



Parkinson

Community Fitness

HOPE, HEALTH, ACCEPTANCE

2023 ANNUAL REPORT



A SANCTUARY OF ACCEPTANCE AND HOPE
EXERCISE | SUPPORT | SOCIAL-FUN | EDUCATION

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Parkinson Community Fitness is a
 501(c)(3) non-profit Organization

MESSAGE FROM OUR FOUNDERS

2023 has been a year of continued growth in our membership, sponsorship, donors, staff and many new programs. Being a member-centered organization allows us to build the business based on the requests and needs of our members, their CarePartners and families. One of the most exciting things to see is the new friendships that are made at PCF. Members meet other members who have one thing in common, their journey with Parkinson Disease. Interactions like this decrease social isolation which allows our members to live a more purposeful life while managing their PD.

These friendships and interactions were seen through our numerous events like our Beach Party and of course the 3rd Annual Parkinson Shuffle. This year, we brought in 2 MC's for the event who dazzled the audience of over 250 attendees and helped raise over \$97,000 for PCF.

We were also excited to have presentations by many Movement Disorder Specialists from the local Cincinnati area who educated and informed our members on different ways to manage their PD. These included Dr. Luca Marsili who was sponsored by Abbott Labs and had a "Taste of Italy" lunch and presentation, and Dr. Marsha Smith who had a "Jamaica theme" book signing and party.

We are so excited to see the growth that our late Co-Founder Chris Chaney dreamed about. His vision was to create a safe-place where his fellow PD friends could just be themselves again. Well, Chris.... look at us now!!

Lisa Coors

Heather Chaney

Jakki Hunter

BOARD OF DIRECTORS



Lisa Coors
Co-Founder/President



Jakki Hunter
Co-Founder



Heather Chaney
Co-Founder



Neal Schlintz
Vice-President



Carl Bergman
Secretary



Laura Hiller
CPA Firm, Treasurer



Chris Kees
Sponsor Ambassador



Sue Mendell
Member Ambassador

SPECIAL MENTIONS / THANK YOU'S

At Parkinson Community Fitness, we are committed to improving the quality of life for our Members while keeping their cost at a very affordable level - just \$25/month for unlimited access to all we have to offer. It would be impossible to do this without the incredible support of our Donors, Advertising Sponsors, Staff and Volunteers.

- **Donors** - we deeply appreciate your kindness and generosity
- **Advertising Sponsors** - "Thank You" for the many educational events you provide along with your financial support
- **Staff** - we are indebted to you for your commitment to the well being of our Members and for the way you make exercise not only beneficial, but also fun and engaging
- **Volunteers** - we are truly blessed by your dedication to supporting our mission

2023 KEY RESULTS

PCF Outreach & Retention

- We identified a local Transportation provider for those PCF members who can't drive, but who can still exercise independently at PCF.
- We have found a Social worker who volunteers twice per month at PCF for 1-1 counseling.
- We are sending personalized Cards and Event updates on a quarterly basis to our Homebound members, and are updating our member data base as well.

Accommodate Our Growing

- Finding a larger, but affordable, space to accommodate our growing needs remains a challenge. However, we did procure and set up a moveable partition system to enable setting up temporary private space for confidential conversations and assessments.
- Set up a reserve (build out) fund to help offset the expected increase in costs for a larger space in the future.

FUTURE GOALS

Short Term - PCF Outreach & Retention

- We will be partnering with one of our Sponsors this Spring on a 'PCF Care Partner Pilot Trial.' This is a growing need area.
- For 2024 we have applied for a Grant to continue and expand our Care Partner trial for a full year.
- We will also be offering the Transportation – only service again, and continuing our personalized Card sending effort.
- Our overall goal is to Retain and Help our homebound members stay as connected and active as possible to maintain their Quality of Life!

Longer Term – Accommodate Our Growing

- Increase small business and corporate sponsorship by 2-3 companies
- Connect with communities of need both rural and urban
- Partner with the University of Cincinnati Parkinson Together organization with a goal to enhance the experience of our members through interactions and projects
- Hire a speech therapist
- Maintain and increase the "build out fund"
- Increase social media presence

PROGRAM ACTIVITIES

| Members Served | | | |
|----------------|------|------|------|
| 2020 | 2021 | 2022 | 2023 |
| 64 | 103 | 114 | 109 |

| Classes/Week |
|--------------|
| 23 |

| Number of Trainers |
|--------------------|
| 11 |

| Classes Offered |
|--|
| Floor Stretch, Dance, Chair Yoga, Seated Cardio, 3 Levels of Exercise, Chair Volleyball, Hand Exercises, Strength, Cardio Drumming, Cornhole, Cognitive Skills, Boxing, Strength & Stretch PLUS Ask a Dementia Specialist, Ask a Nurse, Counseling Services, and Sponsor Educational Presentations |

| Number of Sponsors |
|--------------------|
| 16 |

Third Annual Parkinson's Shuffle Fundraiser

A FUNDRAISER BENEFITING **Parkinson Community Fitness**

3rd annual THE PARKINSON SHUFFLE

WEDNESDAY OCTOBER 11th 2023 6:00-9:00 PM

Pricing: \$170/ticket (includes 2 drink tickets) or \$1700/table of 10 (includes 2 drink tickets/person)

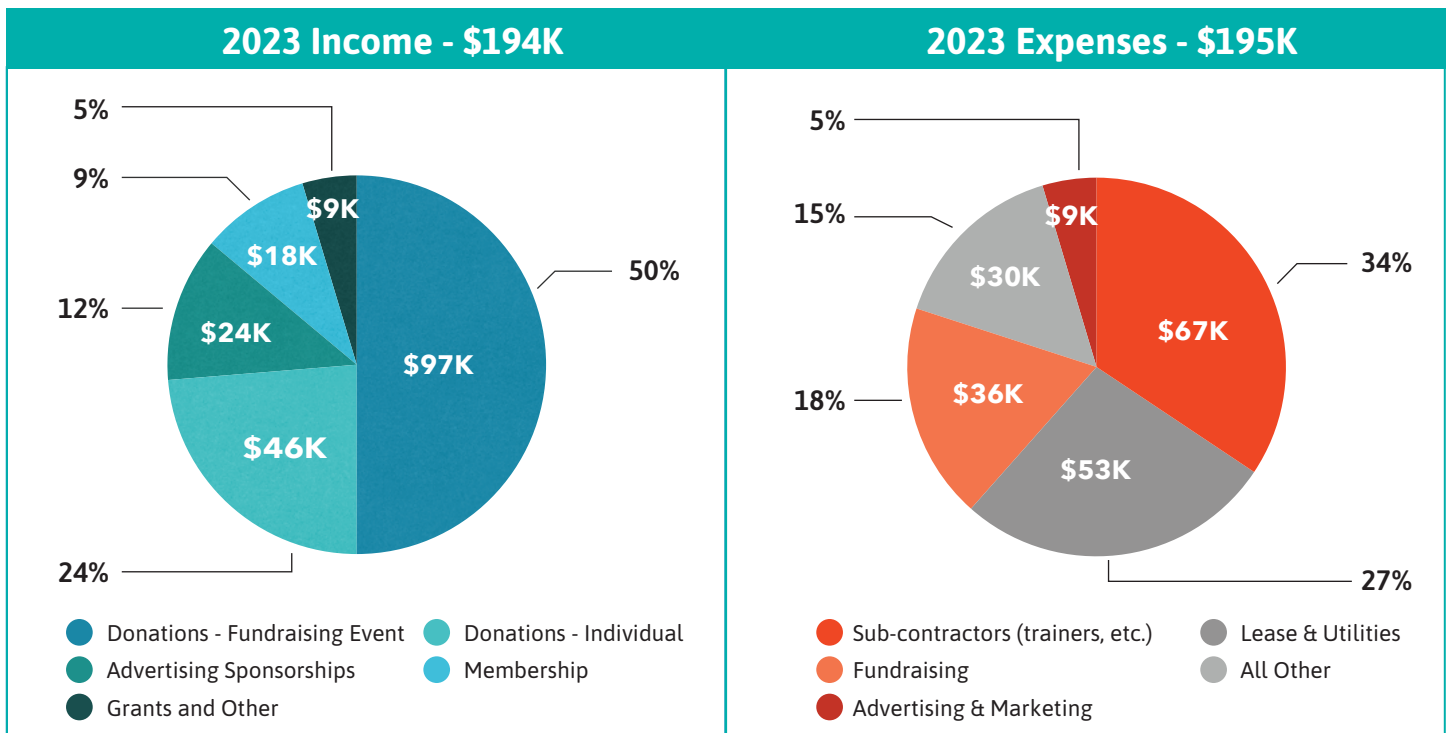
COOPER CREEK
4040 Cooper Rd., Blue Ash, OH 45241

NEW THIS YEAR:
 • PADDLE RAISER
 • 2 drinks included per person brought to you
 • MC's Alex Meacham (UC Basketball) + Brandon McIntosh (XU Basketball)

AWARDS CEREMONY | DINNER & DESSERT CATERED | CASH BAR | PADDLE RAISE + SILENT AUCTION

Funds Raised: \$97,316
 Attendees: 247
 Sponsor Tables Sold: 11
 Donor Tables Sold: 7

2023 FINANCIALS



STORIES OF CHANGE – What Our Members are saying...

The day I received my PD diagnosis, I felt as if my life was ending. The day I walked through the doors of Parkinson Community Fitness, I knew right away it was a new beginning for me. PCF is not just a sanctuary, it is a second home to all of us, where caring, acceptance, encouragement, and hope are shared freely among its members and staff. Every day I set foot in PCF, I leave happier and stronger! - **Moira G**

The day I received my diagnosis, I thought “why me?” I was sure PD was a death trap, but it is not. My daughter started reading up on Parkinson’s and she told me I had to exercise. So we called around and discovered PCF. Now this is my home away from home. What I thought was a negative, I turned into a positive. I’ve met new friends and exercise daily. - **Joanne R**

PCF is helping me navigate through Parkinson’s. The instructors include specific exercises for PD and explain how it helps, which is important to me as someone recently diagnosed. The staff and volunteers are very supportive and the programs they offer have been very informative. - **Martha H-R**

When diagnosed with PD, I thought of all the things I would miss. However, I gained a supportive community. I found that exercise was best for slowing the decline. PCF is a great facility with awesome, highly qualified instructors and friends that encourage each other to press on in our journey with PD. I am very grateful to all who are involved in making this place a reality! - **Mary Carol G**

Stepping in the door at the Parkinson Center was a very hard thing to do. I couldn’t know that there would be welcoming and caring faces on the other side. But there were. Staff trained to meet me and help me feel more comfort as quickly as possible. And then there were members waiting to start a class who also spoke to me. So that was the beginning and the center has come to meet so much more to me. The Parkinson’s Center is a safe haven for all of us who have Parkinson’s disease. And it offers so much to us. Since Parkinson’s is the Use it or Lose it disease, they offer many classes about balance, strength training and cardio work and try to reach every level of need that they can. Socially we we all welcomed into the group. Everyone is welcome here. The staff is very well trained and help us work as hard as we want to. I always leave feeling better and stronger than when I came in. HUGE THANKS TO THE PARKINSON’S STAFF. - **Deb C**

First, I want to say how much I have enjoyed being a member of Parkinson Community Fitness. I have always felt welcomed by the friendly staff as well as the members. The exercises are formatted to the needs of people with PD. In addition to classes, there are extra educational and social activities which help keep members involved in interacting with each other in an enjoyable environment. Finally, the membership fee is a real bargain! - **Ray T**

Parkinson’s Community Fitness has been a game changer for me. After getting over the initial shock of the diagnosis I started looking for what to do about it. The PCF community showed me not only the practical steps I can do to address the condition but also not to be afraid of Parkinson’s. The spirit, friendliness, courage and companionship shown by all the folks at PCF is both a comfort and inspiration to me. - **Neil L**

PFC offers great exercise classes but it is so much more than that. There are seminars every month where you learn about topics such nutrition and Parkinson’s Disease, Parkinson’s research, medications, DBS, and slowing the progression of the disease. It is a place to have fun and socialize with pizza parties, concerts, and breakfast with new members. Mostly it is a place to make friends, have a good time, and challenge yourself to do your best. If you come to PFC, I can’t promise that everyone will know your name, but I can promise you that everyone, including the therapy dog, will be glad that you came. - **Susan U**

VISION

To improve the quality of life for Persons with Parkinson's (PWP's) by providing an affordable sanctuary and connected community based on our principles of Hope, Health, and Acceptance where our members can have fun and learn from highly skilled trainers and other professionals who understand PD and help them via exercise classes, social activities, education and support to live their best life.

To provide a place for Persons with Parkinson's (PwPs and related diseases) and their families to go for exercise, support and social events.

MISSION

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

A non-judgmental sanctuary for PWPs where they can participate in a PD specific exercise program and bring back social interaction oftentimes lost in the PD journey

A support system created by PCF staff members and volunteers

Educational opportunities for PWPs and their families/caregivers to help them better understand PD and learn ways to cope

A connected community of resources to aid PWP's in living their best life

(Note: We are not a medical facility, and as such we do not provide therapy, adult daycare or other medical services)

PURPOSE

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.

CORE VALUES



2023 MAJOR DONORS: *YOU KEEP US MOVING*

Founders Level (\$5000 +)

Anonymous Michael Kindred James Lallathin & Diane Rinaldi Neal & Mary Schlintz Dr. Marsha Smith

Platinum Level (\$1000 - \$4999)

Kathryn Al-Lamadani John Angstadt Carl & Roslyn Bergman Scott & Judy Betts Heather Chaney
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John & Melanie Sheridan Bipin Shroff Olivia Smith Dan & Debbie Staresinic Carol Stretch
John Treacy Jeff Waltz

Gold Level (\$500 - \$999)

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Thomas and Vicki Candella Lynn Chaney Douglas Dunbar Robert & Donna Gorski Moira Grainger
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Eben Riordan & Ellen Wulf

Silver Level (\$200 - \$499)

Anonymous Cynthia Carey James & Jessica Chaney Barbara Curry Kim Curtis Missy Deters
David Dombar Priscilla Dunn Myrna Ethridge Tsila & Paul Evers Maureen Gartner
Fred & Mary Carol Gennett Cynthia Grow Clarissa Harmon Daniel L Hartoin Anna Hoffman
Jim & Sarah Kapcar Jerome & Audrey Kistner Ted Kluemper Joan & Edward Knox Judy Koulias
Neil Lewis Marilyn Maag JPMxhealth (Carmen Maxwell) Lisa & Tom Meyer
The North Side Business Association Tara O'Brien Parkinson's Together Inc Donna Price Gina Prickel
Jean Prock Mary Reckman Jeff & Lisa Reynolds Heather & Jonathan Rolke Alison Sackenheim
Carol & Tom Simons Rowena Siqueira Dawn & Dan Skirpan Margaret Snider Janelle Sprandel
Trevor Stefanski Shena Stayden Chris Terrell Leah Turner Pamela Wagner Linda Warfel
Tom & Dianne Weidman Paula Williams Tim & Leslie Worchester Teresa & Aaron Youngstrom

THANK
YOU

FOR ALL YOUR
SUPPORT

THANKS TO OUR ADVERTISING SPONSORS

