

## FACTS ABOUT PARKINSON'S

According to the National Parkinson Foundation, more than four million people around the world suffer from Parkinson Disease, with over 50,000 new cases diagnosed each year in the U.S. With Parkinson Disease: a person's brain slowly stops producing a neurotransmitter called dopamine. With less and less dopamine, a person has less and less ability to regulate their movements, body and emotions. A complex disease, Parkinson's is chronic and progressive with symptoms that include tremor, stiffness, rigidity, pain to speech and swallowing, depression and memory loss.

Parkinson Disease is unique to each person, so symptoms vary in severity. In more advanced cases, severe symptoms can cause serious injury such as pulmonary disease, falls and other accidents, resulting in permanent injury or death.

While there are medical treatments available and continual research in search for a cure, people living with Parkinson's can feel better and delay symptoms by taking care of their health, making lifestyle changes, and incorporating daily physical exercise.

**North Dakota is the 3rd state in the nation for per capita incidence of Parkinson Disease.**

### THANK YOU TO OUR TEAMS!

#### The White Hat Gang

Coach Brad Berry & Al Pearson  
Captain: Joanna Pearson

#### Greenberg Realty

Captain: Shelly Overbo

#### Black Gold Farms

Captain: Leah Halverson

#### Crop Production Services

Captain: Orval Swenson

#### Team BUD

Dakota Sales  
Captain: Randy Kieffer

#### Grand Forks Teachers

Captain: Jolene Dunphy

#### Alerus Financial

Captain: Mike Compton

#### CHS Ag Services

Captain: Tom McEnroe

*For additional information about our Parkinson's programs or this fund raiser, please contact Patti McEnroe at the Y: 701-775-2586. You may also contact any team leader listed above to make a donation.*

## PARKINSON WELLNESS RECOVERY

PWR! focuses on improving everyday physical and brain functionality for people living with Parkinson Disease. The curriculum includes functional exercise, sensory awareness, cognitive and emotional engagement, physical effort and more.

Classes are led by certified Y instructors, and professional volunteers who specialize in speech, music and occupational therapy as well as personal fitness training and group exercise certification.

We work closely with Altru Health System and the UND Department of Physical Therapy to ensure we are providing the best services possible throughout the community.



## ROCK STEADY BOXING

Studies show that intense exercise may be "neuro-protective", working to delay the progression of Parkinson's symptoms. Boxing works by moving the body in all planes of motion while continuously changing routines.

Workouts focus on boxing techniques with heavy bags, speed bags, jump ropes, core work, calisthenics, and circuit weight training. No boxing experience is necessary.

Rock Steady Boxing is a first-of-its-kind, Indianapolis-based nonprofit gym providing an effective form of physical exercise to people who are living with Parkinson's. ([www.rocksteadyboxing.org](http://www.rocksteadyboxing.org))



## ABOUT THE YMCA

The YMCA is a volunteer-founded and volunteer-led organization and one of the nation's leading nonprofits, strengthening communities through youth development, healthy living and social responsibility.

Across the U.S., 2,687 Ys engage 21 million men, women and children, regardless of age, income or background, and ensure that everyone has the opportunity to learn, grow and thrive. The YMCA movement is 158 years old, with the Grand Forks Altru Family YMCA founded in 1886. Our local YMCA serves youth and families in Grand Forks, East Grand Forks and the surrounding communities.

The Altru Family YMCA offers a large variety of programs to meet the needs of people of all ages (infants through seniors). We offer a wide variety of fitness, sports, mentoring and leadership opportunities, day camps and shared interest programs and activities for all age groups. A complete program listing is available on our website at [www.gfymca.org](http://www.gfymca.org).

We work closely with approximately 63 other community groups and organizations in the community, who provide youth and family services, so that we can all support the needs of families in our area, and close any gaps in services available to them. The YMCA employs over 180 individuals, with an average of 450 volunteers providing policy or program support throughout the year.

We would not be able to provide the high quality services and care without help from our volunteers and donors. The Y offers a scholarship program to help insure that any child or family that is in need of any of our services, regardless of their financial situation, will be able to participate. The Altru Family YMCA provides approximately \$200,000 in scholarships every year to youth and families in our community. These funds are made possible through donations and grant awards.

**The Y: We're for Youth Development, Healthy Living, and Social Responsibility**



Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
[www.gfymca.org](http://www.gfymca.org)  
(701) 775-2586



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PUMPKINS FOR PARKINSON'S

Grand pumpkin contest, benefitting the Altru Family YMCA Parkinson Wellness and Rock Steady Boxing programs.



The 2nd annual Pumpkins for Parkinson's fund raiser is underway! Eight teams are nourishing special pumpkins, which are expected to grow up to 500 lbs. or more.



Proceeds will go toward specialized equipment, transportation assistance, instructor training costs, financial program scholarships, and operating costs for the Parkinson Wellness Recovery and Rock Steady Boxing programs.



Each team is seeking per-pound or one-time pledges. Donors are welcome to contribute with a team, by mail, online, or in-person at the Y. The final weigh-in family focused event will be held in the fall (day/time TBA) at the Altru Family YMCA.