



Miami

2017 Community Grants

Community Grants are made possible through the efforts of Moving Day®, the National Parkinson Foundation and the support of our local community. These programs will be funded for a year
July 1st, 2017 – June 30th, 2018

For more information on how to help, get involved or to learn more about programs and services in Miami, please call us at 1.800. 4PD.INFO (473-4636) or movingday@parkinson.org.

FUNctional Movement – Miami, FL

Monday Madness – Brickell, FL

Yoga for Parkinson's – Coral Gables, FL

Rock Steady Boxing – North Miami, FL

Tai Chi Classes for Parkinson's – Ft. Lauderdale, FL

Wellness and Exercise Programs for People with Parkinson's disease – Davie, FL

Dancing, Kickboxing and more for Parkinson's – Hollywood & Pembroke Pines, FL

Please visit our live calendar at www.npfsouthflorida.org/events/calendar/ for class schedules.

**FUNctional Movement
HIPERFIT
Miami, FL**

FUNctional Movement offers free personal training focused on boxing, yoga and functional neurology.

How to sign up: Please visit www.functionalmovement305.com to sign up

Dates: For more information about dates and time please call 786-873-8908.

Location: HIPERFIT Biscayne, 7120 Biscayne

Contact: Keith Tortorich
thetaichimd@gmail.com
786-873-8908

Instructor Bio:

Keith Tortorich, MD, Program Director

Dr. Tortorich, dedicated a lifetime of learning and service based on his own mother's early onset PD. After acquiring his MD he pursued a path of alternative medicines including nutrition, massage, physical therapy, and Functional Neurology. Works with CEO's and athletes in conditioning and mindset and uses these same techniques which he also used to overcome his own struggles to change other people's lives in a dramatic and enthusiastic manner. Has an extensive background in martial arts including Muay Thai, Jiu Jitsu and Thai Chi. Taught anatomy, physiology and neurology at a doctorate level.

Elena Buglo, Research Coordinator

Ms. Buglo, a PhD candidate in Neuroscience at the Hussman Institute for Human Genomics, specializing in genetic motor system neuropathies. A certified yoga teacher using Iyengar therapeutic techniques with over 7 years of experience. A nutrition researcher and consultant specializing in enhanced cognitive and physical performance with the use of science based approaches.

Jai Sugrim, Yoga Director and Video Producer

Ms. Surgrim, a leader in the health and wellness industry for 22 years. He is a Certified Strength & Conditioning Specialist, Licensed Massage Therapist, Advanced Certified Jivamukti Yoga Teacher, Plant Based Nutrition Counselor, Master Practitioner of Neuro Linguistic Programming, Completed Vipassana Meditation Training and is the creator and host of Yoga Sutra Now, a 65-episode Television Show on Z Living, which airs in over 20 different countries. He has been featured in Psychology Today, The New York Times, and on The Today Show. During 2014 & 2015, Jai taught yoga and mindfulness to high school students at Frederick Douglas Academy in Harlem, through a grant from the Sonima Foundation.

Pramanik Barhadwaj, MD

Medical Science Liaison and Creative Advisor

Before taking his position as Medical Director for Patient Safety at Endologix (medical devices) he studied Internal Medicine and was an associate professor at New York Hospital in Queens. Successfully wrote, produced, directed and starred in a series of "medical music videos" for Kaplan Learning for the purpose of teaching medical students basic sciences.

Monday Madness
The Neuroscience Center of Florida Foundation
Brickell, FL

The Neuroscience Centers of Florida Foundation, Inc. (NSCFF) d.b.a. Brain Center is an IRS-designated, 501(c)(3) not-for-profit organization, 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 health care, for a patient's medical and non-medical needs.

Monday Madness builds upon the positive effects of exercise in persons with PD by offering a free, boot camp style fitness class for those diagnosed with young-onset Parkinson's disease (YOPD) or early stage PD patients.

How to sign up: For more information or to register, participants can call Carolina Hoires, LCSW @ 305-856-8940 X104

Dates: Mondays from 7-8pm (excluding holidays)

Location: 1770 Brickell Ave.

Contact: Carolina Hoires
The Neuroscience Centers of Florida Foundation, Inc. (NSCFF) d.b.a Brain Center
choires@braincenter.org
305-856-8940 x 104

Instructor Bio:

TBD

**Yoga for Parkinson's
Greenmonkey® Yoga
Coral Gables, FL**

Greenmonkey's Yoga for Parkinson's Classes are geared towards those living with early or young onset Parkinson's Disease and their care partners.

Through our collaborative research with the University of Miami, we have found that yoga is able to reduce limb bradykinesia and joint rigidity while increasing muscle strength, flexibility, power and quality of life.

Our classes work with multi-directional movement and focus on specific poses and transitions to help improve some of these symptoms of PD. Thanks to Parkinson's Foundation and Moving Day® Miami we are able to bring these classes to our South Miami community!

How to sign up: Call studio at 786-953-7709

Dates: Weekly on Sunday from 4-5 pm

Location: 1430 S Dixie Hwy Ste 116 Coral Gables, FL 33146

Contact: Cassie Kitcoff
Greenmonkey Coral Gables
cassiekitcoff@greenmonkey.com
786-953-7709

Instructor Bio:

Melissa Callahan:

Ms. 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 participated in a workshop at Aum Home Shala on working with Yoga for Parkinson's 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 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.

Rock Steady Boxing
Michael-Ann Russell Jewish Community Center
North Miami, FL

Rock Steady Boxing (RSB), offered in over 50 locations worldwide, 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. This is accomplished through non-contact boxing, punching a heavy bag, doing footwork, stretching, and incorporating resistance exercises and aerobic training. The 2-year study conducted at the University of Indianapolis behind this program, in conjunction with others that focus on the neurogenic and neuro-protective results of intense physical exercise, demonstrates increased Dopamine and positive brain changes.

The Michael- Ann Russell Jewish Community Center’s (MAR-JCC) Health and Wellness Department, in conjunction with the Herbert Kay Chapter of the Parkinson’s Foundation, will replicate RSB’s proven techniques. The MAR-JCC is an affiliate of Rock Steady Boxing and its staff is now Rock Steady Boxing certified.

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.

The addition of the RSB program expands the MAR-JCC current menu of activities to Parkinson’s patients with a program that has demonstrated results. 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. Through programs like RSB, the MAR-JCC looks to help members of the Parkinson community to actively enjoy life with their friends, families, children and grandchildren TODAY until there is a TOMORROW without Parkinson's

How to sign up: Contact Dany Weil by phone or email to get interviewed and assessed.

Dates: Tuesday, Wednesday & Thursday at 1:00pm

Location: Michael-Ann Russell JCC (MAR-JCC)

Contact: Dany Weil
Michael-Ann Russell JCC
danyw@marjcc.org
305-932-4200 ext 136

Instructor Bio:

Dany Weil:

Mr. Dany Weil at an early age in Lima, Peru, 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 Peru, his mother was Assistant Director at a school for Kids with Special Needs affected with Down syndrome and Mental Retardation. There, he was a proud volunteer helping these underprivileged kids to develop their abilities in order to find employment.

In 1993, after moving to Miami, Florida, his interest in sports took a turn to spinning and running. He has have 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. My passion for spinning led him to a STAR 2 Certification and then to a certification in the Real Ryder Program. Consequently, his passion for sports led me to do the Group TRX Suspension Training. Intense competition has taught him the importance of persistence and resilience. 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 our 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.

Mr. Weil’s philosophy is that nothing can be achieved without effort, dedication, discipline and perseverance but without motivation and goals, there is neither path nor destination. The power that motivates us makes any goal achievable. The instructor can only be the spark - *the fire is inside each one of us!!!*

Tai Chi Classes
North Broward Wellness Center – North Broward Hospital
Ft. Lauderdale, FL

The Tai Chi for Parkinson Patients program is a new program for Broward Health Wellness Center. The targeted impact of this program is to create and implement a specific exercise program for patients living with Parkinson's disease. Many exercise programs do not meet the needs of these patients, and they feel overwhelmed and often drop out of participation. Exercise is an important part of the overall well-being, and participating in a program not only provides physical well-being, but the ability for mental well-being by making friends and finding support from others who are familiar with the daily struggles of Parkinson's disease.

The Wellness Center of BHMC's Tai Chi instructor, James Cravens, will provide Tai Chi for Parkinson's at our Wellness Center. The class will be 45 minutes in length twice a week (Tuesdays and Thursdays) at 9:15a. The hopeful start date will be July 18th. The program will offer initial assessment and ongoing quarterly assessments of the participants. The assessment will include blood pressure and heart rates screening, PHQ9, and fall risk assessment. The assessment will be provided by an Exercise Physiologist.

How to sign up: Online or on the phone or in person at front desk.

Dates: Tuesday and Thursday 9:15 am 45 minutes

Location: Broward Health Wellness Center 8th Floor Physician Office Building

Contact: Cara Boyarin
North Broward Wellness Center
cboyarin@browardhealth.org
954-712-6878

Instructor Bio:

James Cravens:

Mr. Cravens has studied and taught Martial Arts for just over fifty years and has studied Tai Chi for over 30 years. He is President of Chinese Boxing Institute International, a Senior Student of the world famous Chen Xiaowang of Chen Taiji and has been teaching seniors as well working with Parkinson clients and groups for the last six years.

Ryan Cranshaw:

Mr. Cranshaw has worked as an Exercise Physiologist, Massage Therapist and Personal Trainer at Broward Health for the past 7 years. His main focus has been with Cardiac and Pulmonary Rehab patients. With his recent completion of the Allied Team Training for Parkinson's, he has been turning his attention and training towards disease prevention and treatment.

Wellness and Exercise Programs for People with Parkinson's Disease
David Posnack Jewish Community Center
Davie, FL

Our classes that include Tai Chi, Ageless Grace, Yoga, Boxing, Spinning, Aqua Splash and Voice Therapy are all geared towards slowing the progression of Parkinson's.

Our goal at the JCC is to enhance the quality of life of the participants. These classes help with the social and emotional well-being of all the participants.

How to sign up: Call or inquire through our website or in person

Dates: Monday through Friday/morning and afternoon programs

Location: David Posnack JCC 5850 South Pine Island Road Davie, FL 33328

Contact: Robert Schwartz
bobbypitt1@gmail.com
954-805-1800

Instructor Bios:



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



Sharon Barten
Sports & Wellness Fitness Coordinator
Certifications: AFAA®, Group Fitness
and Personal Training, Aqua Splash



James Cravens
Certifications: Senior Instructor,
Chen Xiaowang Chen Taijiquan
International President Chinese Boxing
Institute International



Karen Greene
Certifications: AFFA Group Exercise
Instructor, Yoga, Pilates and
SilverSneakers®



Lana Gelb
Certifications: ACSM, ACE, Body
Vibration Training, Yoga Therapist,
Aroma Yoga and Ageless Grace

**Dancing, Kickboxing and more for Parkinson's
Memorial Foundation, Inc.
Hollywood and Pembroke Pines, FL**

Memorial Healthcare System will offer free dance and exercise classes to adults with Parkinson's disease. The classes are designed specifically for individuals diagnosed with Parkinson's to improve the competence needed in everyday life, addressing the physical, mental and emotional impact of PD on patients. The classes are open to both the patients and their caregivers, expanding the physical benefits of the classes and enabling further practice of the skills in the home environment.

Classes are offered three times a week at Memorial Regional Hospital Fitness Center and three times a week at Memorial Hospital West Fitness Center, with an additional class that alternates weekly between the two Fitness Centers, for a total of seven classes each week. A robust series of classes is offered each week, including dance, general fitness, kickboxing, stretching and strength training, with most classes offering a combination of elements.

In addition, the specialized classes are suitable for a variety of fitness and skill levels, offering aggressive and effective strategies to improve patient health and suit every interest.

How to sign up: Participants can sign up online at MemorialFitnessCenter.org or by calling the Pembroke Pines Fitness Center at 954-844-7125 or the Hollywood Fitness Center at 954-265-5800.

Dates: Classes are offered at the Memorial Hospital West Fitness Center in Pembroke Pines on Mondays, Wednesdays and Fridays at 2pm and at the Memorial Regional Hospital Fitness Center on Tuesdays and Thursdays at 2pm. Please contact the Fitness Centers for full, up-to-date class schedules.

Locations: **Memorial Hospital West Fitness Center** 703 N. Flamingo Road, Pembroke Pines, FL 33028
Memorial Regional Hospital Fitness Center 300 Hollywood Way, Hollywood, FL 33021

Contact: Rob Herzog
Director of Fitness and Sports Medicine
rherzog@mhs.net
954-844-4800

Instructor Bio:

Viki Villany:

Ms. Viki Villany has been a group fitness instructor and personal trainer for more than 20 years. She holds Expert Rating Certifications as a personal trainer and aerobics instructors, as well as further certifications in strength training, prenatal exercise, weight management and much more.

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.