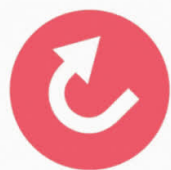


June 2026



U-Turn
Parkinson's
monthly newsletter



A Message From Tim

It's been a full month! From walking the 10/10/10 Grand Camino or the last 100kms of the Camino de Santiago in Portugal and Spain, to attending the World Parkinson Congress in Phoenix, AZ to this year's Walk to U-Turn Parkinson's, we've been a bit busy.

Walking the Camino with Sheryl was indeed grand, aside from the chest cold that I came down with! Once that cleared up, we had a fantastic time. Fantastic enough to do it again? Probably not but it's a big one checked off the bucket list.

There is much I could say about the World Parkinson Congress (WPC) but the one highlight I will share with you here is the message from the closing plenary. WPC has traditionally been a science-based entity focused on finding a cure for PD. It has been somewhat slow, in my opinion, to embrace more wellness-based research and the care aspect of PD.

This year this dramatically changed with a full plenary session set aside to address exercise. I was thrilled to see it and anxiously waited to hear the speakers.

I was not disappointed! We heard from leading researchers in the field of PD how study after study after study continue to build a mountain of evidence that says exercise is disease modifying in PD. That means exercise can alter our symptoms the same as our levodopa/carbidopa! Sit with that for a moment...it is truly amazing that we have the potential to alter the course of our disease by getting up and exercising!

While it's great to have the formal research bearing this out, in truth, this is old news to many of the men and women who show up at U-Turn Parkinson's every month. They

don't show up to lose weight or become muscle bound, they show up because they feel better, they walk better, they think clearer and their PD symptoms are pushed back because they choose to show up.

The Walk to U-Turn Parkinson's is one event that makes it possible to provide this medicine called exercise available to everyone who needs it Free of Charge. We are so grateful to our name sponsor, Lacoste Garden Centre, for leading the charge once again at the walk. We are so grateful for their sponsorship.

This year's walk saw over 600 members of our community come together to celebrate with family and friends all we have been given and the ability we still have. Thank you to each of our many sponsors and to each individual who gave so that we had over \$120,000 raised toward our programs and services!

I leave you with the words of the globally renowned Parkinson's neurologist Bas Bloom, "Live Like an Athlete"!

Live Your Best,
Tim

Fundraising & Events



Thank you to everyone who joined us for the Walk to U-Turn Parkinson's!

Thanks to the incredible support of our community, we raised over \$125,000 to help fund free wellness and movement programs for people living with Parkinson's. With more than 600 people in attendance, the day was filled with connection, energy, and hope.

We are deeply grateful to every walker, donor, volunteer, sponsor, and supporter who helped make this event such a meaningful success.



EmpowerED

Conversations for Living Well

Promoting Independence in Your Own Home by PRIME Home Health

Join us on tomorrow at 2:00 PM at Southdale Community Centre for the next session of EmpowerED: Conversations for Living Well, available both in person and online.

June's topic is "Promoting Independence in Your Own Home," presented by PRIME Home Health.

This free presentation will explore long term in home care options, funded care programs, professional assessments, and how early intervention can help prevent accidents and improve quality of life at home.

There is still time to join us. Registration closes soon.

Sign up through your class calendar or use the link below to reserve your spot today.

Sign up for EmpowerED

*EmpowerED: Conversations for Living Well is made possible through
the support of Cambrian Credit Union.*



Aging in Place: Your Home, Your Choices brought to you by Victoria Lifeline.

Discover practical tips to live safely and confidently at home—from fall prevention and staying active to learning about the supportive resources available as your needs change. With the right planning, aging in place is not only possible, it's empowering.

This session is led by Vicki Russenholt, Accredited Fall Prevention Educator at Victoria Lifeline, with over a decade of experience helping older adults maintain independence safely.

There is still time to join us. Registration closes soon.

Sign up through your class calendar or use the link below to reserve your spot today.

EmpowerED: Conversations for Living Well is made possible through the support of Cambrian Credit Union.



Team 81 Ride for Parkinson's

Saturday, August 29, 2026

 Assiniboine Park

Join us in support of U-Turn Parkinson's and the free programs our community relies on.

Choose your ride:



81km – The Charge



44km – The Push



20km – The Glide (family-friendly)

Not riding?

You can still be part of it! Join us at the Team 81 Ride for Parkinson's Rally - a family-friendly celebration at Assiniboine Park with a bike decorating contest, face painting, music and more!

Register by July 15 to secure your jersey/t-shirt size

Whether you ride, fundraise, or just show up to cheer, it's all about coming together and supporting each other 🧡

About Team 81 Ride

Programming Updates

Happy June U-TurnPD Community! Hello U-TurnPD Community,

Did anyone else feel like we had finally made it to spring... only for another cold snap to remind us we live in Winnipeg? Thankfully, it seems like we've officially turned the corner, and it's time to enjoy it.

If you're anything like me, the second the weather warms up, all you want to do is sit outside with a cold drink and some BBQ. And you should! It's important to enjoy the beautiful outdoors while we have them.

Introducing PushPress

As you may know, U-Turn Parkinson's has transitioned to a new registration and scheduling system called PushPress.

PushPress provides a more streamlined and user-friendly experience for registering for classes, managing your schedule, and staying connected with programming. This change also allows our team to better support communication and continue improving your overall experience.

If you haven't yet transitioned over, or have a question about the new system, reach out at 204-510-4869 or info@uturnpd.org. Our team will be available to support you every step of the way to ensure a smooth transition.

Parkinson's and Anxiety

Anxiety is a common and often overlooked part of Parkinson's. It can show up as restlessness, racing thoughts, difficulty concentrating, or a general sense of unease, sometimes even before physical symptoms change.

There is a biological component to this. Changes in dopamine and other brain chemicals involved in Parkinson's can directly affect mood and anxiety levels, meaning these feelings are not just "in your head," but part of the condition itself.

The good news is that there are ways to manage it. Regular exercise remains one of the most effective tools, helping to regulate mood and reduce stress. Structured routines, like attending classes at consistent times, can also create a sense of stability and control.

Simple strategies such as focusing on your breath, taking things one step at a time, and staying socially connected can make a meaningful difference. Most importantly, it is okay to talk about it. You are not alone in this experience, and support is always available within our community.

If you need additional support, please don't hesitate to pull a staff member aside or give us a call at 204-510-4869. We're here to help!

That being said, we also don't want to let our wellness routines fall to the wayside. Summer often changes our schedules, whether that means time at the lake, more travel, gardening, walking outdoors or simply soaking up the sunshine. That's wonderful, but let's make it intentional.

This month, we encourage you to reset your "Plan for Parkinson's." Which classes do you not want to miss? How can you structure your summer so you can fully enjoy the season while still keeping your health and wellness goals at the forefront? Your plan may look a little different over the summer, and that's okay, but staying intentional can make all the difference.

Set Your Plan for Parkinson's

This month, we encourage you to create or recreate your "Plan for Parkinson's" for the summer ahead.

Ask yourself:

- Which classes help me feel my best?
- Which routines keep me strong, energized and connected?
- What do I want to prioritize this summer?
- How can I structure my schedule so my wellness doesn't get pushed to the back burner?

Your plan doesn't need to look the same every week. Some weeks may include more walks outside, time at the cabin, gardening, swimming or simply enjoying time with loved ones. The goal isn't perfection. The goal is to continue making living your best with PD a priority while fully enjoying the season ahead.

Even attending one or two consistent classes each week can help maintain momentum, strength, balance, confidence, and connection throughout the summer months. A change in routine doesn't mean giving up on your routine.

July 1 Closure

As you look ahead to the summer season, we want to remind everyone that U-Turn Parkinson's will be closed on Wednesday, July 1st for Canada Day. We hope everyone

enjoys a safe and relaxing holiday with family and friends.
Thanks for Helping Us Create a Welcome & Inclusive Community

Finally, we want to take a moment to thank all of you for helping create such a welcoming and supportive community. We're seeing many new faces at each of our locations and every week we see members going out of their way to greet newcomers, offer encouragement and help others feel comfortable walking through our doors for the very first time. That kindness matters more than you know.

We also love seeing the friendships that continue to grow within our programs. Whether it's chatting before class, checking in on one another, grabbing coffee together or simply sharing a laugh during a workout, these connections are an important part of what makes this community so special. Thanks for being simply the best!

Have a lovely June!

Jordana Donnelly

Program Manager | U-Turn Parkinson's
204-510-4869 ex. 2
jordana@uturnpd.org

Community Spotlight

Get to know your U-TurnPD community.



Why did you first join our community and what interested you most about the position?

I first joined U-TurnPD for a practicum in Fall 2025, and the UTurnPD community is so wonderful that I'm thrilled to be back full-time for the summer! UTurnPD has so many fun classes and I really enjoy being able to jump in and help them run smoothly. If I'm not helping out in class, then you'll probably find me doing assessments which is one of my favourite parts of my job.

Tell us a little bit about your previous experience and/or education. What are you most excited to bring to the community this summer?

After graduating from high school, I went to the University of Manitoba for their Bachelor of Kinesiology program. Learning how the body works together is something that's always interested me, and so I really enjoyed learning how important movement and exercise is for the body. I'm excited to use what I learned to encourage and support the UTurnPD community in living their best!!

What do you love most so far about the U-TurnPD community?

It's so hard to pick just one thing! One thing that stands out to me is the positivity that the UTurnPD community brings everyday. When I come to work in the morning it's so welcoming, everyone is happy to be there and work hard.

Some fun facts!

- 1 - I'm graduating from my Bachelor of Kinesiology this June!
- 2- In my free time I started to crochet a blanket, but now that the weather is so much nicer I doubt I'll be making much progress on it :)
- 3- I love a good iced coffee.

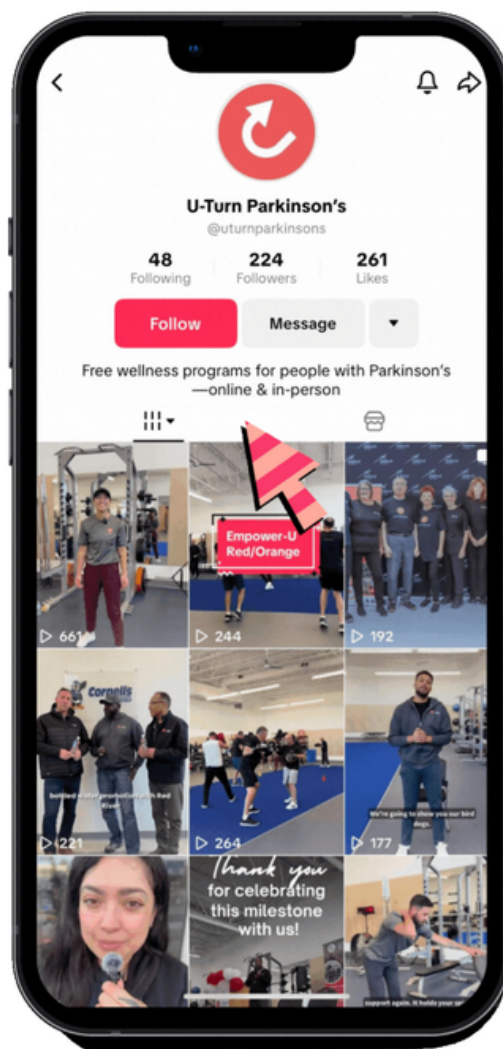
We're on Tik Tok!

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





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:



Government
of Canada

Gouvernement
du Canada

Canada

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

Copyright © 2026 U-Turn Parkinson's, All rights reserved.