# PUMPKINS FOR PARKINSON'S



## 2021 Fall Campaign

September 1, 2021



Joanna & Al Pearson stand by the 1,600 pound pumpkin grown for them by Kent Carrier of Walhalla, ND in 2020.

It's hard to believe we are in our sixth season of Pumpkins for Parkinson's! Although the pumpkins have been in the ground since June, they are really starting to grow as we approach the fall season! We love this time of year!

#### 2021 Campaign

This year we are again are reaching out to past team members, growers, and contributors while gathering photos as the pumpkins grow. We are asking you to consider a **business or personal contribution**. We would also greatly appreciate your help is spreading the word to others who may wish to support the YMCA Parkinson Wellness programs. Donations can be made online, by mail, by phone, or in person and are accepted through December 31.

#### **Your Support Matters**

Your contribution helps us provide the highest quality programming possible for our Parkinson Wellness participants. Funds raised support the purchase of specialized equipment, transportation passes, training expenses/materials/licenses for Rock Steady Boxing and Delay the Disease, audio video equipment for streaming classes to participants who are unable to be at the Y and more.

#### We Are Up & Running

As you know, 2020 was a challenging year for us all. Through the closure, safety mandates and distancing protocol, we did what we could to reach our Parkinson's participants through video and in-house personal workouts. We were able to gradually get more and more people back in the building, plus several new members. We are happy to report that we have a **full schedule of offerings each day**, Monday through Friday, including: Parkinson's Brain Power; Rock Steady Boxing (Parkinson's); Parkinson Wellness; YogaFlex; Function & Fitness; Tai Chi; and SilverSneakers Classic. Our members are also encouraged to attend any other classes that they find appropriate.

#### **Pumpkins for Parkinson's Day 2021**

2020's pumpkin display topped all others with Kent Carrier's 1,600 pound monster pumpkin. This year's "Pumpkins for Parkinson's Day" to take place on Tuesday, October 5. The giant pumpkins will be on display outside of the YMCA most of the day while donations will be accepted in-house. We are also working on a Pumpkin Dessert Contest!

Additional details on the fund raiser, growers and needs of the program will be posted on our web site. We hope to see you on October 5!!

**Thank you** for your past, present and future support of our Parkinson Wellness programs. Sincerely,

#### Patti and Tom McEnroe

Co-chairs / Pumpkins for Parkinson's pmcenroe@gfymca.org

See back side for details on how to donate.

## THANK YOU TO OUR 2021 GROWERS

Jan Heitmann All Seasons - GF Nick Steidl Grand Forks, ND Diana Tveit Larimore, ND Julie Tennison Fordville, ND Travis Riedemann McVille, ND Grand Forks, ND Wade Stadstad Jaden Heider McCanna, ND EGF, MN Denise Knutson Kent Carrier Wallhalla. ND Karen Kouba Regent, ND Regent, ND Katelin Kouba Regent, ND Jess Kouba Kevin Remmington Regent, ND Katelin Kouba Regent, ND Mackenzie Derry Thompson, ND Katie Jerome Devils Lake, ND Devils Lake, ND Robyn Riggin Brian Reslock Devils Lake, ND Kiptyn Hillman Monomonie, WI

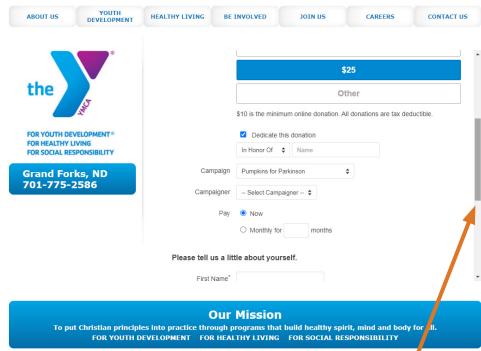


## **HOW TO DONATE**

### www.gfymca.org / 701-775-2586

SCROLL BAR





#### **DONATE ONLINE**

- 1. Go to: www.gfymca.org
- 2. Click on the blue DONATE button.
- 3. Look for the grey scroll bar.
- 4. Scroll down to see your options.
- 5. Choose amount to donate.
- 6. In the "Campaign" section choose "Pumpkins for Parkinson's". (You don't have to choose "Campaigner".)
- 7. Choose your payment option.
- 8. Complete contact information.
- 9. Make the payment following the prompts.

THANK YOU FOR YOUR DONATION!

DONATE BY MAIL Altru Family YMCA 215 N 7th St Grand Forks, ND 58203 DONATE BY PHONE

Call: (701) 775-2586

DONATE IN PERSON
Downtown Grand Forks

215 N 7th St

- CHECKS ARE PAYABLE TO ALTRU FAMILY YMCA: Please note "Pumpkins for Parkinson's" in the subject line.
- CASH AND CREDIT CARD DONATIONS ARE ACCEPTED IN PERSON OR BY PHONE.

ALTRU FAMILY YMCA IS A **NON-PROFIT [501(c)3]** ORGANIZATION. 100% OF DONATIONS ARE TAX DEDUCTIBLE AND GO TO EQUIPMENT, SUPPLIES, SCHOLARSHIPS, TRANSPORTATION ASSISTANCE, AND OTHER COSTS SPECIFIC TO THE ALTRU FAMILY YMCA PARKINSON WELLNESS RECOVERY PROGRAM.

## Thank you for your support!



LIKE US ON FACEBOOK TO SEE PUMPKINS FOR PARKINSON'S UPDATES, PHOTOS, AND NEWS - ALONG WITH OTHER TIMELY YMCA INFORMATION!