

STAY *In Motion*

Donor Impact Newsletter



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

July 2025

A Decade of Strength, A Future of Possibility

Dear Friends,

As you probably know, 2025 marks an extraordinary milestone—InMotion® is celebrating its 10th birthday!

As we reflect on this first decade, I'm filled with gratitude for the community that made it all possible. In 2014, a passionate group of founders dreamed of a place where people with Parkinson's disease could find strength, support, and hope. Today, that dream has grown into a thriving hub of healing and empowerment, thanks to the unwavering support of our clients, donors, volunteers, and partners.

In 2024 alone, we've witnessed a record 33,000 client visits—and we're on track to reach 36,000 in 2025. We've launched the InMotion® Endowment Fund to secure our long-term future, and we're expanding our reach through our work with the Kirk Gibson Center for Parkinson's Wellness, who are licensing the InMotion Approach® to help people in the Detroit area. These exciting developments reflect our commitment to ensuring that people with Parkinson's disease have access to life-changing care and support, wherever they are, for as long as they need it.

Every person who walks through our doors adds a new layer to the InMotion® story. Whether it's in a Better Every Day® class, a quiet moment

in the Art Workshop, or a fundraising milestone like Colton Levey's incredible tribute to his dad, each story reminds us why we do this work.

Thank you for being a vital part of our journey. Your support fuels everything we do, and we are deeply honored to walk this path with you. Here's to the next ten years—and to helping more people feel better every day.

Warmly,



Cathe Schwartz
CEO



*Celebrating a
Decade of*



On May 20, 2024, more than 140 friends of InMotion®—including donors, clients, and volunteers—gathered at the Allan Goldberg Center to celebrate a big milestone: **InMotion's 10th birthday!**

CEO Cathe Schwartz kicked off the evening with heartfelt thanks to the people who've supported InMotion® from the start. Then came a moving panel discussion featuring three of InMotion's founders—**Dr. David Riley, Dr. Karen Jaffe, and Ben Rossi**—along with **Kathy Goldberg Cohen** and **Amy Handel**, representing late founders Allan Goldberg and Lee Handel.



The group shared powerful memories, including the biggest challenges in the early days, how InMotion® has grown beyond their original vision, and how the journey has changed their lives. There was laughter, inspiration, and even a few tears.

Board President **Patty Inglis** followed with a look at how far we've come—and where we're headed next:

- 33,000+ client visits in 2024, with 36,000 expected in 2025
- A new Parkinson's wellness center opening in Detroit, which will license the InMotion Approach®
- The launch of the **InMotion® Endowment Fund** to help sustain our future

The evening wrapped up with birthday cake, a champagne toast, and lots of hugs. We raised our glasses to ten years of community, healing, and hope—and to the next ten years and beyond!



**Thank you for being part of this incredible journey.
We couldn't do it without you!**





Have you seen the NEW InMotion® website?

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

Healing Through Art: Inside InMotion's Art Workshop



At InMotion®, healing often takes shape in color, texture, and creativity. Led by artist Steven Greenberg, the **Art Workshop** offers people with Parkinson's disease a chance to engage their hands and minds through painting, collage, mask-making, and more.



This unique class blends fine motor exercise, creative expression, and meditative focus. Participants explore a variety of media—acrylics, watercolors, oil pastels, and soft pastels—while being encouraged to create artwork inspired by their own experiences. Mask-making allows for deeper expression through symbols and visual storytelling.

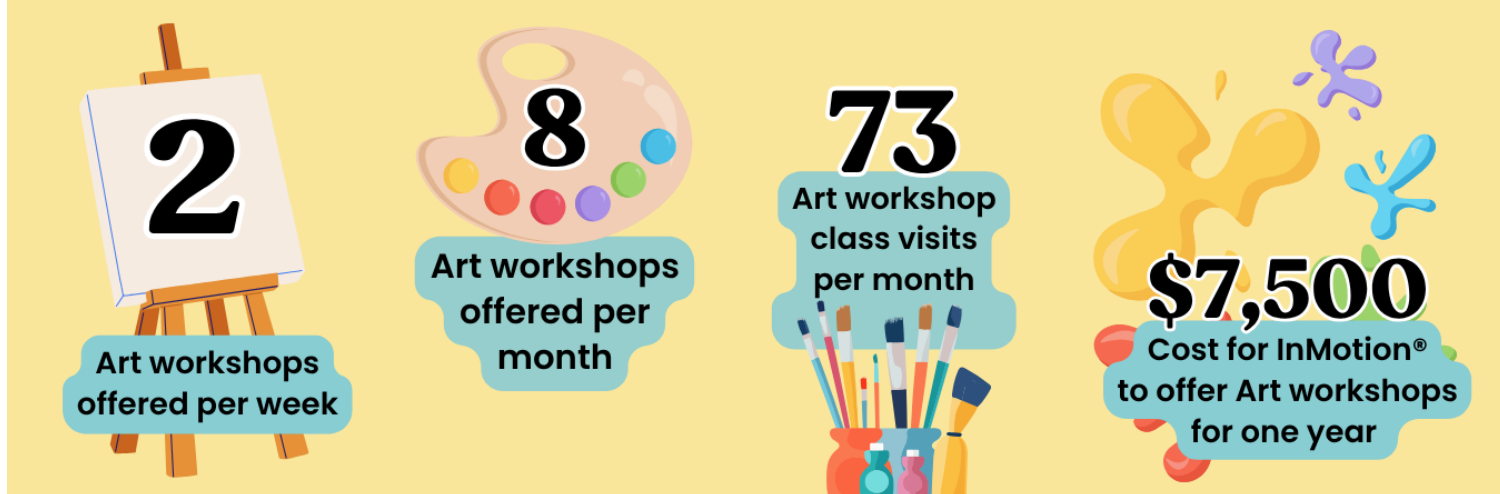


New in 2024, **multi-media collage** adds another therapeutic layer. Choosing from materials like fabric, buttons, cards, and ribbon, clients create meaningful art while strengthening hand-eye coordination and cognitive function. These creations often spark memories and conversation, enriching the class experience.

Creative expression has been shown to increase dopamine production in the brain and reduce stress—both especially important for people with Parkinson's disease. At InMotion®, art becomes a tool for healing, resilience, and joy.

Watch the video below, created by Art Workshop instructor Stephen Greenberg:

<https://vimeo.com/784385776/2edb59f3bf>



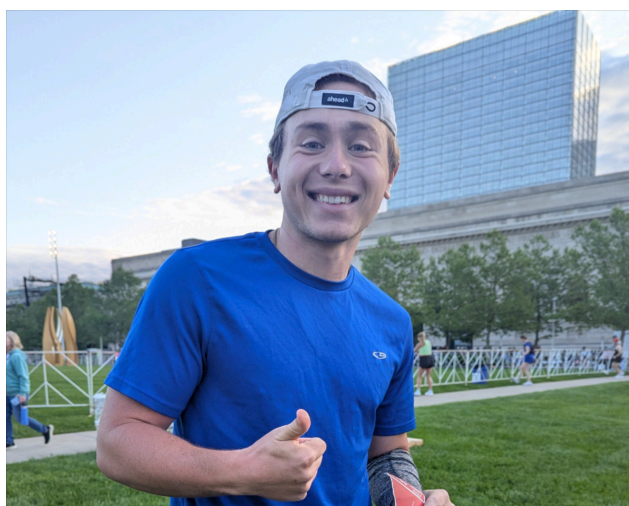
We are grateful to our generous donors who make programs like the Art Workshop possible. Your support brings color, connection, and creativity into the lives of those we serve. Thank you for helping our clients feel better every day!



View InMotion's 2024 Impact Report

[Click Here](#)

Colton Levey Runs for InMotion®—and for His Dad



Colton minutes before the start of the Cleveland Marathon

When Colton Levey decided to run his first half marathon, he chose to make it meaningful by raising funds for InMotion®—the place that's made a big difference in his father Scott's life since his Parkinson's diagnosis earlier this year.

Using our new **Milestone Fundraisers** platform, Colton set a \$5,000 goal and began sharing his and his dad's story across social media—including a heartfelt video chronicling their journey (*see link at bottom left*).

His efforts paid off: Colton raised **more than \$17,000** for InMotion®!



Watch Colton's video
"Do it for Dad" by clicking the
play button above

**Congratulations - and
THANK YOU - to Colton!**

Want to turn your next big moment into a fundraiser for InMotion®?
Contact Chief Development & Communications Officer Wendy Voelker
at 216-342-4016 or wvoelker@beinmotion.org.

A Letter from MaryBeth Houlahan

Thank you from a Ten-Year Client

Dear Friends,

Ten years ago, in the spring of 2015, at the age of 51, I received the life changing diagnosis of Parkinson's Disease. My concerns and fears regarding my future and the effects on my family were overwhelming. I knew of no one who had the disease and had no one to whom I could voice my fears and concerns. I heard about a PD conference in Akron but was very leery about attending. I was very scared to see my future in real life, but my husband convinced me to go and we did. It was there that I stopped at the InMotion® booth, met Ben Rossi, and found the hope that I needed to keep going.

I began attending the BED, Yoga, and boxing classes in the fall of 2015. Since then, I have not only reaped the benefits of those classes, I also developed a wonderful support system of friends dealing with the same issues, fears, and concerns as I. Ten years later we are still exercising together, getting **BETTER EVERY DAY!** We also enjoy occasionally getting lunch together (as shown in the photo below - that's me at the far left).

InMotion® is lifesaving in so many ways. I couldn't be more grateful for all they have done for me.

With much gratitude,

MaryBeth Houlahan



*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**
- Climbing for PD classes supported by **The Arminius Foundation**
- Yellow Level programming supported by the **Harry K. and Emma R. Fox Charitable Foundation**



Planned Giving

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.



REGISTRATION OPEN NOW!

Pals In Motion Run/Walk
Sunday, September 14
www.palsinmotion.org

Donate

Volunteer

Our Contact Information

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