

February News!! Happy Valentine's Day!

NeuroFit News



Congratulations to Mike Land and David Berumen for winning the surprise prize from the January 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 date is February 29th!

Thankful for our February Birthday!!

**Bill Eckstein 2/6
Kevin See 2/12
George Collins 2/16
Bonnie Jackson 2/18
Ken Herrington 2/23**



PD Support Groups

- * **Tuesday, February 13th @ 6:30PM NeuroFit gym member support group meeting will be hosting Maureen Gartner. Presentation will be about Deep Brain Stimulation, PD medications, and other PD related topics. Please come with your questions in mind! This will take the place of the regular Thursday night meeting.**
- * **Monday, February 19th @ 6:30 PM Community and gym PD support group meeting**

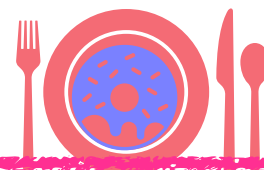
Thank you to all who have donated to the gym in memory of Milt Koger and Brian Wesner. NeuroFit will notify the families of your donation. We will miss them dearly. We are blessed with a wonderful community who truly care for one another. Thank you.

COFFEE CREW

Interested in current topics, socialization, sports, just having a conversation? Do you like coffee... or maybe coffee cake or donuts?? NeuroFit would like to start a Coffee Crew once a month where anyone is welcome to gather at the gym to converse and discuss, well, just about anything! Stay tuned as this is in the works. Suggestions? Let us know!

Have you see our new leg press machine? Thanks to a generous, anonymous donation from a gym member, we were able to purchase this piece of equipment. We are happy to show you how to use it... just ask! It is great for leg and hip strengthening and range of motion. Special thanks to the Donor!

THE SCOOP



Family / Grandparent Breakfast is this **Saturday at 10:30!** If you would like to come but have not RSVP'd, please let Colleen know you would like to attend!

Please text or call Colleen 513-207-0104 to let us know.



Save the Date!

JBF Gala (Joe Bertram Foundation) will be held Friday, April 19th. More details to follow!

**Need NeuroFit Gym Swag?
Visit this link!**

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



Superbowl Fundraiser!!

The NeuroFit gym relies heavily on grants and fundraisers for operations. This allows us to keep our prices very, very low, even though licensed PTs and OTs run our programs. With that being said, we are attempting our first Super Bowl squares fundraiser! Each square is \$15. Venmo @theneurofitgym. Or cash/credit in person. Once all squares are filled, we will randomly place names and numbers. At the end of each quarter, whoever has correct last number of score on both sides wins....

1st quarter -\$100

2nd quarter -\$100

3rd quarter -\$100

4th quarter \$200 (OT will be an extension of 4th quarter).

Thank you for supporting the gym!

♥ Joyce >





PD Education Night with Maureen Gartner, NP

Maureen Gartner, MSN, NP-C, is a certified nurse practitioner specializing in movement disorders and DBS programming at the UC Gardner Neuroscience Institute (UCGNI). She has been a nurse coordinator with UCGNI, one of four institutes within the University of Cincinnati and UC Health, for over 10 years. Prior to her career with UC Health she was a nurse coordinator at Cincinnati Children's Hospital Medical Center, a neurosurgical nurse clinician with the Mayfield Clinic and Spine Institute, and a primary nurse research associate at the Veterans Administration Medical Center (VA) and UC Medical Center. Maureen serves her community as the information and referral nurse for the local chapter of the American Parkinson's Disease Association and is on the Advisory Board of the Gardner Family Center for Parkinson's Disease and Movement Disorders.

Where: NeuroFit Gym,
4155 Tonya Trail, Hamilton, 45011
When: Tuesday, February 13, 2024
Time: 6:30 PM
Topic: Topics and questions
related to Parkinson's Disease,
with a focus on Deep Brain
Stimulation (DBS).

Note: There will be BOYO class at 5:30 PM as scheduled but we will adapt the class as needed for the presentation!

PD Education Night CB Moves



What is CB Moves? A specialized dance class designed uniquely for persons with Parkinson's and their loved ones. Expert faculty use movement and music to stimulate the body and mind, providing a supportive forum for fitness, expression and community for participants of all ages. Dancers are welcome to enjoy class on their own or to invite a companion to participate with them.

Kate Stark is the Coordinator for CB Moves, Cincinnati Ballet's adaptive dance program. They offer Parkinson's specific dance classes three times a week, taught by faculty who all have a personal connection to Parkinson's disease and have been trained in the research-based methodology of the Dance for PD program in New York City. If her schedule allows, Elizabeth Grover will also attend to talk about her experience in the program as a person with Parkinson's.

Where: NeuroFit Gym

4155 Tonya Trail, Hamilton, OH 45011

When: Monday, March 18th, 6:30 PM

Topic: CB Moves: The physical, social and emotional benefits of the CB Moves program, along with a short demo class!

Name:

Date:

Search for February Words

Valentine

Chocolate

February

Friends

Treats

Parties

Spring

Shadow

Winter

Leap Year

Groundhog

Snowflake

Fireplace

Mittens

Cupid

Heart

Burrow

Eagle

Emerge

Sweet

Cold

Slush

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