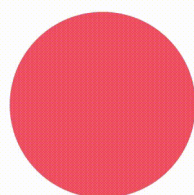


From: U-Turn Parkinson's info@uturnpd.org
Subject: November Newsletter
Date: January 2, 2025 at 3:03 PM
To: Jordana Hague jordana@uturnpd.org

UP

[Visit Our Website](#)



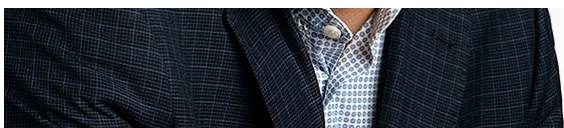
U-Turn
Parkinson's
monthly newsletter

A Message From The Founder



From children, to extended family to friends and even colleagues. The breadth and depth of care received can be breathtaking. I am at times overwhelmed by the generosity of those around me.

How do we say 'thank you' to generous souls who give far more



This month is National Care Partners Awareness month and we want to stop and give a huge shout out to all those who keep us on the straight and narrow. But first a few stats from the recently released economic burden report by Parkinson Canada:

Care Partners will collectively face \$990 million in costs in 2024, expected to rise to \$1.3 billion by 2034.

73% of care partners surveyed altered their work arrangements due to caregiving responsibilities. Many switched to part time work, took a less demanding job or retired early.

71% surveyed reported out-of-pocket costs averaging \$8610 annually.

92% of care partners surveyed experienced a decline in income after taking on caregiving, with an average decline of 41%.

87% of care partners surveyed are supporting someone with

than we ask or deserve who often see our need before we do and have the answer long before we've formulated a question?

Give them the gift of you.

For thirteen years now Sheryl, my wife, has been my 'care partner' and she has made it clear that all she wants out of this rotten deal we've been given is the best me I can give her. She wants to still travel together, she wants me present for the births of our many grandchildren yet to come, we want to continue to grow old together.

She says the best 'thank you' I can give her is the best version of me I can muster.

She genuinely seems to be holding on to that 'in sickness and health' stuff that those two kids spouted off to each other nigh on 40 years ago! She just wants the best me I can be.

So, yes, I work out and exercise for me but mostly for her. I don't want to be a burden so I will work to not become one. I want to be here for my kids and their kids so I will do the work necessary to help ensure

Parkinson's without any compensation.

Care partners surveyed provide an average of 21 hours of care per week, increasing to 30 hours when caring for someone with severe symptoms.

The short story is that the role of Care Partner ain't no joke! It is serious heavy lifting that those who love us take on every day!

It is most often our spouses who take up the mantle of 'care partner' but we know that it encompasses so many others.

the work necessary to help ensure that I will be.

Want to say 'thank you' to all those who love you and care for you? Be there for them. Show them that you will work to be the very best version of you that you can muster Parkinson's or not. See you at the gym!

Oh, and honey, Thank You!!

Tim

[Join us in Class](#)

Fundraising Events



It has been a fantastic year at U-Turn Parkinson's. It has been one of the most financially healthy years we have had. I cannot express the deep gratitude that I have for how Manitobans have embraced U-TurnPD. Nonetheless, I am writing this today because I need your help.

As clients of U-TurnPD you know better than most the passion and plain hard work that has gone into building the centre that we have today. You know our plans for the future to build an unparalleled centre of excellence serving the Parkinson's community. You also likely know that at one time all our participants had to pay to attend U-TurnPD but that all changed in 2021 when we became a strictly donor-based entity.

I need you to consider becoming a member of our Circle of Champions.

What is the Circle of Champions?

They're our monthly donors! It is that group of individuals who see and appreciate the day to day needs of U-Turn Parkinson's and choose to donate to us on a monthly basis. They are the bedrock on which our centre is held unshaken. They understand that the fundamentals are not sexy, that the essentials are not glamorous. But they understand that they are fundamental and essential none the less. They get it, they understand, they are the ones who will lock arms with you and stand with you no matter what. Are you a champion? Will you be our Champion? Become a monthly donor today. Be our foundation to an unshaken future!

Why would we make classes 'free of charge' and then ask you to donate? There are a number of reasons but the top ones are as follows:

1. We want our 'medicine' or exercise to be available to everyone living

with PD regardless of economic circumstance

2. It's a better deal for those who can donate. The entire amount of the donation is tax deductible rather than a non-deductible gym membership
3. Being a charity allows us the opportunity to access other funds in the form of grants, etc.
4. Because we Love what we do and we believe that you love U-TurnPD as well!

Why joining the Circle of Champions is important

While we have raised a significant sum this year that will go toward the capital campaign for the HQ we are currently bursting at the seams. Our classes are full and more people living with PD are seeking us out daily. This is absolutely tremendous news! But it comes with a price tag. We need to start more classes which involves the hiring of more staff, more rent, and on, and on.

We need new donors who will help us keep the lights on, pay the bills, who will lock arms with us and hold on no matter what. With monthly expenses at just under \$20,000 per month we need a core group of Champions who will stand with us. Will you be our Champion? I'm looking for 25 Champions this month! Click [**HERE**](#) to begin your monthly donation. Thank you so much!

Our suggested donation is the following:

Attending 1-5 classes per month - \$75

Attending 6-10 classes per month - \$100

Attending 10+ classes per month - \$150

- OR -

Whatever you can do! Every donation helps no matter the size. I must

stress that our programs are intended to be accessible and donations are only sought from those who can afford them. If this is not you, you are welcome here and should never feel any obligation.

Other considerations when looking at supporting U-Turn Parkinson's:

Donate Securities

Make a bigger impact when you donate securities directly. By donating them directly to U-Turn as opposed to selling them and donating the proceeds, the capital gains tax can be eliminated. This means more money for U-TurnPD and a greater charitable tax credit for you. For more information on how to do this, please email us at info@uturnpd.org or call 204-510-4869.

Leave a Legacy of Hope

Consider making a lasting impact by including U-Turn Parkinson's in your will. By leaving a gift, you'll help support our programs that empower individuals living with Parkinson's to stay active, engaged, and connected. Your legacy will enable future generations to benefit from the support and community they need to live well with Parkinson's.

For more information on legacy giving, please contact us—we'd be honoured to discuss how your generosity can make a difference for years to come.

Volunteer

We rely on volunteers to welcome and direct our members, support our classes with exercise options and safety measures and to help keep us motivated and going! If you or someone you know would like to join our volunteer team, we'd love to have them. Learn more about the roles

available [HERE](#).

Thank you! Live Your Best!

Tim



Programming Updates



We'll come back together in-person for Week 5 to share our art pieces and celebrate a job well done! [Sign up](#) using your class calendar or [create an account](#) to get started.

If you would like to participate online only and can't make it for



Hi everyone, Happy November!

Have you been participating in our Fall Challenge? You have 4 weeks left to complete at least 18 classes and be entered in to win some U-Turn Parkinson's merch! Every additional 2 classes you attend past the 18 minimum will get you an extra entry into the draw, so don't stop at 18. Extra tracker cards are available at the gym, just ask for one!

November is FULL of exciting additions at U-Turn Parkinson's and I hope you will take advantage of as many as you can. First, I would like to highlight that November is National Family Care Givers Month and we want to thank all of the Care Partners in our community for the effort they give to their loved one with Parkinson's.

We use the term "Care Partner" as an umbrella term because Care Partners come in many ways, shapes and forms. Often Care Partners are a spouse or partner that lives life directly alongside someone living with Parkinson's

the two in-person sessions, you're still welcome to attend! Please send an email to info@uturnpd.or to get a list of art supplies required for the sessions. Care Partners are welcome to attend as well. Registration is required for everyone to ensure we have enough supplies. [Please sign up for classes here.](#)



In partnership with the Movement Disorder Clinic, U-Turn Parkinson's will be offering Empower-U classes out of Deer Lodge Centre beginning next week!

Empower-U ([Green/Yellow](#)) is suitable for all levels of ability and will be on Saturdays from 10am – 11am. Empower-

someone living with Parkinson's, but Care Partner can also mean sibling, friend, child, neighbour and others who step in to provide support and care to members of our community. They work tirelessly to help their loved one live their best with Parkinson's and they deserve a world of gratitude.

Care Partners need support, respite and community. It's our mission not to just empower the individual living with Parkinson's but the Care Partner and everyone who is impacted by Parkinson's. Care Partners are always welcome to attend our classes alongside their partners, or on their own, for this reason. The burden of PD can be heavy but exercise and connection with others who understand can help.

If you could benefit from attending class, please [create an account](#) and [sign up](#). For others, the hour their partner is at class means an hour free to walk, run errands, read or do the things you may not be able to do otherwise!

Our Care Partner Support Group overlaps with Empower-U (Green/Yellow) on Fridays at 10am to provide a space for Care

Partners. Empower-U ([Orange/Red](#)) is for Young(er) Onset PD and others with less progressed Parkinson's. An assessment is required before attending either class. If you've completed an assessment in the past, a second assessment is not required.

To book your assessment or if you have any questions about programming at Deer Lodge Centre, please call 204-510-4869 or email info@uturnpd.org. Thank you!

Empower-U (Green/Yellow) and Boxing (Green/Yellow) have been added to the schedule at 525 Beresford Avenue!

Find an additional Empower-U ([Green/Yellow](#)) class at 1pm on Mondays and Boxing ([Green/Yellow](#)) class every Wednesday at 11:30am beginning next week!

Empower-U (Green/Yellow) is suitable for all levels of ability and requires an assessment ahead of attending the class. Standing and seated options are available and

Partners to connect, while their loved one exercises upstairs in the gym! The group is facilitated by a Masters of Counselling student with experience in Parkinson's and the challenges many Care Partners face. We'd love to have you join us!

We hope that by joining our community, you feel the burden becomes a little less heavy. And this month, we hope you'll join us for our first Care Partners Event!

Care Partners: You're Invited to Art Therapy with Gillian King!

Art Therapist Gillian King facilitated a session with our community last year and the response was incredibly positive. We're excited to bring her back once again to inspire connection with other Care Partners, while creating something meaningful.

The session will be on Tuesday, November 12 from 6:00pm – 7:30pm.

Sign up for the class using your class calendar or create an account

participants are encouraged to exercise at a pace that works for them.

Boxing (Green/Yellow) is also suitable for all levels of ability and will offer seated and standing options. No assessment required prior to attending. Gloves are provided for the class but participants are welcome to bring their own if they'd like. [Sign up](#) using your class calendar or [create an account](#) to get started

I'm excited to introduce you to the THREE new instructor that will be leading classes at both 525 Beresford Avenue & 2109 Portage Avenue. Scroll down to our Community Spotlight section to learn a little more about each of them.

Looking for more ways to DANCE?

Join our Dancing With Parkinson' (DWP) instructor Brenda online via zoom in November! Brenda will be teaching 3 online sessions with DWP this month. Everyone in the zoom room can adapt the class to whatever their personal needs are. There is no need to turn your

class calendar or create an account to get started. Sign up is required so that we can prepare enough art supplies for all Care Partners. Coffee and tea will be available! If you have any questions or aren't able to sign up online, please call 204-510-4869 or email info@uturnpd.org. Looking forward to seeing you there!



Not a Care Partner but Love Art?

We have an art opportunity for you too! Join Janice Horn, artist and person living with Parkinson's, for 5 weeks of hybrid art classes beginning Wednesday, November 6 from 1pm-2pm.

camera on at any time; you can even dance in your PJ's...as long as they show up is the key!

Join Brenda:

1. Monday, Nov. 4th - Broadway Dance, 12-1 pm CST
2. Friday, Nov. 8th - Daily Dance Connect (DDC), 9:45 am-10:45 am (30 mins of dance, 30 mins of social time)
3. Friday, Nov. 22nd - Daily Dance Connect (DDC), 9:45 am-10:45 am (30 mins of dance, 30 mins of social time)

Register for DDC:

<https://www.dancingwithparkinsons.com/senior-daily-dance-connect>

Register for Broadway Dance:

<https://www.dancingwithparkinsons.com/broadway-dance>

Have a wonderful November team and we'll see you back in December for a month full of extra celebration and community events!

week 1 will take place in person in the lounge at 525 Beresford Avenue. You'll borrow art supplies and get everything you need to complete the next 3 sessions from home, online with Janice's guidance

Jordana

Program Manager

204-510-4869 |
jordana@uturnpd.org

Holiday Community Potluck



**Bring your favorite dish and
enjoy it together with us!**

Save the Date! Our Annual Holiday Potluck is Scheduled

Join us Saturday, December 14 from 4pm – 6pm for a holiday potluck in the gym at 525 Beresford Avenue.

The potluck is open to all community members, new and old, alongside their Care Partners, our U-Crew volunteers and staff. RSVP & let us know what you'll be bringing (appetizer, main or dessert) by clicking below.

Reminder emails will be sent out leading up to the event. Save the date!

RSVP & Potluck Sign Up



Snow Birding with Parkinson's

With the winter months soon upon us, I would assume many in our U-

6. Carry all your medication in your hand luggage, wear comfortable clothing, drink extra fluids, and rest the day before and after travel.

7. Purchase a Hidden Disability lanyard, wristband, pins or cards (in several different languages for international travel) click on the SHOP tab from the Hidden Disability website:

<https://hdsunflower.com/ca/>

8. If you've had DBS surgery, request with airport security that

us, I would assume many in our U-Turn community will be travelling to tropical locales.

How can you make travelling with Parkinson's smooth and comfortable for yourself?

1. Plan ahead and make a detailed list of what you need to take with you, including medications and assistive equipment.

2. Research your options and have a plan for getting daily exercise while you are away (exercise is medicine).

3. Consult with your doctor for any specific advice or adjustments to your medication schedule.

4. Carry a card listing your medications.

5. Use a small shoulder bag or fanny pack stocked with snacks and a mini juice carton for easy access to help swallow your medication.

request with airport security that you cannot be scanned by their machines. You will need to be “frisked” by security, so be prepared to add more time to check-in.

9. On flights, take advantage of early boarding, request an aisle seat close to the washrooms, and consider using a wheelchair or electric cart for easier movement.

10. Ensure you have enough medical insurance for out-of-country trips.

Bon Voyage, make sure to take a lot of pictures and I look forward to hearing about your adventures when you return!

Sincerely,
Lance



Fall Prevention Month

Stay Active

Improve Balance



Boost
Confidence

Learn New Skills

November is Fall Prevention Month

Written by Jayda Doell

Fall Prevention Month is happening in November! Fall Prevention Month is a dedicated time to raise awareness about the importance of

preventing falls. Falls are not just a minor concern. The consequences of a fall can be detrimental; thus, we need to find ways to help prevent them.

Exercise plays a crucial role in reducing the risk of falls, especially for those living with Parkinson's disease (PD). Regular exercise can help:

Improve Balance and Coordination: Exercise helps strengthen core muscles and improves posture which can significantly reduce the risk of losing balance (Tufts University, 2023).

Enhance Flexibility: Stretching and mobility exercises can improve muscle blood flow and help joints move through their full range of motion which will improve abilities to do daily activities confidently. (Mayo Clinic, 2023).

Increase Strength: Improving muscle strength overall and specifically in the legs and hips can provide better support and lead to improvements in walking speed and standing stamina (Tufts University 2023).

Boost Confidence: When we feel physically capable, we're more likely to engage in the exercise and activities that benefit us.

At U-Turn Parkinson's, we offer several ways to stay active, practice balance and build strength. It's important to us that you feel empowered to minimize your risk of falling and therefore, we'd like to highlight **3 classes you can attend on a weekly basis to help prevent falls.**

[Continue Reading on the Blog](#)



U-Turn
Parkinson's

Free PD Exercise Classes at the Movement Disorder Clinic



Starting November 5th, 2024
Available Classes:

Empower- U (*Red/Orange*) for *advanced levels*

Tuesdays and Thursdays 6:30pm-7:30pm

Empower-U (*Green/Yellow*) for *all abilities*

Saturdays 10am-11am

REGISTER AT



www.urnparkinsons.org



204-510-4869

Deer Lodge Center | 2109 Portage Avenue | Winnipeg, MB

Join us at 2109 Portage!

U-Turn Parkinson's Community Spotlight

Drum roll please....introducing our new instructors: Danielle Y, Paige & Ray! Each of our new instructors bring a wealth of experience and education to our team and we're excited to have them help our community live their best. Let new instructors be a great reason to try a new class! You'll find them at Empower-U, Boxing and more. Read on to get to know them better.



Hi, my name's Danielle and I'm excited to be a new fitness instructor at U-Turn Parkinson's. I am passionate about helping others improve their

lives with fitness and health as I believe it has such a large impact in many different ways. I am a certified personal trainer, and hold additional certifications in group training, transformation specialist and just recently corrective exercise specialist. When I'm not helping clients with their health and fitness goals, I enjoy hiking, kayaking and gardening. Looking forward to meeting many new faces!

Danielle will be teaching the following classes:

1. Empower-U (Orange/Red) Mondays at 11:30am - 525 Beresford Avenue
2. Empower-U (Green/Yellow) Mondays at 1pm - 525 Beresford Avenue
3. Empower-U (Green/Yellow) Saturdays at 10am - 2109 Portage.





Paige joins U-Turn Parkinson's with a passion for fitness and a background that blends personal training, nutrition, and specialized wellness approaches. Certified by the International Sports Sciences Association, Paige is skilled in developing personalized fitness programs that are both safe and effective, focusing on clients' unique needs and goals. Her experience in motivating and guiding individuals in achieving their health aspirations makes her an invaluable addition to our team. We're thrilled to welcome Paige and know she'll bring energy, expertise, and encouragement to every session!

Paige will be teaching the following classes:

1. Empower-U (Orange/Red) Tuesdays at 6:30pm - 2109 Portage.
2. Empower-U (Orange/Red) Thursdays at 6:30pm - 2109 Portage.





Ray brings a wealth of personal experience and dedication to his role as Boxing instructor at U-Turn Parkinson's. With nearly five years of kickboxing training under his belt, along with a background in Shotokan Karate, Ray understands the physical and mental benefits that boxing can provide. His firsthand experience supporting a loved one with Parkinson's has deepened his appreciation for the positive impact of strength, balance, and stretching exercises. Semi-retired, Ray is eager to contribute to the community, sharing his passion for fitness and helping others build resilience. We're excited to have Ray's expertise and enthusiasm on the team!

Ray will be teaching the following classes:

1. Boxing (Green/Yellow) at 11:30am - 525 Beresford Avenue

[Sign Up for Class](#)

[Create an Account](#)



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

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