

NEUROFIT NEWS



JANUARY

Oh the weather outside is frightful... but NeuroFit is so delightful! With the weather cold and snow in the forecast, please check your email on snowy or icy days. We usually have to hire extra help to clear the parking lot to ensure it is safe for everyone to navigate. The side of the building facing the road does not get any sun and water drips form the roof, so please be careful if you park on this side of the building. We never wish to close for weather, but we also want to keep everyone safe! If you do not have email or even if you do, feel free to call or text Amy or Colleen if the weather is questionable!

Amy: 513-543-3188.
Colleen: 513-207-0104



Happy January Birthdays!!

Nadina Rumpke 1/5
Steve Doughman 1/6
Nike Mucenski 1/7
Chris Martin 1/10
Brad Arling 1/17
Fred Valerius 1/22
Sharon Katterheinrich 1/29
Sally Drabenstott 1/31

If we missed anyone, please let us know!

New Class Alert!!

Zumba Gold with Denise!
Tuesdays 11:00-11:30 AM

NeuroFit is excited to announce a collaboration with the Mason Consulting Group. Some of you may have met Fearghal and Danielle when they visited the gym before Christmas. They will be helping the gym identify, write, and apply for grants to ensure NeuroFit's longevity, growth, and success. As we move forward with this partnership, you may meet Fearghal, Danielle, and potential funders visiting the gym. Be sure to share your story! To help them tell the NeuroFit story, we will be handing out an anonymous demographic survey soon. Please fill this out and return to the basket on the filing cabinet, or return it to Amy or Colleen. We appreciate your help with this very important task!

Congratulations to Jennifer Mason and Bonnie Jackson for winning the surprise prize from the December 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! Bonus if you color in the pictures! Due 1/31/25.

The Scoop

PD Support Groups

- * Wednesday evening PD support group meets the first Wednesday of the month, 6:30-7:45 PM. This support group is for gym and community members and their care partners with Parkinson's. Next meeting is February 5th.
- * Gym member PD support group Thursday, January 16th 6:30-8:00 PM. During this meeting, we will view and discuss a Living Well Today webinar provided by The Davis Phinney Foundation. Presenters will be Dolly Dawkins and Jori Fleisher. They will discuss tips and tools to help you manage challenges you may face as Parkinson's Disease advances. This will include cognitive decline, apathy and fatigue, difficulties with speech and swallowing, sleep, and digestive and urinary issues. We will have small group and large group discussion and sharing.

What? You didn't get what you wanted for Christmas? Check out the NeuroFit Spirit Wear Link below and make your list! We also have gift certificates for NeuroFit classes for any amount. See Amy or Colleen with any questions!

Need Work Out Gear?! NeuroFit Spirit Link!

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

NeuroFit is a non-profit 501(c)3 organization. We rely on grants, donations, and program revenue to operate.

In 2024, we received generous grants from the following organizations:

- ~Parkinson Support and Wellness
- ~Healthpath Foundation of Ohio
- ~Edelweiss Foundation
- ~Unnewehr Foundation
- ~Ruth and Robert Conway Foundation
- ~Fifth Third Foundation: Frank J Kloenne & Jacqueline D Kloenne Foundation

THANK YOU FOR YOUR GENEROSITY!

NeuroFit is blessed to have a supportive, compassionate, and giving community. Thank you to all our members who so graciously made donations to the gym in 2024. We are grateful for your support and generosity.



HAPPY NEW YEAR!

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AWAKE
BALLOONS
CALENDAR
CELEBRATE
CHEERS

CLOCK
CONFETTI
COUNTDOWN
DANCE
FIREWORKS

FRIENDS
HORN
MIDNIGHT
NOISEMAKER
PARTY

REFLECT
RESOLUTION
SPARKLER
STREAMERS
TOAST