



Helping people with Parkinson's disease
feel better every day.

Stay In Motion

Donor Impact Newsletter

April 2025

10 Years Strong: Celebrating a Decade of Impact at InMotion®

Dear Friends,

This April, we have even more to celebrate—InMotion's 10th birthday and Parkinson's Awareness Month! Since opening our doors in 2015, we have grown from an ambitious idea into a thriving community, empowering people with Parkinson's disease to feel better every day. And through it all, you have been with us.

Your support has allowed us to add new classes, welcome more clients, and continue offering all of our programs at no cost to the people who need them. Because of your generosity, we are stronger now than we've ever been.

Over the past decade, we've expanded our exercise, wellness, and education programs, built a special place of hope and strength, and supported more clients and care partners than we ever imagined. Your support has made it all possible.

As we celebrate this milestone, we remain focused on the future. With your continued partnership, we will keep growing, innovating, and ensuring that every person with Parkinson's disease who walks through our doors finds the support they need—at no cost to them.

Thank you for being part of our journey. ***Here's to the next 10 years of impact, together!***

Warmly,



Cathe Schwartz
CEO

Building Connection & Friendship at InMotion®



At InMotion®, our programs go beyond physical wellness—they foster meaningful connections. Whether it's sharing a laugh in a *Better Every Day™* class, offering encouragement in *Mindful Movement*, or finding camaraderie in a support group, friendships naturally grow in our welcoming community.

Many of our clients say that InMotion® feels like a second home, where they not only work toward **feeling better every day** but also build relationships that bring joy, motivation, and support.

The strength of our community is in these connections—because no one should face Parkinson's disease alone.

Check out these client videos sharing their InMotion® Connections:

1. [Judy Spaulding](#)
 2. [Gail Hicklin](#)
 3. [Joe Haller and Joe Vento](#)
-



We're thrilled to announce the launch of the NEW InMotion® website!

Explore our fresh look, improved navigation, and all the resources you need at www.beinmotion.org.

InMotion® Changed These Brothers' Lives



For Bruce and Brian Ruppel, the journey with Parkinson's disease has been one of resilience, discovery, and community. Diagnosed in the late 1990s, Bruce navigated the challenges of the condition for decades.

Their introduction to InMotion® came through a symposium in 2021, leading Brian to research and arrange a visit. They met Program & Outreach Director John Ambrose, and everything changed from there.

Since the start, the brothers have embraced InMotion's programs and Brian often joins Bruce in classes (we welcome care partners in our classes). Bruce's favorite class is boxing—he loves the music. Brian enjoys the high-energy "Drums Alive®." But beyond exercise, InMotion® has ignited their creativity. Bruce, with guidance from Art Workshop Coach Stephen Greenberg, has explored painting, developing his own unique style.

Their gratitude for InMotion® extends beyond participation—they give back through their art. Brian generously donates his time and talent through photography that is featured on InMotion's website and promotional materials. "We just wanted to give back," Brian says. "It's a place that helps us improve, and it's nice to contribute in any way we can."

For Bruce, the best part? "It's free!" But more importantly, they both cherish the welcoming community, diverse opportunities, and unwavering support. Before

InMotion®, Bruce's activities were limited. Now, they have a place to belong, challenge themselves, and grow.

Pilates: Strength, Stability, and Confidence for People with Parkinson's Disease



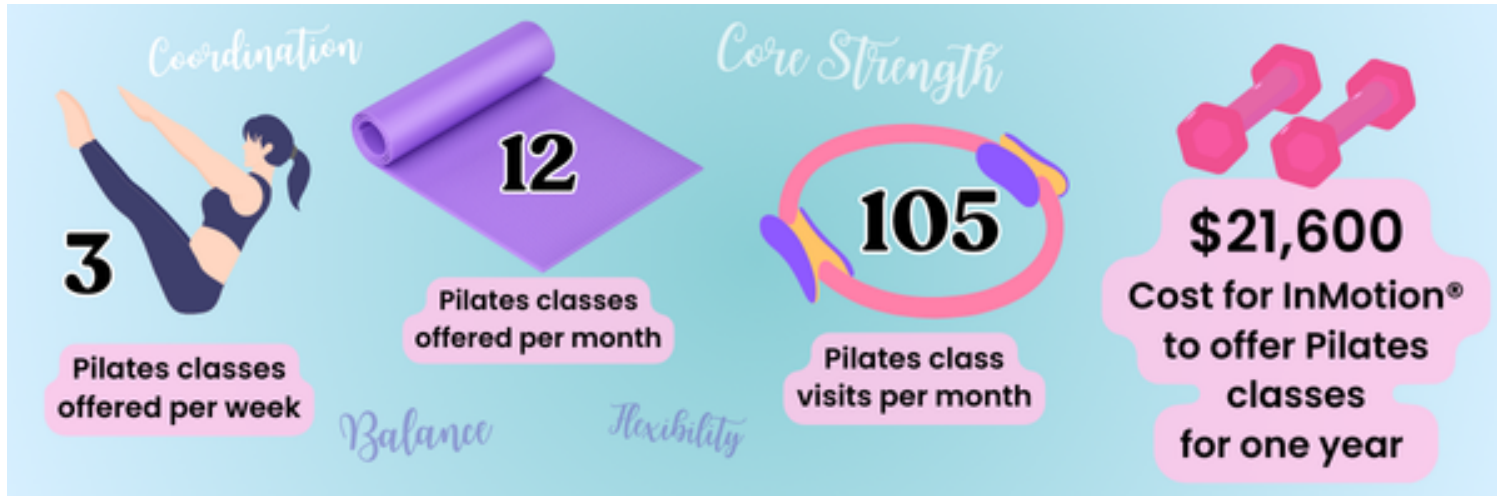
Pilates is more than just exercise—it's a powerful tool for improving strength, balance, and mobility. For people with Parkinson's disease (PD), Pilates can help address key challenges like stiffness, postural instability, and coordination.

At InMotion®, our Pilates-based classes focus on controlled movements, core strength, and breathwork to enhance stability and flexibility. Research shows that Pilates can improve gait, reduce fall risk, and even boost overall confidence. Plus, it's a low-impact workout that can be adapted to different ability levels, making it a safe and effective option for people with PD.

Thanks to the generosity of our donors, we were able to add a third Pilates class (for Green level clients) to our schedule in 2024, allowing us to serve even more clients on their journey to feeling better every day.

Watch the video below to learn more about Pilates classes at InMotion®:

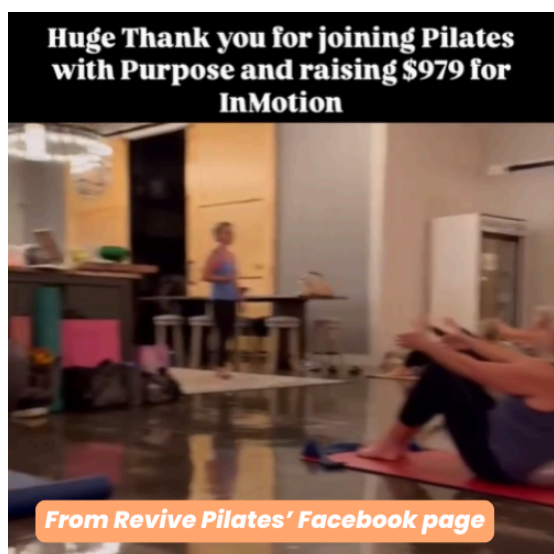
<https://vimeo.com/1071894259>



View InMotion's 2024 Impact Report

[Click Here](#)

Community Fundraising



[Learn More](#)

In September 2024, Pilates instructor Annalice DeLamater created a fundraiser for InMotion® through her *Pilates with Purpose* program. Each month, Annalise hosts a free beginner Pilates class at her studio, *Revive Pilates*, and asks participants to donate to a nonprofit. Annalise picks a different nonprofit each month, and selected InMotion® for September, based on a recommendation from InMotion® Coach Sandy Ellis. The event raised **\$979** for InMotion®, and helped spread awareness of InMotion's mission with class participants.

Thank you, Annalice!

Inspired to start your own Community Fundraiser?
Contact Development Officer Taylor Grillo at

InMotion® Turns 10!

On March 12, we gathered to celebrate **InMotion's 10th birthday**, marking a decade of empowering people with Parkinson's disease to feel better every day. It was a **day** filled with gratitude, joy, and reflection on how far we've come—thanks to our incredible community of clients, supporters, and friends.

Highlights of the celebration included a special performance of *Happy Birthday* by members of our **Melodica class**, inspiring remarks from our **CEO, Cathe Schwartz**, and a heartfelt poem read by our **Chief Program Officer and co-founder, Ben Rossi**.

If you missed the celebration, you can still be part of the moment! Watch the event video now (click below) and relive the memories with us.

Here's to the next 10 years!

<https://vimeo.com/1065247882>

A Decade of Strength and Community: Ann's InMotion® Journey

Ten years ago, Ann Rosenbluth received a diagnosis that would change her life—Parkinson's disease. But rather than feeling fear, she felt relief. After a decade of uncertainty and misdiagnosed symptoms, she finally had an answer. What she needed next was a plan—a way to move forward and maintain her strength and well-being. That's when she found InMotion®.



Read Ann's Story

The Better Every Day™ Society

InMotion® is proud to announce the launch of the **Better Every Day™ Society**, a special giving society designed to recognize and honor our most dedicated supporters. This society celebrates those whose exceptional generosity exceeds \$1,000 annually (to operating funds) and sustains our mission of helping people with Parkinson's disease feel better every day.



Learn More

Members of the **Better Every Day™ Society** are part of a distinguished group of visionaries whose contributions ensure that InMotion's life-changing programs remain accessible and free for all who need them. This society allows InMotion® to continue providing vital services, empowering our clients, and inspiring hope in the Parkinson's community.

We are grateful to those who have already joined this remarkable group, and we look forward to welcoming more supporters who share our passion for making a

lasting difference in the lives of people with Parkinson's disease.



"I am so passionate about InMotion® because, as a coach, I am inspired by our clients' dedication, positive attitudes, strong effort in class, and support demonstrated for each other!"

– Faith Gilbert, InMotion® coach since 2015

Thank you to our generous program supporters

- Mindful Movement classes supported by **David and Gail Stein**
- Music That Moves You classes supported by **Cuyahoga Arts & Culture**
- Spinning classes supported by **Cleveland Clinic**
- Drums Alive! classes supported by **Marlene G. Krause**
- Say It Like You Mean It and The LOUD Crowd Classes supported by **Tim & Barb Skola**
- Better Every Day Cardio/Falls Prevention classes supported by the **Consolidated Anti-Aging Foundation**



Secure the future of the life-changing programs at InMotion® by making a planned gift today. Your generosity ensures that individuals with Parkinson's disease continue to receive vital support – at no cost to them – for years to come. Leave a lasting legacy to InMotion® and help us ensure a bright future—start planning your gift now!

For more information, [visit our website](#) or contact Wendy Voelker, Chief Development & Communications Officer, at **216-342-4016** or wvoelker@beinmotion.org.

SAVE THE DATE!



Pals In Motion
Sunday, September 14, 2025

www.palsinmotion.org

Donate

Volunteer

Our Contact Information

InMotion®

23905 Mercantile Road

Beachwood, OH 44122

216-342-4417

www.beinmotion.org



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