

February 6, 2023

Happy Valentine's Day!

NeuroFit News

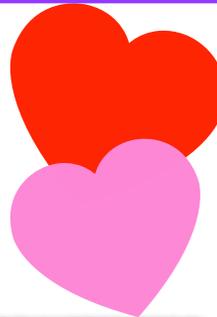
PD Neuro Night!

At the gym

Thursday, February 16th, 6:30 to 8:00 PM

We will welcome Audrey Greene, PsyD, and Shawna Jacob, PhD, both local clinical neuropsychologists, for an educational evening focusing on slowing or avoiding cognitive and memory decline and dementia for those with Parkinson's Disease. They will also discuss depressed mood, something many people with PD experience. We will have light refreshments!

Congratulations to Jeff Harvey and Doug Garrison who won the fourth surprise prize from NeuroFit News! They will be receiving their prizes very soon. If you complete the word 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 February 28th, 2023!



Be on the lookout for a few fun Valentine Games at the gym! And... complete the matching game and word search attached to this newsletter and return them to Amy or Colleen for your name to be entered into a drawing for a surprise prize!



Happy February Birthdays!
Bonnie Jackson Kevin See
George Collins



Attention!
Did someone say... Winter Break!?

The gym will take a short winter break and will be closed Friday, February 17 and Monday, February 20th! Enjoy a long President's Day Weekend!

PD support groups this month:

Thursday, February 16th 6:30 to 8:00 PM. This is the same night as our PD education night and is open to anyone with Parkinson's and their care partners and/or family members!

Monday, February 20th 6:30 to 7:45PM. Open to gym members and community members with Parkinson's Disease.

Questions? See Amy or Colleen



Meet Nicole! She has been coming to the gym for quite a while and *loves* working with Amy. Nicole was diagnosed with Multiple Sclerosis about two years ago. She has a team for the MS Walk on 4/15 at Voice of America Park in West Chester. The link below will take you to her story. If you would like to walk with us, please register and join her team: No Weak Ass Warriors! Donations to the team are also welcome!

<https://mssociety.donordrive.com/index.cfm?fuseaction=donorDrive.participant&participantID=239725&fbclid=IwAR01LWXTNcCNCC2fYBJtGmLKUD-o-CRylqKBe8mnGu7V2JhAVoUIasjEgdQ>

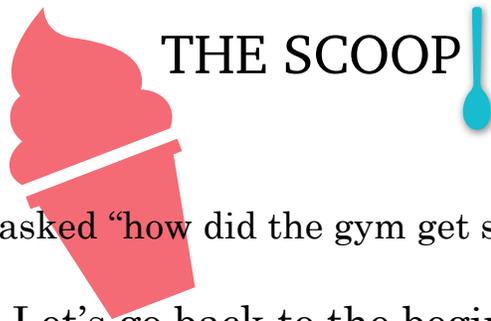
Woohoo! NeuroFit is offering a few new classes!

**Monday Full Body Strength 5:15 to 6:15 PM
Begins Monday, 2/6**

This class will focus on a full body strength workout using TRX straps, weights, RIP Trainer, and more! Julie Lindbloom, ATC, will be teaching this class. She has specialty certifications in many different strength training techniques. We are excited to be able to offer this class for those who want a higher intensity strength workout. Julie brings her husband, Gary, to the gym and is looking forward to teaching classes again!

**Thursday Bootcamp 5:15 to 6:15 PM
Begins Thursday, 2/16**

Thursday's bootcamp-type class will consist of some boxing, weights, bands to get your heart pumping and your muscles working! More to come on the details of this class. It will be taught by Annie Hudson, a personal trainer. She is excited to begin teaching at the gym and share her knowledge and passion for strength training! This will also be a higher intensity class.



THE SCOOP

A few people have asked “how did the gym get started?” Here’s the scoop!

Let’s go back to the beginning!

In the fall of 2018, Amy started teaching Rock Steady Boxing Classes for PD at Title Boxing on Princeton Road. She started with two people - Denise Rieman and Ken Hintze. Colleen was working a few days a week at Bethesda Butler outpatient PT department and was looking for something more to do. She emailed Amy and asked if she might need some help. Amy replied “Sure! Are you Colleen Schuster, Ken McFarland’s daughter? I worked with your dad at Mercy rehab and also remember your mom being there as well.” We think it was some divine intervention between my parents and Amy’s late husband, Joe, that brought our paths together.

In 2019, as classes grew, Amy began looking for spaces to rent. We wanted more room for warm up and cool down, big walking activities, and balance exercises. Amy found our current location through a friend at Title Boxing, whose father in law, Norvel (AKA *landlord*), was trying to lease. We jumped in! Our motto was “If we build it, they (AKA *you*) will come.” The gym grand opening was December 4, 2019 (Joe B’s birthday). We had 10 boxing bags, an elliptical, and 2 bikes. A donation of \$5,000 from the Karen Murrell Foundation allowed us to purchase balls, weights, and some class supplies.

In December 2020, we applied for non-profit status. Our goal was not to make money, but to keep the doors of the gym open. We soon expanded into our current cardio area and then once again into the boxing and garage area for a total area of 5500 square feet. We are a one-of-a-kind organization, helping any individual (and their families) with a neurological disorder. Although the majority of our clients have PD, we also help others with MS, spinal cord injury, ALS, CVA, and more. Occasionally, we also treat individuals with orthopedic issues.

The gym is not just a building (although we could not exist without it). It is a community made by you, our members, for you, our friends. We wouldn’t be here without your support! Thank you!

And that’s the scoop!

Did you know? Amy has a non-profit named JBF, the Joe Bertram Foundation. Every year in March, there is a JBF gala to raise money in honor of Joe to award scholarships to students from the two schools where Joe taught - Northwest and Colerain. JBF also donates to local non-profit organizations like 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 7th annual JBF Gala is Friday, March 24th at Receptions in Fairfield.** Every year the gym donates a basket for the basket raffle. If you have ideas for a basket, let Colleen or Mary Schroder know! If you would like to donate a bottle of bourbon, bring it to the gym! If you would like to attend the gala, see Amy or Colleen for info or check The Joe Bertram Foundation facebook page!



VALENTINE'S DAY WORD SEARCH



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

Arrow

Be mine

Bouquet

Candy

Card

Chocolate

Cuddle

Cupid

February

Flowers

Friend

Hearts

Hug

Kiss

Love

Pink

Red

Romance

Roses

Sweet

Valentine

