



FEBRUARY

Class Change Alerts!

***Monday, February 17th:** No noon boxing or Delay the Disease classes. Amy and Colleen have been invited to appear on Channel 19 News for a brief segment about NeuroFit on "Now in the Nati." We will have Jabber Gym at 10:30-11:30 as usual!

*** Tuesday, February 25th:** No BOYO

Happy February Birthdays!!

Brian Graves 2/2
Bill Eckstein 2/6
Doreen Molinsky 2/6
Larry Wallen 2/9
Kevin See 2/12
Steve Chrupka 2/13
Paul Royalty 2/14
George Collins 2/16
Bonnie Jackson 2/18
Ken Herrington 2/23
Robin Townsend 2/28

Oh the weather outside is frightful... but NeuroFit is so delightful! Please check your email on snowy or icy days. We hire extra help to clear the parking lot to ensure it is safe for everyone to navigate. The side of the building facing the road does not get any sun and water drips form the roof, so please be careful if you park on this side of the building. We never wish to close for weather, but we also want to keep everyone safe! If you do not have email or even if you do, feel free to call or text Amy or Colleen if the weather is questionable!

Amy: 513-543-3188.

Colleen: 513-207-0104



Congratulations to Mike Mucenski and Terry Moran for winning the surprise prize from the January NeuroFit News! If you complete the word game in this newsletter, your name will be entered into a drawing for a surprise prize!! Bring the completed word search to Amy or Colleen to get your name in the drawing! Bonus if you color in the pictures! Due 2/28/25.

The Scoop



PD Support Groups

- * **Wednesday evening PD support group meets the first Wednesday of the month, 6:30-7:45 PM. This support group is for gym and community members and their care partners with Parkinson's. Next meeting is February 5th.**
- * **NeuroFit Gym Parkinson's support group for members and their care partners meets the 3rd Thursday of the month. Next meeting is Thursday, February 20th 6:30-8:00 PM.**

Need Work Out Gear?! NeuroFit Spirit Link!

<https://promotionsetc.commonsku.com/shop/d037786b-d6d0-4bb1-98ad-70c9c3eda73d>

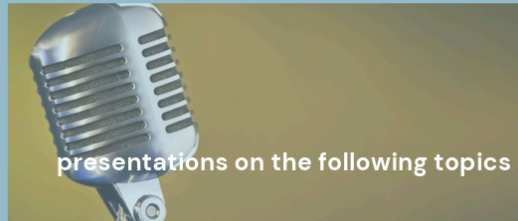


NeuroFit Caring Closet

NeuroFit has been graciously given several wheelchairs, walkers, U-Step walkers, commode chairs, and other adaptive equipment. If you or someone you know needs a piece of equipment, please let us know. We are happy to pass along what others have donated to us.

NeuroFit is excited to announce a collaboration with the Mason Consulting Group. They will be helping the gym identify, write, and apply for grants to ensure NeuroFit's longevity, growth, and success. As we move forward with this partnership, you may meet Fearghal, Danielle, and potential funders visiting the gym. Be sure to share your story! To help them tell the NeuroFit story, we will be distributing an anonymous demographic survey via Google Forms or paper copy. We appreciate your help with this very important task!

COMMUNITY EDUCATION CAN CHANGE LIVES



presentations on the following topics



- Safe and Sound in the Hospital (short and full versions)
- 30 Minutes to Better Care: Key Tips That Can Make a Big Difference
- 10 Times When You Must Speak Up for Your Best Care (with Maxine)
- How to Support Your Loved One's Care from Afar
- Your Advance Directives: How to Make Them Uniquely You
- Your SuperPower Over SuperBugs
- The Telehealth Trend: How to Get Great Care at Your Kitchen Table
- How to Vet Senior Residential Communities: Quality, Safety, Fit for Evolving Needs

Audience Handouts for Each Presentation

brought to you by
www.TheCarePartnerProject.org



THE CARE PARTNER
PROJECT™

COMMUNITY EDUCATOR



Denise Rieman RN,BSN
Alliance Advocacy Services,
LLC
allianceadvocacyservices.co
m
513-330-6755

Happy Valentine's Day!

Name: _____

M C D F
 T Q F J G L
 O D J R Y N S Q
 F L O M U R C W Q H X U P B X L A Y O X
 K I S S E S U E P Q A M F O R Y F L C R F
 F T H I A R E E D C C E L E U I R E H Q Q
 S S T C Z Y C T G N A X O M A R I N E F F
 M N R F X X H H C H R M W T R O E T A M Z
 D G E L C H O E Y T D S E M Y S N I R N P
 V D A U Z C A N F S L R T M E D N T H
 A O P P P O R D W H V S B M S Y E S N
 Q I I Z L T E K W D E O H U G S L
 N N D I A I B V Z B E M I N E E Q
 K L W T T B O Y F R I E N D L
 J G E A A L O V E L E N S
 J L D A T E H O Z H V
 L V B Y S S B Q N
 X K C A N D Y
 H Q P S Z
 W U S
 W

**BE MINE
BOYFRIEND
CANDY
CARDS
CHOCOLATE**

**CUPID
DATE
FEBRUARY
FLOWERS
GIRLFRIEND**

**HEARTS
HUGS
KISSES
LOVE
PINK**

**POEM
RED
ROSES
SWEETHEART
VALENTINES**