

2026 FALL CAMPAIGN

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

September 2026

Dear YMCA Parkinson Wellness Program Supporter,

It's hard to believe this is our 11th year celebrating our Parkinson Wellness participants with the Pumpkins for Parkinson's fundraiser! We've made changes and additions over the years to make the event even more fun, while we raise funds to support this top-notch program led by Adam Sorum and his team.

We are grateful for your support over the years. Your donations have made it possible for us to provide our participants with top quality equipment, class needs, Dial-A-Ride passes, scholarship assistance, and more. Your personal or business contribution this year will help us continue to provide the high quality services our participants deserve.

The YMCA Parkinson Wellness program curriculums are based on Parkinson Wellness Recovery® (PWR!), Rock Steady Boxing®, Exercise4BrainChange®, Delay the Disease® and other credible Parkinson's based programs. Many of our participants take part in additional class offerings at the Y such as Water Exercise, Functional 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, 2026.

Sincerely,

Patti and Tom McEnroe
 Co-chairs / Pumpkins for Parkinson's
pmcenroe@gfymca.org



Join us for Pumpkins for Parkinson's Day - Wednesday, October 7

Join us for Pumpkins for Parkinson's Day on Wednesday, October 7, 2026, as we celebrate another year of supporting individuals and families affected by Parkinson's disease. The celebration will begin with a **short program at 12:00 noon**, followed by our Fifth Annual Al's Pumpkin Dessert Contest, held in honor of our dear friend, Al Pearson. This year we are serving a pumpkin stew lunch, compliments of Chef Adam Sorum, for attendees to enjoy as part of the celebration (goodwill offering accepted). Throughout most of the day, our giant pumpkins will be on display in front of the YMCA, providing a festive centerpiece for the event. Donors will be invited to pick a pumpkin off of the display. All young children are welcome to pick a small pumpkin of their own! We may even have a few surprises this year. We hope you will join us as we honor Al's memory and continue raising awareness and support for our Parkinson's community.

HOW TO DONATE

- Altru Family YMCA is a nonprofit 501(c)(3) organization. Donations are 100% tax deductible.
- **CHECKS** are payable to: **Altru Family YMCA** - Please note "Pumpkins for Parkinson's" in the subject line.
- **CASH** is accepted in-person at the Y. **CREDIT CARD** donations are accepted in-person, by phone, or online.
- **ONLINE:** www.gfymca.org - **DONATE** - Campaign: Choose "Pumpkins for Parkinson's".
- Donations will be accepted through December 31, 2026.

IN PERSON

215 N 7th St
 Downtown Grand Forks

BY MAIL

Altru Family YMCA
 215 N 7th St
 Grand Forks, ND 58203

BY PHONE

Call: (701) 775-2586

ONLINE

www.gfymca.org
 Click the blue DONATE button.



Scan to Donate

MAKING IT ALL HAPPEN



Rock Steady Boxing Crew



Our Coaches

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Thanks to our Parkinson Wellness Class Volunteers and Staff!

Our Volunteer Coaches

Evelyn Pederson, Alan Gunderson, Adam Sorum, Michael Marek, and Emilia Beil.

Our Certified Trainers

Adam Sorum, Healthy Living Director (Rock Steady Boxing, Delay the Disease, Functional Parkinson's Fitness Specialist, Parkinson Wellness Recovery, and more).

Patti McEnroe (Parkinson Wellness Recovery, ACE Group Fitness Instructor, ACE Functional Aging Specialist, and more).



Pumpkins for Parkinson's relies on many volunteers who grow pumpkins, donate pumpkins and other items, make desserts, help set up our celebration, fund-raise on our behalf, and more! THANK YOU ALL!

Thanks to our 2026 Giant Pumpkin Growers!

Diana Tveit, Larimore, ND
Julie Tennison, Fordville, ND
Travis Riedemann, McVile, ND
Wade Stadstad, Grand Forks, ND
Denise & Curt Knutson, EGF, MN
Connie & Tyler Finnie, Emerado, ND

Kent Gjerswold, Buxton, ND
Brian Bassett, EGF, MN
John Mager, EGF, MN
Kenny Nultemeier, EGF, MN
Steve Guse, Grand Forks, ND
Ron Dalbey, Emerado, ND

Mike Ness, Gilby, ND
Angie Pulkrabek Moen, Grand Forks, ND
John Omlid, Grand Forks, ND
John Lee, Grand Forks, ND
Justin & Mackenzie Adams, Grand Forks, ND

