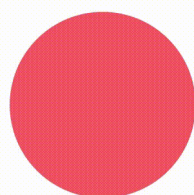


From: U-Turn Parkinson's info@uturnpd.org
Subject: January Newsletter
Date: January 2, 2025 at 10:37 AM
To: Jordana Hague jordana@uturnpd.org, Lance Letain lance@uturnpd.org

UP



U-Turn
Parkinson's
monthly newsletter

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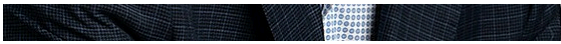
[Donate](#)

A Message From The Founder



Have no doubt we have just begun to fight! We will not stop until every Manitoban living with this disease has access to the medicine we call Exercise!

Of all the things I may do this year or that we attempt to do as an organization, the most important is to convince you to join our community and live your best. As



Happy New Year! Welcome to 2025! I trust you had a wonderful holiday season and are as excited about the new year as I am. While 2024 was a great year for U-Turn Parkinson's I anticipate 2025 holding even greater promise.

I anticipate the hiring of additional staff members who are much needed to help Lance and Jordana carry the load of the day to day running of the organization. We will be introducing you to our new Fund Development Manager later this month and depending on how some specific grants land we will hope to have at least one other announcement to make early in the year.

Staffing is important because it enables our primary goal for 2025 of increasing the number of clients we see every month. We are laser focused on seeing our programs grow. There are some 7,000 individuals living with Parkinson's in Manitoba and we believe we can help a majority of them live better. Working side by side with the Movement Disorders Clinic we believe we can impact more lives for the good. We anticipate seeing

person living with Parkinson's, I can tell you that the most important thing I do every day is to head to U-TURN PD. It's where I find community and strength for this journey. Not only do I gain physical strength that assists my body with the effects of PD but I find emotional strength to deal with the ravages of this disease.

There is no catch, this is a safe place for people living with PD. Everything we offer is free of charge. Come watch a class or attend a class all on our dime. There is never any obligation. If you are living with PD and have never attended one of our classes or it's been some time since you attended, I encourage you to come visit, just see if this might be for you. I believe that what we do could change your life.

Make this your year to take back control of your life with PD. Hasn't it controlled you long enough? We'll show you how. We'll walk with you through this journey. Make 2025 your year!

Some important dates to put on your calendar for 2025 are:

• April 7 - Winnipeg Jets

for the good. we anticipate seeing many more new people in class, thus many new classes and the need for new staff, coaches and volunteers.

We are actively seeking out corporate sponsors and those in the community who can help us access government. There is much that is not being done for PD in this province that should be and we are committed to raising our voice on behalf of the PD Community in Manitoba this year.

• **April** / Winnipeg Jets Parkinson's Awareness Game & 50/50

• **May 31** The Walk to U-Turn Parkinson's (This is a - Huge change so be prepared. We are doing our walk in the spring rather than the fall.)

• **August 1** Team 81 Ride for Parkinson's in partnership with True North Sports + Entertainment and Kyle Connor of the Winnipeg Jets

Live Your Best!
Tim

Join the Circle of
Champions

Be Part of the U-Turn
Crew

Fundraising & Events

Save the Dates!



MAY 31st, 2025



The Walk to U-Turn Parkinson's is back in 2025 but this time, **it's in the spring!** Join us **May 31, 2025** for our family-friendly fundraiser and participate in walking, raising funds and spreading awareness for Parkinson's disease! More information will be sent out soon - stay up to date at

www.UTurnParkinsons.org/events



The Team 81 Ride for Parkinson's will also return **August 1, 2025!** In partnership with Kyle Connor and The Winnipeg Jets, you're invited to join for this multi-day cycling event in support of U-Turn Parkinson's. Day rides will take place beginning in Winnipeg and a celebratory event will conclude the fundraiser once again at Assiniboine Park. Watch our website for more information and be sure to save the date now!

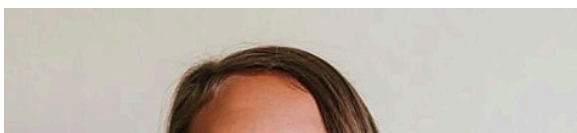


The 2025 Winnipeg Jets Parkinson's Awareness Game is **Monday, April 7** at 6:30pm. \$5 from every ticket sold goes to support U-Turn Parkinson's and the Movement Disorders Clinic! Get your tickets now at a special price: <https://fevo-enterprise.com/event/Parkinsonsawareness2>

Interested in sponsoring one of our fundraising events?

The time to secure your sponsorship spot is now! Reach out to us at info@uturnpd.org or call 204-510-4869 to learn more.

Programming Updates



U-Tunes Online is Paused

Our Online U-Tunes class is



Happy New Year Community! I hope you were able to find some rest and connection this holiday season. I know the holidays can fly by. It's not too late to make time for the things that are most important to you, before transitioning into a new year. Celebrate all the goodness 2024 brought to you, regardless of how small or seemingly insignificant, and then let's look to 2025!

Did you register to join us in 2024 but haven't made it to a class yet?

This is your invitation to use January 1st as a launching point to try out our classes. You may have ideas about what classes are like or what may be expected of you once you begin participating, but give yourself the opportunity to find

Our Online U-Tunes class is paused effective immediately due to some scheduling conflicts and the implementation of a "refresh" of the class. We apologize for the inconvenience! We know how much you enjoy this class and how beneficial it is for you. Our intention is to bring it back to you schedule as soon as possible. We'll be providing you with recorded U-Tunes classes in the coming months and encourage you to try out Power Stretch on Wednesdays at 10am or Empower-U at 11:30am Fridays. Thank you for your understanding - we'll provide further updates as soon as we have them!

We're looking for more volunteers!

As you may know, we rely on volunteers to help our classes run smoothly. They're the ones helping you check in for class, bringing your equipment, demonstrating how to do exercises and more behind the scenes. Do you know someone who would love to volunteer with us? We ask that our volunteers commit to supporting at least two classes a month, or more if they can. Our volunteers are students, Care Partners, family members, friends

out for sure. We have programs suitable for all stages of Parkinson's, from the newly diagnosed to those who have been living with PD for many years. There is a place for everyone here and a community of resources waiting to help you live your best. It's not too late to start now. If you have any questions or hesitations you'd like to talk to someone about, please give me a call at 204-510-4869.

Having a hard time coming back to programming after a long break?

Use January as a launching off point. This is the perfect time to come back to programming. Sometimes we need breaks to manage sickness, travel, injury, apathy, sore muscles and many other reasons. But if you want to come back to classes, please do. The first class back is always the hardest but it gets easier after that. You're welcome here regardless of how much time you've spent away. We'll see you soon!

This is also a great opportunity to plan ahead if you're going away this winter.
Sign yourself up for your first class

and others who are looking to donate their time to help support the PD community. Find more information on available positions [here](#) or reach out to me directly at the contact info below. Thank you

New Merchandise Has Arrived!

Our new merch is here and ready for pick up. Check out our new "live your best" t-shirts or grab on of our class U-TurnPD Zip Up Hoodies next time you're at class. If you don't attend in-person classes regularly but would like to purchase something, please reach out at info@uturnpd.org or call 204-510-4869 to coordinate a pick up time. Thank you!

Cash, cheque or e-transfer to donate@uturnpd.org (no security question required but please indicate the size and item you've purchased in the memo/notes section of e-transfer).

Live Your Best Exercise Shirt \$30
U-Turn Parkinson's Zip Up Hoodie: \$60

Once again, the happiest of New

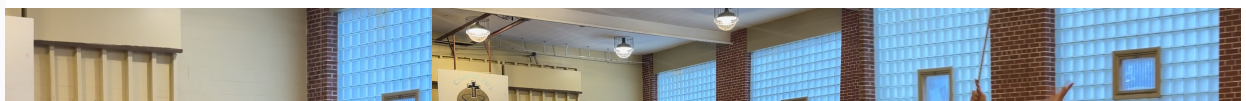
sign yourself up for your first class back ahead of time so that you get the automated reminder emails. It'll be one less thing to think about and will help you get back into routine after being away. You can also join us online while you're gone! Power Stretch, Empower-U and our Meet for Coffee Support Group are available to you, and as always, free-of-charge. Have a wonderful trip if you're going away and don't forget to continue living your best!

Years to you and your family. I hope to see you back in classes very soon!

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



[Sign Up for Class](#)





Dancing with Parkinson's Tuesdays at 11:30am | 525 Beresford Avenue



The Value of Partnerships: Building a Stronger Community Together

As we begin the new year, I want to reflect on the invaluable partnerships that have strengthened our organization and expanded our reach within the

For instance, she offered to share news of our upcoming Empowering Seniors Speaker Series with the church congregation, demonstrating her commitment to our cause.

Cindy Kraus, the church office administrator, has been incredibly helpful with all questions related to room rentals, ensuring we have the support we need. Wayne Arklie, the church's caretaker, consistently goes above and beyond to keep the rooms spotless and the entrances clear of snow, all with a genuine smile. Their combined efforts create a supportive and welcoming environment for our participants.

Gratitude to Our Board of

Parkinson's community. I believe it's essential to recognize and celebrate the collaborative efforts that make our mission possible.

Partnership with the Movement Disorder Clinic and Deer Lodge

I am thrilled to share that, starting in November, the Movement Disorder Clinic has begun referring all their patients to U-Turn Parkinson's. This partnership is a testament to the trust and confidence the clinic staff, including Dr. Douglas Hobson, Dr. Deng Nguyen, Dr. Sean Udow, Dr. Andrew Borys, Executive Director of Clinical Services Sue Lotocki, and Clinical Resource Nurse Kelly Williams, have in our organization. They understand the significant value of regular exercise for individuals living with Parkinson's and know that our evidence-based programs are vital for improving quality of life.

From a patient's perspective, this collaboration means easier access to the resources and support they need to live well with Parkinson's. By offering our programs free of charge, we eliminate a major barrier to participation, ensuring

Gratitude to Our Board of Directors

I also want to acknowledge the dedication and expertise of our Board of Directors, which includes Tim Hague, Mike Luik, Norm Woltmann, Liliane Kirouac Vilar, Joe van Koeverden, Monique Maynard, Trish Bergal, Dr. Deng Nguyen, and Dr. Douglas Hobson. Each member brings a wealth of knowledge and passion to our organization. Their guidance ensures that U-Turn Parkinson's continues to make decisions that benefit our community. With their leadership, we have seen significant growth and can confidently move forward in our mission.

Our Most Important Partnership: You

Lastly, our most important partnership is with you, our constituents. Your participation, commitment to give, and willingness to share and lead by example demonstrate that living well with Parkinson's is possible. Without your support, U-Turn Parkinson's wouldn't be recognized as a leader in Canada and North America for programs

that everyone, regardless of financial circumstances, can benefit from our services. We extend our heartfelt thanks to the entire team at the Movement Disorder Clinic for their unwavering support and dedication.

Partnership with Churchill United Church

Another crucial partnership is with Churchill United Church, where we conduct a majority of our operations. Minister Dawn Rolke has been exceptionally welcoming and accommodating, showing true allyship as we expand our programs within the church's facilities.

and services dedicated to the Parkinson's community.

Thank you for being an integral part of our journey. Together, we will continue to make a positive impact and help our community thrive.

Warm regards,

Lance Letain

Executive Director, U-Turn Parkinson's





Tim with Kelly Williams from the Movement Disorder Clinic



5 Winter Motivation Tips for the Parkinson's Community 💪

Winter can be a challenging season for many, especially for those in the Parkinson's community. The shorter days, colder weather, and increased mobility challenges can sometimes lead to feelings of apathy, isolation and decreased motivation. But with a little

4. Keep Moving, Indoors and Out

Mobility might feel more difficult in winter, but regular movement is essential. Indoors, try activities like Power Stretch, Tai Chi or one of our specialized classes like U-

planning and a positive mindset, you can make this season one of growth and wellness. Here are five tips to help you stay motivated and active during the winter months:

1. Set Small, Achievable Goals

Winter isn't the time to aim for perfection; it's about progress. Break larger goals into smaller, more manageable steps. For example, if you want to improve your mobility, commit to 10 minutes of stretching or light exercises each day. If you want to build strength, set a goal to gradually increase the amount of weight you're lifting in class throughout the year. Celebrate the small victories! Each one is a step toward living your best.

2. Stay Connected

Isolation can exacerbate feelings of apathy. Make an effort to stay socially connected, whether it's through our online support group, an in-person or online class, or a simple phone call with a friend. Our virtual and in-person programs are designed specifically for people with Parkinson's and the symptoms you're facing. Don't worry about arriving late or

Tunes for vocal strengthening. If it's safe to do so, bundle up and take a short walk outside—the fresh air can do wonders for your mood and energy levels. Wear sturdy shoes and use assistive devices, like walking poles, if needed to ensure safety on slipper surfaces. Invite a friend to walk with you and get some connection in at the same time!

5. Focus on What You Can Control

It's easy to feel overwhelmed by what winter makes harder, but focusing on what you can control can shift your perspective. Whether it's experimenting with a new recipe, learning something new through a documentary or book, or simply practicing gratitude, find joy in the small things you can do each day. There's a lot that we can't control but there are always things we still can. What is that for you? How can you make the most of it to help you live your best?

Come With Us

Winter is the perfect time to explore programs designed

worry about arriving late or needing to leave early - you're welcome to join us for as much as you're able to. If it helps, keep it in mind that you can always bring a Care Partner or friend to join you! If you have any questions about how to join a class, please reach out to us at info@uturnpd.org or call 204-510-4869.

3. Create a Winter Wellness Routine

Routine is key for managing Parkinson's symptoms, and winter is no exception. Design a daily schedule that includes time for movement, connection, hydration, nutritious meals, and rest. Incorporate activities you enjoy, like listening to music, reading, or practicing mindfulness. Schedule your most challenging tasks during the time of day when you feel your best. Remember, you want to create a routine that works for you. Over scheduling or taking on too much will only lead to burn out and won't be helpful in the long run. Aim to include a little movement, a little connection, a little hydration, a little healthy eating, etc and add in more as you become able to.

specifically for people with Parkinson's. At U-Turn Parkinson's, we know how hard it can be to deal with apathy and lack of motivation. We offer a variety of classes that support physical, vocal, and emotional health to help tackle these symptoms and others. If you're already a member of our community, consider trying a new class or saying hello to someone you haven't met before. Help us welcome newcomers who may be finding it hard to stay motivated. If you're new to our community, give us a call for more information on how to get started. We're here to support you every step of the way and it's always easier when we do it together.

Get in Touch

Phone: 204-510-4869

Email: info@uturnpd.org

Website:

www.uturnparkinsons.org

Fieldwork, Fitness, and Fun: My Practicum Experience at U-Turn Parkinson's

Happy December everybody!

It's Jayda Doell here, I am a student at the University of Manitoba working towards my Bachelor of Kinesiology. I pursued kinesiology because of a love for sports and an interest in the ways exercise can be used in a preventive and rehabilitative manner. I have had the fantastic opportunity of completing my fieldwork experience here at U-Turn Parkinson's for the last three months.

Before my fieldwork experience, I had little knowledge of what U-Turn Parkinson's was or what they offered. After hearing about them in February 2024 at a career symposium, I was able to learn a valuable amount of information on their website, through conversation with my university professor, and connecting with the U-Turn Parkinson's Program Manager and Executive Director in an interview process related to fieldwork. After receiving my placement with U-Turn I began my practicum in September 2024!

[Read more...](#)

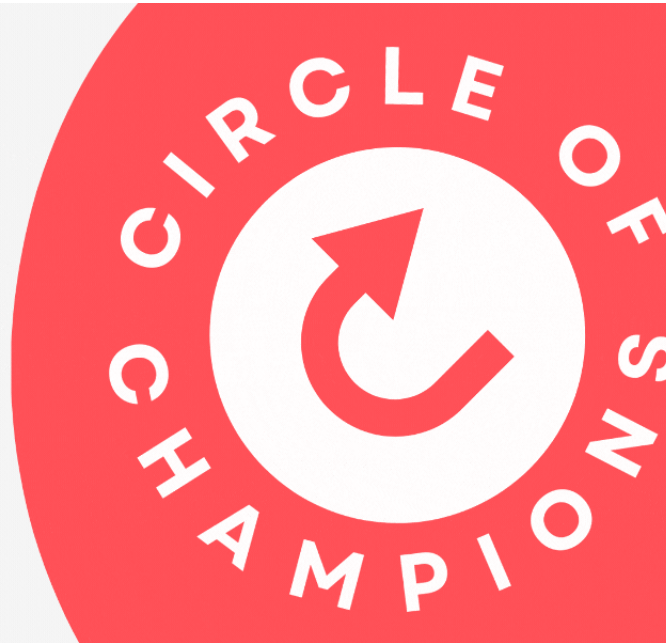


[Sign Up for Class](#)

[Create an Account](#)

If you'd like to start **2025** by making a difference, consider joining our **Circle of Champions** or making a one-time gift to support our programs.

[Join the Circle](#)



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