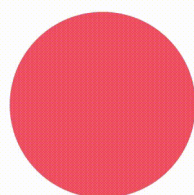


From: U-Turn Parkinson's info@uturnpd.org
Subject: August Newsletter
Date: January 2, 2025 at 3:07 PM
To: Jordana Hague jordana@uturnpd.org

UP

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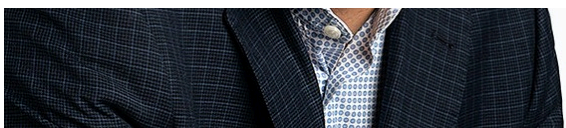


U-Turn
Parkinson's
monthly newsletter

A Message From The Founder



On behalf of the board and all the staff, U-Crew and coaches I want to express my heartfelt thanks to these three. They have chosen to turn their spotlight on Parkinson's and what a blessing that is proving to be for our community! Team 81 Ride for Parkinson's has raised in excess of \$127,065 for Parkinson's



I hope you are having a wonderful summer! Ours has been fantastic for a number of reasons. First of all, it gives me great pleasure to introduce to you our new Executive Director, Lance Letaine. Many of you have had the chance of meeting Lance since his start with us early in July. He comes to us most recently from Dakota Community Centre where he was the Adult Coordinator and Senior Resource Finder. He was directly in charge of their 900+ Pickle Ball enthusiasts making him well versed to handle our crew!

Prior to Dakota, Lance spent four years with Parkinson Canada as their event coordinator overseeing the Superwalk and Pedaling with Parkinson's. Before his time at Parkinson Canada, he was with Active Aging in Manitoba where he oversaw fitness programming for older adults. From 2001 to 2014 Lance was the owner/operator of the Siesta Café in Riding Mountain which I understand was a thriving little business. Lance, I take my eggs scrambled, pancakes and

in Manitoba!

It is not some faceless organization that makes success like this happen though. It is often unsung heroes who give of their time and resources to make such events a success. And in our case, we aim to sing their praises! There has been a core committee who has given beyond anything expected to see Team 81 become the success it has. They are our chairman and fearless leader Kevin Donnelly! Thank you Kevin for ALL THE TIME and EFFORT you have put into this event! There are not enough words! And then there are the many committee members who truly gave tirelessly of their time and energy: Gary and Trish Berga, Rob Crowley, David Christie, Lil Vilar and Lance Letaine. There are many more who deserve to be mentioned here whether for their fundraising, logistics support, media support and so much more. Please know that your efforts have not gone unnoticed and that they are deeply appreciated by a grateful community.

Now, we as a community turn our attention to The Walk to U-Turn Parkinson's this September 14th. This is our most important and

coffee please! LOL!

In addition to this fine resume Lance brings a wonderful family of Angela, his wife and three boys, a nineteen-year-old and twins at sixteen.

If you've not had the opportunity to meet Lance, please say hello the next time you see him and welcome him to the community. We are so very happy to have him join us!

TEAM 81

What can be said of Team 81? We at U-TurnPD are so incredibly grateful to Kyle Connor, True North Sports + Entertainment and The Winnipeg Jets. From the awareness game back in April to taking the lead on and acting as ambassador for the ride, TNSE and Kyle have shown what true corporate responsibility and generosity can look like in ones city.

signature fundraising event of the year. We depend on this event and we cannot falter in light of the success of Team 81. Why? The funds raised by Team 81 will be marked for our HQ while all of our programming needs will be met by The Walk. I need you to stand with us. Walkers, now is the time to sign up your team and start fundraising. Sponsors, now is the time to sponsor.

Whose life do you want to see changed? We need you to help us take our message of 'exercise is medicine' to the Parkinson's community and help each one Live Your Best! Thank you for your help!

I'll see you at The Walk!

Tim





Join Our Circle of Champions

Upcoming Events



Fundraising for the Walk is well under way with several thousand dollar

already raised! Thank you for your readiness to join us in empowering the Parkinson's community to live their best! We're looking forward to an incredible 3rd year of raising awareness, raising funds and building community. Bagel Smith has generously come on board as our lunch sponsor and we couldn't be more excited! This is a free fundraising even with lunch provided. You're encouraged to bring your family, friends and neighbours alongside you to walk!

**Register to
Walk**

**Create a
Fundraising
Page**

**Make a
Donation**

The Walk to U-Turn Parkinson's is an accessible event. The walk will take place outdoors on paved road and wheelchairs, walkers and other mobility aids are welcome. Indoor, air conditioned space will be available throughout the event.



THANK YOU to the Team #81 Ride for Parkinson's!

The Team #81 cyclists finished their ride across Manitoba on July 31st

raising over \$127,065 for Parkinson's and raising incredible awareness for the disease along the way! A big thank you to Kevin Donnelly at True North Sports & Entertainment, U-Turn Parkinson's Board members Liliane Vilar and Joe van Koeverden and team members Rob Crowley, David Christie, Gary Bergal and Trish Bergal who have worked tirelessly to plan an incredibly successful event.

Thank you to our Presenting Sponsor: Canadian Tire, our Gold Sponsors: Naida Communications, Robinson and PCL Construction, our Silver Sponsors: Cardinal Capital Management, and Manitoba Liquor & Lotteries, and our Bronze Sponsors: Johnston Group, KPMG and Murray Auto Group.

We had a wonderful Fun Ride on July 30th celebrating and encouraging the cyclists on their journey. Thank you to everyone who was able to come out!



Programming Updates



Hi everyone,

Happy August! Doesn't the summer just fly by? August is my favourite month for many reasons but one of which is because it always reminds me to slow down and be here while the air is still muggy and the sun is still hot. We've had to adjust our schedule a couple of times over the last few weeks to account for the heat that we've been having and so a few reminders as we head into August:

1. Drink a lot of water, even before you feel thirsty. Thirst isn't

If the weather is forecasted to be 30 degrees or above, we will cancel or reschedule the class.

Unfortunately, there is no air conditioning in the gym and it therefore gets too hot for exercise at that level of heat.

Check your email before heading out for cancellation or rescheduling emails from us. If you receive our Weekly Schedule email every Sunday evening, you're on the correct list. If you don't receive that email, please let me know at jordana@uturnpd.org or 204-510-4869!

Stay Active However You Can!

While we're in these summer months, you might find you need to adjust your Plan for Parkinson's! Maybe the gym is just too hot for you most days. Maybe you're travelling to and from the lake and can't make it into the gym as often. Maybe you're recovering from an injury or just want to spend more time outdoors. Whatever the case may be, adjust your Plan for Parkinson's to work for you. The most important thing is that we keep active, no matter what.

an accurate indication of dehydration and we therefore need to be drinking water even if we don't feel like we need it. Carry a water bottle around with you and keep it full! Extra water bottles are always available at the gym if you forget yours or just need extra. Ask your coach or a volunteer to grab you one!

2. Check the weather and your email before heading out to class.

If you need help coming up with your own Plan for Parkinson's - reach out! We exist to help YOU live your best with Parkinson's. Give me a call at 204-510-4869 or email jordana@uturnpd.org to learn more about all of the programs that we offer and get involved today.

Continues below...



**Tyler Hartwig: Empower-U Coach
Mondays & Fridays 10:00 AM**

I am pleased to introduce our new Empower-U Coach Tyler who will be teaching every Monday and Friday at 10:00 AM! Tyler comes to U-Turn Parkinson's with over 20 years of martial arts experience in 11 different styles ranging from Kung Fu to Ninjutsu and Karate. Tyler has won 13 Gold medals and the title of Creative Weapons Grand Champion of the 18+ division at the 2012 Tiger Balm Internationals Martial Arts Tournament!

Tyler has 4 years of education in Kinesiology and Exercise Science, is a Certified Resistance Training Personal Trainer through the Manitoba Fitness Council, holds C.S.C.S (Certified Strength and Conditioning Specialist)

through CanFitPro, is a Kickboxing Fitness Instructor (Tae Bo Nation and Manitoba Fitness Council) and Group Fitness Instructor (HIIT, Tabata, Strength & Core Conditioning) through CanFitPro.

We're excited to welcome Tyler and his wealth of knowledge and experience to the U-Turn Parkinson's team! Please be sure to say hello and introduce yourself next time you see him in class.

Jordana
Program Manager
jordana@uturnpd.org
204-510-4869

Education & Resources

National Immunization Awareness Month

August marks National Immunization Awareness Month! In a post-COVID world, it may seem mundane to hear about immunizations and vaccines for the millionth time. You might be asking, 'This again?' It's exhausting, and it's reflected in the decrease in vaccine uptake rates across the world, and the recent resurgence in measles cases in North America. But the reality is that immunizations are our best defense against serious preventable diseases and have been for the past one hundred years. And while immunizations are important for people of all ages to protect themselves and others, they are even more important in those living with health conditions like Parkinson's disease (PD). Below,

we have compiled a list of some recommended vaccines.

But first, what do vaccines even do, and how do they work?

In case you are not familiar with what vaccines do, vaccines train our immune system to identify, trap, and destroy specific disease-causing invaders—like exercising to train muscles. Vaccines do this by safely imitating those disease-causing invaders, which causes the immune system to respond by producing proteins called antibodies, multiplying the number of white blood cells already present in your body, and gathering a whole host of other molecules.

When a vaccine is given, it is usually the first time your body has seen this invader. The time it takes to organize an effective response is long. But—like most things in life—it gets easier after the first time. The next time you encounter this invader, your body remembers how to fight it, and the response is much faster and stronger, to the point where you might not even feel sick.

This is how vaccines prevent you from getting sick, and if you are not sick, then you cannot get others around you sick, either. This is why it is so important to vaccinate: there are people who cannot get vaccinated for many health reasons (for example, allergies), so not only are you doing it for yourself, but you are also doing it for others.

Now, for many vaccines, this immunity does not last forever. Some invaders are smart and mutate themselves often enough that we need to train our immune systems to recognize them, like the flu virus. Or, in other cases, our body forgets, just like our brain does, and it needs a little reminder every now and then.

Parkinson's and the importance of immunization

Those living with PD are at higher risk of respiratory infections and experiencing complications. Aspiration pneumonia is one of the main concerns, which is a lung infection that is caused by food, liquids, or other contents entering the airway. If there is a swallowing and/or cough dysfunction, these contents may not be coughed up, and will enter the

aspiration, those contents may not be coughed up, and will enter the lungs, causing an infection. There are vaccines that can prevent the infection from taking hold, or at least lessen the symptoms and complications.

COVID-19 is another respiratory infection, and there is increasing evidence suggesting that the virus can worsen PD symptoms.

As a side note, there is research associating several viral infections with an increased risk of developing PD. The flu virus is one of them. If nothing else, please encourage your friends and family to get the flu shot.

So, what vaccines are available?

Each person is unique in their vaccine needs. For now, we will focus on a few major ones below.

Please do not take this as health advice. Talk to your health care provider to ask them if you are up to date on your immunizations and about which vaccines you are eligible for—they know you the best.

Influenza (flu) vaccine:

- Protects against the influenza virus, which causes the flu. It is not 100% protective, but it will at least lessen symptoms and complication risk.
- Eligibility: All Manitobans over the age of 6 months are eligible, and those over 65 years old are eligible for a high-dose vaccine, free of charge.

COVID-19 vaccine:

- Protects against the COVID-19 virus, which causes COVID. Any doses after the first two doses will contain updated virus strains. It is not 100% protective, but it will at least lessen symptoms and complication risk.
- Eligibility: All Manitobans over the age of 6 months are eligible for

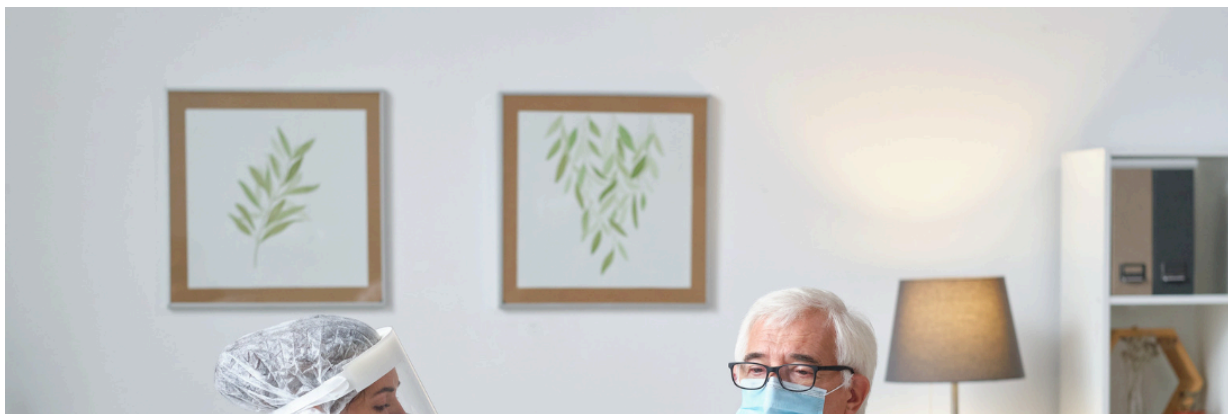
- Eligibility: All Manitobans over the age of 6 months are eligible, free of charge.

Pneumococcal vaccine:

- Protects against many strains of pneumococcus, which is a common cause of pneumonia, invasive pneumococcal disease (which may lead to meningitis), and other infections.
It is not 100% protective, but studies have shown it is about 75% protective against invasive pneumococcal disease.
- Eligibility: All Manitobans 65 years old or older are eligible, and those who are between 18 to 64 years old may be eligible if you are determined to be high risk, free of charge.

Shingles vaccine:

- Protects against shingles, which is caused by a reactivated chickenpox infection. If you have had chickenpox in the past, then you will be at risk of developing shingles. Shingles occurs most often in older adults and immunocompromised individuals, and it has been described by many to be an excruciating pain with a rash. There is no effective treatment currently.
- The vaccine offered in Canada has been shown to be over 90% effective in preventing shingles and provides at least 7 years of immunity.
- Eligibility: Recommended for individuals 50 years old or older. In Manitoba, it is not free of charge.





U-Turn Parkinson's Community Spotlight



**Katherine Morera - U-Turn
Parkinson's Marketing**

3. What message(s) do you hope translates through your marketing to the Parkinson's community?

I would pick two main messages, community and empowerment. At U-Turn Parkinson's, you'll meet people who understand and care about what you're going through. By being part of this community, you'll not only feel empowered but also discover ways to U-Turn your diagnosis and regain control over your life.

4. Share 3 fun facts about you!

1. Despite being from Costa Rica, I prefer the cooler

Specialist Volunteer

1. When did you join the U-Turn Parkinson's community and how did you first hear about U-Turn Parkinson's?

I came across the organization through a volunteer job posting on the Volunteer Manitoba website. After reviewing U-Turn Parkinson's website and familiarizing myself with their mission, vision, and Tim's background, I was truly inspired. My personal connection to Parkinson's, with my grandfather having battled the disease and my husband's aunt currently fighting it in Costa Rica, ignited a strong desire within me to become part of the U-Turn organization. Following an interview with Jordana and Taylor, I was certain I wanted to join their team. Despite being a non-profit organization that doesn't receive government assistance, U-Turn is dedicated to supporting its community. Their mission extends beyond being a wellness and rehabilitation center for individuals with Parkinson's; they also strive to create a welcoming environment that fosters community engagement and empowers their members.

2. What do you love most about your marketing role and why do you think it's important?

I love the fact that I am able to create content that not only

Rica, I prefer the cooler

weather of winter in

Winnipeg over the hot steam weather during Costa Rica's summer.

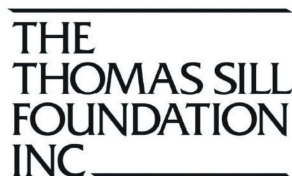
2. I have a pug named Florence and my husband has given her a funny, hoarse voice when he speaks on her behalf which always makes us laugh
3. I have a penchant for black and goth clothing, which may give off a less approachable vibe at first. However, I am actually very friendly and enjoy building friendships, especially with elderly people because they remind me of my beloved grandmother, Maria Isabel (nicknamed Chavela), who was like a second mother to me.

educates and informs but also resonates with individuals, offering representation and fostering a sense of belonging. Communication plays a crucial role in human evolution as we are inherently social beings who seek connections. Marketing and effective communication have the power to facilitate these connections and create a sense of community among people.

Ready to join Reg and others living their best with Parkinson's in classes? Create your [free account](#) today to get started!

[Learn More About Our Programming](#)

We are so grateful for all funding provided to U-Turn Parkinson's. Sponsorship & Grants Provided by:



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