

A GLIMMER OF HOPE



HOPE, INC.

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WHAT A SUMMER!

Does summer really have to end? We certainly made the most of it! From ice cream and smiles to catching up with our HOPE, Inc. family, this summer was filled with fun, friendship, and a little healthy competition. It was wonderful seeing so many of you at wheelchair tennis, fishing, bowling, adaptive golf, ice cream socials, wheelchair baseball, and so many other activities. It's safe to say—it was a great summer at HOPE, Inc!

As hard as it is to say goodbye to summer, we're excited for what's ahead. Fall is shaping up to be even busier! September and October will bring adult wheelchair basketball, our Fall Adaptive Track Meet, the return of adaptive dance, the Swinging for HOPE Golf Tournament, and our 20th Anniversary Celebration. We hope you'll join us!



Jacob trying out the drums at a HOPE, Inc. Adaptive Music Session



Ty perfecting his Tennis Swing with Coach Greg



Macy, and mother, Tammy joining Women's Group for a floral workshop

FARGO MOORHEAD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Youth Recreation Games & Wheelchair Soccer @ 10AM
6	7	8	9 Women's Group @ 4:30PM Adaptive Dance @ 6:10PM	10	11	12
13	14 Swinging for HOPE Golf Tournament Fundraiser @ 1PM	15 Adult WC Basketball @ 6PM	16 Adaptive Dance @ 6:10PM	17	18	19 Adaptive Track Meet @ 10AM
20	21 Adaptive CrossFit @ 6PM	22 Adult WC Basketball @ 6PM	23 Adaptive Dance @ 6:10PM Adaptive CrossFit @ 6PM	24	25	26 HOPE, Inc. 20 th Anniversary Celebration Open House Event @ 10AM-1PM
27	28 Adaptive CrossFit @ 6PM	29 Adult WC Basketball @ 6PM	30 Adaptive Dance @ 6:10PM Adaptive CrossFit @ 6PM			

YOUTH REC. GAMES & WHEELCHAIR SOCCER @ Courts Plus (3491 University Drive S. - Fargo)
**Will start the session out with classic games: Red Light Green Light, Simon Says & Red Rover - followed by Wheelchair Soccer for the 2nd half of the session*
WOMEN'S GROUP @ Historic Downtown Moorhead Dairy Queen (24th 8th St. S.)
ADULT WHEELCHAIR BASKETBALL @ Courts Plus (3491 University Drive S. - Fargo)
ADAPTIVE DANCE @ Red River Dance (2921 Fiechtner Dr. - Fargo)
**Ages 8 & up, seated format, email info@hopeinc.org for registration link!*
ADAPTIVE CROSSFIT @ EHP Performance (1400 25th St. S. - Moorhead)
**Open to participants ages 12 and up! Email info@hopeinc.org for registration link!*
ADAPTIVE TRACK MEET @ Concordia College - Olson Forum (901 8th St. S. - Moorhead)
**Racing divisions for all ages & all mobility levels - email info@hopeinc.org to sign-up!*
HOPE, Inc. 20th ANNIVERSARY CELEBRATION - OPEN HOUSE @ Dakota Medical Foundation (4321 20th Ave. S. - Fargo)
SWINGING FOR HOPE GOLF TOURNAMENT FUNDRAISER @ Moorhead County Club (2101 N. River Drive - Moorhead)



PLEASE NOTE!

CALENDARS ARE TENTATIVE & SUBJECT TO CHANGE!

CALL (701) 866-9002 OR EMAIL INFO@HOPEINC.ORG

TO SIGN-UP OR LEARN MORE!

GRAND FORKS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 KEM Shrine Potato Bowl @ 10:00 AM
6	7	8	9	10	11 Adaptive Swimming @ 4:30 PM	12
13	14 Swinging for HOPE Golf Tournament Fundraiser @ 1PM	15 Adaptive Fitness @ 6:00 PM	16	17	18 Adaptive Swimming @ 4:30 PM	19 Adaptive Track Meet @ 10AM
20	21	22 Adaptive Fitness @ 6:00 PM	23	24	25 Adaptive Swimming @ 4:30 PM	26 HOPE, Inc. 20 th Anniversary Celebration Open House Event @ 10AM-1PM
27	28	29 Adaptive Fitness @ 6:00 PM	30			

ADAPTIVE TRACK MEET @ Concordia College - Olson Forum (901 8th St. S. - Moorhead)
**Racing divisions for all ages & all mobility levels - email info@hopeinc.org to sign-up!*
ADAPTIVE FITNESS @ Altru Performance Center (1375 S Columbia Rd, Grand Forks, ND 58201)
ADAPTIVE SWIMMING @ Grand Forks YMCA Family Center (215 N 7th St, Grand Forks, ND 58203)
**Bring along family and a friend, brief swimming lessons will also be available, or just have fun making a splash!*
HOPE, Inc. 20th ANNIVERSARY CELEBRATION - OPEN HOUSE @ Dakota Medical Foundation (4321 20th Ave. S. - Fargo)
SWINGING FOR HOPE GOLF TOURNAMENT FUNDRAISER @ Moorhead County Club (2101 N. River Drive - Moorhead)
KEM SHRINE POTATO BOWL PARADE @ Demers Avenue (Downtown Grand Forks)
**Email jsmith@hopeinc.org to volunteer with the HOPE, Inc. float and handing out candies & goodies, or attend to show your support!*



**HOPE, INC. WOULD LIKE TO THANK THE
FOLLOWING SPONSORS!**

  **THANK YOU!**  

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Hector Foundation

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CED

Mahan Construction

Jason & Kristen Zilka

Lisa & Mylo Erickson

Scott & Amy Anderson

Nancy Emerson

Happy Harry's

Minnesota Twins

Thrivent Financial

SAVE-THE-DATE!



Fall Adaptive Track Meet

Saturday, September 19 | 10:00 AM



Concordia College (Moorhead)



HOPE, Inc. 20th Anniversary Celebration & Open House

Saturday, September 26 | 10:00 AM – 1:00 PM



Dakota Medical Foundation (Fargo)

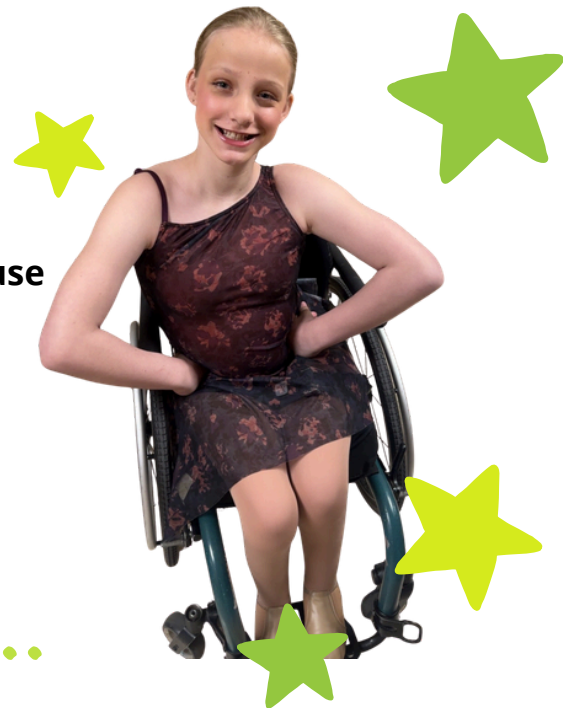


HOPE, Inc. Fashion Show

Saturday, October 24 | 10:00 AM



Dakota Medical Foundation (Fargo)



Adaptive Dance...

Last spring, our Adaptive Dance Team took the stage for their end of season recital, and what a wonderful performance it was! Their hard work, confidence, and joy shined through every routine. Now, Adaptive Dance is back for the fall season, with classes beginning in early September!

We are incredibly grateful to Beyond Dance and Red River Dance & Performing Company for their ongoing partnership and commitment to creating an inclusive, welcoming environment where every dancer can thrive. More than just learning choreography, our dancers continue to build lasting friendships, grow as a team, and gain confidence with every class. We can't wait to watch them take the stage again at their winter recital!



Thank you!



NDAD

helping others to help themselves

Earlier this summer HOPE, Inc. was chosen to be a recipient of the Gibbens Memorial Grant through the North Dakota Association for the Disabled. Faye Gibbens was a co-founder of the NDAD and was inspired to create the NDAD organization through her son, who was born with cerebral palsy. The NDAD started as a small parental support group and has now turned into a statewide charitable nonprofit helping children and adults with a variety of disabilities and health challenges.

We are beyond honored to receive the Gibbens Memorial Grant. Grant funding will be immensely impactful as we continue to offer 25 different adaptive sports and recreation opportunities to the over 300 families apart of HOPE, Inc!

SUMMER NIGHTS AT MIRACLE FIELD

Summer just wouldn't be the same without baseball. We're incredibly grateful to have Miracle Field in our community, a place that truly feels like home each Thursday evening. We kick off the night with youth wheelchair baseball, followed by adult wheelchair softball, making it a weekly tradition our participants looked forward to all summer long.

Our youth team enjoyed taking on a variety of community teams, including Concordia, Lowry Engineering, Red Lake Falls Volleyball, Beyond Boundaries, and the Sanford Therapy Team. Every game was filled with cheering, friendly competition, and just the right amount of good-natured trash talk!

A special thank you to our dedicated volunteers, Matthew and Suzanne, who were there week after week, helping keep the games running smoothly while bringing smiles to everyone on the field.

Baseball and softball season will certainly be missed, it's not called Miracle Field by chance—it's a truly special place where friendships are built, memories are made, and where HOPE, Inc. loves spending its summer evenings.



Featured on the left, our Youth Wheelchair Baseball Team, and directly above, new HOPE, Inc. Adult Participant - Nathan

HOOKED ON SUMMER!

Fishing is always a favorite among our HOPE, Inc. participants! Each summer, we're grateful to partner with the Detroit Lakes chapter of Let's Go Fishing for unforgettable fishing and boating excursions on beautiful Detroit Lake. These trips fill up quickly every year—and it's easy to see why! From catching fish (big and small!) to soaking up the sunshine and enjoying relaxing boat rides, there were smiles all around. A few lucky participants even had the chance to take the captain's seat and help drive the boat!

From all of us at HOPE, Inc., thank you to Let's Go Fishing for making these special outings possible. It's safe to say these trips were one of the highlights of our summer!



Featured above is "Captain Gini" who got to take the wheel on our cruise back to the dock. On our left is Josiah whom may have caught the biggest fish for HOPE, Inc. this Summer! We were all proud of the large mouth bass he reeled in!

GOLF FOR EVERYONE

Adaptive Golf is the most perfect way to spend a Summer morning! We are beyond grateful to Rose Creek Golf Course and their Golf Pro, Matt Cook, for hosting our Summer Adaptive Golf Session as well as Dare 2 Stand Out for providing several Adaptive Golf Carts to our participants, truly making golf for everyone in Fargo-Moorhead!



SUMMER ON THE COURT...



Catlyn above, always bringing her positive attitude to each and every session of Tennis!

Volley, serve, smashe, bounce—we're all fluent in tennis lingo after this summer! More importantly, our participants grew their wheelchair tennis skills, confidence, and love for the game with each session. It was incredible to watch everyone encourage one another, celebrate progress, and share plenty of laughs along the way.

We're especially grateful for Coach Greg, whose encouragement and positivity make every practice special. To wrap up the season, he surprised each player with a personalized trophy. For one participant, it was the very first trophy they had ever received—a moment she will never forget.

Thank you, Coach Greg, for helping make this season one to remember!



Morgan on the left! Morgan was beyond consistent this session, not missing one week of Tennis! A Tennis Team photo above, including Coach Greg and a few of the volunteers who made this season a success!

A MESSAGE FROM THE DIRECTOR...

It was another great summer of wheelchair baseball and wheelchair softball. The kids and adults played every Thursday night at the Miracle Field in Moorhead, and Tuesday night at Riverside Park in Grand Forks.

The youth baseball team in Moorhead had over 20 players this year. They sported their new jerseys and took on 8 organizations from the community. Playing these organizations brought out the competitive spirit in the kids. The team cheered each other on and formed strong bonds on their way to several victories. It was fun to see the kid's skill level and confidence grow throughout the year. It was sad to see the season end.

It was also a fun year working with the adults. They played wheelchair softball. As always, the social part of the game is as enjoyable if not more so than the actual games. We had several new players as well as the returning veterans.

This year the Grand Forks Tuesday night baseball had a slightly different look. For the first time baseball was led by our HOPE, Inc. Activity Coordinator, Justin Smith. It sounds like the season was a lot of fun. I do have to admit I missed leading this group of kids and adults. Tuesday night baseball in Grand Forks is always fun.

We are now on to our next competitive sport- sled hockey!

Bill Grommesh, HOPE Inc. Executive Director



MEET JACOB!

Jacob Haug is a pediatric stroke survivor, diagnosed within 48 hours of birth. As a result of his stroke, Jacob has limitations on the left side of his body, which has made participation in traditional sports difficult and, in some cases, not an option.



Jacob getting ready to hit the ice for Sled Hockey!

Living in West Fargo, we have heard about HOPE, Inc, as therapists often mentioned it would be a great opportunity for him. However, for various reasons, it never seemed to work out. During the 2025 Christmas break, Jacob's dad, Marc, decided to call Bill. Within a week, Jacob attended his first sled hockey practice. That first practice was all it took. He was hooked.

Because of the limited use of his left hand, Jacob's brother, Marcus, serves as his hockey pusher. This has made hockey, along with many other HOPE, Inc activities, a true family experience.



Jacob and his father, Marc, enjoying a session of Adaptive Golf

Since starting hockey in January, Jacob has enthusiastically participated in golf, swimming lessons, music class, track, and baseball. He can't wait for hockey season to begin again.

HOPE, Inc has given Jacob opportunities that extend far beyond sports. It has allowed him to connect with peers, something that had often been challenging. Through HOPE, Inc, he has experienced the joy of being part of a team while developing important life skills such as sportsmanship, patience, teamwork, and perseverance. The program has opened doors for Jacob to build confidence, make friendships, and participate in activities that might otherwise have been out of reach.

Karl & Marc Haug, Parents of Jacob

Thank you!



We are excited to share that HOPE, Inc. has been awarded grant funding from the FM Area Foundation!

This generous investment will help us continue creating opportunities for children and adults living with mobility challenges by supporting essential operational needs, including transporting adaptive sports equipment throughout our community, enhancing how we share our mission through professional storytelling and technology, and helping offset the cost of storing our growing inventory of adaptive equipment.

Thanks to the FM Area Foundation's support, we can continue removing barriers and ensuring more individuals have the opportunity to play, belong, and thrive. Thank you, FM Area Foundation, for believing in our mission and helping make adaptive sports and recreation possible in our community!



GRAND FORKS

HOPE, Inc. continues to grow and expand opportunities in the Grand Forks community! This summer, we explored offering several programs including Adaptive Golf, Adaptive Tennis, Wheelchair Baseball, Women's Group, and Art Club. As we head into fall, we're excited to bring back Open Swim with Adaptive Swimming Lessons, launch Adaptive Fitness, and add Saturday Wheelchair Soccer sessions to the schedule.

One of the best parts? We'll have extra sport wheelchairs available so family and friends can join in the fun. We encourage you to invite others to experience the excitement and inclusive atmosphere that makes HOPE so special!

This fall, we also hope to build awareness of HOPE, Inc. throughout the Grand Forks community by offering presentations and Adaptive P.E. classes in local schools. If you know of a school, organization, or community group that would be interested in learning more about HOPE, we'd love to connect! Please contact the HOPE, Inc. office or reach out to our Grand Forks Activities Director, Justin Smith, at jsmith@hopeinc.org.

Launching programs in a new community comes with both exciting opportunities and valuable learning experiences, and your feedback is incredibly important to us. As we continue to grow, we welcome your ideas, activity requests, and suggestions to help us better serve the Grand Forks community. Please don't hesitate to contact Executive Director Bill Grommesh at bill@hopeinc.org or call the HOPE, Inc. office at (701) 866-9002. Together, we can continue building a community where everyone has the opportunity to play, belong, and thrive.



Emma up to bat at the Wheelchair Baseball game VS. Rydell Cars!



Josiah handing out candy for the HOPE, Inc. float at the KEM Shrine Parade