

**U-Turn**  
Parkinson's  
*monthly newsletter*

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## A Message From The Founder



It's been one of those years! As I sit trying to pen this letter to you, I am conflicted by the highlights (and lowlights) of my year.

It has been challenging on both the personal and the professional level. Personally, I lost my mother, father-in-

From this event sprang the idea of a bike ride across Manitoba. Kyle Connor became our ambassador and TNSE our primary cheerleader. The ride covered over 500kms from Russell, MB to Falcon Lake, ON. It was a phenomenal experience. I also got my first 'century' in, that is, I biked for 100kms at a go. Pretty cool!

Not to mention that we have hired a new Executive Director, Lance Letain, who is doing a spectacular job and our classes are fuller than ever! As of October, we are seeing on average 111 unique individuals every month who are pushing back the advances of Parkinson's disease. We have started new classes and are looking to start more in the new year to keep up with demand. We will also be hiring a Fund

law and a very dear friend all in a short span in early 2024. At U-TurnPD we lost a very dear friend, had significant changes occur in our leadership and, as an aside, I had brain surgery for Deep Brain Stimulation.

One could argue that it's been a less than stellar year, but you would be missing half the story. The other half of the story is a banner year that has us bulging at the seams and growing tremendously. That story starts back in April with the first ever National Hockey Leagues Parkinson's Awareness Game put on by the Winnipeg Jets!

With a desire to do something to honour the memory of his father and grandfather who both died with PD #81 Kyle Connor sought out options. With True North Sports + Entertainment on board they hosted an evening of hockey that highlighted the many needs of the Parkinson's community in Manitoba. I along with Dr. Doug Hobson from the Movement Disorder Clinic participated in a ceremonial puck drop and I had the pleasure of being interviewed on TSN and CJOB.

[Join us in Class](#)

## Fundraising Events

Development Manager which is a much needed role at present.

So, as we enter this season of celebration let's remember the reason for the season and be joyful in all that we have been given. Both the good and the not so good because it all has made us into the awesome people we are today.

Speaking of Awesome People...thank you to all of you who have chosen to become our Champions! We are so grateful that you would take up our cause and monthly stand with us! You are our hope of an unshaken future.

Enjoy the rest of your read...there is much going on and much to be grateful for!

Live Your Best!  
Tim



**This Giving Tuesday, December 3, let's make a difference together!**

Our community includes everyone touched by Parkinson's—not just those living with it. If you've been affected by Parkinson's in any way, we're here for you. Grandkids, children, family members—all are welcome to support and honor their loved one with Parkinson's by making a monthly donation. And if that's not possible, don't worry—every contribution makes an impact.

### **How You Can Help**

Every donation counts, whether big or small! If you'd like to contribute, simply [[click here to give](#)]. Monthly donations go a long way, but one-time gifts are equally appreciated. Your support truly changes lives.

Thank You for Being Part of Our Community.

## **Programming Updates**

### **Holiday Closures**

Our 525 Beresford Avenue location will be **CLOSED** December 24, 25, 26 and January 1.

Our 2109 Portage Avenue location will be **CLOSED** December 24, 25, 26, 31 and January 1.

### **Winter Weather: Class Cancellation Policy**



### Happy Holidays community!

December is here and I'm looking forward to a month full of festivities, family time and good memories. I hope you'll join us on Saturday, December 14 from 3pm - 5pm for our annual community potluck. This get-together is such a fun time to hang out, get to know one another better and enjoy some great food! You can RSVP & indicate what you're planning to bring [HERE](#). Care Partners or a friend are welcome to accompany you!

While December can bring many positive experiences, it can also bring additional challenges. Financial burden increases, weather worsens and schedules pile up but planning ahead can help. Does your Plan for Parkinson's need to adjust this month? Maybe you give yourself grace to attend one less class in-person and switch to one of our online options, to ease the burden of transportation. Or - maybe you take this opportunity to recommit to your current schedule, knowing that exercise and community

The snowfall has arrived! Should we need to cancel a class due to bad weather, you'll receive notice a minimum of 2 hours ahead of the class start time. You will receive an automatic email from Mindbody indicating that the class has been cancelled. You will also receive a phone call from a staff member if the cancellation is made the same day.

Please check your email frequently to stay informed of any class cancellations made more than 24 hours in advance. Thank you!

### Signing Up for Class

**We can't inform you of class cancellations if you are not signed up for the class.** Please ensure you are either on our auto-enrol list or that you've signed yourself up for the class so that we can communicate effectively about any changes to your schedule. If you don't see your name on the sign in ipad when you arrive for class, please let Jordana know so that we can solve the sign up or auto-enrol issue. Thank you!

What a wonderful 2024 year it has been. The next time I write to you, it'll be 2025! Many of you attended your first classes with us this year and I hope you've seen positive changes since that first day. For others, you'll be ringing in your 7th, 8th or 9th year of attendance with us in April, since we opened our doors in 2016! The reason we have continued to grow so significantly and the reason more and more people are accessing free-of-charge programs is because of you. Thank you for welcoming newcomers to our community, for staying

connection will help ease stress. Check in and make decisions based on what works well for you. We're here, in-person or online, to help you live your best! If you need support or have any questions, please reach out at 204-510-4869 or [jordana@uturnpd.org](mailto:jordana@uturnpd.org).

### **First Month at MDC a success!**

Our first month offering classes at Deer Lodge Centre in partnership with the Movement Disorder Clinic has been great. Do you live on the west side of the city? We'd love to have YOU join us! Each of our classes will offer you the opportunity to build strength, improve balance, boost cardiovascular endurance and more to help you live your best with PD.

To learn more about our classes at MDC, please call us at 204-510-4869 or email [info@uturnpd.org](mailto:info@uturnpd.org).

committed to living your best and for creating a space for honesty, positivity and hard work at U-Turn Parkinson's. I'm excited to see all that we accomplish together in 2025!

Wishing you a happy holiday season and a peaceful New Year!

Jordana  
Program Manager  
204-510-4869 | [jordana@uturnpd.org](mailto:jordana@uturnpd.org)

# Holiday Community Potluck



**Bring your favorite dish and  
enjoy it together with us!**

## **Save the Date! Our Annual Holiday Potluck is Scheduled**

Join us Saturday, December 14 from 3pm – 5pm for a holiday potluck in the gym at 525 Beresford Avenue.

The potluck is open to all community members, new and old, alongside their Care Partners, our U-Crew volunteers and staff. RSVP & let us know what you'll be bringing (appetizer, main or dessert) by clicking below.

Reminder emails will be sent out leading up to the event. Save the date!

**[RSVP & Potluck Sign Up](#)**





## Season's Greetings U-Turn Parkinson's,

I must say that since I started as the Executive Director in July, it's been a whirlwind of good news as we continue to grow in membership and continue to expand our programs, to help you live well with Parkinson's free of charge. This growth however does have increased costs which is why I want to update our community on our past fundraising events and inform you about new events in 2025.

One of the highlights from a fundraising event perspective was the inaugural Team 81 Ride for Parkinson's. With support from none other than Winnipeg Jet's Kyle Connor, and a group of dedicated cyclists, including our founder Tim Hague and U-Turn devotee Blair Sigurdson, we pedaled across Manitoba from Russell to Falcon Lake. Talk about a "leg day"! Plans are already in the works for the 2025 version of Team 81, with Winnipeg as the starting point for most day trips.

Mark your calendars for Friday, August 1st as we celebrate with all the

New to our events calendar is our first annual speaker series through February and March. We've lined up some fantastic presentations on topics like:

- **Wills and Estate Planning**
- **Income Tax and submitting your 2024 taxes**
- **Fall Prevention**
- **Downsizing, Decluttering and Moving**
- **Investment and Financial Planning**
- **Healthy Habits for a Healthy Brain**
- **Elder Abuse**
- **Healthy Mouth Healthy Body and the new Canadian Dental Care Plan**
- **U-Turn's Vision for 2026 and Beyond**

U-Turn constituents as well as the general public are welcome to participate in this 8-week sessional series but will require registration via Mind Body or to call our office (204-510-4869) to reserve your space. Stay-tuned for when registration opens.

Later in 2025, we will be rolling out a new fundraising platform that gives you the tools to fundraise your way for U-Turn Parkinson's. Whether you're dreaming of hosting a golf tournament with family and friends or organizing a delicious food fundraiser like "Perogies for Parkinson's", our platform will be there to help your vision become reality. With easy-to-use tools to help you get started, promote and manage your event, you'll be equipped to make a big impact in the fights against

riders and the Parkinson's community in Assiniboine Park.

This past September, we enjoyed a beautiful day for the Walk to U-Turn Parkinson's. It was our largest and most successful fundraising walk to date. Clearly, walking is the new running (at least for fundraising).

Save the date for next year's walk on Saturday, May 31st. You'll hear more about this event in late winter, so stay tuned.

Parkinson's. Let's put the "fun" back in fundraising and make a difference together.

We are looking forward to seeing you all at these events and sharing more good news as we head into 2025.

Happy holidays, and may your season be filled with joy, laughter and maybe a few less burnt cookies.

Best wishes,

Lance

## Looking for a meaningful holiday gift?

Purchase the Hilary Druxman Holistic Balance necklace as a gift in support of U-Turn Parkinson's! Proceeds from every sale go to support our free-of-charge programming.

Learn more about the meaning behind this special design created specifically for us and purchase yours today by clicking below.

<https://hilarydruxman.com>






## **Accessible and Alternative Forms of Transportation**





Transportation plays a crucial role in everyday life. It allows people to access work, healthcare, social activities, U-Turn classes, and more! For individuals living with Parkinson's Disease (PD), mobility or cognitive challenges can make the use of conventional public transit or private car use difficult. Continue reading to find a

variety of different services that can assist in transportation along with how to set up appointments with them.



[Read more...](#)

**U-Turn  
Parkinson's**

## Free PD Exercise Classes at the Movement Disorder Clinic



**Starting November 5th, 2024**  
**Available Classes:**  
Empower- U (*Red/Orange*) for advanced levels  
**Tuesdays and Thursdays 6:30pm-7:30pm**  
Empower-U (*Green/Yellow*) for all abilities  
**Saturdays 10am-11am**

**REGISTER AT**  [www.urnparkinsons.org](http://www.urnparkinsons.org)  204-510-4869

**Deer Lodge Center | 2109 Portage Avenue | Winnipeg, MB**

Join us at 2109 Portage!

## U-Turn Parkinson's Community Spotlight- Indira Rampersad



**1. When did you join our U-Turn Parkinson's "U-Crew" and how did you first hear about U-Turn Parkinson's?**

Just before I retired, I realized that getting involved in volunteering would be a good way to use my time to benefit both myself and our community. So I searched Volunteer Manitoba online for volunteer opportunities. Of all the many options, U-Turn Parkinson caught my eye for its impressive work. I felt connected to this work because my older brother had developed Parkinson's in his 70s, and I also know several other friends and relatives who have – or had – the disorder. It was my



small way of helping others. Isn't "giving back" what retirement is for? I met with Jordana in April and joined U-Turn Parkinson's "U-Crew" in May of 2024.

## **2. Which classes are you currently volunteering at and what do you think makes them great for those living with PD?**

So far, I have volunteered with "Dancing with Parkinson", "Empower U", and Tai chi. I am now currently volunteering with Tai chi on Thursdays with Tyler, and "Empower U" on Fridays with Danielle. I've previously had some experience with one form of Tai chi. At U-Turn, Tyler incorporates the mental and physical aspect of Tai chi with Qi gong. Combining the ancient Chinese practices of Tai chi and Qi gong involves slow, deliberate movement with breathing exercises. These exercises seem to help participants with balance, muscle control, coordination, and strength, as they use their arms, legs, back, and core. We start off our class with gentle exercises: first focusing on breathing, then moving arms and legs, and then proceeding to some Tai chi moves. Tyler demonstrates the movements, then goes around and helps everyone do their moves correctly. I normally help those participants who have chosen the seated version. I find it interesting that the brain says to move a certain way, but sometimes the body doesn't follow through.

I really enjoy the Tai chi classes, which are really fun. Everyone tries their best to get the moves right, even when this doesn't come on the first try. Tyler always begins or ends the class with a few words of wisdom to us.

My other class is "Empower U" with Danielle. This class involves more physical exercises using the body and weights. I am amazed at how the participants join in doing squats, jumping jacks, and various other strength-building exercises. Again, I do the seated version of these exercises. I think both of these classes help participants with their movements, coordination, endurance, strength-building, and balance. Even though the exercises are sometimes a bit challenging, everyone tries their best, and shows up regularly for the classes.

## **3. What do you like most about being part of the U-TurnPD community?**

I enjoy being part of the U-Turn PD community because it is a welcoming and friendly group, from the coordinators to the teachers, volunteers and the participants. The atmosphere makes you feel you are a part of a "big family."

The efforts the participants make inspire me to become more active for my own health as well. I also appreciate the flexibility to choose volunteer hours, the easy-to-use on-line sign-up calendar, and the reminder notices.

## **4. Share 3 to 5 fun facts about you!**

- I enjoy watching British and European TV Drama series such as: Endeavour, Foyle's War, Unforgotten, Silent Witness, Call the Midwife, Professor T, and Vienna Blood.
- I enjoy spending time at our cottage in the Whiteshell.
- I enjoy travelling and planning overseas trips: booking flights, hotels, etc – and I'm teaching myself German for our hoped-for next trip.
- We have an 18-year old Tabby cat, whose name is Bobby. He "talks" a lot, demands lots of attention, is quite smart, and clearly thinks of himself as a 'person.'
- I also volunteer at the Buhler Gallery in St Boniface Hospital.

[Sign Up for Class](#)

[Create an Account](#)



**SOUGHT FOR A RESEARCH STUDY**

**Calling Volunteers**

# with Parkinson's Disease

NEUROSCIENCE RESEARCHERS FROM THE RADY FACULTY OF HEALTH SCIENCES ARE CONDUCTING A CLINICAL TRIAL TO EVALUATE THE BENEFITS OF BRAIN STIMULATION ON IMPROVING COGNITION IN PARKINSON'S DISEASE

For more information, please scan the QR code above or contact:

Research nurse: Ms. Kelly Williams

Email: [kwilliams3@mdc-dlc.ca](mailto:kwilliams3@mdc-dlc.ca)

Phone: 204-940-8427

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