



May / June 2023 Happy Memorial Day!

# NeuroFit News

## Mission IS-possible!

### We did it!

Our Go Fund Me raised \$15,000 to purchase a stander and also cover the expense of the automatic door opener. Thank you to all those who contributed. We truly have a wonderful community and couldn't do this without you!

Congratulations to Jeanette Holderman who won the seventh surprise prize from NeuroFit News! She will be receiving her prize very soon. If you complete the games in this newsletter, your name will be entered into a drawing for a surprise prize!! Bring the completed games to Amy or Colleen to get your name in the drawing! Due date is June 30, 2023!

## Happy Birthday!

### May

Jerry Howard 5/9  
Nick Blauvelt 5/10  
Claudia Newhart 5/11  
Denise Rieman 5/12  
Anne Phipps 5/24

### June

Tom Wooten 6/3  
Harry Starkey 6/6  
Dennis Klaiber 6/8  
Juanita Cain 6/10  
Doug Garrison 6/13  
Gary McCracken 6/29





# What's THE SCOOP

## SAVE THE DATE!

- STEADY STRIDES 2023
- Saturday, September 30th, 2023
- Corwin-Nixon Park, Mason-Montgomery Rd.
- Gates 8:00 AM
- Race 10:00 AM

The Spring Forum is available online for your viewing pleasure! Here is the link!

<http://parkinsoncincinnati.org/spring-forum>

## Summer Gym Closings!

The gym will be closed for a few long weekend breaks during the summer:

**Memorial Day:** closed Friday, May 25 and Monday, May 29

**4th of July:** closed Monday July 3 and Tuesday July 4.

**Summer Break:** closed Monday, July 24 to Friday, July 28. Amy and Colleen are on vacation the same week. We will be providing virtual suggestions to keep moving during the week!

## Free Class!

**What?** Cincinnati Music & Wellness Coalition - HealthRHYTHMS Program for People with Parkinson's

**When:** Mondays in June  
11:00-12:00 (June 5,12,19,26)

**Why?** It's good exercise & it's free!

**Who?** Our gym members with PD

We are excited to welcome the Cincinnati Music & Wellness Coalition to the gym. They will be providing a HealthRHYTHMS class for our members. The class is from 11:00-12:00 on Mondays in June. Please register for the class, as there is room for 10-12 participants. You can sign up for one or two or all four! Sign up sheets will be at the gym. Come to class and stay for boxing!

Questions? Ask Amy or Colleen



# Meet the NeuroFit Pets!

We want to meet your pets! Email us a picture of your pet, their name, and three cool things about your furry (or not furry) friend!



Meet Betsy Mae Jackson!  
Parents: Greg and Bonnie Jackson  
Betsy Mae is always trying to catch a bee and sniff my flowers, but she never eats squeakers out of toys!  
She is a scaredy cat in storms.





You know the drill! Complete the puzzles and return to the Gym by June 30th to get your name entered into a drawing for a surprise prize! You can't win if you don't play!

It has no top or bottom, but can hold flesh, blood, and bones at the same time. What is it?

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Big as a biscuit, deep as a cup, but even a river's volume can't fill it up. What is it?

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What starts with e, ends with e, and contains one letter?

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What has 13 hearts but no other organs?

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### How to solve Symbol Values:

Each shape represents a positive whole number. The sum total of the shapes in each row or column is displayed at the end of each row or column. Use this knowledge to deduce the numerical value of each shape.

### SYMBOL VALUES PUZZLE 7

●	●	★	★	30
■	■	▲	▲	30
▲	★	★	●	28
●	▲	▲	▲	34
35	30	26	31	



# ACHIEVE HEALTH OUTCOMES

HealthRHYTHMS is an evidence based program using drumming as a wellness modality. The goal is to achieve health outcomes by creating a supportive environment for creative music expression.

- 1 hour per week
- 6 weeks
- Guided by a trained facilitator



The Benefits includes:

- Health promotion
- Stress reduction
- Team Building
- Increase self-esteem
- Reduce anxiety & depression
- Group empowerment



## POPULATIONS

- Children
- At-risk youth
- Caregivers
- Older adults
- Veterans
- Businesses
- Universities
- Hospitals
- Schools
- Non-profits
- individuals in mental health recovery
- Individuals with substance abuse disorders
- Immigrants and refugees
- AND COUNTING...

HealthRHYTHMS

Cincinnati Music & Wellness



## Here's the Research

Learn more about the research behind Recreational Music Making (RMM)

### Study with inner-city youth (Bittman et al., 2009)

- Improvements through the use of the HealthRHYTHMS protocol
- school/work role performance
  - total depression
  - anhedonia/negative affect
  - negative self-evaluation
  - instrumental anger
  - interpersonal problems

### Complement to substance abuse treatment (Winkelman, 2003)

- Provides a natural altered state of consciousness
- Sense of community
- Relaxation response
- Emotional healing
- Spiritual experience

### Enhance Mental Health Recovery (Perkins et al., 2016)

- Creative practice as mutual recovery
- Enhanced mental health with nonverbal communication
- Enhanced wellbeing with learning mechanisms

### ABOUT US

Cincinnati Music & Wellness Coalition is the nation's first community-wide recreational music and wellness coalition. With an approach to whole person wellness, in 2008, a unique step was taken towards strengthening our community.

### OUR MISSION

Our mission is to promote a culture of wellness in diverse populations through evidence-based recreational music-making, education, and arts engagement.