



2020 Annual Report

2020

# A New **Sanctuary** for People With Parkinson's



# An Amazing Start-up Through Uncertain Times



*Lisa Coors, Co-Founder PCF*

Parkinson Community Fitness has conquered some of the toughest conditions a new company could only imagine. When we opened our doors in September of 2019, we knew one important thing that "Person's with Parkinson's needed a sanctuary to call home. A place to go that provided the services needed to manage this disease". This concept, at least in the Greater Cincinnati area, had never been developed before. With PCF's 3 pillars: Exercise, Support and Social Activities, it built a strong foundation that has withstood the trials and tribulations of COVID 19.

Having to close from mid-March till mid- May of 2020 due to the government mandates for COVID, we knew that to come back and re-open but we had to do it the right way. We had to make it legal, safe yet maintain our 3 pillars of our business. Having this as our goal, we asked our attorney Alison Sackenheim to develop re-opening guidelines once it was legal to open our facility. Alison went above and beyond the call of duty by providing the following: cleaning standards, procedures for check in (temperature, mask), training for all staff, new legal forms for all participants waiving our liability plus non-stop updates on the state of COVID as it pertained to our business.

After being re-opened for 3 months, our business has flourished. Even though our class participation is limited to a small amount we had to double the number of classes to get all our members back. Our members rave over the social distance workout pods, the cleanliness and constant focus on COVID procedures. For most members, we are the only place they are going except for the grocery store. We are honored to received their trust yet maintain our 3 pillars (exercise, support and social) even though it might look a little different. We have actually gained new members since the re-opening thanks to our physician referrals and word-of-mouth.



*PCF is the place I go to learn Parkinson-specific exercises that help me with balance, strength, and coordination. The staff is professional, knowledgeable about my disease, and they challenge me to work harder. The biggest effect PCF has made in my life in the past year is an attitude adjustment. Being around people who share my disease/struggles, I am constantly reminded that I am not alone. That encourages me to keep moving ... and being able to move makes me more positive about my future.*

*Sue*

*PCF provided a welcoming environment for both my PD husband and myself as his care partner. Staff and volunteers were friendly and supportive- allowing my husband to be himself whether participating in tai chi or music therapy. A great place to make and develop friendships.*

*AJ*

*Parkinson Community Fitness is a haven in a sea of uncertainty and turmoil. Lisa and her team of certified trainers and eager volunteers provides a fitness program **and** a community of support for those of us living with Parkinson's. When you are first diagnosed with Parkinson's you learn that exercise is crucial to mitigating your symptoms and at the same time, there is **NO** one size fits all protocol. Parkinson's Community Fitness offers such a wide range of safe programs, you can find the right routine for you.*

*MS, third person to enroll on PCF Opening Day, September, 2019*





# Cheers! Paul's Story

My wife has Parkinson disease with complications of dementia. She originally resisted going to gyms because she felt out of place and felt like people were watching her. She cannot sustain any continued exercise.

Originally, she resisted going to the center but agreed to try it. She was met with warmth and caring, people seemed to accept who she was. She gave it a try. Very quickly she began to look forward to going to the center. She could pick the kind of exercise she wanted to do from yoga, Tai Chi, or just exercise. In addition, some of the classes are advanced and some are basic, so again she could pick the classes that made her feel most comfortable.

Mary has trouble converting instructions into action and confuses her left and right, but all the instructors have been patient, tried to help her get the benefit of the activity, but most important allowed her to go at her own pace and kind of do her own thing if that seemed to be working for her. She has stopped when she gets tired and often does the activities from a chair. The instructors make an effort to modify the exercise for being seated even if the rest of the class is standing.

With these efforts she has been able to get some exercise, which is great because she doesn't do much else.

As a bonus, she found a group of people she could talk with and not feel out of place. This includes the staff and the other members. She did not feel judged and felt included. The social aspect of the center became as important to her as the exercise portion. As I said above, she started to look forward to going, and we started talking about whom we might see on any given day.

The center has been a wonderful addition to our lives. It gives her a place to go where she feels wanted and she gets some exercise. Even though I bring her and stay at the center it gives me a little time without having to worry about what she is doing or needs. I know she is in good hands. On the days we go to the center, her mood is improved and she is more relaxed for the rest of the day.

Our hope is that the center is available for our and others use for a long time.

**It is best described by the Cheers sitcom song:**

*"Sometimes you want to go*

*Where everybody knows your name*

*And they're always glad you came"*



Membership:	83 Clients
Classes each week:	18 Classes
Classes per year:	900!
Total donations to date:	\$138,000
Average donation:	\$955
Number of trainers:	8
Number of Sponsors:	9

Serving Greater Cincinnati from Maineville to Newport!

## Did You Know:

### Classes Offered:

Tai Chi  
 Chair Yoga  
 PD Foundations  
 PD Advanced  
 PD Elite  
 Life Balance  
 Speech Class  
 Cardio Drumming  
 Strength Training  
 Book Club  
 Art Class  
 Zoom Training

There are **6,000**  
 People in Greater  
 Cincinnati with  
 Parkinson's Disease.







## Jakki's Story

A quick chat with  
one of our  
founders and a  
leader in  
Parkinson's for a  
decade.

Jakki Hunter has been active in the Parkinson's Community for the last 10 years offering support and help to anyone who needs it through the local Parkinson events, support group meetings and of course an active fund raiser with Jakki's Walking Warriors. Jakki is one of our three Founders.





## Three Questions for One of our Founders

**What is the benefit for you at PCF. What's different about your day after visiting PCF?**

*PCF is quite amazing in what has been achieved in a year. The camaraderie, the relationships, the bond that has developed between many of the people who go. We come together for a short period of time but leave feeling so much better knowing we are not in this alone.*

**What would you say to someone considering joining PCF?**

*Try it, you'll find it's a place where you can relax, make friends, be yourself again without being concerned about those around you. Join in with classes and activities or sit and have a coffee...we don't mind. We'll just be pleased you're there.*

**What classes and activities are your favorites?**

*I enjoy the classes that I attend but I have to say Boxing is my favorite! It's fun, it's challenging, and it's a great stress reliever. I love the energy afterwards.*

*Lisa kicks our butts - and we keep coming back for more!!*





## Fishing for Change

A 32 year career and 43 year marriage, but Chris Chaney isn't finished yet.

For 13 years, Lisa, Jakki and I have been working out together and discussing the possibility of a place that people with Parkinson's could go to be out of the public eye. When we started at Coors Core Fitness many years ago we quickly realized that our "out to lunch group" was the strongest support group that we had within the Parkinson's Community. The exercise was so important to keep us moving in a safe environment but it was the lunch-time after classes where we truly bonded.

It was difficult for us to stand and order our food, sit at high tables with no support, and just have everyone staring at us - trying to figure out what was wrong with us!





# How the Vision for PCF Came to Be

*(continued)* The time we spent huddled around high-top tables with an opportunity to share tips on medication, doctors, PD symptoms and how to best manage them, etc.

It was our dream to create such a place and when we could not find support within the current Cincinnati Parkinson's community . Lisa, Jakki, and I haven't looked back since.

PCF is a "Sanctuary" where you can be out of the glare of the inadvertent stares and you can find information of exercise, nutrition and just how to make it through the day.

During non-COVID times PCF is a place that you can come anytime between 10:00 and 3:00 and find someone who will understand the minute by minute challenges that face those battling Parkinson's Disease.

The Culture and Environment is so important. Everyone who comes through the door of Parkinson Community Fitness must feel safe, welcomed, and free to discuss any topic that is on their mind without being judged.

## **On the Importance of PCF During COVID-19:**

People with Parkinson's are isolated even in the best of times and this COVID crisis has been especially hard on the Parkinson community. It is so easy to just isolate.

During these COVID times the biggest benefit to me personally is getting back in a consistent "work out" routine and schedule. Being with the fabulous staff, volunteers and other people with Parkinson's or those facing other physical challenges (all are welcome!)

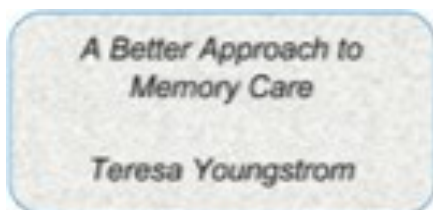
## **We asked Chris' wife Heather what PCF means to her:**

Chris has support from the excellent trainers who understand working with clients with Parkinson's.

Just being in the building raises his spirits and makes us both focus outward rather than inward.

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Thank you







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Parkinson Community Fitness  
9687B Kenwood Road  
Blue Ash, Ohio 45242



### Our Core Values

We act with **INTEGRITY**: We are accountable to our members and donors and are dedicated to honesty and transparency.

We **RESPECT** the individual: We believe in the equal value of every human being and meet people where they are with kindness and compassion.

We are **COMMUNITY**: We endeavor to educate, support, and empower our members and have fun.

We **LEAD** by example: We act in a way that exemplifies what we expect of each other and our members.

We are **PASSIONATE**: We are driven to improve the quality of life for people with Parkinson's Disease.

## Our Mission:

To provide a dedicated space for Person's with Parkinson's disease and their families to go for exercise, support and social events.

## Our Purpose:

PCF will provide a solution to a long standing and often unspoken problem for those with Parkinson's Disease:

Parkinson Community Fitness  
9687B Kenwood Road  
Blue Ash, Ohio 45242  
(513) 793-MOVE

[parkinsoncommunityfitness.org](http://parkinsoncommunityfitness.org)  
PCF is a 501(3)c non-profit organization