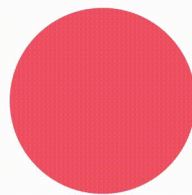


From: U-Turn Parkinson's info@uturnpd.org
Subject: October Newsletter
Date: January 2, 2025 at 3:04 PM
To: Jordana Hague jordana@uturnpd.org

UP

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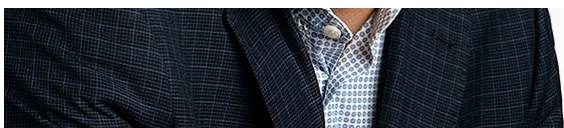


U-Turn
Parkinson's
monthly newsletter

A Message From The Founder



We don't sing to make beautiful music, although at times we do, but rather we sign to make a joyful noise and strengthen our voice muscles! I find that when I am regularly exercising my voice muscles through singing, I have far fewer requests to repeat myself. Our music instructor, Donna, is



What an incredible September we experienced together! Classes are full to overflowing, the weather has been remarkable and we had a record-breaking Walk to U-Turn Parkinson's. With 300 in attendance and over \$60,000 raised this year's walk was our largest to date! There are not words enough to express my deep gratitude for your generosity. We cannot do what we do every month without the help of our Circle of Champions and all those who give on a one time or occasional basis. All your donations stay in Manitoba to empower the Parkinson's community in their quest for wellness.

We know that what we do matters. We see the changes in peoples lives every day. We see people living stronger, fuller, more productive lives. All because of you! **Thank you so very much for your generous contribution to our work!**

While we continue to experience unparalleled growth both online and in person we are never

fantastic and would love to welcome you to class. If you haven't tried U-Tunes yet I would encourage you to do so. We are in person every Tuesday at 1pm and the same time on Thursdays online.

I cannot speak of U-Tunes without mentioning the passing of our dear friend and Parkinson's athlete Gary Dikkema. Gary lost his battle with cancer this past month but has left an indelible mark on the lives of all who knew him. He was passionate about U-Turn Parkinson's and exercise. If it were not for Gary and Ken Dando there would likely have not been a U-Tunes program at U-TurnPD. It was their passion and drive that saw these classes come into being. Gary was a true athlete right to the end. He was still walking upwards of eight kilometers at a stretch just weeks before his passing. Even together cancer and Parkinson's had a tough time slowing him down. I am proud to have known him and remain inspired by his commitment to live his best. He will be missed. The family has carried out funeral services as per Gary's wishes.

satisfied! We see on average just over 100 people in our various programs every month and while that is a fantastic number it is a far cry from the thousands who live with the disease in the province. So, in an effort to learn how to grow our services Lance, our Executive Director, and I will be heading to Cleveland, Ohio this month to visit a centre much like ours, InMotion. We hope to come away inspired and more knowledgeable about all things Parkinson's and Exercise. From finances and fundraising to squats and stretches. We want to take it all in in order to serve our community better. We are grateful to a generous donor who is making this travel possible!

Many of us struggle with our voices as our PD progresses. Our voices become weaker, quieter and it's genuinely difficult to make ourselves heard. This is the reason we started the voice class U-Tunes!



For those of us who knew Gary let's move forward with his passion and determination all the while listening for that familiar 'HOORA!' from across the gym!

Live Your Best!

Tim

Join Our Circle of Champions

Fundraising Events



We can't thank you enough for your support at the Walk to U-Turn Parkinson's 2024! We heard from so many of you that it was a wonderful morning of family time, connection with others, trying new things and having fun. We were so pleased to see 300 people in attendance and over \$60,000 raised to support our free-of-charge programming!

Was this your first time meeting us? We saw a lot of new faces at the walk! Don't let it be a one off - start living your best with us every month of the year! Head to our website to [**create an account**](#) or give us a call at 204-510-4869 for more information. All programming at U-Turn Parkinson's is free-of-charge and we'd love to have you join us!





Programming Updates



Hello everyone and happy October! If you don't already know, we have so much in store for you this fall. Read on for new class time announcements, upcoming challenges and get to know the newest addition of our team!

New Classes & New Instructors

I am so excited to announce that

What do you have to do to win?

Attend 18 classes at U-Turn Parkinson's between Monday, October 7 and Friday, November 29 and you'll be entered to win! Tracker cards will be available at classes beginning October 7. Have your coach or instructor sign off on your completed class before you leave!

Every 2 classes over the 18-class minimum gets you an extra entry into the draw.

In-person and online classes count towards the challenge! If you participate online, ensure you're signed up for the class and then let us know at info@uturnpd.org that you're participating in the challenge so that we can add your online classes to your total.

The time is now! Create an account today and then sign up for your classes to join us in the Fall

I am so excited to announce that we are hiring once again as we have more classes being added to our schedule starting this November! Watch for another Monday Empower-U class at 1pm to on the schedule at 525 Beresford Avenue.

We will also be adding in evening and weekend classes offered at the Movement Disorder Clinic (MDC), 200 Woodlawn Street! This will be a satellite location of U-Turn Parkinson's to reach more people in other areas of the city and those who cannot attend during daytime hours. We are thrilled to be partnering with MDC to bring more class options to you. Specific class times and instructor introductions to come in the next few weeks!

Fall Challenge!

Between October 7th – November 29th, 2024 you can be entered to win your choice of our one of our *new* U-Turn Parkinson's shirts, sweaters and more! Our new merchandise order will be arriving in time for the holidays and living your best with us at U-TurnPD could land you some free swag!

Challenge – you'll hit that 18 class goal in no time!

Your Voice Could Make You Money!

LSVT Global and the University of Illinois have joined forces on a research initiative to improve Automatic Voice Recognition for those with speech changes due to conditions like Parkinson's. The aim is to make voice recognition technology more useful for people with a range of diverse speech patterns and disabilities. This project is called the 'Speech Accessibility Project' (SAP) and is supported by Amazon, Apple, Google, Meta, and Microsoft. If you're accepted into the program, you would be trained on how to record 600 speech prompts with compensation of \$180 upon completion.

Register Online:

<https://saa.beckman.illinois.edu/dentity/Account/DiagnosisRegister>

Register over the phone: 1-888-309-6499

Questions / Request

Information: Speechaccessibility@beckman.illinois.edu



Embracing the Seasons of Change and Challenges

As we transition into the vibrant hues of fall and prepare for the crisp embrace of winter, it's a time to reflect on the seasons of change and the challenges they bring.

This period of transformation is not just about the weather; it's about how we adapt and grow through the changes in our lives.

At U-Turn Parkinson's, we believe in embracing these changes with a positive mindset and supportive community.

This season, I plan on connecting

Let's think of how we can help one another. *Do you live in the same part of the city as a fellow classmate? Can you offer them a ride to and from class?*

Understanding and navigating transportation options like Winnipeg's Transit Plus

[https://info.winnipegtransit.com/en/winnipeg-transit-plus?](https://info.winnipegtransit.com/en/winnipeg-transit-plus?app_redirect=no)

[app_redirect=no](https://info.winnipegtransit.com/en/winnipeg-transit-plus?app_redirect=no) or Seniors Transport

<https://www.seniorstransport.ca> can also be a great help.

In this season of challenges, let's also focus on challenging ourselves with exercise. *Exercise is medicine!* It's important to do the things we love, but it's equally important to learn, grow and work on our weaknesses. Set a six-week goal for yourself to target a specific area. Maybe it's doing a set of sit-to-stands during every commercial break on TV because you have noticed you're using the armrests to stand up more than before. Or perhaps it's practicing buttoning your shirt if fine motor skills have

This season, I plan on connecting more with my family and friends.

The value of these relationships cannot be overstated. They provide us with love, support and a sense of belonging. As we navigate the challenges of Parkinson's, having a strong network of family and friends can make a significant difference. Let's take this time to strengthen these bonds and create lasting memories.

As a caring person, I often ask myself, *"Is there something I can do to help those around me?"* This question is especially relevant within our U-Turn community.

Supporting your fellow "Parkies" can be incredibly rewarding.

Whether it's offering a listening ear, sharing a laugh, or providing practical assistance, every small act of kindness counts.

One of the barriers your classmates may face as we move closer to winter is transportation.

Attending classes can become more challenging with the colder weather and shorter days.

become more difficult. These small challenges can lead to significant improvements.

Take advantage of the nice weather and balance of daylight and darkness. Get outside, go for a brisk walk, enjoy a few more bike rides or rake your yard.

Remember, Parkinson's doesn't define you; what you do will define you feel about yourself and how others see you. Embrace these activities with pride and determination.

Together, let's embrace the seasons of change and challenges with a positive spirit and a supportive community. At U-Turn Parkinson's, we are here for each other, ready to face whatever comes our way with strength and unity.

Sincerely,
Lance

Celebrating Occupational

Therapy Day!

Written by J. Doell

World Occupational Therapy Day is October 27th, 2024!

Occupational Therapy is celebrated on this day annually to highlight the work Occupational Therapists do to improve people's quality of life across various demographics enhancing their confidence in performing daily skills.

Occupational Therapists (OT's) help solve problems that affect a person's ability to do activities independently that are meaningful to them.

What is Occupational Therapy?

Occupational Therapy is a type of health care that is used to help individuals develop, recover, or maintain their daily living skills. These skills could include but are not limited to, self-care practices (such as, dressing or bathing), work (such as, typing or writing) or leisure activities (such as, going out to eat, playing or participating in physical activity). When seeing an OT, they will assess a client's

Here are some of the ways that an Occupational Therapist could specifically support a person with living with Parkinson's:

1. Fine Motor Skills Training

Occupational Therapists can create programs focused on using exercise and adaptive strategies to elevate specific fine motor skills like, writing, using utensils, or brushing teeth.

2. Home Modifications or Assistive Devices: Occupational Therapists can work with a client to create an environment that will be accessible for someone living with Parkinson's. They can also suggest assistive devices to help with certain tasks or mobility.

3. Mobility Training: As Parkinson's progresses mobility can become a challenge. Occupational Therapists can provide individuals with training plans to ensure they have adequate balance, strength, and coordination.

an OT, they will assess a client's needs and help create a personal and practical program to help increase a client's ability to do the activities they want to do. OT's use an approach that considers the physical, emotional, social, and environmental factors that influence a person's ability to engage in daily activities. Occupational Therapists can work in a variety of settings, including hospitals, rehabilitation centers, schools, or client's homes. Due to their wide skill sets, OT's are able to support individuals at many stages of life.

How do Occupational Therapists help?

The goal of Occupational Therapy is to improve an individual's quality of life by helping them continue to do the activities they want to do. Some ways in which OT's can assist are:

-Skill Development: OT's can help develop or maintain skills that are needed for daily living like cooking, managing medications, or dressing.

-Adaptive Techniques: If an

Occupational Therapy Coverage and How to Connect with an OT

Occupational Therapy services are often covered by insurance plans. However, the coverage can vary based on individual plans. Manitoba Health Card's include insurance for hospital services including Occupational Therapy, but services ran at a private practice may require further coverage. It is important to check with your insurance provider to be sure of what services are covered.

By celebrating Occupational Therapy Day on October 27th it is a fantastic opportunity to recognize the important role that OTs play in enriching the lives of individuals with a variety of needs including those living with Parkinson's. Through personal programs, adaptability, and support, OTs can empower clients to beat barriers and live fulfilling lives.

If you or a loved one could benefit from finding an Occupational Therapist or just want to learn more about Occupational Therapy **visit the resources below for more information!**

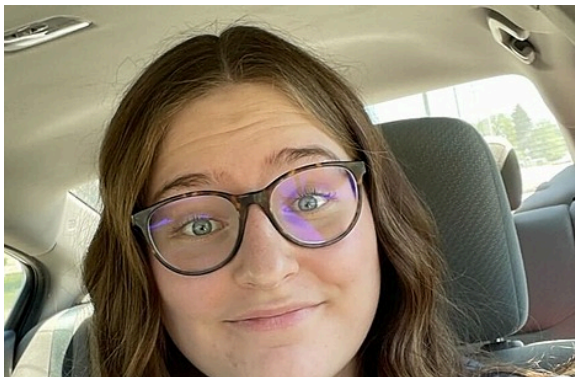
individual is having trouble with a task, they can teach strategies to adapt the activity to their ability.

-Home Modifications and Assistive Devices: OT's can suggest tools and technologies that can aid in daily tasks improving independence and the accessibility of living environments.

-Mental Health Support: OT professionals can help set and track goals, teach coping strategies, and help find support when dealing with mental health struggles.

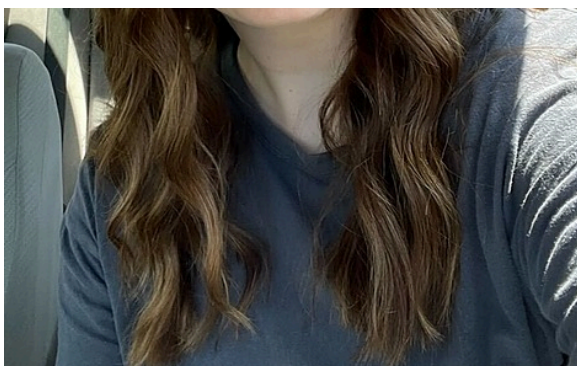
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<https://caot.ca/site/findot>
<https://parkinsonsnewstoday.com/occupational-therapy-for-parkinsons-disease/>
<https://hsc.mb.ca/adults/our-services/occupational-therapy/>
<https://www.michaeljfox.org/news/ask-md-occupational-therapy-and-parkinsons>
<https://msot.mb.ca/>
<https://www.parkinson.ca/occupational-therapists-making-a-difference-for-people-with-parkinsons/>

U-Turn Parkinson's Community Spotlight



2. Which U-TurnPD class do you enjoy the most and what do you think makes it great for someone living with Parkinson's?

I would say Empower-U would be my favorite class. I have loved



**Jayda Doell, Kinesiology
Student and U-Turn
Parkinson's Volunteer**

We are pleased to introduce you to Jayda Doell, a Kinesiology student at the University of Manitoba completing her practicum with us this fall. She hit the ground running and has been busy writing the educational content in this newsletter, supporting our classes, learning our volunteer orientation and assessment process' and so much more! We are so happy to have her on the team and grateful to have her support this fall. Please introduce yourself when you get the opportunity and be sure to thank her for spending her semester with us!

**1. What do you enjoy most
about studying Kinesiology
and how would you like to use
your degree in the future?**

I think the thing I enjoy most about studying Kinesiology is the wide variety of things we get to learn, like anatomy and physiology, fitness training, aging,

meeting all the participants and the strength and conditioning exercises are always a good time. I think Empower-U is great for someone living with Parkinson's because it is a great way to improve your strength at your own pace. You can also see benefits like improved movement and overall health!

**3. How would you describe
the community at U-Turn
Parkinson's to someone who's
never attended before?**

I would describe the U-Turn Parkinson's community as being a very welcoming and positive space. Everyone has been so encouraging and helpful as I learn my way around U-Turn and watching the way everyone works to do their best is so uplifting.

**4. Share 3 to 5 fun facts about
you!**

- 1- I love participating in sports like volleyball, basketball and baseball. I also enjoy coaching them in my community.
- 2- I play the piano.
- 3- I have a dog named Coco, he is lab/German shepherd/other mix..

nutrition, and the many benefits of exercise. In the future I hope to use the knowledge I learn from my degree as a physiotherapist.

Stay well,
Jayda

[Learn More About Our Programming](#)



GET AHEAD!

It's never too early to get ahead!

Do you know which disability tax credits are available to you and your family? We've put together a short guide to help you make the most of tax season, with plenty of time to prepare.

[Learn More About Disability Tax Credits](#)

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