

Telemedicine & PD

Maureen Gartner, NPC



I don't know about you, but I am very tired of hearing about "this unprecedented time, wash your hands, social distancing,

and we're all in this together." We may well be in this together, but we are still alone with our medical issues and complex treatment.

One good thing that has come from the COVID quarantine is Telemedicine. As of March 17, 2020 the Centers for Medicare and Medicaid Services declared a temporary allowance for in-home telemedicine to be covered (financially) the same as in-clinic visits. This allows those with chronic medical conditions to receive care from the safety of their home.

So, how do you prepare for such a visit? Many of us are not as technologically savvy as our children or grandchildren. So first, enlist someone to help you navigate the new technology. The APDA has a nice "Telemedicine 101 Toolkit" on their website. I have summarized the key points for you, but it is worthwhile to visit apdaparkinson.org and search for "telemedicine during COVID."

- **Learn about the software platform and ask how you will "link" to the visit.** You may use a computer, laptop, smart phone or tablet. Smart phones usually connect easily. The office staff should be able to walk you through the set up.
- **Connecting to the visit:** You have to "accept video and audio" when prompted on the screen.

- **Practical considerations:** Have your list of medications ready, prepare a list of questions and concerns, avoid sitting in a room with a bright light behind you (such as a sunny window), have the camera about 3 feet away from you at eye level and rest it against something so you don't have to worry about holding it, situate yourself in a room where you can walk back and forth so the provider can assess your walking.

Most of us are hoping that Telemedicine is here to stay. It will help solve the difficulty of transportation to the provider's office. Hopefully these tips are helpful. Looking forward to seeing you soon, either by phone, video, or in the office!

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Beyond the Basics Program Creates Newly Diagnosed Cohort

On March 20, Parkinson Support & Wellness' PD Edu series held a session on "The Basics of Parkinson's." During this annually held program, a movement disorder specialist offers an introduction to the disorder especially intended for those who have been newly diagnosed, although anyone with PD or their care partner or family are welcome.

This program included a panel of PWPs (people with Parkinson's) to discuss what it is like to adjust to living with Parkinson's, and the new Beyond the Basics program picks up where that talk left off.

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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.

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LEARNING

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Beyond the Basics Program Creates Newly Diagnosed Cohort

After the "Basics of Parkinson's" program, some Parkinson's families feel they still have questions or need someone to talk to about their situation. Many find that, after a few months go by, even more questions emerge.

This year we will offer a new program called "Beyond the Basics," a short-term group experience that picks up where the Basics program ends. This program, created by Elizabeth Grover, John Grover, Patty Ahern, Maureen Gartner, Carol Simons, and Sara Penhale, covers topics like important next steps in your Parkinson's journey; ways to stay

socially connected; benefits of, kinds of, and alternatives to Parkinson's groups and where to get the support and information you need. The leaders who will share their experiences are both PWPs and care partners.

This program is likely to be beneficial primarily to PD families diagnosed within the last year or two, but all are welcome. The group will meet virtually on Zoom Saturday, March 27, and April 17 and 24 at 2pm.

This program will be held annually. 2022 session dates have not been selected but will be announced once they are.

Farewell, Janet; Hello, Marge! New Treasurer Reports for Duty

The Board of Directors would like to thank Janet Inkrot for her years of service on the Board of Directors and as Treasurer of the corporation. Janet's leadership guided us through a time of financial growth and she established processes that assured an accurate budget, fiscal discipline and accurate reporting. Janet has retired from her position on the Board and as Treasurer effective December 31, 2020. She and husband Bob are sailing into retirement and we wish them both fair winds and smooth sailing.



We are pleased to announce that Marge Burks is the new Treasurer. Marge joined the Board last year and also volunteered for Steady Strides. She is passionate about helping her local community, so she decided to get involved with PSW after her husband was diagnosed with Parkinson's. She is a local bankruptcy trustee and attorney so she has reviewed budgets and bills before. She will fit in well

with the PSW team as the new Treasurer! When she is not working, her hobbies include yoga, biking, long walks, art and time spent with her family. Marge thinks Janet did a superb job and is very impressed with procedures that Janet and Nancy set up.

MOVING

Steady Strides 2020— a Virtual Success!

Chris Gaffney

Steady Strides has become an annual celebration of our community's will and capability to do our best at living well with PD. It is a celebration of our Parkinson community, our collective accomplishments and our mission to serve each other. The food, the music, the fun, the sense of family and camaraderie makes this event special. Whether you are a runner, a walker, a volunteer or a fan, you leave with a smile on your face and a sense of what we can accomplish together.

In 2020 we had to reimagine how to achieve that sense of community while staying safe during a pandemic.

While a virtual race was a new idea for us, with your support we pulled it off. Participation was

down about 30% as were funds raised. But that was better than expected and we thank you for your imagination and continued support.

The financial support we receive through registrations, team fundraising, donations and the generosity of our sponsors is critical to delivering on our mission, and right now our financial grant program to support PD-specific services in the community is more important than ever. Many organizations we support are small businesses that have been particularly impacted by the Covid-19 pandemic. We are determined to fully fund the Grant initiative with the next round of grant applications due (online) by October 15.

In 2021, we will have to remain flexible in our approach. We are planning both a live and in-person race, with a virtual race option for those who choose to run or walk at a time and place of their choosing. We are happy to announce the **2021 Steady Strides will be Saturday, October 2, 2021**

Converting to a Virtual event means participants can complete a 3.1 mile/5K course anytime prior to the Saturday before the race. Submission of your time will be recorded and on race day we will announce winners of each age/gender group and overall winners.

All participants and donors who give \$35 or more will receive a race packet, including a long sleeve race shirt, and food and gift coupons.



Jeffrey Waltz (pictured) was elated to win the beautiful quilt Rebecca Groppe & Mario Pastura created using pieces of fabric that were left over from making face masks for first responders last year. The raffle winner was announced at Spring Forum.

Our mission remains unchanged; how we fulfill that mission has evolved, with virtual educational events, support groups and outreach. As the world returns to the new normal, Parkinson Support & Wellness looks forward to seeing all of our friends in person, and virtually when it is convenient.

Registration for Steady Strides 2021 will open in May and teams can start planning for building your group now at parkinson-cincinnati.org/steady-strides. A paper registration will be included in our Aug/Sept issue of the newsletter, or upon request by contacting the office.

As always, thank you for your consideration and participation.

ON THE RACE 5K **PARKINSON'S STEADY STRIDES**

Tell us how we did!

We would love to hear your feedback on how Steady Strides went in 2020. Type in the link below into your browser to complete a quick survey.

<http://bit.ly/PSW5KSurvey>

 **THANK YOU**

SHARING

Volunteer with Us!

"Being a part of the committee is an extension of the community and energy that radiates every year on race day. Everyone has been so welcoming and truly wants to make the race better each year. Through volunteering I've gotten to meet a lot of people..."

-Sarah Pendleton



Our Steady Strides 5K committee is looking for new members to join! Come help us plan our biggest fundraiser and community event.

Interested and want more info? Email or call Nancy Wetterer at 513-558-0113 info@parkinsoncincinnati.org

Caregiving research study seeks families

Providing and accepting help can be tough in the best of times, but it's even more challenging now. Scripps Gerontology Center at Miami University is looking for caregiving families to help test an online communication and care coordination resource designed to help families talk and make decisions about caregiving.

Families are eligible to participate if:

- There is one family member (60+) who needs help with daily living tasks.
- The family member who needs help does not have a diagnosis of dementia and does not live in a nursing home.
- At least three family members (18+) are willing to participate in the study (including the family member who needs help). Participating family members may live at a distance from the person who needs help.

Participating families will be provided with resources to help hold a family meeting – either in person or remotely. At the beginning of the project and six months later, each family member will complete an online survey. Some families will also be asked to participate in a telephone interview. Participation in this study can be done completely online.

Qualifying families will receive \$50 per participating family member.

For more information or to participate in the study contact Abby Helsing at ofow@MiamiOH.edu or 513-529-3880.



SUPPORT GROUPS

Bridgeway Pointe

Last Saturday Jan-Oct; 1st Sat in Dec
11am-12noon

Online

Carol Simons 513-474-4441
casimonsoo3@yahoo.com

Cincinnati Caregivers

1st Thursday 6:30pm

Online

Patty Ahern 513-260-8495
pdpatty42@gmail.com

Clermont County

2nd Monday 6:30pm

Online

Patty Ahern 513-260-8495
pdpatty42@gmail.com

Crescent Springs

2nd and 4th Thursdays 12:30-2pm

Online

Dick Zimmer 859-653-9552

Dayton

2nd Tuesdays 5-6pm

Neuro Rehab & Balance Center
7677 Yankee St #110, Centerville, OH 45459

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

Dayton Caregivers

1st Fridays 1:30pm

Online

Rose Wurst 937-748-4768
dirkno1@aol.com

Evergreen

3rd Mondays 6:30-8pm

Online

Mary Schroder 513-325-9817
mandmschroder@gmail.com

Florence

3rd Wednesdays 6-7:30pm

Online

Tom Lape 859-307-7555

Fort Thomas

2nd Thursday 1-2:30 pm

St. Elizabeth Hospital, 5th Floor
85 N. Grand Ave, Fort Thomas, KY 41075

Elaine Groneck 859-572-3172

Franklin

2nd Tuesdays 1:30-3:30pm

Dayton Metro Library
2715 Lyons Rd, Dayton, OH 45342

Rose Wurst 937-748-4768
dirkno1@aol.com

Georgetown

1st Tuesdays 2pm

Villa Georgetown Nursing & Rehab
8065 Dr. Faul Rd, Georgetown, OH 45121

Nikki Pelvit 513-378-4178
npelvit@affimarehabilitation.com

Greene County

3rd Wednesdays 10:30am

Xenia Community Center
1265 N. 2nd St, Xenia, OH 45385

Lynn Martin 937-376-5486

Mason

3rd Thursdays 6:30-7:30pm

Mason Community Center
6050 Montgomery Rd, Mason, OH 45040

Jane Herrington 513-754-8430

Miami County

2nd Wednesdays 1-2pm

Monroe Senior Center
528 S Hyatt Street
Tipp City, OH 45371

Tim and Mindy Drake 937-573-9098
melindadrake@gmail.com

Northern Kentucky Caregivers

3rd Tuesdays 6:30pm

Online

Patty Ahern 513-260-8495
pdpatty42@gmail.com

Oxford

4th Thursdays 6:30-8pm

The Knolls of Oxford
Pavillion Board Room
6727 Contreras Rd, Oxford, OH 45056

Sara Penhale 513-593-0059
sarap@earlham.edu

Pleasant Ridge

3rd Mondays 7pm

Nativity Parish Center Chapel
5935 Pandora Avenue, Cincinnati, OH 45213

Cheryl Weisgerber 513-731-9272
cherylmweisgerber@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

Shelby County

3rd Mondays of even months 10am

Dorothy Love Retirement Community
3003 W Cisco Road
Sidney, OH 45365

937-726-0857
pdppartners.oh@gmail.com

Troy

3rd Wednesdays of odd months

5-6:30pm

StoryPoint Assisted Living
1840 Towne Park Dr, Troy, OH 45373

Gina Boerger 937-552-2487
kgboerger@gmail.com

Vandalia

1st Mondays 2-3pm

MPower Gym

270 Dixie Dr, Vandalia, OH 45377

Jeff Baker 937-529-9072
MPowergymllc@gmail.com

Versailles

2nd Wednesdays of even months 4pm

Versailles Health Care Center
200 Marker Rd, Versailles, OH 45380

Stephen Winner 937-526-0130
swinner@affimarehabilitation.com

Working with PD

4th Thursdays 7pm

Dayton Metro Library: Miami Twp
278 Lyons Rd, Miamisburg, OH 45342

Cheryl Wirtley cheryl@wirtley.com

Young Onset

2nd Saturdays 12noon

Alpha Neuro

800 E Ross Ave, Cincinnati, OH 45217

Adam Magee 859-609-2155

pdpatty42@gmail.com

MOVING

BOXING

Cincinnati \$10/class
Keith Noel 513-543-3265
cincinnati@titleboxingclub.com
Wednesday 4:15-5pm
Title Boxing Club
710 Sycamore St
Cincinnati, OH 45202

Delhi \$10 for non-members
Maureen Scheiner 513-347-5514
maureen.scheiner@bayleylefe.org
Wednesday 2-3pm
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 10-11:30am
Reid Eaton Rehab
550 Hallmark Dr
Eaton, OH 45347

Connersville, IN \$45/month
Tuesday, Thursday 10-11:30am
John Roberts Memorial Building
9 Park Road
Connersville, IN 47331

Richmond, IN \$45/month
Level 1 Mon, Weds, Fri 8-9:30am
Level 1-2 Mon, Weds, Fri 10-11:30am
Level 3-4 Mon, Fri 12-1:30pm
Weds 1-2:30pm
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

Online \$150/10 or \$250/20
Sarah Palmer, 513-404-1918 or
sarah@foreverfitnesscincinnati.org
Tuesday, Thursday 11:30-12:30pm

DANCE

Dancing with PD
Online
Wednesday 2-3:15pm
Elizabeth Grover 513-379-1196
lovettgrover@gmail.com
Wednesday 2-2:45pm
Jill Becker 937-767-2646
jillbecker1@gmail.com

EXERCISE

Coors Core Fitness \$12
Lisa Coors 513-233-2673
lisa@coorscorefitness.com
7693 Beechmont Ave
Cincinnati, OH 45255
Basic Chair Yoga
Thursday 1-2pm
Floor Yoga Advanced
Thursday 12-1pm
PD Advanced
Tues 12-1pm; Sat 11:45-12:45pm
PD Basic Tuesday 1:15-2:15pm
Strength Training Advanced
Wednesday 9:15-10:15am
Tai Chi Tuesday 11-11:45am

Creativity in Motion
2nd & 4th 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 \$15/class
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

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
Jane Herrington 513-754-8430
herrington4468@cinci.rr.com
Mason Community Center
6040 Mason-Montgomery Rd
Mason, OH 45040

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

Balance & Stretch

Friday 10-11am online

PWR! Circuit

Friday 2-3pm online

PWR! Moves

Basic Monday 2:30-3:30pm

4542 Cornell Rd

Blue Ash, OH 45241

Wednesday 2:30-3:30pm online

Mixed Level online

Saturday 10-11am

Advanced online

Monday, Wednesday 4-5pm

Thursday 10-11am

Mind & Motion

Wednesday, Friday 10-11:30am

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

Chair Yoga

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

Advanced Wednesday 1-1:45pm

Clay Making

Monday 11-11:45am

Fitness Advanced

Tuesday 10-10:45am

Thursday 11-11:45am

Fitness Foundations

Tuesday 11-11:45am, 12-12:45pm

Thursday 12-12:45pm

Speech for PD

Tuesday 2:15-3pm

Strength Training Advanced

Wednesday 11-11:45am

Strength Training Foundations

Thursday 10-10:45am

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

Power Up for Parkinson's

Monday & Wednesday 5pm \$80/mo

Dawn Arrowood 937-439-7145

DArrowood@chilivingcomm.org

Franciscan Center at St. Leonard

810 Clys Road

Centerville, OH 45458

PWR! Moves \$8/class

Tuesday, Thursday 1pm

812-934-6006

Southeastern Indiana YMCA

30 State Rd 129

Batesville, IN 47006

YOGA

Sharon Byrnes 513-658-1952

Wednesday 6:30-7:45pm \$68/mo

The Yoga Groove

4242 Airport Road

Cincinnati, OH 45226

Friday 12:30-1:30pm online Free

By Appointment

Alpha Neuro Fitness

800 E Ross Avenue

Cincinnati, OH 45217

Adam Magee 859-609-2155

alphaneurofitness@gmail.com

Coors Core Fitness

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

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45211

Amy Bertram 513-543-3188

info@theneurofitgym.com

Chair Yoga

April Aloisio aprila@fuse.net

Tuesday 12noon-1pm \$6/class

Blue Ash Recreation Center

4433 Cooper Road

Blue Ash, OH 45242

Sharon Byrnes 513-658-1952

2nd Sat 12:30-1:30pm \$68/month

The Yoga Groove

4242 Airport Road

Cincinnati, OH 45226

LSVT Big Exercise

Daniel Drake Center

151 W Galbraith Rd

Cincinnati, OH 45216

Stephani Bellm 513-418-2709

stephani.kohls@uchealth.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

Superior Rehab & Balance

8135 Beechmont Ave, Ste W269

Cincinnati, OH 45255

Logan Waddell, DPT

513-368-5212

Versailles Health Center

200 Marker Rd

Versailles, OH 45380

Stephen Winner 937-526-0130

swinner@affirmarehabilitation.com

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.



260 Stetson St., Suite 2300
Cincinnati, OH 45219

Upcoming Events

| | | | |
|---|---|---|---|
| <p>May 15 11am-noon FREE online</p> | <p>PD Edu: Medications for Parkinson's Dr. Cara Jacob from the UC Gardner Center will discuss PD medications, their uses, and side effects. Maureen Gartner & Becca Irwin will address the cost of medications and navigating insurance assistance programs.</p> | <p>June 19 11am-noon FREE online</p> | <p>PD Edu: Making a Home Accessible (Or, Re-Making a Home) Speaker TBD</p> |
| <p>May 19 6-7pm FREE online</p> | <p>New Developments in Deep Brain Stimulation (DBS) for Parkinson's Dr. Mandybur presents on DBS—a surgery to implant a device that sends electrical signals to brain areas responsible for body movement. Successful DBS allows people to potentially reduce their medications and improve their quality of life. <i>*This event is put on by the Mayfield Education & Research Foundation.</i></p> | <p>July 17 11am-noon FREE online</p> | <p>PD Edu: Preventing & Dealing with Falls Dr. Logan Waddell, a local Physical Therapist, shares ideas to help keep those with balance concerns safer.</p> |
| | | <p>Sept. 11 5:30pm \$15</p> | <p>Rock on the James Benefit Concert Southgate House Revival 111 E 6th St Newport, KY 41071</p> |
| | | <p>October Date TBA 8am FREE-\$38</p> | <p>Steady Strides 2021 Lindner Family Tennis Center 5460 Courseview Dr Mason, OH 45040</p> |

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

