

February 2026



U-Turn
Parkinson's
monthly newsletter



A Message From Tim

We have slipped into the new year and I'm not quite adjusted to writing '2026' and here it's February already. It's a beautiful sunny day today with frigid temperatures outside. Classic midwinter in Manitoba. Many spend these months somewhere south and warm but I have other plans this year. We are planning a little get away to Portugal to walk 100kms of the Camino de Santiago.

I'm calling it our 10/10/10 (thanks John W!) Walk to U-Turn Parkinson's. We, Sheryl and I, are going to walk 10kms per day for 10 days to help celebrate U-Turn Parkinson's 10th Anniversary. We are choosing to do the last 100kms of the famous Camino, well, because Sheryl wants to, lol! I think you would agree that walking in Portugal sounds far nicer than walking in Manitoba! So, come this April we will be off.

You will hear lots about our 10th anniversary celebrations this year and we thought that this would be a great way to bring together many of our loves. Our love of travel, exercise, languages and U-TurnPD. I want to use this time to encourage you in your journey with PD. To be creative and positive in your approach to living well. Like learning another language, see Dauda's article following. To do things outside your comfort zone. To be honest I'm not sure how 10km/day is going to go but we'll find out together. We may in fact discover new boundaries and limitations but what a grand adventure it will be and we just might come back discovering we can do more than we thought we could.

There are three ways that you can be involved with our little 10/10/10 walk:

1. Train with us and walk with us virtually. Follow us on social media at [@uturnpd](#) and [@timhaguesr](#) to follow our progress and join in.
2. Join us on May 30th at Canadian Mennonite University to walk the final 3kms with the Parkinson's community at our annual Walk to U-Turn Parkinson's.
3. Make a Donation to encourage me (I really don't like walking) but more importantly to support the incredible work being done by U-TurnPD. Suggested donations are \$100 for \$10/year of U-TurnPD - Or - \$1000 for \$10/km walked on the Camino! Mark your donation as going to 10/10/10.

Now, to hit the treadmill...it's too dog gone cold to walk outside today!

Live Your Best !

Tim

Fundraising & Events



Registration for the 2026 Walk to U-Turn Parkinson's is officially open! For those looking to claim their spots or start their fundraising early, you can now do so at walktouturnpd.ca.

Whether the Walk to U-TurnPD is the day you decide to get active and begin living well with PD, a day you commit to raising funds for your PD community, or a day you use to raise awareness of PD, every step counts towards a world in which all people living with PD can live active, vibrant lives!

Register Today

EmpowerED

Conversations for Living Well

Embracing Acceptance

 Tuesday, March 3, 2026

 Southdale Community Centre (254 Lakewood Blvd) and ONLINE

 2pm-3pm (45 min presentation, 15 min Q&A)

Brought to you by:



U-Turn
Parkinson's



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Made possible by the generous support of:



Introducing EmpowerED: Conversations for Living Well!

This new monthly educational speaker series focuses on practical, empowering topics that help individuals maintain holistic wellness and make informed decisions—physically, emotionally, financially, and socially.

The first session will take place Tuesday, March 3, 2026 from 2pm-3pm at Southdale Community Centre and online. The topic "Embracing Acceptance" is brought to you by the Canadian Mental Health Association. Participants will explore how acceptance can reduce emotional overwhelm, build resilience, and support overall well-being. Sign up to attend using your class calendar or at the link below!

Programming Updates

Hello U-TurnPD Community,

February is a month that naturally invites us to think about connection, and with Valentine's Day around the corner, it feels like the perfect time to celebrate the relationships that make our community so special. From the friendships formed in class, the encouragement shared between members and the support between care partners, we see every day how meaningful these connections are at U-Turn Parkinson's. This month, we're celebrating all the ways love shows up in our community: for movement, for each other and for your own wellbeing.

We're excited to share that our Winkler classes are officially under way!

It has been incredible to see such strong turnout and enthusiasm so early on. Expanding our programs beyond Winnipeg is an important step for us and we're so grateful to everyone in Winkler who has welcomed us so warmly. If you haven't joined us at class yet, today is a perfect day to give us a call (204-510-4869) to schedule your assessment. We'd love to have you join us!

As we move through the heart of winter, staying active can feel extra challenging, but it's also more important than ever.

Regular movement plays a key role in supporting balance, strength, mood and overall quality of life for people living with Parkinson's. Even on the colder, darker days, showing up for yourself truly matters. If weather or travel make it difficult to attend in person, you can always join us online from home. Our live Zoom classes and [YouTube videos](#) are a great way to stay connected and keep moving safely and comfortably.

We also want to take a moment to recognize our incredible instructors and volunteers. It is so encouraging to have such a dedicated team! Your instructors truly go above and beyond to plan engaging, safe, Parkinson's-specific exercise classes for you. Their energy, compassion, and dedication are what make our programs so impactful, and we are deeply grateful for everything they bring to our community.

In the spirit of Valentine's Day, we encourage you to bring a friend, partner, or care partner to class this month.

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In the spirit of Valentine's Day, we encourage you to bring a friend, partner, or care partner to class this month.

It's a great way to share the experience, stay motivated together and introduce someone new to the power of movement and community. We look forward to persevering through February with you, into a purposeful spring! Stay tuned to our weekly emails and social media for updates, we can't wait to share what's ahead with you.

Did You Know? Why We Do What We Do.

Research from Dr. Jay Alberts, a leading Parkinson's exercise scientist at Cleveland Clinic, shows that how hard you exercise matters just as much as how often. In his well-known cycling studies, participants who exercised at a higher intensity than they would normally choose experienced greater improvements in movement, tremor and overall motor function compared to those who exercised at a comfortable pace.

Why does intensity matter, even as we age?

Higher-intensity exercise can stimulate changes in the brain that support dopamine function, neuroplasticity and motor control. In other words, it may help the brain work more efficiently, positively impacting PD symptoms. Importantly, this does not mean pushing to exhaustion or risking injury. It means working at a level that feels challenging but safe, with good form and appropriate rest. This is why our classes are colour-level specific, with options to push yourself within your own personal limits. Whether you exercise seated, standing or somewhere in between, you're capable of more than you think, and you benefit when you gently push your comfort zone.

Dr. Alberts et al., "Effect of forced exercise on Parkinson's disease" Neurorehabilitation and Neural Repair (2011)

We're here to help! If you have any questions, need help accessing online programming or are unsure which option is best for you, please reach out. We're available at 204-510-4869 or info@uturnpd.org

Jordana
Program Manager

SPEAK UP, STAY SHARP: HOW MULTILINGUALISM MAY SUPPORT HEALTHY AGING IN PARKINSON'S



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

Living with Parkinson's disease often means being attentive not only to movement and balance, but also to the brain - memory, attention, executive function, and adapting to changes. There's encouraging news from recent neuroscience research suggesting that one surprisingly accessible activity may contribute to stronger brain health and slower ageing of the mind. Speaking or learning more than one language is linked with slower biological and cognitive aging, and this may be a practical, enjoyable way for people living with Parkinson's to keep their brains more resilient as they age.

What the New Study Found

[Read more...](#)

[Read Full Article](#)

OUR COMMUNITY



ROGER

1. When did you join the U-TurnPD community and how did you first hear about us?
First heard about U-TurnPD from my younger sister and joined in February 2025 after my diagnosis in December 2024. I was hesitant at first as I had trouble comprehending how exercise could help my symptoms but looking back, I regard this decision as one of the best I've ever made.

2. Which classes do you attend and what do you think makes them great for those living with Parkinson's?

I attend: Empower-U Orange/Red on Mondays and Fridays, Power Stretch on Tuesdays and Thursdays and Vocal Power on Thursdays, all at Southdale Community Centre. These are the classes I find best address my PD symptoms but this is only me speaking for myself. The beauty of this community is the availability of other classes like dance / boxing / tai chi that other " Parkies " might find better address their symptoms and limitations.

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

The U-TurnPD community has become my extended family. Everybody there for the same reason and we all help & cheer each other along in our journeys. The staff are exceptional and have created an environment where everybody feels accepted. As mentioned earlier, the classes offered are well designed and offer great choices to suit everyone.

4. Fun facts about Roger!

- Although I get called upon to recite a famous line from Star Trek during Thursday Power Stretch class, I have never watched an episode of Star Trek. Talk to me about Star Wars and I can go on forever. Liliane can back me up on this one.
- I am the 6th child of a family of 8.
- I am the father of 2 amazing children and grandfather to 3 beautiful granddaughters.
- My wife Roxanne who's put up with me for almost 37 years is my rock.

Interested in connecting with the U-Turn Parkinson's community? We'd love to have you join us! Learn more at www.urnparkinsons.org or give us a call at 204-510-4869.

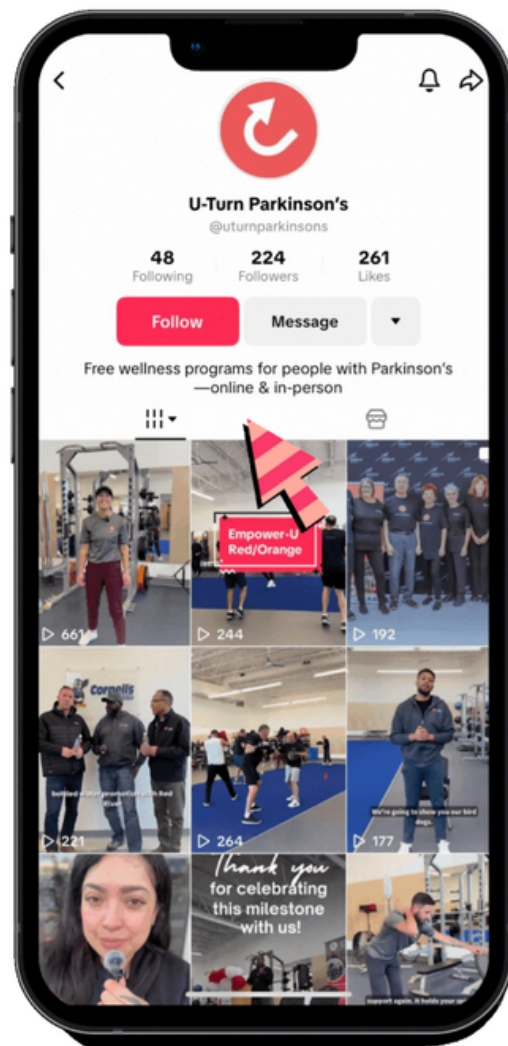
We're on Tik Tok!

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/@urnparkinsons





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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Visit Our Website

www.uturnparkinsons.org

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