ohio through a partnership with the City of Mason.

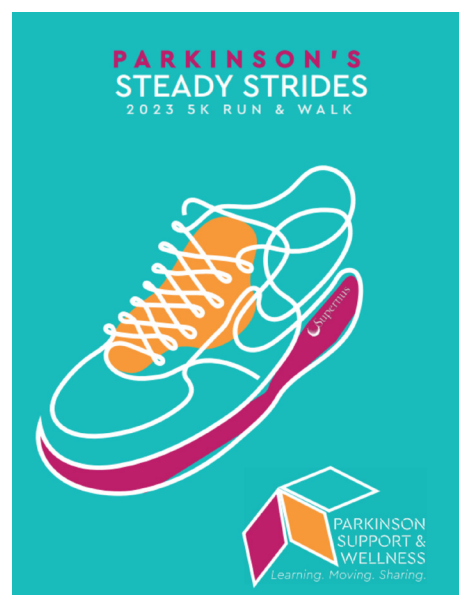
We will convene on the morning of September 30 at beautiful Corwin Nixon Park on Mason-Montgomery Road. We have a great course layout and will have all the attractions that distinguish Steady Strides as so much more than just a fundraiser.

Here is the lineup and schedule:

- 8:00am Gates Open and Event Check-in Begins
- 9:00am New Brew Band introduced & welcome from Bill "Seg" Dennison, Sports WLW
Food Court is open
- 9:40am Pre-race Staging for staggered starts and warm-ups
- 9:55am National Anthem & Final Instructions at Start/Finish Line
- 10:00am 5K Run/Walk Start
- 10:45am Runner's Awards
- 11:00am Lil' Striders Fun Run Team Awards
- 12:00pm Raffle Drawing
Ticket sales will conclude 10 minutes prior to the drawing
- 12:30pm Post-race party concludes

Join the Race! Please consider starting a team, or registering with friends and family for one of the teams you will find listed on the registration web page. Registration: on line until September 26 at noon at www.parkinsoncincinnati.org/steady-strides

Race Day registration will open at 8:00AM at the Park



Preview of race t-shirt

Article continued on pg. 2

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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

Mike Debbeler, *Board Chairperson*
Elizabeth Grover, *Vice President*
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Maureen Gartner, NP-C, *Secretary*

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

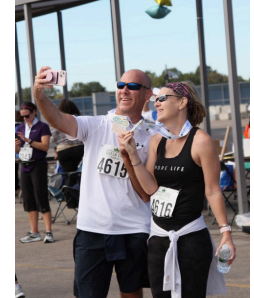
MOVING

Steady Strides 2023 – Continued

Entry fee \$40 for runners and walkers Entry fee includes one optional Honor/Memory card, and tech race shirt (shirt guaranteed only if registered by September 15).

A successful Steady Strides will fully fund our Grants program that this year will provide \$100,000 in grants to organizations that provide Parkinson specific therapy programs. Grant monies help to equip these programs, train and certify staff in proven therapy regimens, and keep costs to our constituents as low as possible. Our grants program is receiving applications from more organizations each semi annual cycle and we are seeing an expansion of services into previously underserved communities.

"The personal connection that one feels with friends and others dealing with Parkinson's is just special. As we continue to recover from the pandemic years we can look forward to future years when the number of us who experience the camaraderie and support of the Steady Strides event will return to pre-pandemic levels and beyond."



Pictures from previous Steady Strides

Thanks to our presenting sponsor



A legacy of innovation, a portfolio of promise™



PARKINSON'S STEADY STRIDES

Saturday, Sept. 30th
10:00am Start Time
Corwin Nixon Park - Mason, Ohio

Presented by



REGISTRATION

\$40 registration
• 9/1 through 9/30

Entry fee includes one optional Honor or Memory card, and tech race shirt if registered by 11:59pm on Sept. 21st.

Mail your check and form, postmarked by Sept. 17th.

Parkinson Support & Wellness
260 Stetson Street, Suite 2300
Cincinnati, OH 45219

Race Day at Corwin Nixon Park starting at 8am. Cash, check and credit cards accepted. Race shirt is NOT guaranteed after Sept. 21st.

Sorry, no refunds. No rain date.

RACE DAY SCHEDULE

8am – Event Check-in & Raffle ticket sales
10:00am – 5k Run & Walk
"Lil' Striders" Fun Run & Awards will immediately follow the conclusion of the race

COURSE Chip timed 5k (3.1 miles) with optional early turn off. Lil' Striders Fun Run is free for kids 10 & under

- T-shirts available for purchase on race day

PARKING Free parking | Parking pass available for those with mobility concerns

OFFICE USE ONLY :
Cash ___ Check ___ Card ___
Donation Amount \$ _____ Bib # _____



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 _____
City _____ State _____ Zip _____
Email _____
Phone _____ Birth Date _____
Gender: M - F - Prefer not to disclose

T-Shirt Size for registrations submitted by Sept. 21st
Unisex: Youth S M L | Adult S M L XL XXL XXXL

Parking pass for those with mobility concerns, please check here: _____

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 _____

QUESTIONS or to charge a credit card, call us at (513) 558-0113 or email info@parkinsoncincinnati.org

LEARNING

UC Health's Sunflower Symposium

Maureen Gartner, NPC



I hope those of you who came to the Sunflower symposium enjoyed it. I was struck by the two personal stories of Ben and Sara with their diagnosis of Parkinson's disease.

Ben Stecher has become a devoted advocate of helping people navigate through the disease, challenging scientists around the world to try harder for cures and reaching out to others with hope and information.

Sara Penhale said she wanted to be known as "Sara" not "Sara with Parkinson's disease." That struck a chord in my heart. Don't we all want to be known and loved for who we are, rather than what we have or what we do?

So, it starts me on a path of questions. How do care partners continue to love the care receiver amid the caregiving, memory loss, cognitive effects, increased physical care. Are you able to remember the love that brought you together and kept you together through the years? Can you remember what brought you joy? Can you identify what brings you joy today? And can you still find that joy and love with each other.

I am always struck by care partners saying to me "He/she is still in there!" And they recount a funny story that happened recently that provided a laugh and appreciation of the person with PD again. It's a difficult journey to navigate. One care partner recently told me "we've reached a destination." I told her there would be many more along the way. Degenerative diseases are just that, degenerative. But there are plateaus along the way that allow for peaceful times until the next slide down the mountain.



Pictured above: Ben Stecher

Embracing the journey can help with the challenges it brings. I have been following a blog by Mark Taylor called "The Unchosen Journey". It is his description of caring for his wife with Alzheimer's disease. His commitment to self-care is impressive. I maintain that self-care is the most difficult thing to do amid caregiving. It takes energy and planning but is so worth it when you have people to help you and give you the time that you need.

I hope you can find some common things that you and your partner can enjoy together. Things that can bring a smile or a happy memory or just something fun!

Enjoy! The journey is ongoing!!!!

Pictured left: Sara Penhale

Support Groups

Blue Ash

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

Bridgeway Pointe

Last Saturdays Feb-Oct; 1st Sat in Dec
11am-12noon Online
Carol Simons 513-474-4441
casimonsoo3@yahoo.com

Care Partners

2nd Friday 1:30pm
Miami Township Branch Library
2718 Lyons Rd.
Miamisburg, OH 45342
Tracy Polk
tpolk711@gmail.com

Centerville

Last Wednesday 2:30pm
Franciscan Center on the campus
of St. Leonard 8200 Provincial Way
Centerville, OH 45458
Dawn Arrowhead 937-439-7145
dawn.arrowood@commonspirit.org

Crescent Springs

2nd and 4th Thursdays 1pm
PeeWee's Place
2325 Anderson Rd
Crescent Springs, KY 41017
Tim Lenihan 859-652-9733

Dearborn County

2nd Thursdays 11am-12:30pm
Aurora Recreation Community Center
404 Green Blvd, Aurora, IN 47001
Mary Beth Bialick 859-409-1810

Evergreen

2nd Mondays 5:30-6:45pm
Alpha Neuro Fitness
800 E Ross Ave, Cincinnati, OH 45217
Elizabeth Grover 513-379-1196
lovetgrover@gmail.com

Friends & Family of PWP's

1st Wednesdays 7pm
Location varies- Email for information.
Julia Burks juliaingeburks@gmail.com

Greene County

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

Hamilton

3rd Mondays 6:30-7:45pm
NeuroFit Gym 4155 Tanya Trail,
Hamilton OH 45011
Denise Rieman 513-315-7857
Steve 513-378-9440
ParkinsonsLifeSteve@gmail.com

Mason

Every Thursdays 4:30-5:30pm
Mason Community Center
6050 Mason Montgomery Rd.
Mason, OH 45040
Ruth Everett 513-486-1617
reverett335@gmail.com

Miami County

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

Northern Kentucky Caregivers

3rd Tuesdays 10am
Panera
2911 Dixie Hwy, Crestview Hills, KY 41017
Patty Ahern 513-260-8495
pdpatty42@gmail.com

NKY Parkinson Support Group

3rd Thursday 6:30-8pm
St. Barbara Catholic Church's
Sterling Center in open room 4042
Turkeyfoot Rd, Erlanger, KY 41018
John Anneken 859-743-3936
JBAnneken@aol.com

Oxford

1st Thursdays 6:30-8pm
Oxford Bible Fellowship, 2nd floor
800 Maple St, Oxford, OH 45056
Sara Penhale 513-593-0059
sarap@earlham.edu

Partners in Parkinson's

3rd 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

Virtual Care Partners

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

Virtual Persons with Parkinson's

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

West Side

2nd Wednesdays 3:30-5pm
Bayley Center 990 Bayley Drive
Cincinnati, OH 45233
Mary Beth Bialick 859-409-1810
mbbialick@parkinsoncincinnati.org

Working with Parkinson's

4th Thursdays 2pm
Miami Township Branch Library
2718 Lyons Rd Miamisburg, OH
Cheryl Wirtley cheryl@wirtley.com

Young Onset

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

Our support groups and exercise opportunity listings are always being updated.

*This was updated
September 2023*

*View the most current version
at parkinsoncincinnati.org.*

*For corrections, contact
Nancy in the office at
513-558-0113 or Julia via email
at jburks@parkinsoncincinnati.org*

Exercise Groups

ART THERAPY

Art Therapy

Mondays 1-3pm

August 28-December 11

Becca Jacobs 513-475-8792

becca.jacobs@uhealth.com

UC Gardner Neurological Institute

Multipurpose Rm 1109, 1st Floor

3113 Bellevue Ave

Cincinnati, OH 45219

Reader's Theater

Improving your voice by reading scripts aloud and playing different characters.

3rd Tuesday 5pm

Cheryl Wirtley 937-825-0506

cheryl@wirtley.com

Kettering Health NeuroRehab &

Balance Center,

Community room 2nd floor

7677 Yankee Street

Washington Township, OH 45459

Steady Strides Singers

2nd & 4th Monday 1-2pm \$5

August-June

Janet Langhorst

janghorst@cinci.rr.com

The Church of the Redeemer

2944 Erie Avenue

Cincinnati, OH 45208

BOXING

Anderson \$12

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

Elite Thursday 12-12:50pm

Coors Core Fitness

7693 Beechmont Ave

Cincinnati, OH 45255

Delhi

Maureen Scheiner

maureen.scheiner@bayleylefe.org

Wednesday 2:30-3:30pm

Bayley Fitness Club

401 Farrell Court

Cincinnati, OH 45233

Liberty Twp. \$15/class

Amy Bertram, 513-543-3188

info@theneurofitgym.com

Friday 11am-12noon

The NeuroFit Gym

4155 Tonya Trail Hamilton, OH 45011

Rock Steady Boxing

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

Sarah Palmer, 513-404-1918 or

sarah@foreverfitnesscincinnati.com

Basic Tues., Thurs. 2-3pm

Advanced Tues., Thurs.

3:30-4:30pm

ForeverFitness

4542 Cornell Rd

Blue Ash, OH 45241

Dayton

Alex Sheets/Allan Nandrasy

937-433-2110

dayton@rsbaffiliate.com

Level 1 & 2 Tuesdays & Thursdays

1:15-2:15; 2:30-3:30

Levels 3 & 4: Mondays and

Wednesdays 1:15-2:00

Bethany Village

6451 Far Hills Ave

Dayton, OH 45459

Eaton \$45/month

Matthew Wright 765-983-3092

matthew.wright@reidhealth.org

Tuesday, Thursday

2:30-3:30pm & 3:30-4:30pm

Reid Eaton Rehab

550 Hallmark Dr

Eaton, OH 45347

Connersville, IN \$45/month

Matthew Wright 765-983-3092

matthew.wright@reidhealth.org

Tues, Thurs 10-11am

Reid Healthworks

3542 Western Ave

Connersville, IN 47331

Richmond, IN \$45/month

Matthew Wright 765-983-3092

matthew.wright@reidhealth.org

Mon, Weds, Fri

8-9am, 10-11am 11am-12

Reid Rehab

2021 Chester Blvd

Richmond, IN 47374

Oxford \$45/month

Matthew Wright 765-983-3092

matthew.wright@reidhealth.org

Weds, Fri 8-9am

Chestnut Fieldhouse

131 Chestnut St.

Oxford, OH 45056

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

Loveland \$79 per month

Mark Fox 513-900-9150

Tuesdays, Thursdays

10:45-11:45am

Title Boxing Club

10649 Loveland Madeira Rd.

Loveland, Ohio 45140

DANCE

Dancing with Parkinson's

Cincinnati Ballet \$10/pair

Mon, Wed, Friday 2-3:15pm

1801 Gilbert Ave

Cincinnati, OH 45202

513-621-5219

Kettering

Monday 11-11:45am

First Baptist Church of Kettering

3939 Swigart Road

Beavercreek, OH 45440

Jill Becker 937-430-8710

jillbecker1@gmail.com

Yellow Springs Senior Center

Wednesday 2-3pm

227 Xenia Ave

Yellow Springs, Ohio 45387

Jill Becker 937-430-8710

jillbecker1@gmail.com

EXERCISE

Coors Core Fitness \$12

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

7693 Beechmont Ave

Cincinnati, OH 45255

PD Advanced

Saturday 10:15am-11pm

Foundations/Advance

Tuesday 1:15-2:15pm

Elite

Tuesday Noon-1pm

Delay the Disease

Hamilton Non-Members \$20

Anna Flanagan 513-720-9940

ajflanagan@gmvymca.org

Tuesday, Thursday 2-3pm

East Butler County YMCA

6645 Morris Road

Hamilton, OH 45011

Liberty Twp. \$10

Amy Bertram 513-543-3188

info@theneurofitgym.com

Monday, Wednesday 1:15-

2:15pm

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Exercise

Monday 1-1:50pm

Weds, Thurs, Fri 11-11:50am

Angela Perkins 513-418-5867

Daniel Drake Wellness Center

151 W Galbraith Rd

Cincinnati, OH 45216

Exercise & Chair Volleyball

Thursday 4:30-5:30pm

Potluck follows meeting 1st Thursday

Mason Community Center

6040 Mason-Montgomery,

Mason 45040

Ruth Everett 513-486-1617

reverett335@gmail.com

LSVT BIG for Life

Thursday 10:30-11:30am

Angela Onyekanne 513-799-8263

info@senioritywc.com

Alpha Neuro Fitness

800 E. Ross Ave

Cincinnati, OH 45217

foreverfitness \$11-15/class

Sarah Palmer 513-404-1918

sarah@foreverfitnesscincinnati.org

4542 Cornell Rd

Blue Ash, OH 45241

Balance & Stretch online

Friday 10-11am

Brain Games online

Biweekly Weds. 11:30am-12:15pm

PWR! Circuit Advance

Friday 2-3pm hybrid

PD FUNctional Fitness: Cardio, Strength &

Boxing Advance

Monday 5:30-6:45pm

foreverfitness PWR! Moves

Basic Monday 2-3pm

Mixed Level online

Wednesday 2-3pm

Thursday, Saturday 10-11am

Advanced online

Monday 3:30-4:30pm

Parkinson's Community Fitness

\$25/mo. unlimited

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

9687 Kenwood Rd

Blue Ash, OH 45242

Advance Strength Training

Wed. 11-11:45pm

Cardio Drumming

Thurs 10-10:45am

Chair Volleyball

Tues 1-1:45pm

Core on the Floor

Friday 10-10:30am

Floor Stretch

Mon, Weds 10:15-10:45am

Movement & Flow

Thursdays 1-1:45pm

PD Adv.

Tues, Thurs 11-11:45am

PD Elite Tuesday 10-10:45am

PD Elite Strength

Weds 11-11:45am

PD Foundations

Tues, Thurs 12-12:45pm

Seated Cardio

Mon 1-2pm, Fri 11-11:45am

Parkinson's Fit Club

Free

Tyler McLean 937-401-6109

tyler.mclean@ketteringhealth.org

Mixed Level Tuesday 12:15-1

St. Leonard's Franciscan Center

8200 Provincial Way

Centerville, OH, 45458

Dayton Monday 1-1:45pm

Kroc Center

1000 Keowee street

Dayton, OH 45404

Englewood Wed. 12-12:45pm

Heck Center

201 N Main Street

45332 Englewood, OH

Parkinson's Fitness Class

Monday 11am-Noon

Jodi Cesene 812-926-2311,

jcesene@aurora.in.us

Aurora Rec. Community Center

404 Green Blvd

Aurora, IN 47001

PWR! Moves \$8/class

Tuesday, Thursday 1pm

812-934-6006

Southeastern Indiana YMCA

30 State Rd 129

Batesville, IN 47006

The NeuroFit Gym

\$5 per 30 minutes

Amy Bertram, 513-543-3188

info@theneurofitgym.com

4155 Tonya Trail

Hamilton, OH 45011

Cog-Cardio

Monday 11am-12noon

Neuro Bootcamp Ad.

Wednesday 5:15-6:15pm

Rowing *must sign up*

Tues./Thurs. 11:30-12:00

Strength Tues 12-12:30

Balance Tues 12-1:00

Strength Advanced

Thurs. 12:00-12:30

Neuro Strength Advanced

Thurs. 5:15-6:15

YOGA

Parkinson's Community Fitness

\$25/mo. unlimited

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

9687 Kenwood Rd

Blue Ash, OH 45242

Chair Basic Mon, Weds, Fri

12-12:45pm

Chair Advanced Wednesday

1-1:45pm

Elite Thursday 12-12:50pm

To review "by appointment" options, please visit our website:

<http://parkinsoncincinnati.org/exercise-by-type#pt>



260 Stetson St., Suite 2300
Cincinnati, OH 45219

Upcoming Events

All dates and topics are subject to change.

Oct. 21

PD Edu: *'Apathy and Depression in PD'*

*Virtually presented by
Johnna Devoto, PsyD at UC*
Online **Free**

Nov. 18

PD Edu: *Dementia*

*Virtually presented by
Teresa Youngstrom*
Online **Free**

Steady Strides 5k Raffle

A few raffle baskets will be available online starting on September 6. Be sure to check out the impressive variety of baskets and items for the home, entertainment, children and more that will be posted here soon. Online sales for majority of the baskets will close Monday, Sept. 25

More tickets can be purchased at Steady Strides on Sept. 30 and tickets will be pulled at the event for each basket/split the pot. Winners not present at the drawing will be notified by phone.



Contact Us

Information on **support** and **exercise** opportunities, and **educational** events is available by calling our office at 513-558-0113, emailing us at info@parkinsoncincinnati.org, or visiting our website, parkinsoncincinnati.org