

2025 FALL CAMPAIGN • Celebrating 10 Years

ALTRU FAMILY YMCA • 215 N 7th St • Grand Forks, ND 58203 • (701) 775-2586 • www.gfymca.org

September 8, 2025

Dear YMCA Parkinson Wellness Supporter,

Thank you for your support these past years! Your donations have made it possible for us to provide our participants with top quality boxing gloves and bags, strength and circuit training equipment, various group class needs, Dial-a-ride passes, professional training, scholarship assistance, and more. Your personal or business contribution this year will help us continue to provide the high quality services our participants deserve.

2025 marks the **Pumpkins for Parkinson's 10th Anniversary!** We started the fund raiser in 2016 with teams and celebrity growers. In 2020, the Covid pandemic forced us to simplify the event and today our amazing growers continue to try to grow the largest pumpkin!

The YMCA Parkinson Wellness program was started in February of 2015, based on Parkinson Wellness Recovery® (PWR!) and Exercise4BrainChange® curriculums. In 2017, we added Rock Steady Boxing®, an exciting boxing and circuit training program for people with Parkinson's. Since then, offerings such as Group Cycling, Balance Boost, and Brain Power were added. Today, the Parkinson Wellness schedule includes Rock Steady Boxing and Parkinson Wellness (based on PWR!, Delay the Disease® and other curriculums). Many of our participants take part in additional class offerings at the Y such as Water Exercise, Function & Fitness, SilverSneakers® Circuit, and YogaFlex.

Thank you for considering a contribution again this year in support of our hard working Parkinson Wellness participants! The Y is a 501(c)(3) nonprofit organization and your donation is 100% tax deductible. Donations will be accepted through December 31, 2025.

Sincerely,

Patti and Tom McEnroe

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



Join us for Pumpkins for Parkinson's Day - October 8

We are excited to invite you to our anniversary celebration on Wednesday, October 8, 2025, starting with a short program at 12:00 noon, followed by our fourth annual Al's Pumpkin Dessert Contest (in honor of our friend, Al Pearson). We are also adding a light lunch this year (compliments of chef Adam Sorum)! The giant pumpkins will be on display in front of the Y most of the day.

Thanks to our 2025 pumpkin growers:

Diana Tveit, Larimore, ND
Julie Tennison, Fordville, ND
Travis Riedemann, McVillie, ND
Wade Stadstad, Grand Forks, ND
Jan Heitmann, All Season's, Grand Forks

Denise & Curt Knutson, East Grand Forks, MN
Connie & Tyler Finnie, Emerado, ND
Kent Gjerswold, Buxton, ND
Brian Bassett, East Grand Forks, MN
Justin & Mackenzie Adams, Grand Forks, ND

John Mager, East Grand Forks, MN
Kenny Nultemeier, East Grand Forks, MN
Steve Guse, Grand Forks, ND
Ron Dalbey, Emerado, ND
Mike Ness, Gilby, ND

- We are grateful for our amazing **Volunteers: Alan Gunderson, Evelyn Pederson, Michael Marek, and Joyce Wicklund.**
- Our **Certified Trainers** are **Adam Sorum** (Rock Steady Boxing, Delay the Disease, Functional Parkinson's Fitness Specialist, Parkinson Wellness Recovery, and more) and **Patti McEnroe** (Parkinson Wellness Recovery, ACE Group Ex & Functional Aging Specialist, and more).

HOW TO DONATE

- Donate online: www.gfymca.org - scroll to the **blue "DONATE"** button on the Home Page.
- Donate in-house: 215 N 7th St., Downtown GF • Call us at: 701-775-2586
- Donate by mail: Altru Family YMCA • 215 N 7th St • Grand Forks, ND • 58203

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