Dear Friends,

It’s been another exciting and busy season here at the YMCA of Delaware and now summer has arrived. You may have read some of the media coverage about the U.S. Department of Health and Human Services Secretary, Sylvia Burwell, announcing that the Center for Disease Control and Prevention approved a proposal to expand Medicare to cover programs that prevent diabetes. As mentioned in a New York Times article, under the plan, Medicare would pay for certain “lifestyle change programs” in which trained counselors would coach consumers on healthier eating habits and increased physical activity as ways to prevent type 2 diabetes, formerly called adult onset diabetes.

I, along with Kevin Washington, President and Chief Executive Officer of Y-USA, and many others from our state, attended the press conference in Washington, D.C. where this historical decision was announced. The CDC’s approval in this case is very significant to the Y because it includes our Diabetes Prevention Program. The Y’s Diabetes Prevention Program (DPP) is a shining example of the benefits that are possible when community-based organizations partner with health care providers to deliver preventive services outside of the clinic and hospital setting – particularly services that community members may not otherwise be able to afford or access in traditional health care settings.

In the State of Delaware, I’m proud to say that we’ve been very successful with our Diabetes Prevention Program and have served more than 1650 participants throughout the history of the program at more than 35 sites statewide, resulting in average weight loss of 5.4% at the end of the program. I’m looking forward to seeing what we accomplish next.

Yours in service,

Deborah Bagatta-Bowles, Chief Executive Officer
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30 MILLION Americans have type 2 diabetes, which leads to two deaths every five minutes.

SOURCE: USA Today

1 in 3 ADULTS has prediabetes, which means their blood glucose levels are higher than normal and are at risk of developing type 2 diabetes.

SOURCE: The News Journal

11 PERCENT of Adult Delawareans are affected by diabetes. This number has doubled in the last 20 years along with obesity rates.
125 YEARS AND STILL GOING STRONG

At the end of May, the YMCA of Delaware hosted its Annual Meeting to celebrate volunteers and 125 years of strengthening Delaware through Youth Development, Healthy Living and Social Responsibility. Nearly 200 people attended the festive occasion that was held at the Sheraton Wilmington South Hotel. Here is a recap of historical YMCA of Delaware photos as well as highlights from the Annual Meeting.
Christian Giraldo, Member of the Sussex Family YMCA, shares his Y story. Here he is with his wife Mari and his service dog, Faith.

Keri Edwards and Miles Evans, Youth In Government Students, serve as the emcees for the event.

Saint Mark’s High School Choir impresses the crowd with their rendition of the National Anthem.

Hal Erskine, YMCA of Delaware Board Chair, and Deborah Bagatta-Bowles, CEO of the YMCA of Delaware, address the audience.

Michael Tessein, Bear-Glasgow Adult Volunteer of the Year award recipient, with his family and supporters.

Dennis Mulligan, Brandywine Adult Volunteer of the Year award recipient, poses for the camera with family and supporters.

Ron Bond, Camp Tockwogh Board Member, at the reception.

Matt Mckee and Rebecca Alexander, Youth In Government students, greet guests at the registration table.
THE YMCA OF DELAWARE EXPANDS INITIATIVES FOR TEENS

For the second year in a row, the YMCA of Delaware is offering free TAKE ON SUMMER memberships for low-income teenagers. After a successful pilot program last year at the Central branch in Downtown Wilmington, the YMCA has decided to expand TAKE ON SUMMER by increasing the number of locations where youth can access fitness facilities, swimming pools and gyms as well as participate in art activities, games and social events. For more information, visit www.ymcade.org. Activities, dates and times vary by location.

Additionally, did you know the YMCA of Delaware provides numerous Teen Leadership Programs and opportunities for youth? The YMCA may be the first place of employment for many of our teens and it serves as a great training ground for them to become good citizens and responsible adults. Here’s a snapshot of some of our programs:

AFTER SCHOOL LEADERSHIP INSTITUTE
The Teen After School Leadership Institute is an opportunity for teens, ages 13 – 19, to learn how to be role models, counselors, and gain possible employment at the YMCA. In a supervised environment at the Walnut Street YMCA, participants in this program are encouraged to lead activities, mentor younger children, and receive help with their homework. This program is offered at no cost and enrollment is limited to 30 teens per day on a first come first served basis.
For more information contact: Claire Carey, ccarey@ymcade.org.

BLACK ACHIEVERS
The Black Achievers Program started in 1989 at the Walnut Street YMCA to provide a college prep and career awareness program for African-American teens. The Black Achievers Program meets weekly throughout the year and includes a series of enrichment activities and experiences including: SAT preparation, a Multi-State College Tour “Road Trip,” Access to Role Models and Career Mentors, and an Annual Awards Ceremony. The Walnut Street YMCA Black Achievers Program is recognized by Y-USA as a “best-practice” program.
For more information contact: Claire Carey, ccarey@ymcade.org.

YOUTH IN GOVERNMENT
Youth In Government is a leadership program that provides training and experience for teens in numerous areas of state and local government. Several months of the year, teens and volunteers meet in their local delegations to discuss and debate issues that affect citizens of Delaware. At delegation meetings, teens create and write proposed legislation to address those issues, learn about the democratic system, and are trained in parliamentary procedure, bill development, the legislative committee process and debates. In addition, judicial delegates learn about giving oral arguments and writing briefs. The program culminates with participants serving as legislators, attorneys, lobbyists and press at a 3-day model Legislative Conference and Judicial Competition held at Legislative Hall and The Kent County Court House in Dover, Delaware.
For more information contact: Sam Sachs, ssachs@ymcade.org.
THE YMCA OF DELAWARE HELPS NARROW THE ACHIEVEMENT GAP

WHAT IS THE ACHIEVEMENT GAP?

The Achievement Gap is the disparity in academic performance between different groups of students. Data has shown that a student who comes from a family with a high income historically has outperformed a student who comes from a low-income family. Factors that contribute to this disparity include a lack of resources like books and access to enrichment programs that often take place after school and throughout the summer months. As children progress through school, this “achievement gap” has the potential to grow even greater.

In an effort to combat the Achievement Gap, the YMCA of Delaware ensures that all children, regardless of their ability to pay, have access to quality after school care and summer day camp programs. By hosting 40 after school “school-based” programs, and one after school “center-based” program at the Walnut Street Y, the YMCA of Delaware provides homework help and academic enrichment including daily literacy and math education as well as natural science exploration.

In 2015, the Walnut Street Y partnered with the Summer Learning Collaborative and tracked the progress that summer camp children made in preventing summer learning loss. The Summer Learning Collaborative’s mission is to ensure all kids have access to extraordinary summer experiences that get them excited about learning and all the possibilities of who they can be. Data concluded that 72 percent of K – 1st graders and 84 percent of 2nd – 5th graders demonstrated LEARNING GAINS in literacy. This year, with support from the United Way of Delaware, the YMCA has expanded the partnership with the Summer Learning Collaborative to the Dover YMCA, Bear-Glasgow Family YMCA and the Western Family YMCA. While the Y has always incorporated literacy, science, math, character development, physical activity and nutrition into its programs, this partnership is allowing additional tracking measurements with the hope of generating positive data to further support this great effort.

ADAPTIVE FITNESS UPDATE

Last summer, through a collaboration between the YMCA of Delaware, the non-profit group EPIC, the University of Delaware, and the company Enliten, the Bear Glasgow Family YMCA was able to install adaptive fitness equipment designed to integrate people with disabilities into a community fitness setting.

This pilot program was spearheaded by Terri Hancharick, who is a parent of a child with disabilities, a member of the Bear-Glasgow Y, and a strong advocate for persons with disabilities. Terri is also the Founder of EPIC (Endless Possibilities in the Community) and she has made it her mission to break down the walls of separating people with disabilities from the rest of the community.

Since that time, the Harnessing Inclusion initiative at the Bear Glasgow Y has expanded. Adaptive fitness equipment will soon be installed at the Dover YMCA and over the next year the Y has plans to add equipment to the Western and Brandywine locations. The Y now has harnesses set up in exercise classes such as Barre, Zumba and Yoga. Additionally, trainers have been able to use the pool to help a young lady with disabilities accomplish one of her dreams: to learn how to use a surfboard and surf in the ocean. In the future, the Y still plans to add even more specialized gym equipment for people with intellectual and physical disabilities.

Jim Kelly, COO of the YMCA of Delaware, demonstrates the harness system at the Bear-Glasgow Family Y.
Staff and volunteers from the YMCA of Delaware visited Legislative Hall in late April to meet with Legislators to talk about the important programs and services that the Y continues to provide to their constituents. Advocacy Day also served as a call-to-action for State Legislators to engage more Delawareans in Youth Development, Healthy Living and Social Responsibility efforts. Specific areas of focus included: healthy weight for youth and adults, diabetes and disease prevention, closing the achievement gap, housing Veterans, and childcare for working families. Additional areas of focus included the need to engage teens in meaningful leadership experiences through the Y of Delaware’s signature programs like Youth In Government, Teen Leaders, Black Achievers, Counselors in Training, and the Take On Summer initiative.

Governor Jack Markell has proposed $11.3 million in funding to sustain Early Childhood Education which includes Before and After School programs in the State of Delaware. A portion of this funding will be designated for the Delaware STARS program, a state initiative to increase access to high quality care for all of Delaware’s children, especially those from low-income families and Tiered Reimbursement. Tiered Reimbursement provides on-going financial support for programs that show work on continuous quality improvement.

The Y serves many children and families who benefit greatly from Delaware STARS and Tiered Reimbursement. Anything less than the Governor’s recommended $11.3 million for Early Childhood Education, including Before and After School programs, would be a step backward for children and families. As the Y works to ensure that Delaware youth thrive, we ask you to join us by talking with your local legislators, including the members of the Joint Finance Committee, about supporting the Governor’s total proposed budget for Early Childhood Education programs in Delaware.

THE SUSSEX FAMILY YMCA HOSTED THE 11TH ANNUAL WATER SAFETY WEEK March 28th – April 1st. During the event, the Sussex Y opened its pool to all children in the community for a free five-day course on water safety. Participants could join classes designated for Water Tots (ages 18 months – 3 years); Pre-School (ages 3 – 5 years); Youth (ages 6 – 10 years); and Tweens (ages 11 – 13 years). A team of 50 to 70 staff and volunteers taught a wide range of skills that week including: floating, kicking, breath control and basic safety around water. This year’s sponsors were: Beebe Healthcare, Lewes Yacht Club Foundation, Sussex Emergency Associates, County Bank, Hudson Family and the Cape Gazette.
Carrie Kersey’s life changed when she became aware that she was pregnant with twins. At 35 weeks, the babies were born with low birth weight and were immediately rushed to the Neonatal Intensive Care Unit (NICU). As a new parent and a single mother of twins who needed on-going medical care, Carrie was going through one of the hardest times in her life.

Three years later, as the girls continued to grow and thrive, Carrie was looking for a positive and safe environment for her daughters. She wanted to expose them to new experiences that would challenge them to grow, learn new things and meet new people so she looked into joining the Dover YMCA. She did not think that she could afford it, but she completed an application for the Y’s Open Doors program.

Since joining the Y a little over a year ago, they have had wonderful experiences and Carrie believes, “The Y has truly changed our lives. Watching how much the girls have changed, grown and learned since we started coming here is amazing and fulfilling. I’m improving myself as well and I’m at the Y practically every day. I’ve developed friendships. I’m eating healthier and I’m teaching my girls how to make smart choices too. I needed help, I asked for help, and I got help.”

“I’m grateful for the opportunity my girls have now, thanks to the Open Doors program, and I’m thankful for every single person I’ve met here.”

YOUR DONATIONS FUND THE OPEN DOORS SCHOLARSHIP PROGRAM TO HELP FAMILIES LIKE CARRIE’S. WWW.YMCADE.ORG
Best summer ever!

YMCA CAMP TOCKWOGH
Overnight camp on the Chesapeake Bay

YMCA DAY CAMPS
Six unique locations throughout Delaware

REGISTER TODAY FOR SUMMER CAMP AT THE YMCA!
WWW.YSUMMERCAMP.ORG
Financial assistance is available.

ADVENTURE AWAITS!