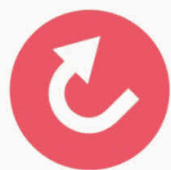


June 2025



U-Turn
Parkinson's
monthly newsletter



A Message From The Founder



Hello friends!

May in Manitoba means a few things: the last stubborn moments of cold weather, the first real smell of spring and the promise of something new. That spirit of new beginnings is alive and well here at U-Turn Parkinson's.

We're preparing for our big move to Southdale Community Centre this June and I couldn't be more excited. This new space offers us more room, more opportunity, and most importantly, more community. If you haven't joined us in a while, now is the perfect time to come back. We'd love to welcome you into our new home.

And with every move comes a shifting of schedules, longer drive times for some and an easy excuse to disconnect and fall off. Don't allow that to be your reality. If the move is shaking things up for you, we're here to help. Allow our team to help you coordinate bus routes, parking and car pools. Stay connected. We have to continue living well with PD and it's always easier when we do it together.

Alongside this move, we're thrilled to welcome two incredible new team members to the U-TurnPD team! Dr. Dauda ('daʊ.də / DOW-duh) Sulaiman Dauda joins us with decades of experience in global public health and community wellness. His wisdom and passion will help elevate our mission and keep us grounded in best practices as we grow.

We also welcome Katherine, who started with us as a volunteer just last year and is now stepping into the role of Communications Coordinator. Her creativity and heart for this community have already made an impact and I can't wait to see how she helps tell our story going forward. Learn more about each of them below.

We continue to see record-breaking attendance and that tells me something important: we're doing something that matters. You're showing up! You're investing in your health, in your people, and in this community. That gives me such hope! Whether you're in class every week or just getting ready to come back, know that you're not alone. We're saving you a spot.

Come find us at Southdale this June. Come meet Dauda and Katherine. Come reconnect. Come live your best with us!

Live Your Best!
Tim

Meet Our Two New Team Members

Dr. Dauda Sulaiman, Dauda is an experienced public health and clinical professional with over 20 years of international experience. He has worked across several countries, leading programs in HIV/AIDS, malaria, tuberculosis, family planning, and maternal and child health.

Dr. Dauda brings strong skills in strategic leadership, program development, project management, financial planning, health informatics, and monitoring and evaluation. His work has supported major public health efforts in both emergency and long-term development settings.

Before joining U-Turn Parkinson's, he was the Regional Manager for Nigeria and Francophone Africa on USAID's Data.FI project, where he helped improve data access for HIV programs across 10 African countries.

He holds a Doctor of Medicine and a Master's in Pediatric Surgery from universities in Ukraine. Dr. Dauda has lived and worked in Ukraine, Nigeria, and Canada, and has supported projects in over a dozen African countries. He speaks English, Russian, Hausa, and Ukrainian, with basic French and Arabic.



Katherine Morera is a seasoned marketing and communications professional with 10+ years of experience across non-profit, B2B, and online gaming sectors. She specializes in aligning strategy with purpose to drive engagement and community connection.



Katherine joined U-Turn Parkinson's as a volunteer in spring 2024. Her creativity and dedication quickly led to a contract role, and we're excited to now welcome her full-time as our Communications Coordinator. She leads content creation, social media, website management, and ensures our messaging is clear, consistent, and community-driven.

Previously, she was CRM Manager at the Winning Poker Network, leading global promotions and retention efforts. She holds a Marketing and Advertising degree from Universidad Latina de Costa Rica and is completing a Digital & Social Media Marketing Certificate at the University of Winnipeg. Fluent in English and Spanish, Katherine brings strong storytelling, digital, and strategy skills to the team.

Fundraising & Events



What can I say but THANK YOU!

Thanks to you, and the other dedicated members of our community, the Walk to U-Turn Parkinson's raised an outstanding \$\$106,629! All of the funds collected go to supporting our free-of-charge, condition-specific wellness programming for people living with Parkinson's. We could not be more grateful.

A special thank you to our presenting sponsor, Lacoste Garden Centre, for making this year's Walk extra special! And to sponsors Naida Communications, Thomas Design Builders, Turnbull-Whitaker Insurance Brokers, and River East Physiotherapy for helping make this event happen! We also want to thank our prize sponsors, Rainbow Stage, Winnipeg Blue Bombers, Smitty's Restaurants, PrairieHome Specialists, and Melaleuca, The Wellness Company, for their generosity.

We also want to extend our gratitude to Rachel Lagacé of CTV News Winnipeg for emceeding, St John's Ambulance for providing first aid, Active Aging for Seniors for allowing us to try out urban poling, and the City of Winnipeg for the lawn games! And don't forget the many volunteers who donated their time and energy to making this event the best that it could be.

And once again, I'd personally like to thank YOU. By showing up, fundraising, bringing your friends, and getting excited, you were the lifeblood of this event. We are so incredibly grateful for the dedication each member of our community puts into caring for U-Turn, making it a place of welcome and encouragement. This is never more evident than during the Walk.

The work's not over yet! We are turning our attention to the Team 81 Ride for Parkinson's, taking place July 30-31 with our first ever Bike Parade for the whole family taking place in Assiniboine Park on Friday, August 1! More details will come on that soon, but we would love for you to mark that day in your calendars, plan to bring your friends and family, and consider volunteering for what we know will be an exciting event!



Team 81 Ride for Parkinson's — Be Part of the Journey

Over two days, riders from all backgrounds come together to support U-Turn Parkinson's and raise vital funds for our free wellness programs. Whether you're living with Parkinson's, know someone who is, or simply want to make a difference, there's a place for you on this journey.

You can ride, volunteer, donate, or cheer us on — every role matters and every pedal stroke powers our mission forward.

Want to be part of it? Head to www.team81.ca for all the details and don't forget to save the date!

Interested in sponsoring one of our fundraising events?

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

Programming Updates



Build Your Summer Plan for PD

As we get ready to move into our new home at Southdale Community Centre this June, we're inviting you to take a moment to reflect on your Plan for Parkinson's and how it might need to shift this summer.

Your Plan for PD is any combination of movement, connection and care that helps you live your best with Parkinson's. It's personal. It's intentional. And it's something worth checking in on as the seasons change.

Summer brings longer days, more social time, and more opportunities to move outside, but it can also disrupt routine. Maybe you're heading out to the lake on weekends. Maybe your days feel less structured. Maybe your energy shifts with the weather.

Without a plan, it's easy to let exercise and self-care slip to the bottom of the list.

So, here's your challenge: what will your summer Plan for PD look like?

1- If you usually attend three classes a week but will be away, how will you stay active instead?

- Could you schedule daily walks, morning swims or bring a set of workout equipment with you so that you can join us for classes online?

- Will you set a reminder for vocal warm-ups (find them on our YouTube Channel) or plan a standing phone call with a fellow U-TurnPD member for accountability?

2- If this is your first season without a cabin to head out to, how will you structure your new routine?

- Could you add in additional classes at U-Turn Parkinson's?

- Make more of an effort to connect with our community members, make friends and enjoy time in the city?

Whatever it is, make it yours, make it realistic and write it down. Post your schedule on your fridge, your phone or your calendar. Share it with us. Your future self will thank you.

Important Note:

Due to room unavailability, there will be no classes at our Portage location on Saturday, June 21. We apologize for the inconvenience and encourage you to join us at another location or online throughout the week.

Let's have a wonderful June!

Jordana

NEUROPLASTICITY: WHY DOES IT MATTER FOR PARKINSON'S?



What Is Neuroplasticity and Why Does It Matter for Parkinson's?

If you've ever wondered how movement and learning can help you live better with Parkinson's, the answer lies in a powerful concept: neuroplasticity.

Neuroplasticity is the brain's ability to change, adapt, and form new neural pathways in response to experience. That means even though Parkinson's causes the loss of certain brain cells, your brain can still learn, reroute, and grow, especially when we challenge it with new and intentional movement.

[Read more...](#)

Community Spotlight



**U-Turn
Parkinson's**

**COMMUNITY
MEMBER**



PAT MCCABE

1- When did you join the U-Turn Parkinson's community and how did you first hear about U-Turn Parkinson's?

I was diagnosed with Parkinson's in 2015. I met Tim Hague in 2016 at an open house regarding Rock Steady Boxing, an exercise program for people living with PD. I immediately signed up and have participated every step of the way, as the organization has grown into the U-Turn Parkinson's we all know today.



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

I am currently attending Empower-U (Orange/Red) and Empower-U (Green/Yellow) 3 times a week. They're great for PD because each class is designed with PD symptoms in mind, with modifications for individual needs. The staff deserves all the credit. We are fortunate to have great coaches and volunteers too, who are all encouraging.



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

We're all at different stages of Parkinson's but we're all working towards the same goal - living better with PD. I am fortunate to have the support of family and friends too. I like being a part of the community here because we all find strength in each other. I always look forward to working out with my PD family. We all have this connection and it's very encouraging.



4. Fun Facts About Pat:

1. Golf in the summer is a part of my exercise routine
2. I'm afraid of spiders
3. I like to travel and often go to Mexico in the winter
4. I'm one of the longest attending U-TurnPD community members!



University
of Manitoba


LOOKING TO
IMPROVE YOUR
PHYSICAL
FUNCTION?



If you have a neurological condition, the Student-Led Interprofessional Neuro Clinic (SLIC-neuro) could be for you!

They offer FREE, goal-oriented, task-based rehabilitation for Manitobans with conditions like:

- ✓ Stroke
- ✓ Parkinson's Disease
- ✓ Spinal Cord Injury
- ✓ Multiple Sclerosis
- ✓ Balance Dysfunction, and more!

 Open April–June | In-person & Tele-rehabilitation Care is provided by University of Manitoba health students under licensed supervision.

Join the Referral List!

Phone: 204-221-0726

Email: SLICneuro@umanitoba.ca



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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