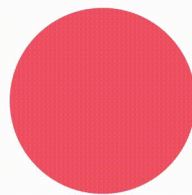


**From:** U-Turn Parkinson's info@uturnpd.org  
**Subject:** September Newsletter  
**Date:** January 2, 2025 at 3:04 PM  
**To:** Jordana Hague jordana@uturnpd.org

UP

[Visit Our Website](#)

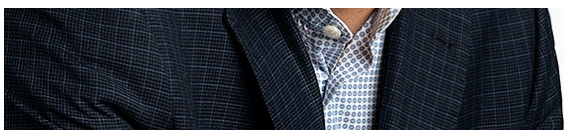


**U-Turn**  
Parkinson's  
*monthly newsletter*

## A Message From The Founder



I am so excited by what lies ahead for U-Turn Parkinson's. I truly believe we are well on way to fulfilling what our strategic plan says is our goal 'to develop an unparalleled centre of excellence in the treatment of Parkinson's disease'. To accomplish this, I need your help. Go to [www.team81.ca](http://www.team81.ca)



I have been asked outright, and then there have been the looks from those curious but too polite to enter into a conversation, about money. I want to take the time to answer the question. The question stems from our incredibly successful, first annual Team 81 Ride for Parkinson's. This event saw 22 individual riders cycle some portion of the distance across Manitoba. We were evenly split with eleven riders tackling the whole route and the others doing a day or two.

The question, it goes something like this; 'Tim, what in the world are you going to do with all that money?' You see, we had an incredible team of individuals who have taken U-Turn Parkinson's on as their own. Their generosity of spirit and time has been staggering. All their hard work saw just short of \$150,000 come in to U-Turn Parkinson's first Ride!

Once I caught my breath both literally from the ride itself and figuratively from such generosity I was thrilled beyond words. The net

and make a donation today. Your dollars will stay in Manitoba to empower people living with PD in their pursuit of wellness.

Now, about the rest. The 'rest of what?' you ask? The day-to-day programs that we currently run. The eleven individual classes that we hold every week, all year, for the hundreds of people we have registered with us. That's the 'rest'. How do we pay for our daily programs? Through the generous support of our community, family friends, sponsors, business, government agencies and grants.

**But our most important even of the year has always been when our community comes together at The Walk to U-Turn Parkinson's.**

The Walk is when we have the chance to come together, enjoy a great day and invite our families, friends and wider community to join with us in learning about PD and give towards the needs of our community. Historically, The Walk has been incredibly important to our annual finances. I trust that our great success with Team 81 will not dampen your spirit towards helping us meet the demands of our daily programs. What we do

proceeds of the ride will go toward the capital campaign to launch our own commercial site. A place where we can not only be as loud as we want whenever we want (we are a gym after all) but also be able to grow, expand and meet as many needs of our community as possible. We see many opportunities to work more closely with the Movement Disorders Clinic and others in our province to expand not just our services but to help in furthering research to help every Manitoban living with PD to live their best.

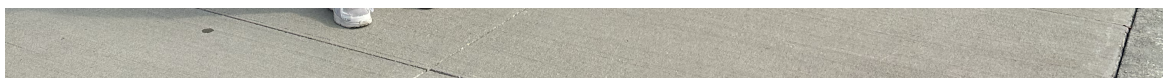
every day is so incredibly important in helping individuals stay out of hospital, stay in their jobs longer, live in their own homes longer, stay active and involved with their families. I trust that I can count on you once again this year to put together a fundraising team and come walk with us. I know that together we can #uturnpd! [Sign Up Here!](#)

Here's a little ditty I penned recently. I hope you enjoy it.

[Pete Didn't Fall Today](#)

Live Your Best!  
Tim





[Join Our Circle of Champions](#)

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## Upcoming Events



Thanks to all—fundraising for the Walk to U-Turn Parkinson's event is progressing smoothly and is just around the corner, scheduled for September 14th! We're headed into our third year with tremendous excitement over continued awareness, support gathering, and relationship building, which will ultimately better the lives of those affected by Parkinson's. We are excited that Bagel Smith has come on board to sponsor our lunch this year! This is a free event with lunch included. We welcome you to invite your family, friends, and neighbors to join us on this walk.

[Register to Walk](#)

[Create a Fundraising](#)

[Make a Donation](#)

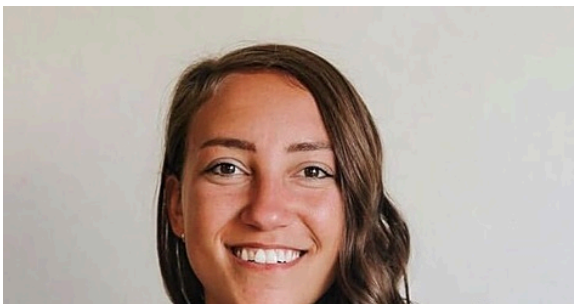


The Walk to U-Turn Parkinson's is an accessible event. The walk will take place outdoors on paved road and wheelchairs, walkers and other mobility aids are welcome. Indoor, air conditioned space will be available throughout the event.



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## Programming Updates



**On that note, a couple of fun things to consider adding into your plan:**



## Tai Chi is Back Thursday, September 12!

We're excited to announce the return of our Tai Chi class, taught by Coach Tyler, every Thursday from 12pm-1pm at 525 Beresford Avenue. [Sign up today!](#)

Hi everyone,

What a summer we've had U-TurnPD Community! Several classes were cancelled due to +30 temperatures in the gym and many hot, hot workouts have been completed at safe, yet not-really-desirable temperatures. Through it all, you stuck it out, exercising in the air conditioning of your home with us online, modifying your workouts and adding in more outdoor activities! However you made (and are still making!) the most out of living your best throughout the summer, excellent job.

As temperatures begin to cool down (slowwwwwly, I'm in denial), I invite you back to the gym. Let September be your "reset" month as many of us transition back into more of a

Tai Chi is a low-impact exercise that allows participants to work on balance, coordination, and flexibility. Tai Chi has been found to improve motor function, improve posture, decrease rigidity and lower risk of falls. In our Tai Chi class, you will be guided through a series of flowing movements that are designed to be easy on the joints and accessible to all levels of ability. You'll learn how to coordinate your breath with your movements, promoting relaxation and mindfulness. Tai Chi helps to strengthen both the upper and lower body, and helps to stabilize the core and back to reduce stiffness and improve range of motion.

Learn more about Tai Chi here:  
<https://uturnparkinsons.org/our-classes/>

Sign up to attend class:  
<https://uturnparkinsons.org/class>

regular routine. Revisit your “Plan for Parkinson’s” or create one for the first time. Your Plan for Parkinson’s is simply what you will do to live your best with the disease each week or every month.

### Here are a few suggestions to help you put it together:

- 1) Decide ahead of time which classes you will attend or how you will exercise (which days and how many times per week, at a pace that is sustainable for you long-term).
- 2) Choose one or two activities that spark joy and plan them in on a weekly, monthly or as-often-as-possible basis (ie: playing with grand-children, painting, cards with friends, etc).
- 3) Decide how and when you will rest and recover, because your body needs it!
- 4) Decide when you will check in again with the plan to see if it needs adjusting.

Your Plan for Parkinson’s should

<https://uturnparkinsons.org/our-community/-sign-up/>

Create an account: <https://uturnparkinsons.org/our-community/#account>

## Personal Training at U-Turn Parkinson’s!

Would you benefit from an individualized exercise program, specific to you and your experience of Parkinson’s?

### Personal Training is coming to U-Turn Parkinson’s!

Our paid Personal Training program will complement our existing free programming by offering participants an opportunity to maximize, track, and enhance their physical activity and overall progress. The program is designed to provide personalized, one-on-one training sessions with a certified PT, inclusive of physical and cognitive assessments, goal setting, and progress tracking.

Add yourself to the waitlist [HERE](#) and be the first to hear when this program becomes available!

Tordana



be ever changing. Life happens, Parkinson's happens, and you change! The plan is allowed to adjust - adding in when you can add in and taking away when you need to take away - so long as at the end of the day, you still have a plan.

Jordana  
Program Manager



*Facing the challenge: Some people fall out from attending classes due to laziness, transportation issues, symptom progression or injuries. Embarrassment about restarting can be a significant barrier.*

*Why Restarting Matters*

Disease Progression: Parkinson's symptoms worsen over time.



## The Motivation Struggle

When it comes to managing your Parkinson's, exercise is medicine.

However, finding the motivation to attend our U-Turn classes can be challenging. There's the reality of time commitment,

transportation, symptom flair-ups and of course it's harder than simply taking your medication.

Whether you are newly diagnosed, backsliding or bored it's your choice to make the decision to live well with Parkinson's.

### 1- Newly Diagnosed: navigating guilt and hope

*Understanding Emotions:* A Parkinson's diagnosis can trigger feelings of shame and then there are the feelings of guilt for not having exercised for years or perhaps decades. It's essential to normalize these emotions – many/most people experience them. Acknowledge that this is part of the journey.

*Benefits of starting a U-Turn class*

Regular exercise is medicine and helps manage your symptoms and slows progression.

It's Never Too Late: Every day, every minute is an opportunity to begin anew.

### Tips

Find an Accountability Partner:

Identify a friend or family member that's both reliable and positive.

Having someone to exercise or the very least help get you to the class will help boost your motivation, especially on those days that you don't want to go.

Celebrate Effort, Not Perfection:

For you backsliders it's important to remember that it's more important to stay consistent than to be perfect. Progress is more important than any setback.

### 3- Battling Boredom: Goal Setting and Self-Monitoring

It's natural to struggle with monotony in some group fitness classes. All U-Turn Coaches are professionally certified and have the experience to modify each and every class, so if you find that you are getting bored, you can feel

**Community Connections:** Group classes provide a supportive environment where individuals can connect with others facing similar challenges and in particular the courage it takes to START. Your fellow participants and all the U-Turn coaches realize it's not easy, but rest assured you will feel supported.

**Symptom Management:** Regular exercise 3-5 times a week for a minimum of 150 minutes will improve or the very least stabilize mobility, balance and overall well-being.

### *Tips*

**Start Small:** If you have concerns about falling, all activities can be done from a seated position. If you question your ability to keep-up, each class your coach and fellow "Parkies" will encourage you to work at your own pace. Everyone values that starting is the hardest decision.

**Realistic Goals:** Talk with the U-Turn Coaches about breaking down objectives into achievable steps. Celebrate the small victories along the way.

confident about talking with your coach about changing the routine in your class.

### *Tips*

**Specific Goals:** Set clear objective for yourself or talk with our U-Turn team. Perhaps it's attending 2 classes in one day or signing up for a class that you have not participated in yet?

**Measure Progress:** Start to log your progress in a journal and share your results with your U-Turn Coaches or members on your professional healthcare team. Track your results with strength, endurance and flexibility.

**Measure Psychological Well-Being**  
Monitor and record your mood, stress levels and overall satisfaction. Many of you can attest to the difference in your well-being before and after a class

Motivation is personal. Be honest with yourself. Talk with people whose opinion you trust. Talk with your U-Turn Team. Whether you are newly diagnosed, restarting or battling boredom, remember that exercise is both a gift and medicine you give yourself. Let's move

## 2- Backsliders: Overcoming Embarrassment and Restarting

you give yourself. Let's move, connect and thrive together.

Lance Letain  
Executive Director  
U-Turn Parkinson's

---

# Pete Didn't Fall Today

by Tim Hague

Thus, he did not take an expensive, bumpy, painful ambulance ride to hospital

Pete Didn't Fall Today

Thus, he did not spend several days strapped on a gurney, in a noisy, lights always on, hallway in Emergency

Pete Didn't Fall Today

Thus, he did not end up on pain meds that confused him and altered his ability to care for himself.

Pete Didn't Fall Today

Thus, he did not require hip surgery

Pete Didn't Fall Today

Thus, he did not develop pneumonia

Pete Didn't Fall Today

Thus, he did not earn his wings today

Pete Didn't Fall Today

Thus, he was able to take his angels (grandkids) for a special treat.

Your gift today keeps U-Turn Parkinson's available. U-TurnPD provides the resources to keep Pete strong.

Thus, Pete Didn't Fall Today



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## U-Turn Parkinson's Community Spotlight





**Patrick Chau, U-Turn  
Parkinson's Community  
Member**

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

I was attending Day Hospital for more than 1 year and was benefiting from their training. On the day that they discharged me to make space for newcomers, they suggested I try U-Turn Parkinson's. I was a complete stranger to U-TurnPD at that time. My wife did some research and I tried out some classes they offer free of charge. Ever since, I've been an active member for over a year.

**2. Which classes are you currently attending and what do you think makes them**

However, I felt nervous before attending the class as I completely forgot about it.

Starting from my first visit, I felt very welcomed and was offered assistance by staff and volunteers. They were very cautious about my safety. I felt completely at ease. The Tai Chi instructor presented the Tai Chi program to suit the needs of PD individuals, especially the need to improve physical balance.

Having gained more confidence in joining classes, I then signed up for other classes, Dancing with Parkinson's and Empower- U (strength & conditioning). I like them all but especially Dancing with Parkinson's. It's dancing but not like regular ballroom dancing with physical exertion. Rather, it stimulates your brain, coordinating your body movement. This is very important training for people living with PD.

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

I feel very fortunate to be part of the U-TurnPD community. I join

## great for those living with PD?

The first class I tried was Tai Chi, which was familiar to me from when I was young. I know how this can benefit me mentally and physically.

almost every event and look forward to the classes every week. I feel that I'm motivated to move more, improving the quality of my life, impacting both my physical and mental strength positively.

Stay well all!  
Patrick Chau

**Join Patrick and his wife Kalina in classes today** by creating an account [HERE!](#) All classes at U-Turn Parkinson's are free-of-charge. Once your account has been created, we'll reach out to help get you started in one of our many Parkinson's-specific programs.

[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](#)

**We are so grateful for all funding provided  
to U-Turn Parkinson's. Sponsorship &  
Grants Provided by:**



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[www.urnparkinsons.org](http://www.urnparkinsons.org)

## Our mailing address is:

PO Box 23036, Winnipeg, MB, R3T 5S3.

Registered Charity #: 775822927RR0001

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You can [unsubscribe](#) or [manage preferences](#).

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