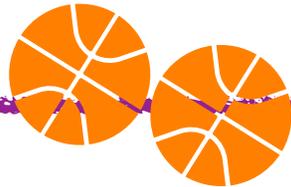


NEUROFIT NEWS

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

Congratulations to Joyce Tramonte and Ken Hintze 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.

NeuroFit will have a basketball fundraiser! Stay tuned for more details!



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
3/18 Roseann Kiep
3/19 Mary Schroder
3/20 Rodger Henn
3/21 TJ Slattery
3/23 Dan Scheffel
3/23 Velia Brock
3/25 Ralph Gross
3/26 Nicole Eichert



Need Work Out Gear?! NeuroFit Spirit Link!

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

New Items and Designs coming soon!

What kind of spells do leprechauns use?
What do you get when you cross a four-leaf clover with poison ivy?
What is at the end of a rainbow?
Why should you never iron a 4-leaf clover?

Lucky Charms
A rash of good luck.
The letter "W"
You don't want to press your luck!

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. Next meeting is April 1st.**
- * **Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month. Next meeting is March 19th, 6:30-8:00PM. During the March meeting time, there will be a special presentation!**

Is it a **SCAM**? Or is it **REAL**?

On Thursday, March 19th, Rick Bucheit, Captain Over Investigations at the Butler County Sheriff's Office, will make a special presentation at the gym about *scams*, what they are, how to recognize them, how to avoid them, and what to do if you are caught in one!

6:30-8:00 PM @ NeuroFit! All are welcome!



“Navigating a Hospital Stay: What Every Person with Parkinson’s (and Their Caregivers) Need to Know”



Maureen Gartner, MSN, NP-C

Date: March 21, 2026

Time: 11:00am-12:00pm

Location: Virtual - Zoom Meeting

Registration open till Friday, 3/20 at 11:59pm

We invite you to join us for our March PD-EDU session, “Hospital Stay,” led by our favorite Maureen Gartner, MSN, NP-C, whose deep experience in neurology and patient advocacy has helped countless individuals and families navigate one of the most stressful situations: a hospital visit.

People living with Parkinson’s face unique risks and challenges during hospitalization, and caregivers often play an essential role in keeping them safe. This session will help participants understand:

- Why hospital stays can be complicated for people with Parkinson’s.
- How to advocate for proper medication management.
- The risks of unnecessary medications or procedures.
- How caregivers can prepare before an emergency.
- Tools, checklists, and communication tips.

This session empowers both people with Parkinson’s and their caregivers to be informed, prepared, and proactive. We hope you’ll join us for this important, potentially life-changing program!

Use the Link below to register!

<https://wl.donorperfect.net/weblink/weblink.aspx?name=E348692&id=127>



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.

Every year the gym donates a basket for the basket raffle. This year, we are making a Day at the Beach Basket. For the basket - think anything needed for a fun day at the beach... sand toys, beach ball, towels, coolers, drinks, snacks, water bottles, etc! If you would like to donate something for the basket or a bottle of bourbon, please bring it to the gym by Wednesday, 3/11.

Tickets for 10th Annual JBF Gala \$50/ticket.
Friday March 13, 2026 / Casual Attire
6-10 PM @ Receptions in Fairfield
Venmo @joebfoundation
(comment names of attendees)

Mail check to:
3661 Hamilton Mason Rd, FF Twp, OH 45011
Cash to Amy or Susan at the gym
Credit card link for tickets:

https://checkout.square.site/merchant/QHA4CRJ1A3G2W/checkout/MDSM2NWLGL7VYOVB2PZDK5J?src=sheet&fbclid=IwY2xjawQB9K5leHRuA2FlbQIxMQBzcnRjBmFwcF9pZBAyMjIwMzkxNzg4MjAwODk5AAEeJXrQR8LJeUosGIipVvp_R0ZOTLL-zSxQYNOt2UuD6JyKahkj80C372CM3Ag_aem_kKeE_XO5vjEselLbgPYL-0Q

Parkinson Support and Wellness

Spring Forum on April 25, 2026

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

Save the date on your calendar! Please visit parkinsoncincinnati.org for more information and to register for the Spring Forum. Registration will be open soon!

Check out this article about freezing gait!

<https://briangrant.org/how-to-deal-with-gait-freezing/>



I would like to share with everyone a new venture my mother in law, Char Schuster, is starting!

It is called *Curious Companions*

About *Curious Companions*

Aging is not something to fear—it's something to honor. Our Curious Companions Program proves that the later chapters of life can be some of the richest, wisest, and most fulfilling. With every year lived, we gain stories, insights, tenderness, and courage. We don't outgrow curiosity or joy. We don't lose our capacity to dream, or discover. And we never become "too old" to learn new things, create new memories, and build new relationships.

Curiosity fosters engagement with life, encouraging continuous exploration and social interaction. Research has shown that older adults who maintain a creative and curious mindset tend to report higher levels of happiness and a more optimistic outlook on aging. I gently challenge my participants to increase their curiosity and to cultivate meaningful connections.

Each Curious Companions session—whether in person or on Zoom—is a celebration. We laugh together. We reflect. We create. We wander down the paths of stories long tucked away. We welcome new ideas, new curiosities, and new sparks of inspiration.

Curious Companions is where curiosity stays alive!

At Curious Companions, joy is always possible!

Thank you, Colleen

 CHARLENESCHUSTER.COM

CURIOUS COMPANIONS

A PLAYDATE FOR CURIOUS HEARTS
BECAUSE CURIOSITY AND
COMPANIONSHIP MATTERS AT
EVERY AGE!



After 25 years as a Business and Life Coach, I am stepping into a new chapter that feels like a true homecoming—one devoted to enriching the lives of older adults through creativity, curiosity, and heartfelt human connection.

Join us for the inaugural Curious Companion Live Session on March 26, 2026, from 3 pm to 4:15 pm at the Neuro Fit Gym at 4155 Tonya Trail Dr., Hamilton, Ohio.

Let's get curious together and enjoy meaningful, heart-centered conversations about food and family—sharing treasured memories, beloved recipes, and stories that have shaped our lives.

Then, enjoy a hands-on creative activity: crafting your very own Recipe Journal, a keepsake you can continue adding to long after the session ends. All journal supplies are thoughtfully provided—**Register at charleneschuster.com - only 12 seats are available**
Go to the site, click Sessions, find a live event, and register.

For more program information go to charleneschuster.com

To learn more and register for the inaugural event at NeuroFit Gym, click here:

<https://charleneschuster.com/sessions/coaching-check-in>

To learn more about Char and Curious Companions, click here:

<https://charleneschuster.com/>

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Tournament Time

Word Search



BASKETBALL

BRACKET

CHAMPIONSHIP

COLLEGE

DIVISION

ELIMINATION

ELITE EIGHT

FAVORED

FINAL FOUR

FIRST FOUR

JUMBOTRON

MADNESS

MARCH

NCAA

ONE SHINING MOMENT

SEED

SELECTION

SEVEN ROUNDS

SIXTY-EIGHT

SWEET SIXTEEN

THREE WEEKS

TOURNAMENT

UCLA

UPSET

