

AUGUST NEUROFIT NEWS

Happy Birthday to YOU!!

Dan Snow 8/1
Greg Jackson 8/4
Sam Milligan 8/5
Charity Judd 8/7
Jennifer Riley 8/6
Dusty Arnold 8/9
Greg Ellis 8/10
Marilyn Bowers 8/10
Lenny Wolf 8/14
John Mobley 8/15
Rama Bommaraju 8/15
Dave Ritenbaugh 8/16
Neal Miller 8/16
Donn Stamp 8/16
Larry Lewis 8/26
Michael Seyfried 8/26
Gail Milillo 8/27
Ginny D'Arcy 8/27
Chris O'Malley 8/29
Val Augusterfer 8/29
Pat Pollock 8/29
Martha Macy 8/31
George Hain 8/31



Individual Therapy Pricing Change

Effective July 1, all individual neuro therapy sessions will be \$40.00 per hour.

Exception if you are doing PT and OT, the hour cost will remain \$30.00 per each, per hour.

Orthopedic diagnoses (back, hip, knee, shoulder, neck, etc) will be \$50.00 per hour.

Congratulations to Eric and Claire (Schuster) Murrell on the birth of their son, Andrew (Drew) William Murrell. Drew was born August 4th at 4:35 PM, 7# 3 ounces, 19 inches long. Claire, Eric, and baby Drew are all doing well! Proud grandparents are Andy and Colleen Schuster.



Attention all Jabber Gym-ers!

Enter your horse in the race and compete to be the number one Jabber Jockey! Monthly winners will be announced in the Newsletter and there will be a monthly prize that the winning jockey picks from Drew's box of Jabber Junk. Jockeys will continue to compete throughout the year until the grand prize is announced during the week of Derby 2027! The contest officially kicks off July 1st. If you would like to work on speaking with intent at home and have a little fun too, see Drew for details on how you can participate.



June NeuroFit News winners are John Pfennig and Bob Heinecke! August word search is due August 31st. Don't miss out on your chance to win a surprise prize!

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 with Parkinson's and their care partners.
- * The Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month. The Thursday support group meeting for August will be our picnic at The Villas of Park Place Clubhouse. 8000 Park Place Circle, West Chester, OH 45069. Please see the sign up sheet through Mary Schroder or Pat Hintze.



PARKINSON'S STEADY STRIDES

IT'S THAT TIME AGAIN!!!
TIME FOR STEADY STRIDES!

The 18th Annual Steady Strides

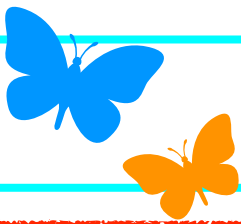
SATURDAY, SEPTEMBER 19, 2026
LINDNER FAMILY TENNIS CENTER
5460 COURSEVIEW DR, MASON, OH

<https://runsignup.com/neurofit>

To join the NeuroFit Team - click and open the link above. Then select JOIN!
Ask your family, friends, neighbors, co-workers! Every year, NeuroFit has the largest team, and we want to keep that tradition going and show our support for Parkinson Support and Wellness. We are very grateful for PSW! They provide valuable education for our members and families and support NeuroFit class programming with grants twice a year.



Note about Steady Strides: This is a 5K Run/Walk Fundraiser for PSW. You can run or walk, and there is also a short loop of about 1 mile. NeuroFit will have a table with some chairs, so if you would rather just sit and relax, you can do that too! Monies donated to the NeuroFit Team count toward our fundraising goal, but the donations support Parkinson Support and Wellness, who in return support us! If you register as a walker/runner, you will get a Steady Strides T-shirt and also a NeuroFit Team T-shirt. We will have the Team T-shirts prior to the race for you to wear. We will get all packets and have them for you at the race. Questions? Just ask Amy or Colleen!



Interested in Parkinson's Education? Visit this link to learn more!

<https://parkinsoncincinnati.org/educational-events>

It's almost time for the 2026 Sunflower Rev It Up for Parkinson's Symposium. This free, educational event for patients, families, and caregivers will feature presentations from UC Health physicians, staff, and local organizations specializing in Parkinson's disease. Participants will also be able to network with various vendors providing services to those touched by Parkinson's disease.

Where:

Oasis Golf Club and Conference Center
902 Loveland-Miamiville Road
Loveland, OH 45140

When:

9 a.m.-1:30 p.m., Saturday, August 15, 2026



Click the link to register! <https://uchealth.jotform.com/260783646319971>

We are excited that Mary Schroder will be making a presentation at the Sunflower Symposium! Please wish her good luck when you see her in class!

Please welcome our newest NeuroFit Team Member Andy Beardslee!

Andy graduated from Xavier University with a Bachelor's in Psychology in 2000. He completed his Doctorate in Physical Therapy in 2009 from the College of Mount St. Joseph.

Andy has focused on treating complex neurological and orthopedic conditions in the outpatient setting for 17 years. One particular area of focus includes rehabilitation from amputations as he works closely with area prosthetists to help clients regain the ability to walk and return to normal activities using their prosthesis. He is also one of the few Physical Therapists in the region designated as an MSCS (Multiple Sclerosis Certified Specialist) and he is well-versed in treatment strategies for MS gait training, spasticity management, exercise selection, and other challenges related to MS. He is also very experienced with FES (functional electrical stimulation) devices such as Bioness, which provide specifically timed electrical impulses to stimulate neurologically impaired muscles in the legs to aid walking mechanics. He utilizes a very hands-on approach to physical therapy to help patients regain and retain as much function as possible.

When not in the clinic, Andy enjoys family activities with his wife and four sons. He is enthusiastic about his faith life, and he dedicates a lot of time and energy to his church community. He is also an avid trail runner taking part in local trail races on a regular basis.

Meet Our NeuroFit Team!

Amy Bertram, PT, DPT, Co-Director NeuroFit Gym

University of Cincinnati: Physical Therapist Assistant 2004; Bachelor's degree in Physical Therapy 2006
Doctor of Physical Therapy - 2009

Colleen Schuster, PT, DPT, Co-Director NeuroFit Gym

St. Louis University: Bachelor's degree in Physical Therapy 1991
University of Montana: Doctor of Physical Therapy 2014

Erin Hall, PT, DPT

Mount Saint Joseph University: Master's degree in Physical Therapy 2007; Doctor of Physical Therapy 2008

Dublyn Litke, PT, DPT

University of Cincinnati: Bachelor's degree in Exercise Science 2021
Mount St. Joseph University: Doctor of Physical Therapy 2025

Andy Beardslee, PT, DPT

Xavier University: Bachelor's degree in Psychology 2000
College of Mount St. Joseph: Doctor of Physical Therapy 2009

Olivia Massa, OTR/L

The Ohio State University: Bachelor's degree in Psychology 2014; Master's degree in Occupational Therapy 2016

Mary Hizer, OTR/L

Xavier University: Bachelor's degree in Liberal Arts 2013; Master's degree in Occupational Therapy 2015

Drew Gerwin MA, CCC, SLP

University of Louisville: Bachelor's degree in Psychology 1994
University of Cincinnati: Master's degree, Communication Sciences & Disorders 1999

Annie Jones, Personal Trainer

Miami University: Bachelor's degree Kinesiology / Minor in Nutrition 2017

Jesse Bowman, JD, ACSM-CPT

University of Dayton: Bachelor's degree in Political Science 2006
Chase College of Law, Northern Kentucky University: Juris Doctor 2013
American College of Sports Medicine: Certified Personal Trainer 2024

Susan Wood, Administration

Miami University: Bachelor's degree in General Business and Non-Profit Management 2002; Bachelor of Fine Arts in Printmaking 2005

Katie Jones, NeuroFit Gym Tech /Aide

PTA Student, Physical Therapist Assistant program at Sinclair Community College
Miami University: Bachelor's degree in Kinesiology and Health 2025



Back to School



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

Art

backpack

books

classroom

crayons

desk

Drama

elementary

English

friends

Geography

grades

Health

History

homework

Language Arts

learn

library

Math

Music

numbers

pencil

Physical Education

reading

recess

school

scissors

Science

Social Studies

Spelling

students

subjects

teacher

writing