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## SAINT BARNABAS HOSPITAL TO OPEN MEDICAL FITNESS FACILITY TO ADDRESS COMMUNITY CIRCLE OF NEED

One of the aspects of medical fitness that is rarely discussed is that the people who are most likely to need our services and who would benefit the most from lifestyle modification are those who can afford it the least. People who are struggling just to make ends meet often are forced to scrimp on housing, health care, exercise and nutrition needs, making them more "at-risk" for all kinds of chronic and even life-threatening conditions. Unfortunately, our health care system is not set up to adequately address the problem.

Saint Barnabas Hospital in the Bronx, New York is trying to change that paradigm. Located in the heart of one of the highest concentrations of Medicaid recipients in the country, SBH's leadership is developing a new model of care to aggressively attack the factors that create the endless circle of need. Armed with a generous grant, the Hospital is creating a "demonstration project" that will tie together a medical wellness center, nutritional resources, clinical departments and the Hospital's premier medical staff and teaching program.

The following are excerpts from a recent article written by Steve Clark, SBH's Vice President for Marketing and Communication that we wanted to share:

### SBH to Partner with National Leader in Opening of New Fitness Center

*An exciting new concept in fitness arrives in the Bronx this spring when the 50,000-square foot SBH Health and Wellness Center opens.*

*The new fitness center is the product of a partnership forged between the SBH Health System and Healthplex Associates, a Saint Marys, Georgia-area organization that has been promoting healthy lifestyles through hospital-based fitness programs for more than 20 years.*

*In addition to offering affordable and convenient workout facilities to hospital staff and community residents, the fitness center will provide physician-prescribed and post-rehabilitation resources to patients. The need for such centers like this has never been more critical to the health of Americans, particularly in communities like those that surround the hospital and whose residents suffer from high incidences of such chronic conditions as diabetes, asthma, cardiovascular disease and obesity, and have little access to lifestyle modification programs. This is why the county perennially finishes in 62<sup>nd</sup> and last place in terms of health outcomes in New York State.*

*Kellie Morten is the clinical integration coordinator at Healthplex's Montage Wellness*

*Centers in Marina (near Monterey) and Salinas, California, which partner with Community Hospital of the Monterey Peninsula. The center works closely with the hospital's physicians and physical therapists. All new members get a 75-minute health risk orientation, with their goals and medical histories discussed and written down. "We use actual exercise prescription pads and write an exercise prescription for each new member," Morten says. "It's not a case of one size fits all. And we give the doctor regular updates."*

*According to Robbins, his centers are the outcome of a complex, paradigm shift, a long-term response to an ingrained problem. "It's about broadening the definition of what health is and what a health system can do for a community by changing the way care is given and affecting overall population health."*

*The fitness center will be part of a transformative health and wellness center that will also include a women's imaging center, a children's center, an urgent care center, a teaching kitchen, and a rooftop farm. For more information on the SBH Health and Wellness Center, visit [www.sbhwellness.com](http://www.sbhwellness.com).*

***Healthplex Associates is proud to be a part of this innovative effort and we are totally committed to showing that prevention, wellness and lifestyle support can make a difference in the lives of those we serve***

# MON VALLEY...

## PARKINSON'S WELLNESS RECOVERY (PWR! MOVES) COMES TO THE CENTER FOR FITNESS AND HEALTH

The Center for Fitness and Health is proud to partner with the Parkinson's Foundation to provide the PWR! Moves class to our members and the community. Recently, two of our certified personal trainers, Aaron Horrell and Fallon Martin, completed the training and certification process to teach the program. The Center for Fitness and Health (CFH), which is located in the Monongahela Valley Hospital HealthPlex in Rostraver Township, is the only fitness facility in Washington, Westmoreland and Fayette counties to offer this proven Parkinson's Wellness Recovery Program. The evidence-based program is a Parkinson's Disease (PD)-specific skill training program designed to maintain or restore skills that deteriorate and interfere with everyday movements. It suggests that exercise and learning approaches that consist of strengthening exercises and skill acquisition may protect vulnerable neurons, repair damaged circuits and optimize function in people with PD.



PWR! Moves can be combined and progressed into a stand-alone group program or integrated into any exercise program, any activity, in any setting (community group or rehab on a 1:1 basis) by therapists and fitness professionals. PWR! Moves is performed with large amplitude, high effort, and attention to action in multiple postures (floor, sitting, and standing). The program specifically targets four skills shown by research to interfere with mobility in people with Parkinson's Disease (antigravity extension, weight shifting, axial mobility, and transitional movements).

Aaron Horrell, one of our instructors stated that: "The program's vision is 'Exercise is Medicine.' It is designed to help people manage their Parkinson's. We offer group classes and individualized sessions in which we create an environment that embraces empowerment, motivation, social enrichment and fun".

## SPIN AND SIP AT CFH

In an effort to promote community involvement, the Center for Fitness and Health recently held a Spin and Sip Group Exercise Class, partnering with the local Vinoski Winery in Belle Vernon, PA. The exclusive class was open to members and non-members. Each class got to sample 5 different style wines while participating in a spin class. In addition to the wine tasting, DeCarlo's market provided cheeses to pair with each wine.

Ultimately, the event was a huge success. Each class was sold out and over a \$1,000 of wine was ordered from Vinoski Winery. Fitness Director Chad Vorderbrueggen had this to say about the program: "At the Center we are constantly looking for ways to involve the local businesses in our programming efforts. Many of our members are local business owners and this concept of co-marketing is a win-win. Programs like this are just one reason we have over 1,740 followers on our Facebook page."

Putting **your health first.**

Center for Fitness and Health



(More on Mon Valley see page 3)





## TURKEY BURNER FAB 5

Every year the Center for Fitness and Health offers a specialty fitness class program the day after Thanksgiving. The instructors offer a 3 hour workout featuring 6 different class formats. This year the program was met with great excitement and participation. Over 100 members participated in at least one of the classes. The formats ranged from high energy Boot Camp and Cycling to low impact Yoga. A special "shout out" to our FAB 5 members who participated in all 6 classes exercising for over 3 hours, burning over 1,500 calories.

## VIRGINIA DAWKINS: FIGHTING BACK AGAINST PARKINSON'S

*"Adversity is not without comforts and hopes." – Francis Bacon*

When Michael J. Fox announced that he had Parkinson's disease, many people called to encourage him. Among those who contacted him were Billy Graham, Janet Reno and Mohammad Ali, each of whom had also been diagnosed with Parkinson's.

Parkinson's disease is a disabling brain disorder, often called a "movement disorder." It occurs when brain cells or neurons decline and cause a deficiency in the chemical brain messenger dopamine. Dopamine helps the nervous system control muscle activity. The low supply of dopamine causes the major symptoms of Parkinson's. There is no cure for Parkinson's but there is help for managing its symptoms. There have been dozens of research studies showing that exercise has a positive impact on the management of Parkinson's symptoms.

Anderson Health and Fitness Center has recently established a program involving an effective form of physical exercise for people who are living with Parkinson's. Anderson's Fitness Center is now an affiliate of Rock Steady Boxing, which was founded by Marion County (Indiana) Prosecutor Scott C. Newman, who was diagnosed with Parkinson's at age 40.

AHFC staff members were specifically trained and certified to manage this program which has been shown to dramatically improve the ability of people with Parkinson's to live more independent lives. A well-rounded exercise program is the heart of it featuring non-contact boxing.

Virginia Dawkins, an AHFC member writes: *As I watched the participants enthusiastically pounding their punching bags, I*



We're Rock Steady & Fighting Parkinson's Disease!  
Group Photo of our Rock Steady Boxing Class and Coaches

asked Adam, "Why boxing?" He replied, "Boxing exercises both sides of the brain, and that's what they need in order to stimulate and supply the needed chemicals in the brain." Mallory Hardy, Membership Services Director, has a special love for the participants of this program.

She says, "The gym is their neighborhood, where they meet their friends on Monday, Wednesday, and Friday. We want to make a difference in their lives."

She prayed that God would bring 30 people to join the Parkinson's program; they now have 33. They often begin and end their sessions with prayer, and participants sometimes pray for

(More on Meridian see page 4)



Athlete & Rock Steady Boxer: Wade Jones

each other.

I have observed as this special group of people work out. They do warm-up exercises, boxing routines, exercise on the weight machines, and walk the track. There are also group games and lots of laughter.

I asked Kathy, who has participated in the program for several weeks now, how it has helped her. She says, "I feel stronger now and my energy level is higher." Bud,

another participant in the program, says, "This is the best thing that has happened to me since my diagnosis. We all have so much in common and we have empathy for each other. We cheer one another on." Bud's wife, Pat, said, "This program has given us such hope for delaying the symptoms of Parkinson's. It's a blessing to see the way they encourage one another."

## MISSISSIPPI WALK FOR DIABETES: MERIDIAN WALK



Anderson Health & Fitness Center was to be a part of the statewide Mississippi's Walk for Diabetes. The Meridian Walk was held at Bonita Lakes Park on Sunday, October 13, 2019.

According to the Mississippi State Department of Health, "In 2016, Mississippi ranked first in the nation for overall diabetes prevalence, with an estimated 308,295 adult Mississippians living with diabetes (over 13.6% of the adult population)" In addition to that, the Mississippi State Department of Health stated: "Diabetes accounted for 1,083 deaths in Mississippi in 2016. In addition, many more Mississippians live with the complications of type 2 diabetes, including lower extremity amputations, end stage renal disease, blindness, loss of protective sensation, heart disease and premature death."



type 2 diabetes. The AHFC team walked to recognize Hannah Byrd. Hannah formerly worked at AHFC and now she works for the Diabetes Foundation of Mississippi.

"For those with a chronic, disabling neurological disorder such as Parkinson's, it is often hard to see a bright side to the adversity," writes David Cram, M.D. "Anger, self-pity and fear may so cloud our perceptions, we choose despair over hope. We may be so frightened we give up. We may feel like helpless victims, relying on others to perform even the most mundane tasks. But there is hope. I know because I have Parkinson's"

Being diagnosed with Parkinson's can be devastating for patients and their care-givers. One patient has said, "Sitting around the house in my pajamas did nothing for my self-esteem. One day I realized I have the ability to do so much more." She advises, "Give yourself time to sort through all your emotions after being diagnosed, then get on with your life." Adam Hodges and his trainers at Anderson's Gym can help you get on with your life.

Virginia Dawkins is the author of *Stepping Stones: Steps from Shackles to Freedom*, available at Amazon. (She's also a member at AHFC.)

## NAMI EVENT



The National Alliance on Mental Illness is a United States-based advocacy group originally founded as a grassroots group by family members of people diagnosed with mental illness. NAMI identifies its mission as being "dedicated to building better lives for the millions of Americans

affected by mental illness".

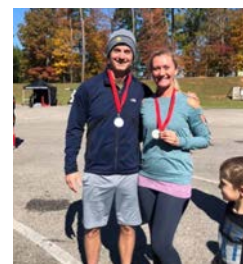
Anderson Health & Fitness Center participated in NAMI of Meridian's Event: Fun Time with Super Heroes. It was a fun day of games, prizes, face painting, food, live music, and community resources.

## RUN FOR HOPE



Porshia Ruffin, Massage Therapist

Adam Hodges  
(General Manager)  
& Casey Mancini  
(CrossFit Coach)







Chris Lanning

## INDIANAPOLIS HEALTHPLEX WELCOMES NEW CLINICAL INTEGRATION COORDINATOR

Indianapolis Healthplex has recently welcomed Chris Lanning, as our new Clinical Integration Coordinator, to the team. Chris holds a Doctorate in Physical Therapy from Trine University and has over 7 years of clinical experience working in a variety of settings including orthopedics, neuromuscular, and sports performance. While completing his doctorate, Chris focused his research on preventative medicine with the athletic population. Chris has a passion for helping individuals reach their health goals through personal training and nutrition. He joined the Indianapolis Healthplex to provide clinical support and education to members and those in the Indianapolis community.

## BREAST CANCER AWARENESS MONTH AT THE INDIANAPOLIS HEALTHPLEX

The Indianapolis Healthplex has continued to show its support for breast cancer awareness. Recently, the Healthplex dedicated a whole week to building awareness of this disease. The team held a member appreciation lunch to thank members for participating and showing their support for breast cancer awareness.

As part of the activities, the Club hosted a table where various staff members talked with members and handed out breast cancer awareness pins. The members also had the opportunity to set up a Health Risk Assessment with the fitness staff and personal trainers. The staff provided more insight on the topics of fat mass, fat-free mass, visceral fat, skeletal muscle mass, Basal Metabolic Rate, and energy expenditure. Members were excited to participate in the event and learn more about their own health! This event was a wonderful way for Healthplex to show its support, while also helping current members pursue healthier lives.



## SANTA VISITS THE INDIANAPOLIS HEALTHPLEX!

On Saturday, December 21st, Santa came to visit the Indianapolis Healthplex! In preparation for his visit, our wonderful Cafe team provided a hot breakfast that parents couldn't stop talking about! Santa's Helpers (Kid's Zone staff), played fun and exciting games with the kids during Santa's visit. As Santa arrived, the kids were more than excited! Children were able to take their picture with Santa as they told him what they wanted for Christmas.

### SINGING RIVER HEALTHPLEX 'LIVE LEARNING' ON FACEBOOK

The Singing River Healthplex training team, known locally as the 'Empowerment Squad', regularly provides important tips and tricks live on Facebook for fitness and nutrition needs. Recent topics include Ankle Mobility, Drop Sets, 'Are Eggs Healthy?', and TRX Suspension Training.



### SALVATION ARMY ANGEL TREE



From November 28<sup>th</sup> to December 13<sup>th</sup>, Singing River Healthplex displayed an "Angel Tree" in the lobby of the Medical Park building. Angel Tags hung from the branches of the Christmas tree that contained wish lists of local children for people to "adopt" for Christmas. Fifty children were adopted and given a magical Christmas thanks to our members, Healthplex and Singing River Hospital employees. Singing River Healthplex also had paper "Red Kettles" available for people to purchase at any denomination they wanted. Members entered their names and the Club proudly displayed them on the entrance window. Thanks to these generous folks, Singing River Healthplex raised \$107.00.



### "PRE-PIGOUT" WORKOUT!

Thanksgiving means Pre-Pigout Workout time at the Singing River Healthplex! Members signed up for 90 solid minutes of calorie crunching and laugh-out-loud fitness classes to prepare themselves for their Thanksgiving feasts! We do our best to reduce the food guilt that comes with America's favorite cheat day!



## TRAINER FOCUS: PAM PELAGIO...



Pam has been a big part of improving Montage clients' lives since 2017. Her specialty is working with members that benefit from both land-based and aquatic strength training. She often is tasked with the more fragile population due to her natural demeanor and ability to find a healthy balance between challenge and success. We are thankful for Pam's dedicated service to our members!

### Bruce Thomas (member since '18), one of Pam's clients tells us:

*I am now 66 years old and am very pleased to have taken up bi-weekly supervised workouts at Montage Wellness Center. Pamela has been my trainer since Jan. 2019 and quite literally has completely altered my life for the better. It's not just about how much stronger I am but the remarkable difference in my general happiness. I am grateful to Montage and to Pamela for significantly changing my life in all the right ways!*

## MONTAGE JOINS THE EIM MOVEMENT

Montage Wellness Center is committed to getting our members exercising and happy during 2020. To encourage our members to keep up with their medicine in January, we've created our own Exercise is Medicine challenge. Each member can fill in a "pill" with their name and check off their daily dose of exercise every time they come to the Wellness Center. It's still early in the challenge, but we've already had 250 members start tracking their daily dose of Exercise! A healthy community is a happy community!



# MONTAGE

Wellness Center

## HOLIDAY FUN

The Montage Wellness Center loves getting into the Holiday spirit and members were happy to join the fun as they competed in a December Check-In-Challenge. Throughout the month, members completed over 240 entries, with each entry requiring the member to check-in to the facility 5 times. At the end of the month, prize winners were drawn for a free year of membership and a 10-pack of Personal Training. Congratulations to our winners!!



## MONTAGE EMPLOYEES ON THE MOVE...

Montage Wellness Centers are proud to announce the promotions of two of our key people; **Kellie Morten** who has been promoted from our Clinical Liaison position to the expanded role of Fitness Director and **Jo Rosenberger** who moves from the Membership Services Director spot to the role of Assistant General Manager. Congratulations to both of these well deserving individuals!

## RACING ALONG THE CALIFORNIA COAST

Montage Wellness Center hosted our annual Turkey Trot this Thanksgiving and over 80 participants joined us on a rather blustery Thanksgiving morning to complete their pre-meal 5K. It was a close call at the finish line as last year's winner held on to the title by the closest of margins. Members and guests had a great time enjoying the scenic West Coast 5K trail beside the Montage Wellness Center in Marina.





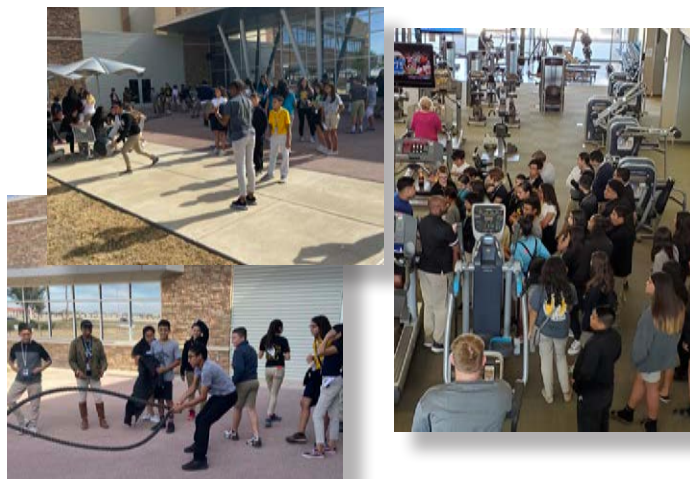
### NUTRITION AND EXERCISE TIPS PRESENTED TO WILSON AND YOUNG MEDAL OF HONOR SCHOOL.

Zach Cavazos, Mission Fitness Clinical Integration Coordinator, presented practical tips on nutrition and exercise to the students of Wilson and Young Medal of Honor Middle School.

Students participated in a quick challenge on the back patio using battle ropes, medicine balls and exercise equipment.

Zach also discussed proper nutrition, healthy snack tips, and the importance of healthy lifestyle for teens.

"This was an eye opening experience which gave me a huge appreciation for middle school teachers. It was a fun challenge teaching a large group of youth for an hour. They left with a better idea on how to live a healthy lifestyle starting now." said Zach Cavazos.



### MISSION FITNESS UGLY CHRISTMAS SWEATERS

The 2019 holiday season offered us a chance to once again break out our ugly Christmas sweaters.

Fun and fellowship prevailed for our members and employees at the various Christmas parties.

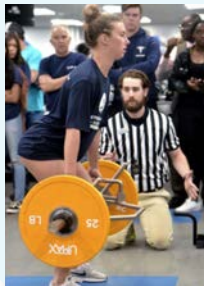
"Each year our employees play SWITCH, STEAL AND UNWRAP GIFT dice game. It has always been very entertaining," said John Douthitt, General Manager.





## BATTLE OF THE FITTEST

Henry Mayo Fitness and Health celebrated the grand opening of its new Performance Institute in November with a ribbon-cutting ceremony and the first ever Santa Clarita Valley Battle of the Fittest High School competition. Canyon, Saugus, West Ranch, Valencia, Castaic and Hart high schools all had two athletes (one male and one female) compete in the challenge. The challenge included four types of movements: jumping, lifting, pulling and pushing. The team with the best overall time received \$500 toward their school's athletic program. Ultimately, the West Ranch team of Reagan Nibarger and Trey Topping won with a time of 4 minutes, 26 seconds. The event was such a huge success within the community that Henry Mayo Fitness and Health has decided to make the challenge an annual contest.



## ON DECEMBER 20<sup>TH</sup>, HENRY MAYO FITNESS AND HEALTH HOSTED ITS ANNUAL "MINGLE AND JINGLE" UGLY SWEATER PARTY.



This year's event saw over 100 members and guests enjoyed a night of food, fun and friendship. "It is events like this one that give the staff the opportunity to show our members how much we appreciate them being part of the Henry Mayo Fitness and Health family," said Sharlene Duzick, Membership Services Director.



## WATER WORKOUTS



The Wellness Center has debuted a new 6 week fitness program geared specifically to those who love their time in the water. With Splish Splash Water Dash, they received 1 point for every minute of water activity (for a maximum of 90 points per day and/or 450 points per week). Activities included water classes, lap swimming, or self-led exercises in the pool.

Prizes included Fit dollars, a Wellness Center short sleeved t-shirt, and a tote bag. The program was a great success.



## ANNUAL OPEN HOUSE/ CHRISTMAS BAZAAR

Members always enjoy our annual Open House/Christmas Bazaar at The Wellness Center in Thomaston, where they are able to sip Russian Tea, nibble on Christmas cookies, and shop local vendors for that last minute, one-of-a-kind Christmas gift. It was a great day of fitness, fellowship, and fun!



## 13 YEARS AND COUNTING!

In October, The Wellness Center of URM celebrated its 13<sup>th</sup> Anniversary with a Member Appreciation/Open House.

There were refreshments, interactive-informational tables, and wonderful door prizes donated by local business owners.

However, the hit of the day was the photo booth under the balloon arch.

*The members loved it!*

## THE SECRET OF LIVING IS GIVING

In addition to our canned food drive, this year, we also created a "Giving Tree" at The Wellness Center of URM. We asked our members to bring in new hats, gloves, scarves, and socks, which we then donated to a local church that distributes these items in their mission projects for the local community. Thanks to the generosity of our members, the "Giving Tree" was a huge success!





# BAY CITY...

From starting in 2017



**MATAGORDA REGIONAL**  
MEDICAL CENTER  
WELLNESS & REHABILITATION

...to start of 2020



MRMC Wellness Center has now been open for 3 years and has grown in membership, staffing, and gym equipment. The gym has a buzz of enthusiasm in it due to the New Year starting and so many people hearing the buzz in town about the new and exciting programs and equipment being offered. Matagorda Regional Medical Center has now started on plans to combine the wellness center with the new natatorium project under way. The natatorium will be a collaboration between Matagorda Regional Hospital and the Recreation Department of Bay City. The natatorium will hold 2 Olympic size swimming pools along with an outdoor water park area, and a designated therapeutic pool area. It will be located between the local high school and Matagorda Regional Hospital. The city is looking to create a combined membership with wellness members and individuals interested in using the natatorium. The project is slated to break ground in late 2020. It will be staffed and operated by the City's Recreation Department along with some help from the Hospital. The natatorium will be used to host school swim meets along with the commercial use. It also will be used to help physical therapy offer aquatic rehab along with some other aquatic based wellness programs. MRMC Ancillary Services Director, Renee Savage, reports that the Wellness Center will continue to be a shining light for health and wellness in the community and has contributed a very positive outlook on community health along with enthusiasm towards living a healthy lifestyle.

## HEALTH EVENTS

The MRMC Wellness Center fitness Director, Ronnie Arnold, recently developed and taught a class for Licensed Practical Nurses and Registered Nurses as part of their continuing education series. His presentation was focused on the importance of muscular strength, balance and posture, as well as creating evidenced based exercise prescription plans to benefit clients of all ages and backgrounds. The presentation was designed to support continuing education classes for attendees throughout Texas. There were a total of 60 attendees, who all had a very open mindset towards the importance of exercise and how they could recommend more to their patients. One of the best comments heard from the class was the recognition that "exercise may be a better recommendation at times than medicine."



## OLYMPIC LIFTING

### CHRISTMAS SANTA DRIVE

For Christmas, MRMC Director Ronnie Arnold and Group Exercise Instructor Carolyn Larson attended the local Matagorda Elementary School festivities and helped take pictures with Santa Claus. The MRMC family came together and donated candy canes and other goodies to give to the children. The night was a very successful and the kids went home full of sugar and presents.



Recently the MRMC Wellness Center has been getting a lot of transitioning athletes from CrossFit into more Olympic lifting and neuromuscular training. The transition has come from awareness of the heightened risk that can occur from CrossFit. The athletes have come to focus on Olympic styles of training and functional training using different types of bars for neuromuscular stimulation. Adam Gomez and Ronnie Arnold are shown here assisting with an overhead squat using bamboo with banded resistance. The client, Pam Morgan stated that the benefit she has seen from this type of training has been in her performance in doing Olympic lifts along with the postural changes and the way her body feels. She states "I just feel better and more explosive!"

### IN THE NEWS



healthplex associates, inc.



Singing River Healthplex's very own master trainer **Emily Torres-Caliz** was crowned the 2019 Southern Muscle Open & Master's Figure overall Champion!! In only her second competition, Emily beat all of her competitors! Great job Emily!! Lots of hard work and dedication has paid off!!



Steve and Lynn have another grandbaby!

### Avery Grace Simpson

Born January 21, 2020, 7 lbs 7 ozs and 20" long.

Anderson Front Desk Coach, **Chelsea Hinton**, recently married Chad in November 2019. They flew out to Arizona and got married on a cliff at sunrise. Pictured are the Hintons.





## HPA'S MAN ON THE MOUNTAIN: ADAM HODGES PLANS TO CLIMB MOUNT EVEREST!



AHFC's General Manager is one man literally going to new heights; but all for a good cause. He's climbing Mount Everest to raise awareness in hopes of helping to find a cure for Parkinson's Disease.

In 2019, Adam Hodges, General Manager of Anderson Health And Fitness Center, founded Ascent For A Cure Foundation. The foundation was created to raise awareness and funds for finding a cure for Parkinson's Disease. Adam notes that Parkinson's "is a degenerative condition in which the brain no longer produces a sufficient amount of a chemical called dopamine and it happens over time, it's a progressive disease".

The AHF Center is helping to bring awareness to central Mississippi with a program for those with Parkinson's called "Rock Steady Boxing". Adam hopes Ascent For The Cure can further help those in this program.

"One thing I would like to do with Ascent For The Cure is to create a lot more awareness in the community for Parkinson's and raise some funds for our local participants as well as others in Mississippi. We don't want to turn anyone away that can benefit from our program".

Adam has been climbing for 20 years and loves the adrenaline rush and is eager to use it to help others.

### A word from Adam...

*"I climbed my first mountain over 20 years ago. The peak was Mt. Rainier in Washington State. Years before that I had been hiking on Mt. Rainier with my brother Mac and had seen a group of climbers heading up, in single file, to the base camp at Camp Muir. I thought it was the coolest thing ever and dreamed that one day, I would return to do the same. A few years later, I returned to Mt. Rainier to do a guided climb with the guide company, Rainier Mountaineering, Inc. (RMI). We had great weather on that climb and I was able to make the summit. On that climb, I was impressed by one of the mountain guides named Craig Van Hoy. At the time, he held the speed record for climbing that same route in just over 5 hours. For us, it would take 2 full days of climbing to get to the summit and back down. I was struck by Craig's professionalism and his continual attention to the mountain conditions. I would later climb other peaks in the Cascade Range with Craig, including Mt. Baker and Mt. Shuksan. From there, I went down to Mexico with him on an expedition to climb the Mexican volcanoes Iztaccihuatl at 17,159' and Pico de Orizaba at 18,491'.*

*This climbing opportunity parallels another really important event in my life. About 20 weeks ago, Anderson Health & Fitness Center started a Rock Steady Boxing program for people with Parkinson's disease. I'm not*

*sure I had completely formed an expectation of what this program could become, but it has blown me away. We have 34 boxers in the program, each of them fighting against the debilitating effects of Parkinson's disease.*

*My team and I have seen virtually every member of the program make improvements since joining the program. I have personally formed many great friendships with members of the program. They are talented and gifted people. I've learned that Parkinson's does not discriminate. It afflicts doctors and lawyers, teachers, police officers, and clergymen. It usually shows up in older adults, but sometimes strikes young adults.*

*I'm hoping to follow my dream to climb the highest mountain on each of the 7 continents. I've climbed three of them – Denali in North America, Aconcagua in South America, and Elbrus in Europe. Everest is the highest in Asia. If successful on Everest, the remaining 3 would be very do-able. But I don't want to do this just for the sake of climbing Everest. I believe this can be done for a greater cause and I hope this cause to be raising money and support for our local Parkinson's program and for other programs like ours in Mississippi. I don't want anyone to be turned away from getting the help they need to attain a more normal and functional life and to stop the progression of this grave disease."*



## 2019 BEVERLY J. SLAVIC MEMORIAL ANNUAL AWARD



**Ronnie Arnold**  
2019 Recipient  
*Beverly J. Slavic Award*

Each year we Healthplex Associates selects an individual who best represents the Company through innovation, customer service, teamwork, and dedication. The Company strives for excellence; that's a core value for HPA.

The award is named after the late Beverly Slavic who was the COO when HPA was first getting started in the late 1990s and early 2000s. Bev was among that first group of less than 20 employees left the original owner of the Company (Crozer-Keystone Health System

of Philadelphia, PA), taking the company private and working to make it a national player. She exemplified those values and

helped to build HPA in those early, rocky days, but died of ovarian cancer in 2010. Even when she was in her last days, she bravely worked hard to make sure that HPA had all the systems and reports she was working on so that we wouldn't miss a beat when she was gone.

The award comes with a nice little plaque and an even nicer check for \$1000 to let the winner know how much we appreciate their efforts. Anyone in the Company can win the award and every year when the owners try to figure out who is that year's winner it is a struggle because there are always a number of people who clearly deserve it... but there has to be a choice of only one of the 400+ eligible people to represent the Company.

This year's winner is one that we would all agree is the "people's favorite", Ronnie Arnold. Ronnie exemplifies the values of hard work, intelligence, and superior interpersonal skills that contributed to the highest customer service ratings HPA has ever seen in over 10 years in polling wellness center members around the US. Congrats to Ronnie!!



## WELCOME TO THE HPA TEAM

Welcome to Frank Gryniak who was recently named as the General Manager of the Healthplex at SBH in the Bronx, NY. Frank will be putting his team together over the next few months in anticipation of a late spring opening for this innovative new project.

## HEALTHPLEX ASSOCIATES 4TH QUARTER NEW HIRES

### CA Henry Mayo Fitness and Health

Colvard, Lisa	10/01/2019
Davis, Luciana	10/01/2019
Mink, Nancy	10/04/2019
Jensen, Kyle	0/08/2019
Stewart, Gloria	10/28/2019
Chapman, Susan	11/08/2019
Cardoniga, Argel	11/18/2019

### CA Montage Wellness Center

Cotti, Zachary	09/20/2019
Estrada Gomez, Valeria	10/28/2019
McGunagle, Cody	10/30/2019
Renfro, Michael	11/13/2019
Bouyea, Jonquis	11/21/2019
Sanchez, Ruben	12/20/2019

### Corporate

Zeberlein, Donna	10/28/2019
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### MS Anderson Health and Fitness Center

Stephens, Raven	09/09/2019
Slayton, Amanda	1/04/2019

### IN Indianapolis Healthplex

Crawford, Joy	09/03/2019
Leary, Joel	09/10/2019
Murphy, Jennifer	09/20/2019
Clemens, Michael	10/07/2019
Morgan, Jalen	11/04/2019
Lanning, Christopher	12/16/2019

### MS Singing River Healthplex

Peek, Matthew	09/03/2019
Copeland, Madison	09/24/2019
Phan, Phat	11/05/2019
Byrd, Kiara	12/02/2019

### TX Mission Fitness

Renteria-Thurber, Ariel	10/03/2019
Villarreal, Michael	11/12/2019
Cordova, Kassandra	11/01/2019

### TX Matagorda

Dodds, Zariah	09/17/2019
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