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U-Turn
Parkinson's
monthly newsletter



A Message From Tim

October has arrived with a new season and a fresh wave of opportunity for U-Turn Parkinson's. I'm thrilled to share just a few of the exciting things happening this month.

First, our schedule is growing! We're adding new class options to your Southdale schedule so there are even more ways for you to move, connect and strengthen your health with us.



For our friends in southern Manitoba, classes in Winkler, MB are beginning soon! We're expanding our reach and bringing U-Turn Parkinson's mission to even more people living with PD. Stay tuned for more information coming soon.

Closer to home, we'll be kicking off our very first Empower-U (Green/Yellow) class at West Side, 3969 Portage Avenue (Focus Fitness), on Wednesday, October 15th at 1:00 PM. This marks another big step in our growth as we make programs more accessible across the city!

And of course, we're excited to officially welcome you to our new space at Southdale Community Centre with our Grand Opening. Please join us for the celebration on Saturday, October 18th from 11:00am–12:30pm. It will be a joyful day of connection, refreshments, and community. Whether you've been with us for a while now or are brand new, you're part of this community and we'd love to see you there. [Register here to attend.](#)

As we celebrate these milestones, I encourage you to take a moment to remember your "why." Why do you exercise? Why do you strive to live your

best? Maybe it's because you still have steep, European cobblestone streets to climb in your future. Maybe it's because you want to chase after grandchildren, walk around the block for as long as possible or move freely through your garden. Or maybe you live your best simply because you can. Whatever your "why" is, keep it at the forefront. It's important.

Thank you for continuing to walk alongside us. Every new class, every new location and every new face we welcome is proof that together, we're building something extraordinary.

Live Your Best!

Tim

Fundraising & Events



Join us for the Grand Opening of U-Turn Parkinson's New Headquarters!

We're excited to open the doors to our new home at Southdale Community Centre and you're invited to celebrate with us!

Saturday, October 18, 2025

🕒 11:00 AM – 12:30 PM

Southdale Community Centre

This free community event is all about connection and celebration. Whether you've been with us for years or are curious to learn more, we'd love to welcome you.

What to Expect:

- 15-minute demos of U-TurnPD's signature Parkinson's programs
- Meet instructors, connect with community, and enjoy light refreshments
- Win door prizes — including a special draw for new client registrations

Hear from U-TurnPD founder Tim and our program manager Jordana.

Come see how U-Turn Parkinson's is growing, creating new opportunities, and continuing to empower people living with Parkinson's.

[Register Here](#)

Join the Circle of Champions:
Fuel Support for U-Turn PD
Every Month



Behind every class, support group, and moment of connection at U-Turn Parkinson's, there's a community making it possible. The Circle of Champions is our group of monthly donors who provide steady support so our programs can remain free and accessible for everyone living with Parkinson's.

Think of it like a “membership” that keeps U-Turn Parkinson's strong—month after month, year after year. Together, Champions are helping build an unshaken future filled with strength, community, and hope.

Want to join this circle of support?

P.S. We are now accepting monthly donations via a chequing account! Follow the link above to learn more

[Join the Circle of Champions](#)

Programming Updates

Hello, Jon here!

Some of you may already know me, I'm the new Program Coordinator at U-Turn Parkinson's, and I'm excited to share a few updates for the month of October.



We're adding more classes to our schedule over the next few weeks, giving you even more chances to move, connect, and enjoy time with fellow members of our community.

We're also continuing to expand! Soon, U-TurnPD programs will be coming to Winkler and Winnipeg's west side, making it easier for more people living with Parkinson's to join us. Jordana and I will be sharing more details as these new programs take shape.

Thank you for being part of our community

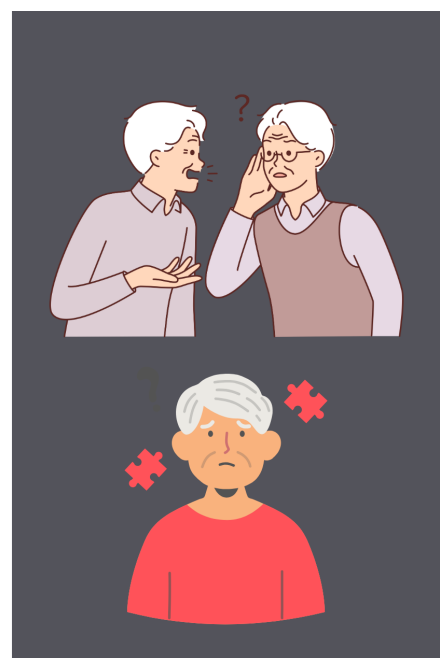
Live Your Best!

Jon

HEARING LOSS AND DEMENTIA RISK: WHAT PEOPLE WITH PARKINSON'S SHOULD KNOW



U-Turn
Parkinson's



By Tim Hague Sr. & Dauda Sulaiman Dauda, MD, MChir, FAPH, PMDPro

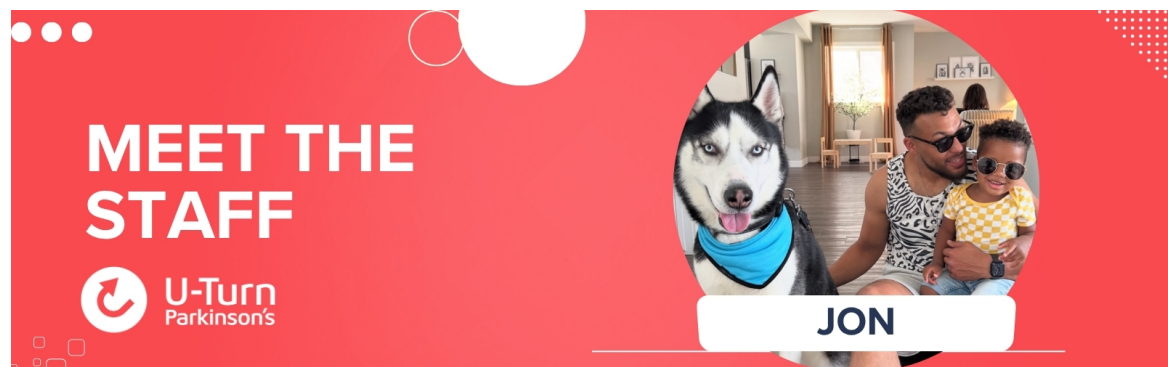
Living with Parkinson's Disease (PD) often means staying proactive about your health - not just movement, mobility, and other known non-motor manifestations, but also thinking, memory, and communication. A new study published in the Neurology Journal of the American Medical Association (JAMA Neurology) highlights an important link between hearing loss (HL), hearing aid use, and the risk of developing dementia.

Hearing Loss, Parkinson's Disease, and Dementia: A Known Connection

HL naturally increases with age and is common among people over 60, including many with PD. Earlier studies have shown that untreated HL is a significant risk factor for dementia, which means it could increase the chances of developing challenges with memory and thinking over time. Others have shown that HL also appears to be an independent risk factor for later development of PD, with the use of hearing aids reducing this risk. This study offers even more hopeful news - using hearing aids may help protect the brain from dementia, especially when HL is addressed early.

[Read more...](#)

Community Spotlight



I joined U-Turn Parkinson's in August as the Program Coordinator. I love the motivated and energetic group I get the pleasure of coaching and working with. U-Turn Parkinson's radiates positivity! I believe this role is important because it allows everything to operate smoother throughout out all classes and the day. I also love my team of instructors. They are professional, knowledgeable, and very coachable.

Facts About me:

- I played football and graduated from the University of Manitoba
- Went to school for Kinesiology and Sport & Recreation Management

- I love to exercise and make sure I can at least 4-5 times per week
- Foodie
- Love hiking/exploring with my Husky

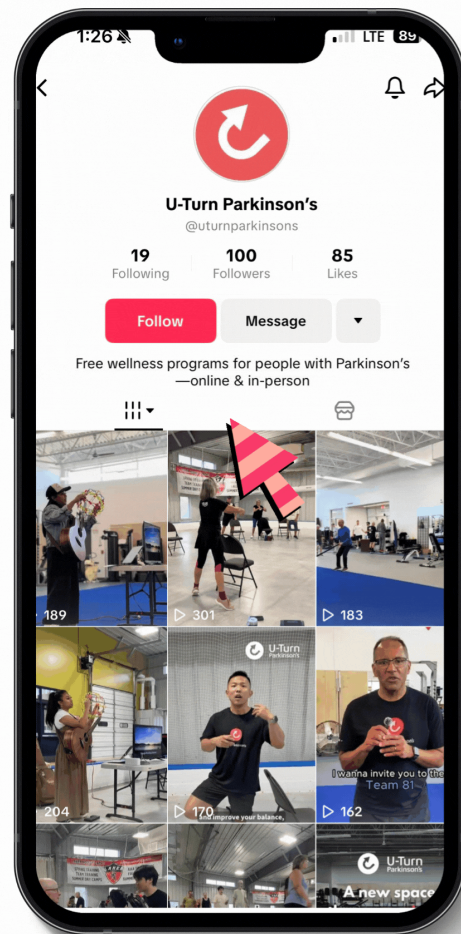
We're on Tik Tok!

U-Turn Parkinson's is now on TikTok, not just for fun, but **to share our mission, raise awareness**, and connect with even more people who care.

We know TikTok may not be your go-to app, but it's where **many caregivers, families, and advocates are**, and we want to make sure they hear your stories, see your strength, and join our movement.

Follow us, share with loved ones, and help us spread the word:

tiktok.com/@uturnparkinsons



Helpful Resources for Living Well



University
of Manitoba



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
Phone: 204-940-8427



A study conducted at Professor Zumbansen's lab
**Research participants
needed!**

Are you living with Parkinson's Disease?

We are looking for people with or without musical experience and
living with Parkinson's Disease.

Aim: To better understand music appreciation in Parkinson's Disease.

- 1 - 2 hours individually with a researcher
- Test your music and language skills
- Ask a family member about your musical tastes



 **Where?**

Virtual (anywhere in Canada)

At your place (Ottawa, Gatineau, Montreal)

In-person (University of Ottawa, 200 Lees Avenue, Ottawa)

 **You cannot participate if you have: uncorrected vision or hearing problem,
another neurological or psychiatric condition**

Interested to join? Want to know more?

**Please scan and leave your
contact information here:**



Or Contact Nina:
✉ nbaya063@uottawa.ca

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



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