Visit Our Website

U-Turn Parkinson's

monthly newsletter

A Message From The Founder

June was a bit of a wild month with Taylor departing for new adventures, many new members signing up to join U-TurnPD, the shifting of our summer bike ride across Manitoba from the 'Ride to U-Turn Parkinson's' to Team 81 (more on this follows) and the hunt

Kevin Donnelly, Rob Crowley, David Christie, Gary Bergal and Trish Bergal and along with these normals are our very own fellow Parkies Liliane Vilar and Joe van Koeverden. They have worked tirelessly to see this event succeed.

It is due to this group that we have seen True North Sports + Entertainment along with Kyle Connor #81 of the Winnipeg Jets come on board as our Ambassador. While Kyle will not be able to ride with us this year, (he figures his wedding is a tad more important) he has been working with us to bring awareness to the event and help raise funds for it. We are deeply appreciative of his efforts and his willingness to help make U-Turn

for a new ED.

For those of you who may be interested in knowing how Taylor is doing, she is well. She is busy in her new role learning the ropes and settling in. How do I know this? Well, it only took a day and a half before we needed to call her about something, lol! She was an integral part of what we do here and my memory is shot so there's no doubt there will be more calls!

On the topic of our Executive Director we have had some excellent candidates apply and our review process is well under way. We trust that we will have positive news for you in the coming days. With any luck this will be old news by the time this newsletter goes to print!

Team 81 Ride for Parkinson's is our summer fundraiser now in its first season. I am so very excited about this event. There is lots of information on the ride in this newsletter so I won't repeat that content here, however, I have to tell you that I am so proud of this event. Proud and humbled!

We have had a group of men and women who cycle regularly step up and take Parkinson's on as their cause. They were not asked. They simply discovered who we are and what we are attempting to accomplish, became inspired and chose to make our success their goal. There are many more who deserve our thanks but the main team has been;

Parkinson's known.

While this event has been somewhat different than our previous events, in that the focus has been primarily on corporate clients, you are invited to come out to day events in Brandon and Winnipeg. We will be hosting a couple of fun, family events when we come through town that you can join us for. There will be food, short bike rides, the opportunity to tell the media how great U-TurnPD is and much more fun all for the suggested donation of $25. You can make your donation through www.uturnparkinsons.org/team81 or in person the day of. More information on exact meet location to come.

What I do want to ask every man, woman, boy and girl to start thinking and planning for is The Walk to U-Turn Parkinson's. This is our 3rd annual fall fundraiser and we need your help! The walk makes up a significant portion of our revenue and allows us to continue offering Parkinson's specific, free-of-charge wellness programming to our community. Start planning your team now and setting goals for this year's event. We look forward to spending a wonderful day with you and your team.

One last thing to all our Champions who are moving your monthly donations over to our new platform - please remember to restart your donation! Thank you! You are so very appreciated!

See you in the gym!

Live Your Best!
Tim

Join Our Circle of Champions

Upcoming Events

We're thrilled to have Kyle Connor and the Winnipeg Jets supporting the Team #81 Ride for Parkinson's! Cyclists will be completing a 600k ride across Manitoba raising awareness and funds for Parkinson's disease. Follow along with this exciting event or make a donation to encourage our riders!

Learn more here: https://www.uturnparkinsons.org/team81

Make a Donation

The Walk to U-Turn Parkinson's

Thank you to everyone already signed up to walk at The Walk to U-Turn Parkinson's! 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 event with lunch provided. You're encouraged to bring your family, friends and neighbours alongside you to walk!

Register today to join us from 10am - 12:30pm on Saturday, September 14 at 2405 McGillivray Blvd!

Register & Create Your Fundraising Page Here:
https://www.uturnparkinsons.org/thewalk2024

Please note this 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 is available throughout the event.

Make a Donation

Assiniboine Park Summer Entertainment Series

There are some great activities and events going on at Assiniboine Park this

summer! Click the link below to learn more about the music, movies, fun and wellness events happening this summer, all of which are free!

More Information

Programming Updates

The best months of the year are upon us and I hope you've been enjoying the summer thus far. I've been making the most of the weekends camping at Tulabi Falls & Brereton Lake and spending time at the family cabin in Saskatchewan. I've also taken up tennis! I appreciate how many tennis courts there are around the city and I've loved the opportunity to be active and enjoy the weather. The Manitoba Marathon has also inspired me to get back into running… we'll see how that goes though. Are you making the most of your summer? What do you love most about this season?

The class will offer seated and standing modifications and is one hour including warm up and cool down. If you haven't been to a class before, what are you waiting for? Create your account today and come with us as we live our best with PD. Already have an account? Send me an email or give me a call to set up an assessment to start participating: info@uturnpd.org or 204-510-4869.

3- The Care Partner Support Group (CPSG) meeting day & time has changed. Join us every Friday from 10:00 AM - 11:00 AM for connection, resources and sometimes, movement! In addition, there's now a dedicated space on our website for Care Partner information and resources HERE. See upcoming scheduled topics and activities and find resources discussed during the meeting. Sign up here to join us if you already have an account or create an account here to join us.

Whether you're a PWP or Care Partner, I hope you'll join us in class this summer. This is the perfect time to get connected in-person or online, set some goals and take control of living your best with Parkinson's. One class a week is enough to get started,

Some Exciting Programming Updates

1- We've hired a new Fitness Instructor! I'm excited to introduce you all to Tyler, who will soon be leading our Monday 10am and Friday 10am Empower-U classes (see below for the next announcement!). Tyler completed his undergrad in Kinesiology, is a certified Personal Trainer, has been a martial artist for over 20 years and brings a wealth of education and experience to our coaching team. We'll introduce him properly next month but in the meantime, be sure to say hello next time you see him in class!

2- If you've been at our Friday Empower-U class at 1pm you know it's popular! We're pleased to announce that we'll be adding a second Empower-U class to our schedule at 10am every Friday beginning July 12, 2024.

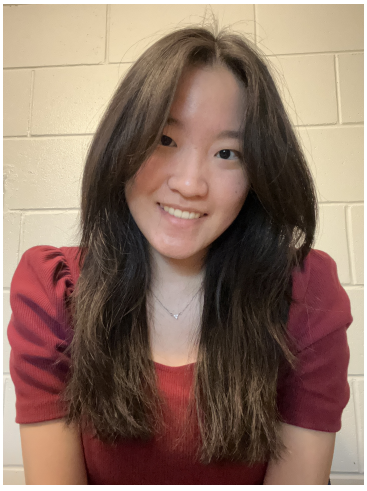
Our Empower-U class is a strength and conditioning class that incorporates some non-contact boxing and is suitable for all levels of ability. meet others who know and understand PD and start seeing positive change! Check out our class list here and create your free account here.

If you have any questions or concerns about programming or anything else happening at U-Turn Parkinson's, I'd love to hear from you! Call or text me (I'm a millennial, you're allowed to text me) at 204-510-4869 or send an email to jordana@uturnpd.org.

Have a great long weekend!

Jordana
Program Manager

P.S. U-Turn Parkinson's is closed and there are no classes Monday, July 1, 2024. Happy Canada Day!



Introducing our Wellness & Events Coordinator Victoria!

Many of you will recognize Victoria as she has been an active volunteer at U-Turn Parkinson's since December of 2021. We are thrilled to announce that she will be our Wellness & Events Coordinator for July and August this summer!

Victoria has been supporting our Empower-U and Golden Gloves classes primarily as well as some of our community events, most recently the Empower-U demo with the Winnipeg Jets!

Victoria is going into her second year studying Medicine at the University of Manitoba and we are incredibly grateful to have her skills and experience supporting us over the summer. You can expect to see her in-person in classes throughout the week, at our upcoming events, and behind the scenes helping out with some administrative tasks and marketing.

Welcome Victoria!

Education & Resources

Empower Your Mind: Educational Insights for Living Well with Parkinson's

Michael J. Fox Guides for Living Well with Parkinson's

The Michael J. Fox Foundation recently published an Exercise Guide for Living Well with Parkinson's. It outlines why you should exercise, how often you should exercise, what kinds of exercise is best, how to stay motivated and more. It's an excellent resource to help you build an exercise plan for Parkinson's that works for you and your goals.

Download Your Free Copy

July 24 marks International Self-Care Day!

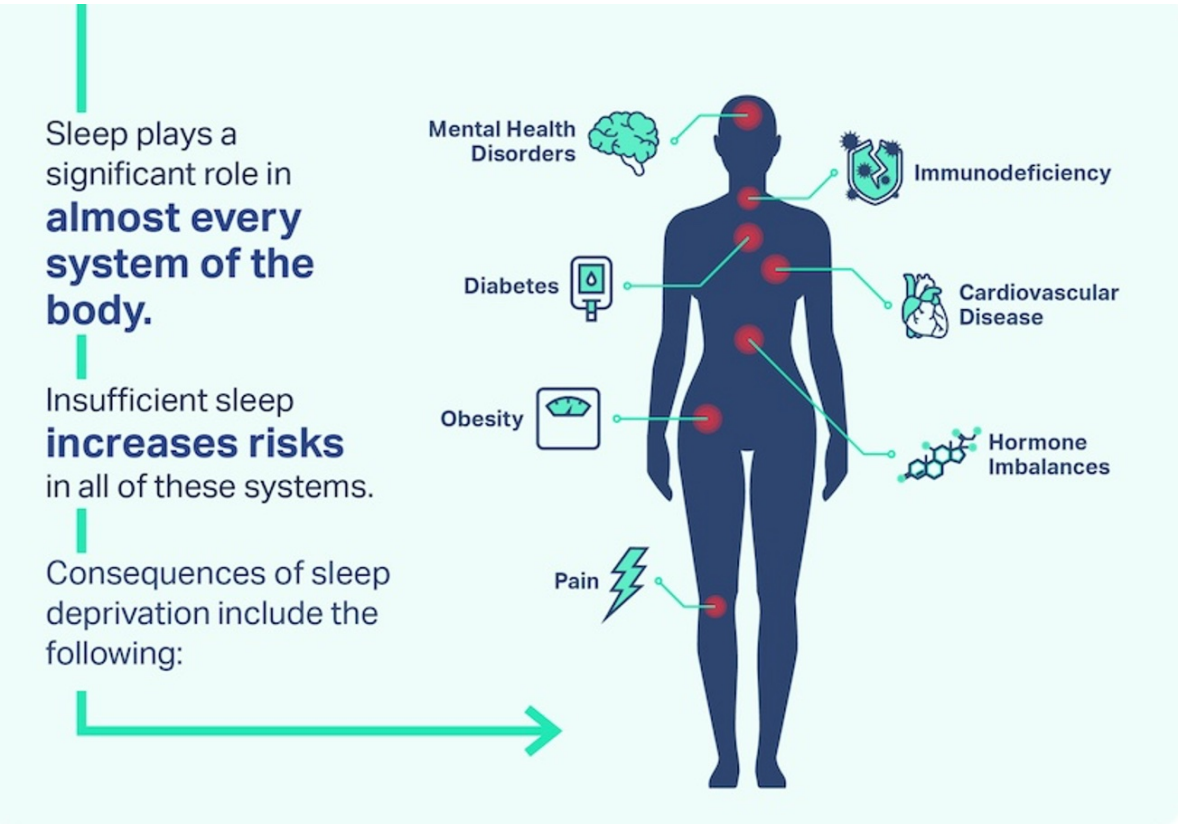
Self-care is typically described as activities that help you live well and improve your physical, mental and emotional health.

While self-care is important for everyone, it's especially crucial for folks with complexhealth conditions like Parkinson's Disease (PD). A consistent self-care routine helpskeep things in balance when there are so many variables in our day-to-day lives.

We've compiled five easy self-care tips to follow (make sure to read all the way through the list for the most important tip of all!):

Read More

U-Turn Parkinson's Community Blog



Awake! Sleep Struggles & Parkinson's.

By K. Strachan

It’s 2:34 AM! I am up… obviously. I am composing this in the middle of what should be my sleep cycle. But I am not asleep… yet again.

I am at the point in the night where I have given up on trying to get anything resembling a proper night’s rest. If I am honest with myself, this has been an ongoing and significant issue in my life since my mid-30s. As an aside and interesting note, my Neurologist believes my Parkinson’s may have started around this time.

Read More

U-Turn Parkinson's Community Spotlight

In addition to U-Tunes, I also attend Golden Gloves and Empower-U. In the future I will have to try all the

Reg Sawatzky - U-Turn Parkinson's Community Member

When did you join our community and how did you first hear about us?

Not long after I stopped working, I realized I was going to need something more than just a home work out routine. Rudy Enns, a long time member, had been talking to me about joining U-TurnPD for quite some time.

Some 3 or 4 months ago I made my first tentative try at U-Tunes singing my heart out to some golden oldies! Simple yet fun tunes. Now I go every week.

Which class do you attend and what do you think makes them great for those living with PD?

classes. I really appreciate how all the workouts are tailored towards Parkinson's. If the movements are too difficult, the exercises are modified for that person's movement abilities. Nobody is left out. The exercises are continually being changed, so the classes don't get boring.

What do you like most about being a part of the U-TurnPD community?

I think you hit the nail on the head, community, is what U-Turn Parkinson's is all about. From the moment I walked into that church on Beresford, I felt accepted. Everybody was kind and inviting. The instructors put up with my terrible boxing skills.

Fun facts about Reg:

- I enjoy going on bike rides, usually 30 to 40 kms per ride.
- Banff Alberta is one of my favourite places in the world. My wife and I visit annually.
- I enjoy discussing space, math and quantum mechanics with my Father and my son.

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:

ERNST HANSCH CONSTRUCTION LTD.

Government of Canada / Gouvernement du Canada

Canada

HelpAge Canada

PRINCESS AUTO

THE THOMAS SILL FOUNDATION INC

THE WINNIPEG FOUNDATION

For Good. Forever.

Follow Us for More Updates

Visit Our Website

www.uturnparkinsons.org

Our mailing address is:
PO Box 23036, Winnipeg, MB, R3T 5S3.

Registered Charity #: 775822927RR0001

Want to change how you receive these emails?
You can unsubscribe or manage preferences.

Copyright © 2024 U-Turn Parkinson's, All rights reserved.