



# PUMPKINS FOR PARKINSON'S

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Welcome to the 2nd Annual Pumpkins for Parkinson's Grand Pumpkin Growing Contest, a fund raiser to support the Altru Family YMCA Parkinson Wellness Recovery Program. Eight teams are nourishing special pumpkins over the summer, which are expected to grow up to 500 lbs. or more. Each team will seek per-pound or one-time pledges. The final weigh-in family focused event will be held in the fall (day/time TBA) at the Altru Family YMCA.

## Our teams include:

### The White Hat Gang

Coach Brad Berry & Al Pearson  
Captain: Joanna Pearson

### Team BUD

Dakota Sales  
Captain: Randy Kieffer

### Greenberg Realty/ Greenberg Farms

Captain: Shelly Overbo

### Black Gold Farms

Captain: Leah Halverson

### Grand Forks Teachers

Captain: Jolene Dunphy

### Alerus Financial

Captain: Mike Compton

### CHS Ag Services

Captain: Tom McEnroe

### Crop Production Services

Captain: Orval Swenson



## PUMPKINS FOR PARKINSON'S DETAILS

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.

Pledges may be made with team leaders. Donations are also accepted in person at the YMCA, by phone, by mail, or online. Online donations may be placed at: [www.gfymca.org](http://www.gfymca.org) - click on the DONATE tab on the home page.

Pledge agreements are provided to each team and are available at the Y. Donors may indicate their per-pound or one time pledge and can write in the name(s) of people they would like to honor with their donation. Those names will be posted on the Honor Wall at our Celebration in the fall.

Donations are tax deductible. The Altru Family YMCA is a non-profit 501c3 organization.

Thank you to Jan at All Season's Garden Center for starting our pumpkins from seed again this year.

Pumpkins will be planted the week of June 5-9.

Team captains may plant & grow their own pumpkin(s) or a grower will be assigned.

Team captains/members will have fun monitoring and promoting their pumpkin's progress while gathering funds to support our Parkinson Wellness Recovery members.

The final weigh-in celebration will be held in early October or late September (TBA) at the YMCA.

For more information, contact Patti McEnroe: [pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org) / 775-2586



# YMCA Parkinson Wellness Recovery Program

## Why is this program so important!?

### YMCA Parkinson Wellness Recovery Program

This program focuses on improving everyday physical and brain functionality so that people living with Parkinson Disease can get better and stay better longer. The curriculum includes functional exercise, sensory awareness, cognitive and emotional engagement, physical effort and more. PWR! 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. The core curriculum is based on PWR! MOVES™, PWR! CIRCUIT, and Exercise4BrainChange™ professional training. We are also supported by Altru Health System and the UND Department of Physical Therapy. Basic, progressive and functional whole body movement exercises are designed to help improve physical performance such as walking, getting in and out of a chair or bed, picking things up from the floor, getting up from the floor, and fall prevention. Other activities such as cycling, yoga, SilverSneakers and more are offered.



### Fighting Back With Rock Steady Boxing

Rock Steady Boxing (RSB) is a first-of-its-kind, Indianapolis-based nonprofit gym founded in 2006 to provide an effective form of physical exercise to people who are living with Parkinson's. RSB was founded by former Marion County (Indiana) prosecutor Scott C. Newman, who was diagnosed with Parkinson's at age 40. Roxee and Mike Jones attended the RSB training in Indianapolis and brought their knowledge back to the Y to start our own Rock Steady program in 2017! Roxee and Mike are working with a team of volunteers, including Grand Forks area boxing legend Eddie Obregon who has been instrumental in helping us start and conduct the program safely and effectively, while making it fun and exciting.



Studies show that intense exercise may be “neuro-protective”, working to delay the progression of Parkinson's symptoms. Rock Steady Boxing classes include overall fitness, strength training, reaction time, and balance workouts, attacking Parkinson's at its most vulnerable neurological points. 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.

### Facts About Parkinson Disease

According 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, there is much that people can do 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.**

More information about Parkinson Disease can be found at:

**Michael J. Fox Foundation**  
[www.michaeljfox.org](http://www.michaeljfox.org)

**National Parkinson Foundation**  
[www.parkinson.org](http://www.parkinson.org)



# PUMPKINS FOR PARKINSON'S

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Parkinson Wellness Recovery Program

### OUR VISION FOR 2017-2018

#### GETTING STARTED

In two short years, the YMCA Parkinson Wellness Recovery Program class offerings have expanded from twice to four times per week (including Rock Steady Boxing). UND's Department of Physical Therapy has conducted two respective research studies on the effectiveness of the Parkinson Wellness Recovery and Rock Steady Boxing programs. Our Altru Health System partners, who were instrumental in helping us get the program started, continue to work with us to help coordinate and enhance overall community services for Parkinson's patients.

#### FUTURE PROGRAMMING

Looking to the future, we would like to offer classes five days or more per week and develop specialized programming for different levels of progression. This could mean adding more PWR! classes, expanding the Rock Steady offerings, and bringing in additional options: music, voice and art therapy, yoga, tai chi, cycling, and more. We are planning to develop an informational library devoted to Parkinson wellness while encouraging book discussion and other socialization opportunities. Functional assessments will be scheduled on a three-month basis in order to monitor each participant and note progress as well as digression so that the appropriate help may be administered. We are also discussing ways to get our participants out enjoying the community in the outdoors and at events as well as bringing in more guest speakers and professionals who can help with social and medical services concerns. With the increase in offerings and services, we will also need additional equipment that will pair with new activities: books; DVDs; art and music therapy, Rock Steady Boxing, physical therapy equipment; and more.

#### SUSTAINING THE PROGRAM

The Altru Family YMCA is a non-profit organization. Our programs and services are funded by membership dollars, grants, donations and fund raisers. The Y does not turn any person away because of inability to pay membership or program fees. We offer program and membership financial scholarship assistance and also encourage our active older adults to take advantage of SilverSneakers® and Silver N Fit® memberships which are available through designated insurance carriers. Most of our current Parkinson Wellness/Rock Steady participants are attending the programs with YMCA financial scholarship assistance. We have recently changed our fee structure so that Y members can attend the programs free and we are planning to offer the program and little or no cost to non-members as well.

Without the additional funding to support program, membership, instructor training and equipment costs we would not be able to continue the program at the quality level it is today, nor would we be able to expand the program to meet the needs of people living with Parkinson's in our community.

#### QUESTIONS

If you have any questions about the Parkinson Wellness Recovery and Rock Steady Boxing programs, please contact Patti McEnroe: (701) 775-2586 / [pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org)



# 2016 PUMPKINS FOR PARKINSON'S RECAP

The 2016 Pumpkins for Parkinson's fund raiser was an amazing success. Together we raised over \$19,000.00 that directly supports our YMCA Parkinson Wellness Recovery program participants. Funds have been applied toward exercise equipment and props such as a Theracycle therapy bike (which is motorized and designed to provide pedaling assistance to the rider) and SilverSneakers chairs; Dial-a-Ride passes to our participants who are no longer able to drive themselves to the Y or find a ride; the training and affiliate costs and implementation of the Rock Steady boxing program which is designed to improve the strength, stamina and well-being of people living with Parkinson Disease; equipment essential to the Rock Steady Boxing program such as heavy bags, speed bags, gloves, wraps, etc., and program scholarship financial assistance for Parkinson Wellness and Rock Steady participants.

The pumpkins were grown throughout the summer/fall, leading up to the final celebration on October 5 at the Y where the pumpkins were showcased and awards were presented. Morgan Stanley Wealth Management sponsored brats and chips for everyone. Teams and growers enjoyed the friendly competition that resulted in Jordan Swanson's 641 pound pumpkin, grown for Team Morgan Stanley, taking top honors. Top dollar earner was Team All Season's. Growers are already volunteering their services for next year!

**We would like to extend a big THANK YOU to the following individuals and businesses for their support:**

**C.T. Marhula**, project chair and developer.

## **Teams/Captains:**

The White Hat Gang (Coach Brad Berry, Coach Gino Gasparini, Lisa Marvin, Al Pearson); Team Thompson (Mayor Hippen, David Loiland); United Valley Bank (Tim Horpedahl, Anne Compton); Shea's Nursery (Dan Mohr, Dean Mohr); Morgan Stanley (Rick Mercil, Bob Kulack); Team East Side (Hardware Hank, EGF Firefighters, Barb Anvinson); Peppermint Patti (Patti McEnroe, Brown Corporations, Carrol Duerr); All Season's (Jan Heitman, Jolene Dunphy); Team Big Heart (Dr. Chillah, Karen Paulson).

## **Pumpkin Growers:**

Wade Stadstad; Dan Riedemann; Jordan Swanson; Diana Tveit; All Season's; Dave Hunt

## **Corporate Sponsors:**

iHeart Media; Dakota Sales; Brown Corporations; CHS Ag Services; Morgan Stanley Wealth Management; Altru Health System; Red River Farm Network.

## **Tom McEnroe**

Tom enlisted several of his ag friends to grow some of the pumpkins, picked up and weighed most of the pumpkins (thanks to **CHS Ag Services** for use of the scale, truck and flatbed trailer), delivered them to the Y, and made sure they found a good home post-celebration: at the home of Alex Reichert as part of his Halloween display and in front of All Season's Garden Center!



(L) Rick Mercil (Morgan Stanley) and Bob Kulack accept their first place traveling trophy for the largest pumpkin at 641 pounds, grown by Jordan Swanson.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. 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 mission of the Grand Forks Altru Family YMCA is "To put Christian principles into practice through programs that build healthy spirit, mind and body for all." Our three key areas of focus are as follows:

**Youth Development: Nurturing the potential of every child and teen.** The Y believes that all kids deserve the opportunity to discover who they are and what they can achieve.

**Healthy Living: Improving the nation's health and well-being.** Our mission is centered on balance, bringing families closer together, encouraging good health and fostering connections through fitness, sports, fun and shared interests.

**Social Responsibility: Giving back and providing support to our neighbors.** The Y encourages people to give back and assist their neighbors by offering them opportunities to volunteer for, advocate for, and support programs that strengthen our community.

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 are the largest provider of child care in the community, providing care for over 600 families, including crisis child care for high risk families.

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 Altru Family YMCA Leadership team includes: Deb Thompson, CEO; Bob McWilliams, COO; Jerry Kleven, Property Manager; Janine Jorgenson and Jennifer Karpowich, Childcare Directors; Patti Reslock McEnroe, Healthy Living Director; Darryl Marek, Sports Director; and Brian Embry, Youth Development Director. Our volunteer Board of Directors include 16 dedicated Y members, and 6 Trustees. Visit [www.gfymca.org](http://www.gfymca.org) for more information about our leadership, history, focus and mission.

