



# PUMPKINS FOR PARKINSON'S



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2022 FALL CAMPAIGN

September 6, 2022

It's that time of year and we are gearing up for our annual Pumpkins for Parkinson's fall campaign and celebration! The pumpkins are in the ground and we are hoping for another great crop of the oversized gourds. Pictured: **Julie and Jessica Tennison** stand by their 2021 winner (301) pounds, along with **Kent Carrier's** 1,200 pound donation. Second place went to **Brian Reslock**. **Karen Kouba** and **Wade Stadstad** tied for third.



### Your Gift Matters

We are asking you to consider a personal or business contribution to this important program again this year. Your donation helps us provide the highest quality programming, transportation assistance, financial scholarships, necessary equipment, training expenses, audio/visual aids, and more. Donations can be made online, by mail, by phone, or in person and are accepted through December 31.

### Current Scheduled Classes

Our schedule of classes include Monday through Friday offerings: Parkinson's Brain Power; Rock Steady Boxing; Parkinson Wellness; YogaFlex; Function & Fitness; Tai Chi; and SilverSneakers Classic. Our members are also encouraged to attend any other classes that they find appropriate and are able to utilize the Y any time, seven days a week. The Y offers approximately 100 classes per week for members to choose from.

### Pumpkins for Parkinson's Day - October 4

This year's celebration will be held at the Y on **Tuesday, October 4**. The pumpkins will be on display in front of the Y for most of the day. We will also be hosting our second annual **AI's Pumpkin Dessert Contest**. Details will be posted at the Y, on our web site, on our Facebook page, email, and media.

**Thank you** for your past, present and future support of our Parkinson Wellness programs. For more program information, contact Adam Sorum or Patti McEnroe at the Y.

Sincerely,

**Patti and Tom McEnroe**

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

### A BIG THANKS TO OUR 2022 GROWERS!

Nick Steidl	Grand Forks, ND	Karen Kouba	Regent, ND
Diana Tveit	Larimore, ND	Katelin Kouba	Regent, ND
Julie Tennison	Fordville, ND	Kevin Remmington	Regent, ND
Travis Riedemann	McVillie, ND	Mackenzie Derry	Thompson, ND
Wade Stadstad	Grand Forks, ND	Brian Reslock	Devils Lake, ND
Jaden Heider	McCanna, ND	Kiptyn Hillman	Menomonie, WI
Denise Knutson	EGF, MN		

### A Few 2022 Program Highlights

- We purchased much needed boxing equipment for our Rock Steady Boxing program.
- Adam Sorum and Shawn Reich completed the Parkinson's Disease Fitness Specialist certification through the MedFit Education Foundation. Our trainers also hold certifications through Delay the Disease and Parkinson Wellness Recovery (PWR!). All of these trainings were made possible by our fund raising dollars.
- The YMCA hosted our first Parkinson's Symposium, featuring guest speakers from Altru Health System, Katie Evans addressed medication timing and Stacy Marto spoke about community resources that are available.
- Delay the Disease books were purchased for all of our participants. We encourage our participants to exercise at home.
- A variety of tools have been purchased to enhance our mental and physical fitness offerings, such as harmonicas, bouncy balls, games, and more. Al Gunderson has been leading a harmonica class as a volunteer which has been very helpful for our participants.
- We hosted a brainstorming luncheon at Rhombus Brewery for program enhancement ideas and hope to do more of these sessions.
- Many Dial-a-ride passes have been distributed to members who are unable to drive, ensuring that they are able to attend classes regularly and safely. We have seen the need for these passes increase dramatically over the past two years.