

Parkinson

Community Fitness

HOPE, HEALTH, ACCEPTANCE



GROWTH, GRATITUDE & JOY

2021 ANNUAL REPORT

LETTER FROM OUR FOUNDER, LISA COORS



Dear Friend of PCF:

2021 has been a year of growth, gratitude, and joy. One year ago, we were in the middle of the COVID crisis. Thanks to our amazing legal team, we were able to re-open after only six weeks of closure. Our cleaning protocols, social distancing, and mask policies kept our members safe. We learned in a new way that Parkinson Community Fitness provided needed services for our members.

We've grown 167% from 60 to 160 members thanks to sponsors, donors, and our hard-working staff. Members have raved over our symptom specific exercise classes, support groups and social events. Our monthly membership fee remains at \$25 for unlimited classes and events. This is part of our core value to keep participation affordable for anyone, regardless of their resources.

We had our 1st Annual Parkinson Shuffle on October 20. We sold out the event and welcomed 230 guests. We raised \$75,000 which will support our growth and specific projects. We are also now building a reserve to enable expanding our facilities in the years ahead.

Seeing this amazing growth has brought much joy and gratitude to our members. Your past support has made a direct impact on the lives of our members. You've given them the tools to manage their Parkinson's both physically and emotionally.

Thank you.

“MY THOUGHTS” ON PARKINSON COMMUNITY FITNESS ENTERING YEAR 3

Chris Chaney: Founder

Chris, as we are now into the third year at PCF, how are you feeling about our progress in delivering the mission?

Since first opening the doors of (PCF) In September 2019, I have been amazed at the kindness, enthusiasm, attendance, and support that we have received from both The Parkinson’s Community and the greater Cincinnati area. Due to the amazing generosity of our board members, my P&G retiree buddies and friends we were able to keep our doors open.



I feel that we have stayed true to our mission of PCF considering that we have had to deal with COVID less than 6 months into our opening. We didn’t know how we were going to keep the doors open but the word was getting out about us and our membership grew from 50 to 165 – I thought it would take 5 years to do this.

What is the focus in the coming year?

Create more space! And continue to work to increase opportunities to further support individuals with PD by providing social workers to deal with mental health issues, having a massage therapist, expanding our Pickle Ball opportunities and work with the local community to find a way to provide transportation both “to & from” PC. We would like to increase our class offerings and in order to do that we need to have more space – there is an opportunity right next door to us that we would like to take advantage of! We do not want to lose sight of our primary goal of providing a sanctuary for those with Parkinson’s. We would like to get newly diagnosed PD patients supported from the beginning with exercise, nutrition and positive attitude. When Lisa Coors says, “MOVE IT OR LOSE IT” she isn’t kidding!!

You just experienced the first annual fundraiser. Can you tell us a little bit about it from your point of view?

WOW! I was shocked by the turnout, generosity, and enthusiasm of all involved. I would like to thank the Fundraiser Committee for all their hard work. Initially we started out targeting to have 100 people in attendance; we thought that would be a nice goal for our 1st fundraising event. We ended up with over 200 and had to stop because the venue could not hold any more. It was just a fantastic night – a beautiful spot in The View and catered by Funky's and a perfect night weather wise. The highlight of the night for me was the award ceremony where Megan Weden's parents were given an award in their daughter's honor. She was a member of our community and it touched everyone there to hear Megan's story.

How important was it to keep PCF operating during the Pandemic?

It was lifesaving!! It was imperative that we re-open after the 6-week shut down. I cannot stress how important it is for People with Parkinson's to exercise and be a part of a community. You can feel so isolated with this disease and COVID just made getting together almost impossible. But PCF has continued to thrive.

Lisa and Maribeth under the guidance of our attorney, Ally Sackenheim and our staff did a fabulous job of adhering to guidelines of masking, temperature taking and providing distancing during classes. We all felt safe.

How are you doing? How is PCF helping you?

I feel I am doing well. I have been diagnosed for 14 years and probably had symptoms for more than 20 years. I feel very lucky to be alive and praise God for every sunrise and sunset! I never take any day for granted, both good and bad. I keep my life focus on welcoming other people with Parkinson's to PCF.

PCF feeds my soul, and I am so grateful.

FOUNDER SPOTLIGHT JAKKI HUNTER

Tell us about your experience navigating the pandemic. Was PCF important to you during this time?

Like everyone else, 2021 was a challenge. One of the pillars PCF is built on is hope. Maintaining hope that we will return to some sense of normality and continue our work at PCF was very important to me.

Membership at PCF continues to grow. What are the challenges with this growth?

It's exciting how far we've come in such a short time. It just demonstrates how strong there is a need for a facility like PCF in our community. Making sure our knowledge and resources grow together with our increased membership and the growing awareness of PCF in the community.

What would you tell someone thinking about joining PCF?

It's welcoming, it's non-judgmental, it's fun, it's social, it's good for you and, oh yes, it could change your life for the better.

You attended the Parkinson Shuffle. What were your favorite parts of that evening?

Such a great get-together. Meeting people I haven't seen for a while. The food. The fund-raising. The awards. Oh, and did I mention the food?



MEET OUR OPERATIONS MANAGER, MARIBETH CASH

What is your background?

I am Operations Manager at Parkinson Community Fitness. I have a Bachelor of Science in Business Administration specializing in Marketing from Bowling Green State University. I have over twenty years of management experience working for Sherwin-Williams, Star Manufacturing, and The Metalworking Group.



I know the importance of fitness and incorporate it in my daily life. I work out four days a week at Xathlete. I also play pickleball competitively. I have my Group Fitness certificate and CPR/AED certification. I have also completed the “Move it or Lose it” training course to teach members with Parkinson Disease.

I have volunteered all my life through various organizations including Mason Youth Football, Mason Serves, S.P.C.A., and Bishop Fenwick High School.

I enjoy hiking, kayaking, pickleball, and traveling with my husband Gary and two sons David and Jason (Victoria).

Why did you join PCF?

I was Introduced to PCF by Jenna Moffo, one of our trainers. I was looking for a new volunteer opportunity and she thought I would be a great addition. I started as a volunteer and immediately felt a connection. In May of 2020, an opportunity opened for the Operations Manager position. I felt I could make an impact at PCF and accepted the position.

What is your favorite part of PCF?

I absolutely love seeing the members every day! To see the progress they make and the smile on their faces gives me daily inspiration. I want each member to feel loved and accepted and leave feeling better than when they arrived.

Tell us about your responsibilities

Daily Operations
Manage trainers and volunteer staff
Greet every member coming into PCF
Answer questions and concerns for members
Meet with Walk Ins/Phone Inquiries
Monthly Membership Dues
Social Director
COVID Cleaning Protocol
Inventory Management
Teach Pickleball and Cardio Drumming classes
Bank deposits
Marketing
Monthly Calendar
Meet with Sponsors/Speakers
Entertainment Coordinator
Fundraising
Board Meetings

Do you have a special memory or moment you would like to share?

Memories and moments are made every day. The PCF members have become my extended family. The sanctuary that is created at PCF is something so very special. I teach Cardio Drumming. To have 10-12 members banging the drums in unison while dancing and singing makes them in the moment forget about life for a while. It gives me great pleasure to practice the core values at PCF and the vision that Chris & Heather Chaney, Jakki Hunter, and Lisa Coors have envisioned.

FIRST ANNUAL PARKINSON'S SHUFFLE FUNDRAISER



Parkinson Shuffle by the Numbers:
Funds Raised: \$75,000
Attendees: 225
Sponsor Tables Sold: 22



THANKS TO OUR SPONSORS

You are a critical part of our success in delivering our mission.



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THANKS TO OUR DONORS

2021 Donor Wall

Founders Level

\$5000 +

William Dally Fund
Bruce & Patty Tetirick
Lisa Coors
Todd & Missy Hoffman

Lori Sommer
Wohlgemuth Herschede Foundation
Richard and Eileen Von Holle

Platinum Level

\$1000 - \$5000

Mike Hutmier
Neal & Mary Schlintz
Tom Carroll
Pat Gaito
Tom Rink
Graig & Jan Smith
Chris & Heather Chaney
Dave and Cheryl Gilday
Kent & Teresa Weden
Caliburn Lodge, #785, F&AM
John Angstadt
Victor & Dawn Preston
Jeff Waltz
Michael & Carolyn Dowling
Cincinnati Cohort Biomarker Program
David & Nancy Lange
Stephen Lund
Joe & Melissa Gruber
Alison Sackenheim
Coors Core Fitness
Bourbon Shots & Raffle Proceeds - 1st
Annual Shuffle

Larry & Linda Davis
Jane & Jack Schultz
Irwin & Barbara Weinberg
Kathy Hamm
SqFt Commercial
Northside Bank
Brian Meyers
Susan Mendell
Tim & Joni Conway
Dan & Debbie Staresinic
Jakki & Jim Hunter
Anonymous
Darryl & Jane Rahe
Jo Ann Roth
Michael & Karen Forgas
Marianne Meyers
Robert & Donna Gorski
Dave & Kari Ellis
James Lallathin
Ted Ludeke

Gold Level
\$500 - \$1000

Carl & Roslyn Bergman
Network for Good
Lisa Deye
Carmen Maxwell
Ed Hermes
Clint & Susan Scherzter
Joan & Edward Knox
Ben & Anne Stansel
Lynn Chaney
Sabrina & Tom Hubert
Jim & Anna Marie Himebaugh

Clarissa Harmon
David & Sue Deye
Clint & Jean Haynes
John Wiseman
Tom & Dianne Weidman
Chris Humphrey
Donald Beimische
J. Michael Beckwith
Michael Beaugrand
Cy & Kathy Overbeck

Silver Level
\$200-500

Judy Koulias
Alan & Susan Ullman
Walter Petry
Don & Vicky Wires
John Thomas
Eben Riordan
Tom & Patti Heuer
Robert & Cathy Weston
Carolyn Borgert
Carol & Tom Simons
Donald & Marilyn Buckley
Olivia Smith
Robbin & Mike Krauser
Jody Aschendorf
Jon & Donna Richter
Bill & Mary Lennard
Cheryl & Dan Marshall
Tony Fenno
Kim Curtis
Mimi Schleitweiler
Jim & Julia Senne

Marianne DeCourcy
Jim & Siobhan Barone
Anthony Diana
Paula Williams
Carole Price
Shannon Read
Renee Filiatraut
William & Linda Pensyl
Mary & Thomas Weatherwax
Thomas Turner
Lisa & Tom Meyer
Thomas and Vicki Candella
David Dombar
Dr. M. A. & Mrs. Constance Faris
Drew & Jill Settlemyre
Runo Anderson
Melissa & Mark Rae
Jane Vail
Joe Schweitzer
Janet & Terry Raulin

2021 FINANCIAL SUMMARY

Parkinson Community Fitness Profit and Loss Comparison January - December 2021

	Total	
	Jan - Dec 2021	Jan - Dec 2020 (PY)
Income		
Advertising Sponsorship	13,512.68	3,064.30
Donation - Individual	68,694.98	98,990.55
Donation - Fundraising Event	75,590.51	
Grants	19,000.00	
Total In Kind Service Income	\$ 0.00	\$ 1,174.93
Membership	17,762.93	8,284.74
Rent Sublet	288.00	
Total Income	\$ 194,849.10	\$ 111,514.52
Expenses		
Advertising & Marketing	10,553.71	3,557.14
Equipment		18,398.89
Fundraising	28,663.14	
Rent & Lease	38,203.12	36,418.45
Sub Contractor	50,781.50	35,159.41
Other Expenses	23,550.35	18,451.59
Total Expenses	\$ 151,751.82	\$ 111,985.48
Net Income	\$ 43,097.28	-\$ 470.96

2021 Expense



- Advertising & Marketing
- Fundraising
- Sub Contractor
- Equipment
- Rent & Lease
- Other Expenses

2021 Income



- Advertising Sponsorship
- Donation - Fundraising Event
- Total In Kind Service Income
- Rent Sublet
- Donation - Individual
- Grants
- Membership



Parkinson Community Fitness
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(513) 793-6683

parkinsoncommunityfitness.org

Parkinson Community Fitness is a 510(3)(c) Organization

Our Mission:

To provide a dedicated space for Person's with Parkinson's (PwPs and related diseases) 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:

A one-stop shop for PwPs where they can exercise while bringing back social interaction sometimes lost in the PD journey.

A non-judgmental place where PwPs can nourish their dignity.

A sanctuary out of the public eye and away from inadvertent glances.

A support system created by PCF staff members and volunteers.

Board of Directors:

Co-Founder and President:	Lisa Coors
Vice President:	Kent Weden
Secretary:	Neal Schlintz
Treasurer:	Katherine Zenk Todd
Co-Founder:	Chris & Heather Cheney
Co-Founder:	Jakki Hunter