

A GLIMMER OF HOPE



HOPE, Inc. Spring Newsletter

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Spring has Sprung!

Spring is certainly here, and summer is right around the corner! At HOPE we are looking forward to our spring activities: wheelchair basketball and wheelchair soccer! This spring we are also very much looking forward to a 3rd session of adaptive dance, and sled hockey tournaments our players have been anticipating all year: Nationals and the Hendrickson Hockey Festival! At HOPE we are also planning summer activities and events: wheelchair softball, adaptive track, wheelchair baseball and summer recreation activities, such as: a day at the zoo, ice cream social, fishing, biking, bowling, and more! We hope you can join us all spring and summer long! We love serving all the families at HOPE, Inc. and please do reach out to us and share your feedback and ideas!



Save - the - Date!

HOPE, Inc. upcoming events - be sure to mark them on your calendar!

Hockey for HOPE Fundraiser

April 8-10 @ Moorhead Youth Hockey

**Don't forget to sign-up to volunteer at this event or if you are interested in forming a team, email: bill@hopeinc.org*

Hockey for HOPE Fundraiser

May 7 @ Icon Sports Center (Grand Forks)

**email bill@hopeinc.org to form a team*

Sled Hockey in Grand Forks

Wednesday, April 13 @ 6PM @ Icon Sports Center

National Sled Hockey Tournament

April 21-24 (Pittsburgh)

Hendrickson Found. Sled Hockey Tournament

June 2-5 (Blaine, MN)

Shada 3-on-3 Basketball Tournament

June 11 - this historic tournament is including a wheelchair division this year! (Pelican Rapids)

**email bill@hopeinc.org to form a team*

Spring Activities

WHEELCHAIR SOCCER - Saturday April 23 & Saturday April 30 @ 10 AM @ Roosevelt Elementary (Fargo)

ADAPTIVE DANCE (Ages 6 & Up) - Wednesdays @ 5:45PM-6:30PM @ Just for Kix (West Fargo) (last class on April 20)

ADAPTIVE DANCE (Ages 5 & Under) - Saturdays @ 10AM-10:30AM @ Just for Kix (West Fargo) (last class on April 30)

WOMEN'S GROUP - MONTHLY - Watch your email for monthly meeting location and dates!

YOUTH WHEELCHAIR BASKETBALL - Saturday May 14 & Saturday May 21 @ 10 AM @ Backyard Basketball Academy (Moorhead)

ADULT WHEELCHAIR BASKETBALL - The following Wednesdays @ 6PM-7:15PM @ Roosevelt Elementary (Fargo) April 27, May 4, 11 & 18

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

Thank You!

Dreammakers - \$10,000 +

Otto Bremer Trust Herzog Roofing

Scheels Sammons Financial

Cullen Children's Foundation

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

North Dakota Association for the Disabled

Essentia Health Thomsen Homes

Jill Henning - State Farm Insurance

Chad's Welding

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

Bell Bank

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

FM Builders Exchange

Fargo Moorhead Sertoma Club

Bronze - \$599-\$999

Ag Country Farm Credit Services

Step by Step Accounting

Did you know?

- HOPE, Inc. serves nearly 200 families with children and adults living with mobility challenges
- HOPE, Inc. is the only organization of it's kind within a 250-mile radius of Fargo-Moorhead
- Schools, Community Education and 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 16 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!

It Takes a Team. To Build a Dream.

Theatre

Our Adaptive Theatre Program collaborated this winter with Theatre B and Concordia for a production of *Alice in Wonderland*! We couldn't be more proud of our HOPE, Inc. participants! They rehearsed several nights a week, for 6 weeks, and put on a spectacular performance in February! We are looking forward to next year's production!



Sled Hockey

Sled Hockey continues! We just wrapped up our annual Sled Hockey Jamboree in Moorhead, in which teams from all over the region traveled to compete! The HOPE Hurricane teams are now gearing up for the National Sled Hockey Tournament in Pittsburgh and the Hendrickson Foundation - National Hockey Festival in the Twin Cities!

Our Youth Sled Hockey team has been especially busy taking on community organizations on the ice, such as: NDSU Athletes, Moorhead Police Department, the Cullen Children's Foundation and many more!

This year we also have scheduled ice time at the Icon Sports Center every month in Grand Forks! This has been a great opportunity for individuals in the Grand Forks community to come give sled hockey a try! Our last scheduled ice time in Grand Forks is Wednesday, April 13 @ 6PM @ the Icon Sports Center



A Message from our Director...

What are my favorite parts of HOPE, Inc?

I have been a part of Hope, Inc. since its inception in 2006. During that time, I have definitely found I have a couple parts of HOPE, Inc. that inspire me the most.

The most exciting part for me is when new children and their families join our organization and come to their first event. There is nothing better than seeing the joy on a child's face. This may be the first time they have been able to play as part of a team, find success, or compete with parents or siblings. It may be the first time they have been part of a dance team or taken part in a play. It is equally rewarding to see how this impacts parents and grandparents. The child's world opens, and they are now part of HOPE, Inc.!

There can be a lot of anxiety for a family to bring their child to their first HOPE, Inc. activity. We work hard to ensure the child and the entire family are welcomed and made to feel at home, and find success.

Another great part of HOPE, Inc. for me is watching the kids develop friendships and grow in confidence through-out the years. Kids learn so much through organized sports, dance, theatre, etc. What a great joy to see these friendships and confidence develop on the rink, diamond, stage, and extend outside of HOPE. As our participants grow they learn they have great strengths and abilities, their mobility challenges do not define who they are. They learn how to win, lose, communicate, advocate, problem solve, develop life long friendships, and see the great things the future holds.

Bill Grommesh, Executive Director



Adaptive Dance

Hope, Inc.'s dance class has continued to grow in participation and has helped our organization extend our reach to new families that we are looking forward to serving.

Our adaptive dance program has developed into two adaptive dance classes, with a class on Wednesday evenings for participants 6 and older and a Saturday morning class for participants 5 and under.



Thank you to our Dance Instructor, Karly Pierce Lystad, for leading our dance program! We simply could not have this amazing program without you!

We are beyond excited for the upcoming collaboration with Midwest Dance Theater, who has invited HOPE, Inc. dance participants to perform in their spring production of Don Quixote. Performances will take place on April 23 at 2PM & 7PM as well as on April 24 at 2PM at MDT Studio Performance Theatre: 480 24th Ave. W. (West Fargo)

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Adaptive Ski

It was a harsh winter, but our Adaptive Ski Program was still able to get out to the Mountain! Thank you to Detroit Mountain for hosting our Adaptive Ski Program and thank you to the many Adaptive Ski volunteers that make this program possible! Our Adaptive Ski Program is another program that is helping HOPE, Inc. reach more families that we are looking forward to seeing at many more activities!

A Note From Our President...

A quote from Gayla Lemaire, "Volunteers are paid in six figures, S-M-I-L-E-S"

Did this catch your eye? I think it probably did? When you have attended one of the many HOPE, Inc. events, you probably have worked with other individuals other than Bill or Kelly. Someone may have strolled up to welcome you or asked if you need assistance. Maybe even flown by you in a flurry working on something. These are the instances we are grateful for our many volunteers who bring their skills, creativity, and dedication to our HOPE, Inc. family.

Reflecting on our activities that require a host of volunteers, an example, is our adaptive ski program. If you have not checked out the videos on our social media pages, I highly suggest doing so. You will see a great group of dedicated volunteers who bring SMILES to those flying down the hills at Detroit Mountain. Without them, we would not be able to offer this great program.

Along with, there are several other instances that individuals help out. This could include fixing equipment, writing thank you's, making phone calls, coaching, helping at an activity whether running the score clock, handing out ribbons at a track meet, or checking people in; the list could go on. As our theme states-It Takes a Team. To Build a Dream.

As a parent and a board member, I would like to extend my gratitude to all who help build the dream for our families. No act is too small and when we work together as a team, we will be able to continue the many great activities.

Now that spring has sprung, and summer will be right around the corner, make sure to check out our calendar at www.hopeinc.org, follow us on Facebook, or Instagram to see our current events.

Sarah Saude, Board President



Bowling & Archery

We love our bowling and archery programs as both are unique activities that take patience and practice. Both activities have attracted a small, but close-knit group that has created an environment for our participants to develop strong relationships and friendships with one another. Our winter bowling and archery sessions have come to end, but we really hope these two dedicated groups will join us for some of our spring and summer activities!



Adapted Physical Education Class - At Your School!



Last fall, HOPE Director, Bill Grommesh, led Adapted Physical Education classes for 4 of our HOPE participants: Jack, Linden, Kyler and Emma. Bill introduced their classmates to wheelchair soccer. It was a great opportunity to introduce adapted sports to the school, teachers and students as well as encourage inclusion.

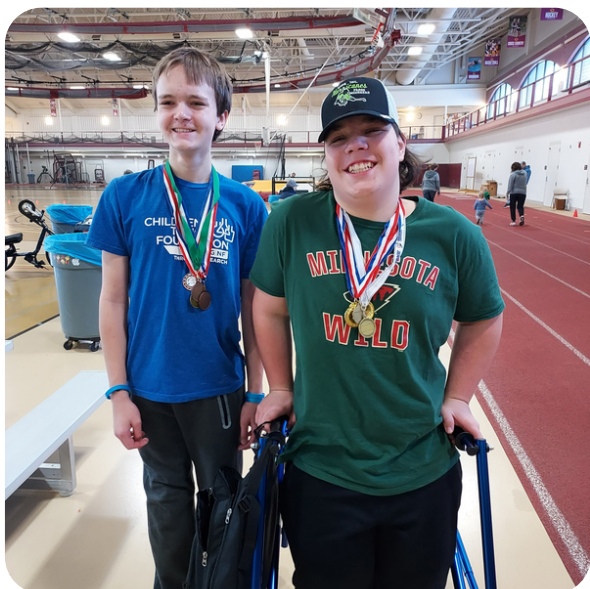
Bill is available this spring to come to your school and lead a session of wheelchair soccer during P.E. class! Email bill@hopeinc.org to set a date!

MEET MAX!

Greetings from the Lien's,

We are honored to be a part of the HOPE, Inc. Spring Newsletter and have this opportunity to share our story, and how HOPE, Inc. is a part of our family. In June 2021, our son Max, who was 12 at the time, had his lower right leg amputated due to complications of a genetic disorder called Neurofibromatosis Type 1 (NF1).

The summer of 2021 was a challenge, to say the least. A great deal of energy was spent thinking about all the changes and obstacles Max will face in his future. What will school be like? What will he be able to participate in?



As a family we no longer see disabilities, only everyone's unique abilities...



Will being an amputee affect his future? Those questions, and many more, were transformed into something positive and powerful after Max had the opportunity to participate in his first Wheelchair Baseball game in August of 2021. HOPE has given Max the opportunity to meet many new friends, discovered the importance of being a part of something bigger and what it feels like to be a part of a team. As a family we no longer see disabilities, only everyone's unique abilities, and are beyond blessed to meet amazing new friends and teammates--2021 was a tough year, but with all of the support and kindness of our HOPE, Inc. family, 2022 is looking pretty awesome!

- Tina Lien, Max's Mother