

# 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.

### 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.

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.

### 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	McVie, ND
Wade Stadstad	Grand Forks, ND
Jaden Heider	McCanna, ND
Denise Knutson	EGF, MN
Kent Carrier	Walhalla, ND
Karen Kouba	Regent, ND
Katelin Kouba	Regent, ND
Jess Kouba	Regent, ND
Kevin Remington	Regent, ND
Katelin Kouba	Regent, ND
Mackenzie Derry	Thompson, ND
Katie Jerome	Devils Lake, ND
Robyn Riggan	Devils Lake, ND
Brian Reslock	Devils Lake, ND
Kiptyn Hillman	Monomomie, WI



# HOW TO DONATE

www.gfymca.org / 701-775-2586



## 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.

A screenshot of the online donation form. At the top, there's a navigation bar with links: 'ABOUT US', 'YOUTH DEVELOPMENT', 'HEALTHY LIVING', 'BE INVOLVED', 'JOIN US', 'CAREERS', and 'CONTACT US'. Below this is the YMCA logo and the text 'FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY'. A blue box says 'Grand Forks, ND 701-775-2586'. The main form area has a dropdown for amount with '\$25' selected, and an 'Other' option. Below this, it says '\$10 is the minimum online donation. All donations are tax deductible.' There's a checkbox 'Dedicate this donation' which is checked. Below that is a field 'In Honor Of' with a dropdown and a 'Name' field. Then there's a 'Campaign' dropdown with 'Pumpkins for Parkinson' selected. Below that is a 'Campaigner' dropdown with '-- Select Campaigner --' selected. Then there's a 'Pay' section with 'Now' selected (radio button) and 'Monthly for' followed by a 'months' field. Below this is a section 'Please tell us a little about yourself.' with a 'First Name\*' field. At the bottom, there's a blue box titled 'Our Mission' with the text 'To put Christian principles into practice through programs that build healthy spirit, mind and body for all. FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY'. A grey scroll bar is visible on the right side of the form, highlighted by an orange arrow.

SCROLL BAR

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!