

PUMPKINS FOR PARKINSON'S



2021 Fall Campaign

October 15, 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.

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

Pumpkins for Parkinson's Day 2021

This year's Pumpkins for Parkinson's day happened on October 5, with a giant pumpkin display, "Al's Pumpkin Bake-off", and a free pumpkin cupcake for a donation of any amount. Kent Carrier contributed another giant to to cause, with a pumpkin weighing close to 1,200 pounds. Other winning growers were: Julie Tennison (1st at 301 lbs); Brian Reslock (2nd at 283 lbs); Karen Kouba and Wade Statstad (tied for 3rd at 251 lbs). Bake-off winners were Tammy Horner for "best presentation and Adam Sorum for "best tasting". It was a wonderful day for all of us.

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

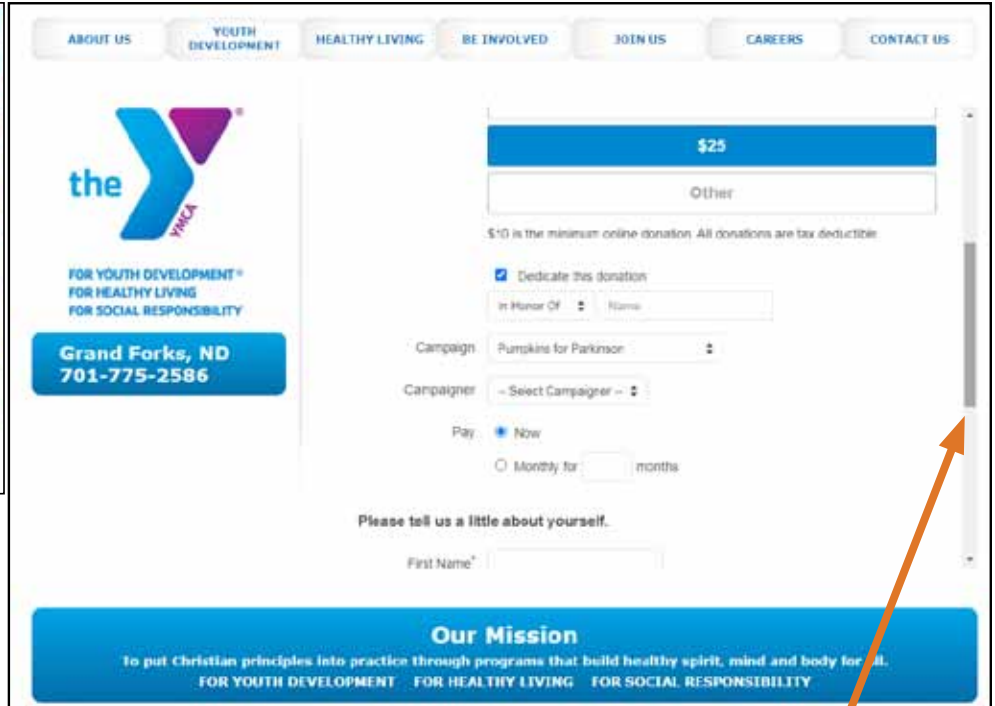
This year we are again are reaching out to past team members, growers, and contributors while gathering photos as the pumpkins grow. We are asking you to consider a **business or personal contribution**. We would also greatly appreciate your help is spreading the word to others who may wish to support 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	McVile, 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
Kevin Remington	Regent, ND
Mackenzie Derry	Thompson, ND
Katie Jerome	Devils Lake, ND
Robyn Riggan	Devils Lake, ND
Brian Reslock	Devils Lake, ND
Kiptyn Hillman	Menomonie, WI



See back side for details on how to donate.



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!