



STRENGTHENING DELAWARE

YMCA OF DELAWARE 100 West 10th Street | Suite 1100 | Wilmington, Delaware 19801 | ymcade.org

SUMMER 2017

SERVING DELAWARE BY ADVANCING OUR MISSION OF YOUTH DEVELOPMENT, HEALTHY LIVING AND SOCIAL RESPONSIBILITY



Dear Friends,

At the Y, strengthening community continues to be our cause. Through our focus on youth development, healthy living and social responsibility, we embrace and nurture the promise that lies in all of us. The Y gives children,

families and individuals the support and resources they need to be healthy, confident, connected and secure.

Over the last few months, I'm pleased to share that we hit our Annual Campaign goal of raising \$1.7 million dollars to support individuals in our communities. This is exciting and great news, but there is still much more work that needs to be done. We are continuing to stay focused on some of our key priorities that include: currently expanding

our Brandywine YMCA to better serve the community, building a presence in Middletown with our Middletown "start-up" location, and scaling our adaptive fitness program to multiple Y locations across the state.

We look forward to the months ahead as we continue to support youth who are participating in our summer camps, our Take On Summer program and Summer Learning Loss prevention initiatives.

As always, I thank you for your continued support of the YMCA of Delaware.

Yours in service,

Deborah Bagatta-Bowles, Chief Executive Officer
dbowles@ymcade.org | 302.571.6907



SUMMER CAMP FUN AT THE Y



LIVESTRONG® AT THE YMCA

In April, the YMCA of Delaware launched LIVESTRONG at the YMCA, a national evidence-based intervention program that helps adult cancer survivors reclaim their health and well being.

Through grant funding from the Centers for Disease Control and Prevention and the Division of Public Health Comprehensive Cancer Control Program, the YMCA of Delaware hosted LIVESTRONG at three locations throughout the state: the Bear-Glasgow Family Y, the Dover Y, and the Western Family Y. Participants were placed in small groups with other cancer survivors, and attended two 90-minute sessions per week for a period of 12 weeks.

"We are so thrilled to partner with the YMCA in this important initiative," said Dr. Karyl Rattay, Director for the Delaware Division of Public Health. "It may seem counterintuitive that physical activity can help during the potentially draining time of radiation and chemotherapy, but even a little physical activity – along with emotional support – can help build a stronger body and deeper energy reserve. Beyond that, the mental and emotional benefits that come with regular exercise are priceless in protecting health today and in the future."

Participants worked with trained Y staff to build muscle mass and strength, increase flexibility and endurance, and improve functional ability.

In addition to physical benefits, the program also focuses on the emotional well-being of survivors by providing a supportive community environment where people affected by cancer can connect during treatment and beyond. Enrollment into this pilot program is currently offered at no cost to participants and includes an in-kind family membership to the YMCA. It is designed to run parallel with other services offered to cancer survivors statewide and serves as an additional resource for those in need.

For more information about the program, visit www.ymcade.org/livestrong or contact Tricia Jefferson at tjefferson@ymca.org or (302) 571-6998.



“RAISING THE ROOF” AT THE BRANDYWINE YMCA

Construction has now begun on the Brandywine YMCA expansion project. Members of the community, staff, board members and volunteers gathered for the groundbreaking ceremony that took place in mid-May.

LATEST EXPANSION UPDATES INCLUDE:

- Front office and child care areas have been demolished
- Electrical work has started in the front of the building
- Preparation for the new support beams has begun
- Elevator tower has been demolished
- New patio area near the back door and playground

Visit www.ymcade.org/BradywineExpansion for additional expansion details.

This \$5 million dollar expansion is being funded by community support. The YMCA has launched the “Eyes on the Future” fundraising campaign to raise the last \$1.5 million dollars needed to complete the project.

For additional information about this campaign or sponsorship opportunities, please contact **Matt Clements, Director of Philanthropy**, at (302) 571-6962 or Mclements@ymcade.org.



The Brandywine YMCA staff celebrated the official groundbreaking.



Pictured right to left: Garrett Hadley (Board Chair, Brandywine Y), Jim Ryan (Group VP of Risk Management), Senator Greg Lavelle, Deborah Bagatta-Bowles (CEO), Claudie Pressley, Jr. (Board Member and Chair of Building Expansion Committee)



Tina Rydgren (Associate Executive Director at Brandywine) helped direct the new traffic pattern in the parking lot.



Beginning demolition of the child care area



Prepping for footers to be installed



Exterior elevator tower demolition

THE Y FOR ALL ADAPTIVE FITNESS PROGRAM EXPANDS TO THE DOVER YMCA

In May, the YMCA of Delaware hosted a press conference to announce the expansion of our “Y for All” Adaptive Fitness Program to include the Dover YMCA. The “Y for All” Program is meant to reduce barriers for individuals with physical challenges, disabilities, or issues related to balance and/or stamina.

“The possibility of mainstreaming individuals with disabilities into a community fitness setting, instead of limiting them to a medical or physical therapy room, is an outcome we hope to achieve,” said Sue Herr, Senior Executive Director at the Dover YMCA. “At the Y, we continually strive to provide opportunities for everyone to lead an active and healthy lifestyle.”

To date, the Dover YMCA has installed three overhead suspension systems in the Fitness

Center and two in the Fitness Studio. An adjustable harness is attached to the suspension system and allows individuals to use cardio equipment like a

“AT THE Y, WE CONTINUALLY STRIVE TO PROVIDE OPPORTUNITIES FOR EVERYONE TO LEAD AN ACTIVE AND HEALTHY LIFESTYLE.”

treadmill, participate in group exercise classes including Zumba and BodyFlow, or perform other exercises from a standing position.

In addition to learning more about the program, attendees at the press conference were able to see live demonstrations of the suspension system in the Fitness Center as well as in the Fitness Studio. The event was well attended by community partners, members, staff and

people interested in the program. Additionally, there was good attendance from the press including reporters from the Dover Post, WDEL 101.1 FM and

1150 AM, NBC 10, ABC 47 and FOX 21.

The YMCA of Delaware also has installed overhead suspension systems at its Bear-Glasgow branch. In addition, they are currently finalizing the installation of equipment at the Western Family Y and plan to add adaptive fitness equipment at other Ys across the state of Delaware.



Member Bob Seaburg demonstrates the use of the suspension system on the treadmill.



Member Robin Provost demonstrates the use of the suspension system in the movement studio during a Zumba Light class.

2017 ANNUAL MEETING

The YMCA of Delaware Annual Meeting was held in June to honor and recognize the 2016 youth and adult volunteer of the year awards. The theme of the event was Building Brighter Futures, and over 230 people attended this celebration held at Deerfield Country Club.



Dover Y member Randy Chang played the piano during the reception.



Walnut Street YMCA Drill Team "Essence Legacy" kicked off the program.



Richie Edwards, Bear-Glasgow Family YMCA Youth Volunteer of the Year, with his family.



Emcees and Y youth participants Miles Evans and Keri Edwards.



LIVESTRONG at the YMCA participant K.T. Jones shared his story with the audience.



Claire Carey, Black Achievers Director, was escorted to the stage by her husband to accept the Leadership and Service Award.



The Middletown Family YMCA staff and their spouses happily accepted the Community Builder Award.



Jack Beeson, YMCA of Delaware Board Chairman, received the Visionary Leadership Award.



Miles Evans and Kerri Edwards were presented with scholarships for books and other school supplies.

Photos by Errol Ebanks - errole.com

ATTORNEY GENERAL AND MAYOR SUPPORT TAKE ON SUMMER

The YMCA of Delaware hosted a press conference to announce new initiatives for its TAKE ON SUMMER program. The program offers youth, ages 12 – 18, who

live in the State of Delaware, free summer memberships to access the Y's fitness facilities/ swimming pools, and other activities at several YMCA locations.

two of our locations and we are now expanding the program to all of our branches so more young people have the opportunity to be engaged with the Y," said

Mayor Purzycki for their support and partnership with our TAKE ON SUMMER initiative."

"A big part of addressing crime in our state is preventing it from occurring in the first place, and giving young people an alternative to going down the wrong path. That's why I have been committed to get summer and after-school programs up and running, especially in Wilmington," said Attorney General Denn.

"We launched TAKE ON SUMMER in 2015 as a pilot program at

"Many thanks to the YMCA of Delaware, its Board, its volunteers and staff for this generous extension of programming for our young people in Wilmington," said Wilmington Mayor Mike Purzycki.

"KEEPING YOUNG PEOPLE ENGAGED IN A POSITIVE ENVIRONMENT IS CRITICAL FOR MANY REASONS INCLUDING PREVENTING VIOLENCE AND INFLUENCING SCHOOL SUCCESS."

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Deborah Bagatta-Bowles, Chief Executive Officer of the YMCA of Delaware. "Keeping young people engaged in a positive environment is critical for many reasons including preventing violence and influencing school success. We are very grateful to Attorney General Denn and



Attorney General Matt Denn, Mayor of Wilmington Mike Purzycki, TAKE ON SUMMER participants Kemuel Harding and his brother Kassel, and the Y of Delaware CEO Deborah Bagatta-Bowles, stop to pose for a photo after the press conference.



Previous TAKE ON SUMMER participant, Kemuel Harding, was the star of the show as he shared his personal experiences at the Y.



Central YMCA participants painting in Rodney Square.



Central YMCA participants practicing their improv skills during Theater.



Bear Glasgow Family YMCA participants playing a friendly game with Troop 2 officers.



Bear-Glasgow Family YMCA participants and Troop 2 officers pose for a picture.



CHANEL AND KISHA

The Healthy Weight and Your Child program has had many success stories including Chanel, 13 years old, and her mother Kisha, from Bear, Delaware. Together, Chanel and Kisha have worked to lead a healthier life and lose weight. Chanel shared, “The YMCA program really challenged us to see what foods we really had in our home. In the morning, we make it a priority to wake up and eat breakfast. We also prepare a meal plan for lunch and dinner. By making small changes in our physical activity, we have really noticed a big difference in our energy overall.” Chanel’s mother, Kisha shared, “When we go places, she holds me accountable now.” Thanks to their dedication and the Healthy Weight and Your Child program, Chanel and Kisha are living healthier, productive lives.

“By making small changes in our physical activity, we have really noticed a big difference in our energy overall.”
– Kisha

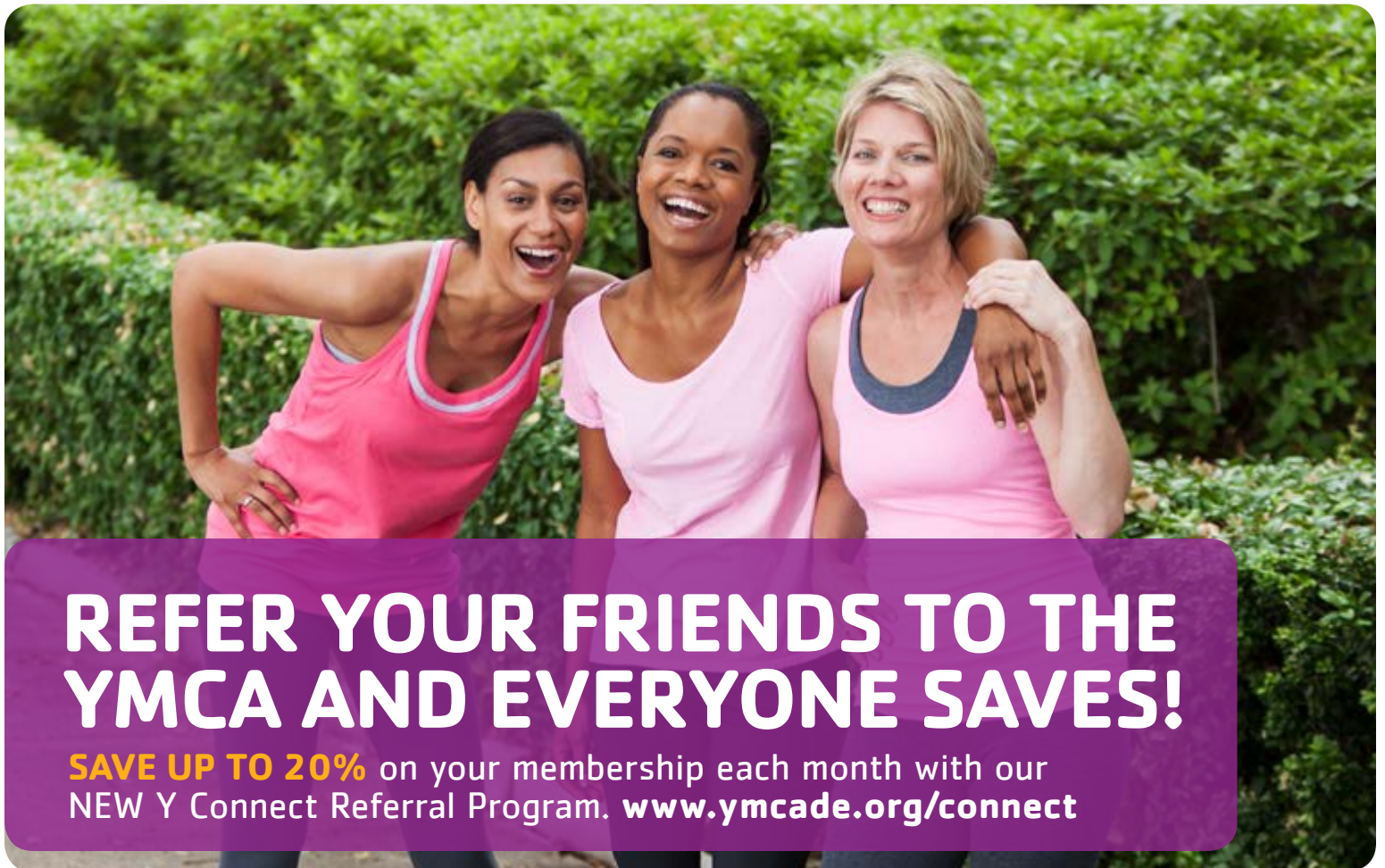


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