

NEUROFIT NEWS

March News!! Happy St. Patrick's Day!

Congratulations to Dottie Meehan and Greg Edwards for winning the surprise prize from the February 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! Due 3/31/25.

Thankful for our March Birthdays!!

3/2 Mike Snodgrass
3/3 Steve Allen
3/14 MaryLou Woods
3/15 Sandy Eagle
3/16 Ken Perkins
3/16 Craig Manuel
3/19 Mary Schroder
3/20 Rodger Henn
3/26 Nicole Eichert
3/27 Jeanette Holderman
3/27 Thomas Sunderhaus



NeuroFit will have a basketball fundraiser! Brackets will be available at the gym or we can send you one. Stay tuned for more details!



Need Work Out Gear?! NeuroFit Spirit Link!

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

Class Change Alerts

New Class Alert!

The Monday evening class will return to starting time of 5:15PM and be taught by Kathleen (Emma is currently in her clinical rotation).

Biking for Brain!

When: starts Thursday, March 13th

Who: Class open to anyone who wants a cardio and strength workout

Where: NeuroFit Gym

Time: 10:30-11:30 AM

What is It? Think of Peloton! This class will be led by certified personal trainer Jesse Bowman. It will consist of biking or Nu-stepping at various intensities for various times, mixed with upper body and lower body exercises. Don't worry, you won't have to pedal the entire time! Class will be limited to 12 participants (this is how many machines we have). If you are interested, please let us know!



The Scoop

PD Support Groups

- * **Wednesday evening Parkinson's 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 March 5th.**
- * **Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month. Next meeting is March 20th, 6:30-8:00PM. During the April meeting time, there will be a special presentation!**

We are excited to announce a special educational evening at the NeuroFit Gym on Thursday April 17th, 2025, from 6:30 PM to 8:00 PM. Dr. Kathy McGrew will help us consider new ways to understand and think about our futures as we traverse the more advanced and later stages of Parkinson's Disease. This event is open to all gym members and the local community.

Kathy McGrew, Ph.D. is Professor Emerita of Gerontology and Retired Senior Research Scholar at the Scripps Gerontology Center at Miami University of Ohio. She has worked as a social worker, counselor, mediator, and associate professor of sociology and gerontology at Miami University. "My professional world, filled with teaching and research about aging, long term care and caregiving, is now a very personal world," Kathy said. Her husband David, a beloved Oxford area veterinarian, had Parkinson's Disease for 20 years and passed away in 2023. Kathy will share her care experiences in her husband's later stages of his illness and offer some insight to help us all live our best possible lives.

This will be an informal gathering where all are welcome to listen, ask questions and participate as they are comfortable. Water and light snacks will be offered.

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.

Parkinson Support and Wellness will host three big events this year!

Spring Forum on April 26, 2025

Doors open at 8am
9:00am-3:00pm
Location: Manor House
7440 Mason Montgomery Rd, Mason, OH 45040

Steady Strides on September 27, 2025

Caregivers Day on November 1, 2025

Save the dates on your calendar! Please visit parkinsoncincinnati.org for more information and to register for the Spring Forum.



Save the Date!

JBF Gala (Joe Bertram Foundation) will be held Friday, March 21st!

NeuroFit loves to support the Joe Bertram Foundation

Every year, there is a JBF Gala to raise money in honor of Joe. The Foundation awards scholarships to students from the two schools where Joe taught - Northwest and Colerain. JBF also donates to local non-profit organizations: The Dragon Fly Foundation, Cancer Free Kids, The Jeffrey Hoeh Memorial in memory of Ryan Jones and Joe Molter, as well as the Preston Brown Foundation. The Gala includes dinner and dancing. There is also a Basket Raffle and Bourbon Pull.

The 9th Annual JBF Gala is Friday, March 21st at Receptions in Fairfield.

Every year the gym donates a basket for the basket raffle. This year, we are making an All Around The Town basket. For the basket - think anything needed for a fun day in Cincinnati, Hamilton, Fairfield, West Chester, or any of our neighboring communities. This might include sporting event tickets (Bengals, Reds, Cyclones, FC Cincinnati), Zoo passes, Kings Island passes, books about things to do in Cincinnati, treats from local shops, gift cards, etc. If you would like to donate something for the basket or a bottle of bourbon, please bring it to the gym!

Tickets for 9th Annual JBF Gala \$50/ticket.

Friday March 21, 2025

6-10 PM @ Fairfield Receptions

Casual tees/ hoodies and jeans/ leggings attire.

Venmo @joebfoundation (comment names of attendees)

PayPal @ cincyblitz@gmail.com

Mail check to 3661 Hamilton Mason Rd, FF Twp 45011

Cash to Amy or Susan at the gym

Credit card- email amyjaejob@gmail.com for invoice



Bonus: What is your favorite cookie?! _____

Name: _____

Date: _____

MARCH

Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

- BASKET
- BLOOM
- BUTTERFLY
- CHICK
- CROCUS
- DAFFODIL
- DAYLIGHT
- EASTER
- EQUINOX
- FLOWER
- GREEN
- HATCHING
- IRISH
- KITE
- LAMB
- LION
- LUCKY
- MARCH
- NEST
- RAIN
- REBIRTH
- RENEWAL



ST. PATRICK
 SUNSHINE
 TULIP
 WINDY



SAVINGS
 SEASON
 SHAMROCK
 SPRING

