

FOR IMMEDIATE RELEASE

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INMOTION WELCOMES NEW BOARD MEMBERS

June 13, 2023, BEACHWOOD, OHIO – InMotion, a nonprofit organization that provides wellness programs free of charge to people with Parkinson’s disease and their care partners, is pleased to announce that five community leaders have been newly elected to its Board of Directors.



Kathy Cohen was born and raised in Cleveland, OH, and views InMotion as her “happy place.” She serves as a front desk volunteer and has also facilitated care partner support groups at InMotion. Kathy’s father, Allan Goldberg, one of InMotion’s founders, lived with Parkinson’s disease for 15 years before he passed away in 2014. Kathy practiced for 15 years as a social worker. She has master’s degrees in counseling psychology and social work. She is married and has two boys.



Howard Epstein, MD is a rheumatologist who serves in the Rheumatologic and Immunologic Disease department of the Cleveland Clinic. Since 2011, Dr. Epstein has also served as the Associate Medical Director of the Cleveland Clinic Employee Health Plan. He received his Bachelor of Science degree in Biology from Union College, and he received his medical degree from the Case Western Reserve University School of Medicine. Dr. Epstein has delivered various lectures on rheumatology and is a member of professional organizations such as the Cleveland Society of Rheumatology and the American College of Rheumatology. In his spare time, he enjoys aviation, classical music, theater, and serves as a volunteer pilot for disaster relief missions.



Adam Margolius, MD is a member of the Associate Staff in the Movement Disorders Section at the Center for Neurological Restoration, Neurological Institute at the Cleveland Clinic. In his clinical practice, Dr. Margolius sees a broad variety of movement disorders, including Parkinson’s disease and other parkinsonisms and has a special interest in the intersection of movement disorders and palliative care, including patients with advanced Parkinson’s disease. Dr. Margolius received his medical degree at Case Western Reserve University School of Medicine in 2015, conducted his residency at Northwestern University Feinberg School of Medicine in 2018 and his fellowship at the Cleveland Clinic in 2020. Dr. Margolius has been published in several journals and has been invited to give numerous talks about his work and research in movement disorders, especially Parkinson’s disease.

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Gail McShepard received her Bachelor of Arts degree in Interdisciplinary Arts and Education at Eastern Michigan University in 1987. In 2000, she received her Master of Arts degree from Cleveland State University in Early Childhood Education – Pervasive Disorders. Gail served as an elementary school teacher at Fort Bend Independent School District in Houston, Texas, and as a K-8 schoolteacher and media specialist at the Cleveland Metropolitan School District. She is very involved in the community and in civic engagement. In 2021, Gail serves as a Board member for Birthing Beautiful Communities, and from 2010-2020 served as the Steward Board Secretary at St. James AME Church. She has been a candidate for Beachwood City Council and served as a Board member for Murtis-Taylor Human Services Center from 2013-2017.



Sylvia Yankey is a Principal and Co-Owner of Yankey Associates, a small consulting firm specializing in strategic planning, board development, and fundraising counsel for nonprofit organizations. She has been the recipient of numerous professional awards, including the Council for Advancement and Support of Education's prestigious Grand Award for Overall Fundraising Excellence at a Major University. In addition, she served as President of ICAA, an association of 42 colleges in Ohio, Indiana, and Pennsylvania.

About InMotion:

InMotion uses a community-based group approach to help people with Parkinson's disease (PD) feel better every day. Through evidence-based exercise, arts, support and education programs, we help clients take control of their symptoms and learn to live positively and constructively with their disease. Our findings show that, in aggregate, the clinical course of regular participants in our programs remains stable or improves. InMotion, a nonprofit 501(c)3 organization, serves approximately 1,000 active clients and their care partners at its facility in Beachwood.

