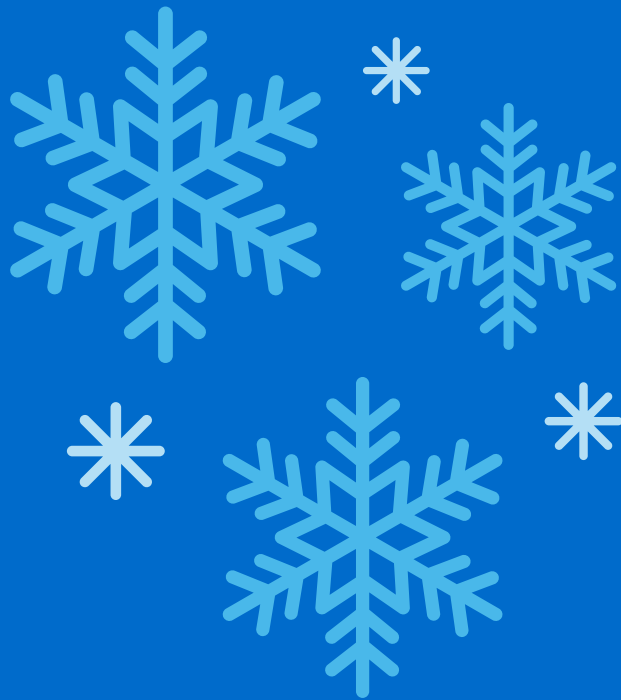


# A GLIMMER OF HOPE



## HOPE, Inc. Qtr. 1 Newsletter

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- Activity Highlights & Updates
- A Message from our Director
- A Note from our President
- Meet Danny!

## A Fall to Remember

This Fall at HOPE, Inc. was truly filled with so many memories! Our Fashion Show took place at the end of September, and nearly 70 participants took the stage, and made us so very proud! Our track meet was held in early October and the atmosphere was contagious - filled with smiles, cheers, and of course competition! We are looking forward to this winter where many more memories will be made! We hope you can join us for Sled Hockey, Women's Group, Art Club, Adaptive Taekwondo, Adaptive Dance, Curling, Adaptive Ski, and Adaptive Swimming Lessons - as always, something for everyone!



# Winter Activities

## **Adaptive Taekwondo**

Mondays & Wednesdays @ 6:45PM @ Red River Traditional Taekwondo

*\*Ages 5 and up*

*\*Pre-registration required - email [info@hopeinc.org](mailto:info@hopeinc.org) for registration*

## **Adaptive Dance - Winter Recital**

Saturday, December 16 @ 10:30AM @ Horizon Middle School (Moorhead)

*\*Through Beyond Dance - sponsored by Gate City Bank*

## **Adaptive Dance - Spring Session**

Wednesdays @ 6:45PM @ Red River Dance & Performing Co. - beginning January 8

*\*Through Beyond Dance - sponsored by Gate City Bank*

*\*No class March 11-16 for Spring Break*

*\*Spring recital will be held on May 11*

## **Adaptive Swimming Lessons**

January 9-March 5

Tuesdays @ 6:30-7PM @ Fercho YMCA (Downtown Fargo)

*\*Pre-registration required - email [info@hopeinc.org](mailto:info@hopeinc.org) for registration*

## **Sled Hockey**

Youth Sled Hockey - Saturdays @ Moorhead Youth Hockey - Cullen Center

Adult Sled Hockey - Saturdays @ Moorhead Youth Hockey - Cullen Center

*\*Practices are held at @ 9AM or 11AM - alternating times between Youth and Adult*

Combined Youth & Adult Sled Hockey - Sundays @ 10:15-11:45AM @ Moorhead Youth Hockey

## **Art Club**

Thursday, December 14 @ 5PM @ Roosevelt Elementary (Fargo)

*\*We will be painting Christmas tree decorations and enjoying holiday treats!*

## **Bowling**

Saturdays @ 11AM-12:30PM @ West Acres Bowl (Fargo)

*\*Held each Saturday - now through February! Attend when it works in your schedule!*

## **Adaptive Track Meet**

Saturday - January 13 @ 9:30AM @ Concordia College - Moorhead

*\*Race categories for every age and mobility challenge*

*\*Email [kelly@hopeinc.org](mailto:kelly@hopeinc.org) to sign-up!*

# Adult Wheelchair Basketball

The Adult Wheelchair Basketball group could not get enough this year! The session ended, and we kept finding a facility available to allow us to play one more week! This activity has evolved into such a fun group! I think it's safe to say we are all looking forward to another session of basketball this Spring!



**HOPE, Inc. would like to sincerely thank the following sponsors!**

**THANK YOU!**

**Dreammakers - \$10,000 +**

**R.D. Offutt Company  
Cullen Children's Foundation  
Hector Foundation  
Grand Forks Subaru  
Scheels  
Sammons Financial  
TEAM Industries  
Otter Tail Corporation Foundation  
Hendrickson Foundation  
Linda & Duane Hendricks  
Virgil Siebold & Michael McAllister**

**Platinum \$5,000 - \$9,999**

**Alex Stern Foundation  
Border States Electric  
Chad's Welding**

**Riley's Landscape & Irrigation  
State Farm Insurance, Jill Henning**

**BCBSND Caring Foundation  
Teresa & Marlan Warne**

**Gold - \$2,500-\$4,999**

**Dakota Medical Found.  
Community Found. of Grand Forks**

**Essentia Health  
Bell Bank**

**Cass County Electric Coop.  
Carval Investors Foundation  
Jim & Connie Henning**

**Silver - \$1,000-\$2,499**

**River Cities Radon Inspection  
Jeromy Brown Family Fund  
Thomsen Homes  
Lowry Engineering  
Dan Lutz  
Sunbelt Rentals  
David & Jan McNair**

**Barry Foundation  
Dakota Supply Group  
Optimist Club of Fargo  
Doosan Bobcat  
Lisa & Mylo Erickson  
Trail King  
Dare 2 Stant Out  
Eaton**

**Leslie & Patricia Roos  
GrayBar  
MRL Company  
Center for Plastic Surgery  
Sertoma Club  
Sanford Health  
Jim & Connie Henning**



# Did you know?

- HOPE, Inc. serves nearly 250 families with children and adults living with mobility challenges
- HOPE, Inc. is the only organization of it's kind within a 200-mile radius of Fargo-Moorhead
- Schools, community education and city sports programs rarely offer adaptive opportunities - HOPE, Inc. is proud to fill that gap!
- HOPE, Inc. has grown in the number of families they serve for 17 consecutive years!

# Support HOPE, Inc.



You can support HOPE, Inc. today by making a donation on our website. Go to **hopeinc.org** and click the "Donate" button in the upper right-hand corner. Our website provides the option of making a one-time donation or donations can be selected to occur annually or monthly!

## Adaptive Track Meet

One of our very favorite activities! The Adaptive Track Meets always attracts a enthusiastic crowd and wide variety of participants! This fall did not disappointment! We also so enjoyed welcoming several new HOPE participants as they took part in their first HOPE activity, and their first Adaptive Track Meet!





# A Note From Our Director...

I hope everyone has a great fall and start to the winter season. HOPE, Inc. programming is in full swing!

I have addressed this topic in the past, but thought it important to do so again.

A big part of what HOPE, Inc. does is outreach to the community and promote inclusion. We make our services known to all that have mobility challenges and the public in general.

Starting each fall and continuing into late spring HOPE conducts Adaptive P.E Classes and speaks on inclusion at schools. This year we have been at or are scheduled at approximately 20 schools. We are hoping to at least double this number by spring. Students receive a strong message on the challenges those with mobility challenges face and the importance of inclusion.

During gym class the students and staff get the opportunity to jump into sports chairs and play a variety of adaptive sports. It is always a great time and great experience.

HOPE offers these school opportunities to all grades K-12, regardless of if there is a child at the school with mobility challenges or not.



We have reached several schools within the FM area, and also serve schools in the outlying region. This fall we have been to Wyndmere, Milnor, New Rockford, Northern Cass, and Devil's Lake.

For kids in the schools with mobility issues it is a great opportunity to be spot-lighted and give them the opportunity to shine.



If HOPE, Inc. has not yet been to your child's school I would strongly encourage you to consider connecting your school with HOPE and see if we can get things set up.

I feel this is so impactful!

**Bill Grommesh, Executive Director**





# SLED HOCKEY

Sled hockey is in full swing!

Please see the below dates regarding upcoming tournaments!

Sled Hockey jackets are in! For those that requested jackets, they will be distributed at practice. For those players that would like a jacket, but didn't order one initially, or family and friends that are interested in ordering a sled hockey jacket, a second order will be placed. Contact Coach Bill with order information. HOPE, Inc. will cover the cost of jackets for players and coaches. Jackets are \$100 for family and friends.

New jerseys have also been ordered and should arrive by late-December!



## SAVE-THE-DATE!

***Pucks on the Prairie  
(Brookings, SD) February 16-18***

***HOPE Hurricane Invitational Sled Hockey  
Jamboree (Moorhead, MN) March 8-10***

***Prairie Grit Sled Hockey Classic  
(Minot, ND) March 13-17***

***Sled Hockey National Championships  
(West Chester, PA) April 18-21***

***Hendrickson Hockey Festival  
(Blaine, MN) June 1-4***





# THANK YOU!

RDO

Caters  
Taters

RDO Caters Taters for Charity has grown to be a well-known event in our community and many truly look forward to this annual baked potato luncheon where 100% of the proceeds are donated to a different charity each year. HOPE, Inc. Adaptive Sports and Recreation received the honor of being selected as the Charity of Choice for this years Caters Taters for Charity Event. It was truly an honor. With months of planning, over 100 RDO employees make this annual event happen, in which nearly 3,000 baked potatoes, with all the fixings, are served in the course of 2 hours.



For a non-profit, awareness and fundraising is critical for the health and longevity of the organization. RDO has an understanding of this vital need for non-profits and has personally taken on the responsibility of making an immense impact in our community through supporting a different charity each year through the Caters Taters for Charity Event.

HOPE, Inc. will be forever grateful, as the funding and support Caters Taters has provided is program changing and will impact the families we serve for many years to come.

Thank you RDO Equipment Company, as well as the many sponsors and attendees of this event! A big thank you as well to each of you, who welcomed the opportunity to sell raffle tickets to your friends and family. HOPE, Inc. is proud to share we set a new record for raffle sales as well as funds raised for the RDO Caters Taters for Charity Event! We did it together! Funds will allow us to continue offering our activities for no cost to the families we serve and expand our programing. The Caters Taters fundraiser has certainly secured a bright future for HOPE, Inc!





*Another Fashion Show to remember!*

*Our 12th Annual Fall Fashion Show had nearly 70 participants! Each participant was provided a gift card to purchase an outfit to model at the Fashion Show. Each participant took the stage and had the spotlight!*

*We love this event! So many of our HOPE families all under the same roof, at the same time!*



# ★☆☆ Fashion Show

*Oh how we wish we could fit every single participant in the newsletter, here are just a few snap shots from the big day!*

*Thank you so very much for those that attended the event and helped us cheer each and every participant on as they took the stage!*

*We would also like to thank Moorhead Horizon Middle School and their staff for allowing us to hold this event at their school and ensuring all went smoothly!*





# Meet Danny!

My name is Danny Isaac, and I've been paralyzed since I was eight months old. It wasn't until I turned six that I truly understood the challenges life had in store for me. That's when HOPE, Inc. found me and showed me a new perspective on life. Growing up, I had the opportunity to do many things my older brothers did, thanks to HOPE. It became place where I found joy, met like-minded individuals, and learned invaluable lessons.

HOPE has significantly shaped who I am today. It's where I learned to maintain a positive attitude and confront physical challenges head-on. Over the past 17 years, I've had the chance to participate in a myriad of activities. It all started with soccer, playing with a big beach ball. Then came sled hockey—a sport that opened doors I never imagined. Traveling across the nation to play hockey with HOPE provided me with the opportunity to be part of an incredible team and forge lasting connections.



As I grew older, I witnessed the expansion of HOPE, Inc.'s offerings. I delved into track and field, even participated in a fashion show. Skiing became a reality for me, thanks to HOPE. Though I moved away after high school and had a four-year hiatus from HOPE, returning felt like I never left. Now, I eagerly anticipate my weekly trips (or sometimes two) to Fargo for hockey practice, softball, or basketball.

The impact of HOPE, Inc. on my life is immeasurable, and I will forever be grateful for the experiences and support it has provided.

**- Danny Isaac, HOPE Inc. Participant**



## A Note From Our Board President...

As the holiday season unfolds, on behalf of the HOPE, Inc. Board of Directors, I want to extend heartfelt wishes for a Merry Christmas to our dedicated families, donors, volunteers, and participants.

Reflecting on the past year, your commitment has been instrumental in shaping the success of HOPE, Inc., thru our adaptive sports and activities. Witnessing the enthusiasm and accomplishments in these areas has been truly inspiring.

Moreover, I am thrilled to see that this has been a record year in donations to our organization. Your generosity has played a pivotal role in our growth and impact.

May this Christmas be a time of joy, reflection, and celebration with your loved ones. Thank You for being an essential part of our journey. Here's to more shared victories and continued growth in the upcoming year!

Warm Regards,

Craig Dummer  
HOPE, Inc. Board President

