



## **South Florida**

### **2016/2017 Community Grants**

**Community Grants are made possible through the efforts of Moving Day® Miami, the National Parkinson Foundation and the support of our local community.**

**For more information on how to help, get involved or to learn more about programs and services in South Florida, please call us at 1.800.4PD.INFO (473-4636) or [movingday@parkinson.org](mailto:movingday@parkinson.org).**

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**Ageless Grace Neuroplasticity-Based Classes - Pembroke Pines, FL**

**Exercise Programs - Davie, FL**

**Exercise Program – Miami Beach, FL**

**LSVT-Based Physical & Speech Therapies for Parkinson's & Community Access - Miami, FL**

**Memorial Healthcare System Dance Classes - Hollywood and Pembroke Pines, FL**

**Rock Steady Boxing- Aventura, FL**

**Virtual Art Therapy - Virtual**

**Yoga Therapy for Parkinson's - Coconut Grove, FL**

**Yoga for Young/Early Onset Parkinson's – Coral Gables, FL**

**Ageless Grace Classes**  
**Good Vibes Consultants**  
**Pembroke Pines, FL**

**Description:**

Ageless Grace is a Brain-Body workout program based on the cutting edge science of Neuroplasticity. Through the "21 Tools for Lifelong Comfort and Ease"®, symptoms of Parkinson's Disease are alleviated and Neural pathways are restored from childhood, maintained, and new ones are developed through the dynamic Brain-Body exercises uniquely suited to PD and other Movement Disorders.

**Dates:** Southwest Focal Point Tuesdays from 10 am-11 am  
Century Village on Thursdays from 10 am-11am

**Location:** Southwest Focal Point  
301 NW 103RD AVENUE, Pembroke Pines, FL, 33026

Century Village Pembroke Pines  
550 SW 137th Ave, Pembroke Pines, FL 33027

**Contact:** Name: Lana Gelb  
Email Address: lanagelb@gmail.com  
Phone Number: 3054676486  
Participants don't need to register prior to attend

**Instructor Bio:**

Lana Gelb, President of Good Vibes Consultants, and an immigrant from South Africa, is a Wellness/Fitness professional, and has run a practice in Dade and Broward Counties for the past 32 years. Lana has a Master's Degree in Wellness Promotion, is a Registered International Somatic Movement Therapist, A Yoga Therapist and is a certified Movement Disorders Trainer. She is certified by the American College of Sports Medicine as an Exercise Physiologist, and by the Kenneth Cooper Institute in Dallas as a Wellness Promotion Director and Older Adult Fitness Specialist. She specializes in the senior population and, in particular, in Parkinson's disease (PD). In July, 2014, she was awarded 2 grants by the National Parkinson Foundation to develop Ageless Grace® programs - in South Florida and Atlanta. Her Ageless Grace® is an accredited CEC course for the American Council on Exercise. Lana is a certified AGELESS GRACE® Educator and Trainer offering Ageless Grace® Certification trainings. Lana Gelb has been featured on national television, in industry publications such as AMERICAN FITNESS and IDEA TODAY and has lectured and taught at such internationally-acclaimed facilities as Canyon Ranch Health Resort, Rancho La Puerta, and the Queen Mary 2. She is authoring 2 books which will be published in the summer.

**Exercise Program for Parkinson's**  
**David Posnack JCC**  
**Davie, FL**

**Description:** Multiple exercise classes including boxing, tai chi, yoga, voice therapy, ageless grace and an aquatics exercise program.

**Dates:** Monday, Tuesday, Wednesday, Friday for a total of 9 hours per week. For more information on times, please contact Mr. Kaplan

<b>Day</b>	<b>Time</b>	<b>Class</b>
Monday	8:00-9:00am	Splash
Monday	11:00am-Noon	Tai Chi
Tuesday	9:15-10:00am	Ageless Grace
Tuesday	Noon-12:45pm	Music Therapy
Tuesday	1:00-1:45pm	Yoga
Wednesday	8:00-9:00am	Splash
Wednesday	9:15-10:15am	Boxing
Friday	8:00-9:00am	Splash
Friday	1:30-2:15pm	Ageless Grace

**Location:** David Posnack JCC  
5858 South Pine Island Rd.  
Davie, FL 33328

**Contact:** Ysaac Kaplan                      Bob Schwartz  
[ykaplan@dpjcc.org](mailto:ykaplan@dpjcc.org)                      [bobbyspitt1@gmail.com](mailto:bobbyspitt1@gmail.com)  
954 434 0499 ex 117                      954 805 1800

**Instructor Bio:**  
Ysaac Kaplan  
Assistant Sports & Wellness Director  
Certified: NCSF Personal Trainer,  
TRX, Spinning, ABS, KidsFit, Boxing

**Exercise Program for Parkinson's  
Galbut Family Miami Beach JCC  
Miami Beach, FL**

**Description:** The Miami Beach JCC's Parkinson Wellness Initiative's goal is to provide structured therapeutic programs focused on improving movement, balance coordination, and quality of life through exercise, support and education.

**Exercise Training and Neuroplasticity (ETN):**

- Focus on movement, motor memory, balance, gait, and functional improvements in a structured and progressive setting.
- Quantitative and Qualitative measures assessed and tracked weekly.
- Personalized Programs.
- Open to all, regardless of limitations.

**Date:** Wednesdays 2-3pm

**Location:** Galbut Family Miami Beach JCC  
4221 Pine Tree Drive  
Miami Beach, FL 33140

**Contact:** Stacey Hatch, Fitness Director  
[Stacey@mbjcc.org](mailto:Stacey@mbjcc.org)  
305-534-3206 (x222)

**Instructor Bio:**

Fabiana S. Luzardo, CPT, PT ETN Instructor. Fabiana brings 20 years of experience as a CPT and most recently a completion of a Physical Therapy degree where her focus was on Neurodegenerative disorders.

**LSVT Based Therapies for Parkinson's and Community Access-  
Neuroscience Centers of Florida Foundation  
Miami, FL**

**Description:** FREE LSVT-based Speech & Physical Therapy provided on a weekly basis for Parkinson's patients who are uninsured, have Medicaid, or high co-pays through Obamacare. For those who do not qualify or are looking for therapy, NSCFF can provide contact information for certified LSVT Therapy in Miami-Dade County.

**Dates:** Starting September 13, 2016

LSVT-based PT/OT - Tuesdays thru Fridays from 2:00 - 3:00pm  
LSVT-based Speech Therapy on Wednesdays from 11:30am until 1:00pm

**Location:** 3601 Federal Highway (3<sup>rd</sup> Floor Community Room) Miami, FL 33137

**Contact:** Name: Carolina Hoires, LCSW  
Email Address: [choires@nscff.org](mailto:choires@nscff.org)  
Phone Number: (305) 856-8940, ext 104  
Participants should contact Carolina to register

**Company Bio:**

The Neuroscience Centers of Florida Foundation, Inc. (NSCFF) is a 501(c)(3), not for profit foundation, dedicated to improving the quality of life for Parkinson's, Alzheimer's, MS and Stroke patients. As part of our mission, we wish to provide comprehensive, coordinated, patient-centered, disease-specific healthcare, for a patient's medical and non-medical needs.

**Memorial Healthcare System**  
**Dance Classes/Exercise for Parkinson's**  
**Hollywood & Pembroke Pines, FL**

**Description:** Memorial Healthcare System will offer dance and exercise classes, free of charge, to adults with Parkinson's disease in order to improve motor skills, socialization and quality of life.

**Dates:** **At Memorial Regional Hospital Fitness Center:**

**Tuesdays 1PM – Power Kickboxing**

**Tuesdays 2PM – Power Chair**

**Thursdays 2PM – Sit and Fun\***

**At Memorial Hospital West Fitness Center:**

**Mondays 2PM – Boxing Advanced** (strength training, stretching, and kickboxing)

**Wednesdays 2PM – Exercise Class Advanced** (stretching, some dance moves, strength training, and floor work)

**Fridays 2PM – Exercise Class Advanced** (strength training, some dance moves, and stretching)

**Locations:**

**Memorial Regional Hospital Fitness Center**

300 Hollywood Way  
Hollywood, FL 33021

**Memorial Hospital West Fitness Center**

703 N. Flamingo Road  
Pembroke Pines, FL 33028

**Contact:** Rob Herzog E: [rherzog@mhs.net](mailto:rherzog@mhs.net) T: 954-844-9800

Sign up for classes at the fitness center, front desk, or by contacting Rob

**Instructor Bio:**

Jeri Beaucaire: Ms. Jeri Beaucaire has been a group fitness and personal training professional for more than 18 years. She has offered various group classes at the Memorial Healthcare System's Fitness centers for the last 8 years and she has been the lead instructor for Memorial's Dancing for Parkinson's classes for the last 2 years. Ms. Beaucaire holds a B.A. degree from the University of Michigan.

Robert Herzog, M.S.: Mr. Rob Herzog is the Director of Fitness and Sports Medicine for Memorial Healthcare System. He oversees all staff and operations within two hospital based fitness facilities, the Memorial Fitness and Rehabilitation Centers, one in Hollywood and one in Pembroke Pines, Florida. Programming within these centers also includes Outpatient Cardiac and Pulmonary rehabilitation programs and Sports Development programs for which Mr. Herzog is responsible. In addition, he directs community outreach programs as they relate to fitness and wellness. Rob holds a B.S. degree from Central Michigan University and a M.S. degree in Clinical Physiology from Indiana University with an emphasis in cardiac rehabilitation and exercise therapies for disease status. He has been involved in many community activities and partner organizations over the years including holding board member positions with the American Heart Association, the American Diabetes Association, and the Miramar/Pembroke Pines Regional Chamber of Commerce.

**Rock Steady Boxing**  
**Michael-Ann Russell JCC**  
**Aventura, FL**

**Description:** Rock Steady Boxing is a program that uses the mechanics of boxing in an “arduous hour” for Parkinson’s disease patients by focusing on the symptoms of Parkinson’s disease. The MAR-JCC will introduce this program as part of its regular schedule of activities in order to enhance the quality of life for its current and future participants in the Quality of Life – Senior Wellness Program and Parkinson’s patients programming. Rock Steady Boxing combines camaraderie, competition, socialization, and education for members of the Parkinson community. There is significant evidence that high intensity physical exercise, that RSB incorporates, alleviates symptoms of Parkinson’s, as each exercise targets the symptoms of the disease: balance, stiffness, tremors, soft voice syndrome, and coordination.

**Dates:** Tuesdays & Thursdays 2:00pm – 3:00pm

**Location:** 18900 NE 25th Avenue,  
North Miami Beach. FL 33180

**Contact:** Dany Weil  
[danyw@marjcc.org](mailto:danyw@marjcc.org)  
3059324200 ext. 161

**Instructor Bio:**

At an early age in Lima, Peru, Dany Weil received the National Inter-schools Title of "Greco-Roman Fight"; category 52 Kg". Subsequently, practicing sports led him to become part of Peru's Maccabi Soccer Team and compete at the Maccabi Games in Brazil, Venezuela, Israel and Uruguay. At that time, he was also part of Peru's Hebraica Volleyball Team which for a year played in the Peruvian Professional League. Since an early age, he has worked with people with Special Needs. In 1993, after moving to Miami, Florida, his interest in sports took a turn to spinning and running. He has participated in over a dozen marathons; having run the most important races around the world in cities like New York, Chicago, Berlin, Boston, London, Toronto, Orlando and Washington DC. Training. Currently, as the MAR-JCC's Health and Wellness Director, he manages all the sports' group exercise activities. He supervises programs for kids as young as 2 years old to seniors; from swimming to Special Programs within the Center's Quality of Life and Senior Wellness Program for individuals affected with Parkinson’s Disease. In April 2016, he completed the required training at the Rock Steady Boxing's headquarters in Indianapolis and received his certification.

## Virtual Art Therapy Art Therapy Consulting and Services

**Description:** ATCS has been providing art therapy to those with Parkinson's throughout Miami-Dade and Broward for the past three years. The Virtual Art Therapy currently provides art therapy services to those with Parkinson's Disease as well as to those with other physical, cognitive emotional and social needs. ATCS has the opportunity to provide on-going training to multiple art therapists, art therapy interns, and art therapists in training.

**Dates:** 10:30-noon, Mondays starting August 1, 2016

**Audience Log-in URL:** <https://www.anymeeting.com/028-434-040>

**Dial-in Number:** 213-416-1560; **Attendee PIN:** 944 3547#

We will be working towards two art shows this year!

You don't have to attend the virtual sessions to participate in the show. You can drop off any artwork that you have created - even if you made it a while ago! *Reply to this email for drop-off instructions!!*

### **DECEMBER EXHIBIT**

December 12th, 10:30-noon; one-day event

[ArtServe Main Gallery](#)

1350 East Sunrise Blvd.

Ft Lauderdale, FL 33304

[www.artserve.org](http://www.artserve.org)

### **JUNE EXHIBIT**

Month-long exhibit; opening day/time to be announced

[Coconut Grove Arts Festival Gallery](#)

Mayfair In the Grove

3390 Mary St #128, Miami, FL 33133

[cgaf.com](http://cgaf.com)

**Location:** Virtual; online

**Contact:** Amanda Alders Pike

[amanda@arttherapyconsulting.com](mailto:amanda@arttherapyconsulting.com)

305-767-9949

### **Instructor Bio:**

Dr. Amanda Alders Pike, PhD, ATR-BC is a board certified art therapist who earned her Master's in NY in Creative Arts Therapy, and a doctorate from Florida State University. Amanda previously served as President of the Florida Art Therapy Association and is founder of Art Therapy Consulting and Services. She also provides consultations to museums and arts organizations seeking to develop community programs and to conduct outcome studies.



**Yoga Therapy for Parkinson and Other Neuro-motor Degenerative Diseases**  
**AUM Home Shala**  
**Coconut Grove, FL**

**Description:** These Yoga Therapy sessions aim to assist individuals with Parkinson's, multiple sclerosis, and other related health conditions and challenges to manage their condition, reduce symptoms, restore balance, and increase vitality. AUM Home Shala has a proven record in designing successful programs using a customized protocol of asanas, breathing, relaxation, and meditation designed to address mobility, balance issues, and chronic pain.

**Dates:** **PD Yoga Teacher Training Workshop Dates:**  
Friday, July 22, 8:30 am-5:30 pm  
Saturday, July 30, 9:30 am-6:00 pm

**2016 Classes:**

July 30  
August 20  
September 24  
October 8 and 22  
November 12  
December 3 and 17

**2017 Classes:**

January 7  
February 4 and 25  
March 11  
April 15 and 29  
May 13

**Location:** AUM Home Shala  
3104 Florida Ave  
Miami, FL. 33133

**Contact:** Melinda Atkins  
[mdatkins@me.com](mailto:mdatkins@me.com)  
305-441-9441  
Participants can sign up online, by phone or onsite.

**Instructor Bio:**

Melinda Atkins, M.ED E-RYT500C, is the founding director of AUM hOMe Shala, a nonprofit yoga school in Coconut Grove, where she trains yoga teachers and yoga therapists. She completed her Professional Level training at Kripalu and received her Clinical Yoga Therapy certification at Loyola Marymount University. Her yoga therapy practice focuses on those with MS and other chronic conditions and disabilities. Melinda also develops and directs yoga programs for at-risk youth in inner-city Miami schools. She holds a master's degree in Educational Administration and Supervision from the University of Florida.

**Yoga for Young and Early Onset Parkinson's Disease**  
**Greenmonkey® Yoga**  
**Coral Gables, FL**

**Description:** Greenmonkey® Yoga is excited to begin offering FREE yoga classes specifically designed for those living with Young and/or Early Onset Parkinson's Disease and their Care Partners.

Through their collaborative research with Dr. Signorile at the University of Miami Neuromuscular and Active Aging Lab, they have developed yoga classes to target some of the symptoms of PD including limb bradykinesia, rigidity while improving muscle strength, power, balance and flexibility. They work with each student to create specific goals that will target their specific symptoms and progression.

**Dates:** Sundays 4:00pm – 5:00pm

**Location:** Greenmonkey® Yoga Studio  
1430 South Dixie Highway Suite #116 Coral Gables, FL 33146

**Contact:** For more information call Cassie Kitcoff, Studio Manager, at 786-953-7709  
visit: <http://www.greenmonkey.com/coralgables>

**Instructors:**

**Melissa Callahan:** Melissa Callahan is a RYT200 hour Yoga Instructor and has been teaching yoga since the summer of 2014. In addition to her 200-hour training, Melissa has also studied in Naples, Florida, attending Mastery of Restorative Yoga Workshops, Yin Yoga workshops, and Fascia Release Workshops. Melissa also participated in a workshop for Yoga for those living with Parkinson's Disease at Aum Home Shala, and currently leads a weekly yoga class for Parkinson's patients and their care givers at greenmonkey® Yoga Studio in Coral Gables. Melissa has assisted with teacher trainings at greenmonkey® and aspires to one-day help facilitate trainings as well. Melissa's passion for yoga is shared by her students and her ability to adjust the level of intensity to match the ability levels of her students, is one of her strong points as a Yoga Instructor. Melissa lives in Cutler Bay where her family is a priority, along with her husband Michael and their 12-year-old son, Connor.

**Funda Cetinkaya:** Funda is a yoga Instructor with certifications for Tai Chi, Mat Pilates, Yoga RYT200, Athletic Yoga, and Chair Yoga. At greenmonkey, she teaches therapeutic chair yoga and our Yoga for Parkinson's classes. She also has participated in studies on the effects of yoga on metabolic diseases, and also compression of cable training - weight training machines to improve physical function in older adults in collaboration with the University of Miami's Neuromuscular and Active Aging Lab. Prior to becoming a yoga teacher 2016, she was a middle school physical education teacher, and a tai chi instructor for after school programs. She has 9 years of experience working with people with developmental disabilities, mostly for people with autism, and 3 years as Director of exercise programming.