



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2018 PUMPKINS FOR PARKINSON'S

Welcome to the 3rd 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 - 1,000 pounds! Each team is seeking per-pound or one-time pledges.

### 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.

Thank you to Jan at All Season's Garden Center for starting our pumpkins from seed again this year. Team captains/members may plant and grow their own pumpkins or growers have been assigned. Pumpkins were planted between May 29 - June 4. Teams will have fun monitoring and promoting their pumpkin's progress while gathering funds to support our Parkinson Wellness Recovery participants.

The final weigh-in celebration will be held in late September or early October at the YMCA where the pumpkins will be displayed. Teams, growers, supporters, and Parkinson Wellness Recovery participants, staff and volunteers will be recognized. Brats will be provided and cooked by Morgan Stanley Wealth Management. Top fund raising teams and largest pumpkin growers will be recognized - traveling trophies will be awarded to #1 in both categories.

### TO DONATE

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 (names will be shared at our celebration in the fall). 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 and choose "Pumpkins for Parkinson" under **Campaign**. Donations are tax deductible. The Altru Family YMCA is a non-profit 501c3 organization.



### TEAMS

#### White Hat Gang

Coach Brad Berry & Al Pearson  
Captain: Joanna Pearson  
Grower: Wade Stadstad

#### Team BUD

Dakota Sales  
Captain: Randy Kieffer  
Grower: Nick Steidl

#### Greenberg Realty/ Greenberg Farms

Captain: Shelly Overbo  
Grower: Dick Stewart

#### Team AG

Captain: Tom McEnroe  
Grower: Rocky Schmacher / Orval Swenson

#### Alerus Financial

Captain: Mike Compton  
Grower: Diana Tveit

#### Dakota Dusters

Captains: Al Klatt & Mark Schneider  
Grower: Curt & Denise Knutson / Julie Tennison

#### Rivard's Seed

Captain/Grower: Larry Rivard

#### LM Blade Runners

Captain: Debbie Nelson  
Grower: John Jenö / Dwayne Cook

### ADDITIONAL GROWERS

Dan & Travis Riedemann

Jan Heitmann/All Season's  
Hettinger County Mystery  
Growers



# YMCA Parkinson Wellness Recovery Program

## Why is this program so important!?

### YMCA Parkinson Wellness Recovery Program

The YMCA Parkinson Wellness Recovery program focuses on improving the physical and cognitive function of people living with Parkinson Disease. The curriculum includes basic and progressive functional exercise, sensory awareness, cognitive and emotional engagement, physical effort, and more, to improve physical performance such as balance, walking, fall prevention and sitting to standing, as well as coordination, reaction time, memory, and other cognitive skills.

PWR! Classes are led by certified instructors and volunteers. The program is supported by Altru Health System and the UND Department of Physical Therapy. Other activities such as group cycling and yoga are included in the PWR! offerings. Participants are encouraged to enjoy other Y classes and utilize the cardio and strength training equipment in the Fitness Center.

### 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. 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! Grand Forks area boxing legend Eddie Obregon 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 it's 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's, 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)