



The TRANSMITTER

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

The Harvey Chyette Spring Forum Spring Forum

Chris Gaffney, Executive Director

Are you living with Parkinson's disease or caring for someone who is? Do you want to learn more about the resources and options available to you and your loved ones? If so, you are invited to join the Harvey Chyette Spring Forum on Saturday, April 20, 2024, from 9:00 am to 2:00 pm at the Manor House in Mason, Ohio.

The Spring Forum is a free educational and networking event for people with Parkinson's disease, their families, and their caregivers. The theme of this year's forum is "New Developments in Research and Treatment – Cincinnati Leads the Way". We will feature presentations from experts at the James J. and Joan A. Gardner Family Center for Parkinson's Disease and Movement Disorders. You will also have the opportunity to participate in an exercise break, visit exhibitors, and connect with other members of the Parkinson's community.

Here are some of the highlights of the Spring Forum:

8:30AM Doors open
Continental Breakfast (complimentary) Exhibit Hall is open

Keynote Speaker: Alberto Espay "Parkinson's is not a Disease but Many: The Roadmap to Cures"

Exercise is the Best Therapy: 15 minute light exercise break

Clinical Trials at the UC Gardner Neuroscience Center: Research Coordinators will report on the clinical trials underway

Keep Moving! 15 minute light exercise break

Luncheon (complimentary) / Exhibitor Hall visits

What I Didn't Say: A Journey Through Parkinson's A play by Matthew Moore

Post performance discussion with the playwright and cast

2:00PM Wrap up

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Thanks to our volunteers!



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About us

Dedicated to the physical, mental, emotional and social needs of those living with Parkinson's disease in the Greater Dayton/Cincinnati metroplex, Parkinson Support & Wellness exists to help those with PD learn about the disease, which empowers individuals to take control and make connections 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 PWWs, 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

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*Chris Gaffney, Executive Director
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MOVING

Steady Strides presented by Supernus: The Beat Goes On

Chris Gaffney, Executive Director

On September 30, 2023, we hosted our annual 5k walk/run, Steady Strides, and it was nothing short of extraordinary.

With 732 participants lacing up their shoes and hitting the pavement, this year's event was a testament to the power of community, determination, and a shared commitment to a brighter future. What's even more astounding is that, through the unwavering support of our participants and sponsors, we raised over \$110,000 to drive positive change in our community.

Our Steady Strides event would be nothing without the dedicated teams and individuals who showed up, to make it a success. We are immensely grateful to the 49 teams and 732 participants who made their way to the starting line, ready to take on the 5k challenge. Each step they took was a stride toward a better community, and their energy and enthusiasm were truly inspiring. We heavily rely on the work of volunteers throughout the year and at race time to make this day happen. Once again, up to 100 volunteers are essential to its success.

We are thrilled to announce that the 2023 Steady Strides not only brought people together but also raised over \$110,000 for our Parkinson community. These funds go directly toward financial grants made to local exercise and therapy organizations, and to essential educational programs like PD-EDU and the Spring Forum. We are incredibly grateful to all our sponsors, donors, and participants who generously contributed to this remarkable total.

In 2023 we found a new home at Corwin-Nixon Park in Mason. We hope you enjoyed the beautiful course our race director laid out. We will return to Corwin Nixon Park this year on Saturday, October 5..

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SHARING

The Harvey Chyette Spring Forum

Continued

Moore plays one of the lead characters alongside Krista Stauffer. Moore portrays the life of Paul, a patient with Parkinson's disease, who navigates the highs and lows of this neurodegenerative disease. His role is based on his struggles with Parkinson's, as well as the many people he interviewed to develop the program. Stauffer plays five different characters throughout the performance.

The Harvey Chyette Spring Forum is presented by Parkinson Support & Wellness. We offer educational events, identify and financially support

Parkinson specific exercise and therapy programs, and access to an extensive support network for anyone dealing with Parkinson's disease.

We are deeply appreciative for a grant from the Chyette family through the Morris Braun Foundation in Harvey's memory that has help to fund the Spring Educational Forum for five years. Sadly, Harvey passed away in 2019. According to his family, when Harvey was diagnosed with Parkinson disease in 2000 he was shocked, and at that time did not fully understand the disease. Although Harvey struggled at times, he did not surrender to the disease and was an example of courage and persistence.

Harvey attended as many Parkinson seminars as he could, regularly attended Parkinson support groups, and Parkinson yoga and exercise classes. Harvey remained positive and hopeful that there would be a cure. We are honored to be able to remember Harvey in this way.

Registration will open soon. There will be no live stream of the Spring Forum this year. A video recording will be available on our website in May. So, Save the Date and we will alert you when to register.

Ways to give back

One way to support our mission to provide educational programs, keep people with PD moving and create a supportive environment for those affected by PD is to make a yearly, monthly, or one-time donation.

A memorial donation commemorates the life of a passed loved one. A special way to recognize a living friend/relative, business associate or celebrate an occasion is through an honorarium donation

Kroger will donate a percentage of your purchases to PSW. Enroll at [kroger.com/i/community/community-rewards](https://www.kroger.com/i/community/community-rewards) and choose Parkinson Support and Wellness.

Some companies match their employees' donations to nonprofits. Ask your employer about corporate matching gifts today.



A legacy of innovation, a portfolio of promise™

Special thanks to our presenting sponsor of our 2024 Spring Forum AND 2024 Steady Strides 5k Walk/Run fundraiser

LEARNING

NEWS AT YOUR FINGERTIPS

Maureen Gartner, NPC



Have you ever visited the Parkinson Support and Wellness website? It has a wealth of information regarding exercise, learning, and support opportunities in our tristate area. I often direct people to the website when I am in clinic

First of all, the website is: www.parkinsoncincinnati.org. As you may or may not know, Parkinson Support & Wellness (PSW) exists to help those with PD in the Greater Cincinnati/Greater Dayton area learn about the disease, which empowers individuals to take control and make connections with local resources like support and exercise groups.

In addition to helping link people to programs that will aid them, the organization also produces educational programming,

provides grants to exercise programs specially-tailored to the needs of Persons with Parkinson Disease, and sponsors support groups and other events designed to bring people together.

Our educational events bring the latest useful information about treatments, research, and lifestyle adaptations to the Tri-State. We provide almost monthly educational sessions via a zoom platform on Saturday mornings from 11am – 12pm. The topics are varied and hope to address issues people with PD may find challenging.

The exercise and activity programs supported by Parkinson Support & Wellness reach hundreds of people affected by Parkinson disease. As research has proven, exercise is the one intervention that can delay disease progression. It is crucial to the treatment plan to engage in exercise.

Much of the money we raise with Steady Strides is used to provide grants to exercise organizations to help keep the fees within a reasonable amount.

Our support network offers many diverse group settings to meet up and discuss the issues most important to you at locations throughout the

Greater Cincinnati area. Support groups are not for everyone but you might find yourself "hooked" if you reach out and experience one.

Give yourself some time to learn, engage, and network with Parkinson Support and Wellness. That is what we are here for.

Steady Strides... Continued

The race committee is already hard at work to deliver another Steady Strides, with more food, a bigger and better Little Striders race, and the basket raffle extravaganza that never ceases to amaze.

Our big day isn't just a 5k; it's a joyful gathering of our community and a demonstration of the impact we can make when we work together.

Thank you to all who made Steady Strides 2023 a tremendous success. Stay tuned for more information and the opening of registrations in April for this year's race. We can't wait to see you October 5th.

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
casimons003@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
Temporary location:
Alpha Neuro Fitness
800 E Ross Ave, Cincinnati, OH 45217
Elizabeth Grover 513-379-1196
lovettgrover@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
Sandy Tinsler 513-456—3212
pstinsler@gmail.com

Miami County

2nd Wednesdays 1–2pm
Tipp Monroe Senior Citizens Center
528 North Hyatt Street
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
pattymahern@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

2nd Wednesdays at 3:30
Family Health Services
10484 Kley Rd
Versailles, OH 45380
Shannon Parton 937-423-5689
pdppartners.oh@gmail.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
listing are always being
updated.**

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

**For corrections or
additions, contact Nancy in
the office at
513-558-0113**

Exercise

ART THERAPY

Creativity in Motion

Mondays 1-3pm

Becca Gneuhs 513-475-8792
becca.gneuhs@uchealth.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

Marilyn Klaben
marilynklaben@gmail.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
jlanghorst@cinci.rr.com
The Church of the Redeemer
2944 Erie Avenue
Cincinnati, OH 45208

BOXING

Delhi

Maureen Scheiner
maureen.scheiner@bayleyleyfe.org
Wednesday 2:30-3:30pm
Bayley Fitness Club
401 Farrell Court
Cincinnati, OH 45233

Liberty Twp. \$5/30 min

Amy Bertram, 513-543-3188
info@theneurofitgym.com
Monday, Wed., Friday 12/noon-1pm
The NeuroFit Gym
4155 Tonya Trail Hamilton, OH 45011

Rock Steady Boxing

Blue Ash

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

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 45

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

Lisa Coors 513-233-2673
lisa@coorscorefitness.com
7693 Beechmont Ave
Cincinnati, OH 45255

PD Advanced

Saturday 10:15am-11pm

Foundations/Advanced

Tuesday 1:15-2:15pm

Elite

Tuesday Noon-1pm

Seated Cardio Boxing / Dance

Foundations

Wednesday 12-12:50pm

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

Exercise

Delay the Disease

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
Sandy Tinsler 513-456-3212
pstinsler@gmail.com
Mason Community Center
6040 Mason-Montgomery,
Mason 45040

foreverfitness

Sarah Palmer 513-404-1918
sarah@foreverfitnesscincinnati.org
4542 Cornell Rd
Blue Ash, OH 45241

Balance & Stretch - online

Friday 10-11am

Brain Games - online

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

Fall Proof/Balance Class

9:30-10:15am (3 month program)

PWR! Circuit Advance

Friday 2-3pm hybrid

PD FUNctional Fitness: Cardio, Strength

& Boxing Advanced

Monday 5:30-6:45pm

PD Strength Class - online

Thursday 10am

PWR! Moves Basic

Monday 2-3pm

PWR! Moves Mixed Level - online

Wednesday 3:30-4:40pm

Saturday 10-11am

Advanced - online

Monday 3:30-4:30pm

Parkinson's Community Fitness

Call for introductory assessment:
513-793-6683
PD symptom specific classes for all
stages of PD
Mon.- Friday 10am-3pm
Classes all day on the hour*
9687 Kenwood Road
Blue Ash, Ohio 45242

*To see full schedule, please visit:

<https://parkinsoncommunityfitness.org/calendar/>

Parkinson's Fit Club

Tyler McLean 937-401-6109
tyler.mclean@ketteringhealth.org
Mixed Level intensity class

Tuesdays 12-12:45

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
210 N Main Street
45332 Englewood, OH

High intensity class

Tuesdays and Thursdays 4:15-5:00 pm

NeuroRehab and Balance Center
7677 yankee street
Washington Township, OH 45459

Medium intensity class

Mondays and Wednesdays 1:15-2:00 pm

NeuroRehab and Balance Center
7677 yankee street
Washington Township, OH 45459

Parkinson's Fitness

Monday and Friday 11am-Noon
Denise Rose 812-926-2311,
drose@aurora.in.us
Aurora Rec. Community Center
404 Green Blvd
Aurora, IN 47001

Parkinson's Exercise Class

Monday 2:30-3:30pm
Maureen Scheiner
maureen.scheiner@bayleylefe.org
Bayley Fitness Club
401 Farrell Court
Cincinnati, OH 45233

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

Balance

Tues 12:30-1

BoYO (yoga and boxing)

Tuesday 5:30-6:30

Neuro Crossfit

Monday 5:15-6:15pm

Neuro Bootcamp

Wednesday 5:15-6:15pm

Rowing - must sign up

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

Strength

Tues & Th. 12-12:30

Advanced Neuro HIIT

Thurs. 5:15-6:15

YOGA

Coors Core Fitness

Floor Yoga with April- Elite
Thursdays 12-12:50pm
Lisa Coors 513-233-2673
lisa@coorscorefitness.com
7693 Beechmont Ave
Cincinnati, OH 45255

Liberty Twp. - Chair Yoga

Amy Bertram 513-543-3188
info@theneurofitgym.com
Thursday 12:30-1 pm
The NeuroFit Gym
4155 Tonya Trail
Hamilton, OH 45011

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*

April 20, 9-2pm **Spring Forum**

Manor House
FREE

April 27, 6pm **Rock on the James**

Annual benefit show for Parkinson Support & Wellness
The Southgate House Revival - Sanctuary
Purchase tickets here: <https://bit.ly/RockOnTheJamesX>

Upcoming Virtual **PD-EDUs, 11am-noon**

- *May 18*
- *June 15*
- *July 20*
- *None in August*

Oct. 5
Steady Strides 5k
Corwin Nixon Park
More details coming soon!

Contact Us

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