



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRANSFORMING LIVES TOGETHER



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

WINTER 2018/2019



Dear Friends,

I recently returned from the YMCA World Urban Network meeting in Shanghai City, China. The meeting is a gathering of all the YMCA CEOs from major urban areas around the world. I was there representing the YMCA of Delaware and the United States. The purpose of the meeting was to share innovative learning

and best practices across the globe. Each time I attend this global meeting, I am struck by our shared challenges and the deep commitment of the staff and volunteers who do the work of the YMCA in very tough environments. I strive to bring that collective enthusiasm back to Delaware, learning and pushing to do the best we can for our state.

We are focused on our 2018-2020 Strategic Plan, and the theme "Let's Grow Together" continues to be at the forefront of everything we do, whether it's supporting youth in our leadership programs, being champions for those in our new Medicare Diabetes Prevention Program, or advocating for those who need us most in the communities we serve.

This upcoming year will be a big one for fundraising. Our 2019 Annual Campaign goal is \$2.1 million and we will be embarking on a major capital campaign to build the Middletown Branch.

Our current Middletown Y site continues to expand and grow. They had a particularly strong year in camp and aquatics, and we are hoping to announce the site of our permanent location soon.

Our Brandywine Y expansion project is nearly complete. Our members are enjoying the new facilities, our new preschool slots are already full, and there is so much more for young people to do in the new space. It's a joy to see children embark on a fun and healthy lifestyle in the new Youth Fitness Center that opened in December.

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

Yours In Service,

Deborah Bagatta-Bowles,  
Chief Executive Officer



**"Alone we can do so little; together we can do so much."** - Helen Keller

### YOUTH DEVELOPMENT

Two out of three children in Delaware lack access to quality before and after school programs.

#### OUR IMPACT

Last year **16,536 youth** participated in YMCA out of school enrichment programs including Youth In Government, Black Achievers, Teen Leader Clubs, Summer Camp and Sports.

### HEALTHY LIVING

Cancer in Delaware is 10% higher than the national average.

#### OUR IMPACT

Each year, the LIVESTRONG Program at the YMCA helps **those living with, through, or beyond cancer.**

### SOCIAL RESPONSIBILITY

Ten people die every day from unintentional drowning.

#### OUR IMPACT

The YMCA's Water Wise program has **taught over 10,000 children to swim** for free.

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# BUILDING FUTURE LEADERS

## Youth in Government Middle School Conference

Youth In Government is a YMCA program that allows middle school and high school students to serve in model governments at the local, state, and national levels. Students are encouraged to learn by doing, and have the opportunity to gain leadership skills in an open and receptive environment.

In November, Youth In Government held their middle school conference at Legislative Hall in Dover. Approximately 60 students from eight delegations attended and were tasked with presenting legislation and debating issues with their peers. Some of the topics that were debated included: Tax Reduction Act, Factor Replacement Medicine Bill, Commercial Hunting and Fishing, and the Lunchtime Extension Act.

Youth In Government is currently focused on gearing up for the high school conference in Dover, April 12 – 14, 2019. Students will have the opportunity to serve in various roles including: Lobbyist, Journalist, Senator, Representative and Judge.

For more information about Youth In Government or to join, visit [www.yigde.org](http://www.yigde.org). Volunteers are needed to prepare students during weekly delegation meetings, and act as judges during the high school conference.



*Youth In Government students at Legislative Hall, Dover, Delaware.*

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# KEEPING TEENS ENGAGED

## Criminal Justice Council Grant

While developing the 2018 – 2020 YMCA of Delaware Strategic Plan, key leaders around the organization identified the need to develop and implement standard teen programming in all of the YMCAs across the state.

As progress is being made towards this goal, the Bear-Glasgow Y is now the sixth Y in Delaware to be awarded a grant for year-round teen engagement from the Criminal Justice Council. The Bear Y is providing teens with after school programming and monthly teen nights. The teen nights, which take place the second Saturday of each month, provide a positive and safe place for teens, and opportunities for them to be active by swimming, using the Youth Fitness Center, playing basketball, or playing board games. Additionally, during the summer, teens have an opportunity to participate in a summer camp experience where they focus on learning leadership and workforce development skills.

Currently, all Ys across the state offer free teen summer programming, called Take on Summer. At the Bear Y,

Take on Summer was supported by the Neighborhood Building Block Grant, and in 2018 it was supported by the YMCA of the USA. Our grant from the Criminal Justice Council is now a three-year grant, which will allow the Bear Y to serve more teens year-round.



*Students posing for a picture at our Bear-Glasgow Family YMCA, Camp Cassey.*

# CELEBRATING OPPORTUNITY

## 30th Annual Black Achievers Event

"Black Achievers is not just a Saturday college prep program," said Anesha Truesdale, Program Director for Black Achievers and Teen Programs at the Walnut Street YMCA. "It's a movement, a community, and a village of people who pour their hearts into making sure that young people have the resources and opportunities they need to be successful."

In October, the YMCA of Delaware hosted its 30th Annual Black Achievers Dinner and Awards Gala at the Chase Center on the Riverfront. A college readiness and career awareness program, Black Achievers encourages young people to develop and pursue educational and career goals with the assistance and guidance of mentors from diverse career fields.

Prior to the dinner, Keynote Speaker Yvonne Harvey Williams made an appearance at the Walnut Street YMCA and delivered an inspirational speech to local Wilmington children and teenagers who attend the Y for after school programming.

For over 20 years, Yvonne has used her life experiences of overcoming tremendous adversity to encourage individuals to always be and do their best. She's the author of 5 books, the

CEO and Founder of Speak2Inspire LLC and *i-inspire* clothing and product line, and she launched the "i-inspire... stop bullying" campaign to help end bullying in various age groups.

Her motto is... "It's not how you start; it's how you finish...so finish BIG."

Over 200 individuals attended this year's festive event that began with a show stopping performance from the Walnut Street Drumline and Step Team. The gala honored and inducted six outgoing Achievers for the year 2018, and recognized 12 incoming Achievers who will serve as mentors for 2019. Additionally, former Black Achievers Director, Claire Carey, received a special recognition.

The Black Achievers Program is generously supported by the following companies, as well as private donors invested in the future of our young people.

### 2019 SPONSORS:

Delmarva Power	WSFS Bank
Christiana Care	M&T Bank
Navient	Comcast
City of Wilmington	Bank of America
Barclays Black Professional Forum	Wilmington City Council
Highmark	Wilmington University



## MISSION MOMENT: TRACEY

When Tracey Walls first joined the Western Family YMCA, she was dealing with many life stressors. Finances were tight and she found it difficult to stick to a regular fitness routine.

One day while working out in the fitness center, Tracey met Elizabeth, who encouraged her to come to a water fitness class. She started attending classes regularly, made many new friends and **lost 71 pounds**.

"Coming to the Y is like my therapy. If it wasn't for Elizabeth and the friends I have met there, I don't know how I would have the strength to go through life. I realize now that I need to take care of myself, so I can take care of my family."

## "COMING TO THE Y IS LIKE MY THERAPY."

Initially, Tracey came to the Y to exercise and clear her mind from some of her challenges. Now, she not only fulfills her health goals, but more importantly, she has found a community to help her face the ups and downs in life.

"Without donations to the YMCA, I would not have been able to continue. I'm very thankful for that."



Keynote Speaker, Yvonne Harvey Williams (middle) and the 2018 Achievers.



# PREVENTING DIABETES

## Medicare Diabetes Prevention Program

In November, the YMCA of Delaware hosted a press conference at the Bear-Glasgow Y to announce the launch of the Medicare Diabetes Prevention Program. The Y of Delaware is one of the first organizations in this country certified to offer the Diabetes Prevention Program as a covered benefit for eligible Medicare recipients. During the press conference, representatives from Y-USA, Highmark Delaware, Centers for Medicare and Medicaid Services, Delaware Benefits and Insurance Coverage, and a participant from the YMCA's Diabetes Prevention program made remarks to support the launch of the new program.

The YMCA's Diabetes Prevention Program is a group-based lifestyle intervention for adults at high risk of developing type 2 diabetes. The program has been shown to reduce the number of new cases of diabetes by 58 percent overall and by 71 percent in adults over 60.

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## 84 million people in the U.S. have prediabetes

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Statistics from the Centers for Disease Control and Prevention show that 84 million people in the U.S. have prediabetes; yet only 10 percent are aware they have the condition. Without weight loss and moderate physical

activity, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years. Having prediabetes means a person has elevated blood glucose levels that are not high enough for a diabetes diagnosis.

"Prediabetes is a preventable condition if people, especially older-adults, make behavioral changes such as increasing physical activity and eating healthier foods," said Tricia Jefferson, RD, Director of Programs and Partnerships for the YMCA of Delaware. "Expanding access of the YMCA's Diabetes Prevention Program to Medicare eligible participants will help improve the health and well-being of our community."

The YMCA's Diabetes Prevention Program is a year-long program consisting of 25 group sessions. In a relaxed classroom setting, a trained Lifestyle Coach helps participants learn skills to help them incorporate healthy eating, increasing physical activity and other behavior changes into their everyday lives. The goals of the program are five to seven percent weight loss and an increase in physical activity to 150 minutes per week.

In Delaware the YMCA has served approximately 2,000 participants, in all 3 counties, with an 82 percent retention rate. Additionally, program participants achieve an average weight loss of 5 percent and 187 minutes of physical activity per week.



Rhonda Archer, Bette Francis, Patti Vozenilek and Terry Stewart

## BETTE FRANCIS NAMED HR PERSON OF THE YEAR

Congratulations to our VP of Human Resources and Talent Management, Bette Francis. Bette was recently recognized as the HR Person of the Year by *Delaware Business Times*.

Bette began working at the YMCA of Delaware earlier this year and she brings more than 20 years of experience in HR. Her most recent role was with M&T Bank/Wilmington Trust as Vice President of Human Resources where she led teams in talent acquisition, onboarding, compensation, benefit structure and leadership development.

Prior to that assignment, Bette worked for Strategic Product Services in New Jersey, where she designed performance matrices, created and analyzed customer satisfaction surveys and established strategic initiatives and best practices in HR management. In her early career, she held several HR positions across different business sectors.

She is a member of the Society for Human Resources and served as the national chair from 2013-2015. She holds a BS from Thomas Edison University and is certified by SHRM as a SHRM- Senior Certified Professional.

Nemours.

Children's Health System

## PARTNERS IN HEALTH

For the next three years, Nemours Children's Health System and the YMCA of Delaware are pleased to partner to enhance the health of children and families across the state of Delaware. Nemours will provide a variety of value-added services for Y members and the community. Some of these services include literacy assessments for children, trainings on sports injury prevention, workshops for new moms, and education around safety and nutrition. These initiatives will take place in various areas throughout the Y including before and after school programs, summer camp, Kids Zone, on sports fields and at community events.

"We feel this partnership makes a lot of sense because our missions are closely aligned and have a common focus on the health and wellness of youth," said Deborah Bagatta-Bowles, CEO of the YMCA of Delaware. "With Nemours' breadth of knowledge, expertise, and resources in the area of pediatric health and the Y's community impact of serving over 100,000 Delawareans, this is a natural and very exciting collaboration."

"We are excited to enter this partnership with the YMCA of Delaware," said Michelle Shorter, Nemours Director of Community Engagement. "We share the common goal of helping children grow up healthy. By combining our efforts and resources, we have the opportunity to reach even more children and support them in achieving their fullest potential. This type of a partnership is a great example of how organizations can align similar goals to increase impact in our communities."

# HELPING YOUTH GET BACK ON TRACK

## Juvenile Justice Reform Bill

Now in its 19th year, the Central YMCA's Back On Track program has been helping youth adjudicated to Level II probation. While in Back On Track, participants attend education sessions to understand the nature of their offense, recognize the impact it has on the community, and learn skills to prevent reoccurrence.

Last year, Back On Track joined forces with the Delaware Children's Department and its Civil Citation program which provides a civil alternative to the formal arrest and criminal prosecution of youth under 18 who commit certain low-level misdemeanor offenses. By partnering with the Civil Citation program, we are able to provide early intervention as another tool for law enforcement to move low-level first time juvenile offenders through the system efficiently and effectively.

In the Fall, Governor John Carney signed House Bill 442. House Bill 442 expands the Juvenile Civil Citation program to provide law enforcement officers with the discretion to refer any first-time juvenile offender engaged in any misdemeanor-level behavior to the Civil Citation program. A juvenile who successfully completes the requirements of the Civil Citation program will not have an arrest or prosecution indicated on their record.



*At a recent Bill Signing Ceremony with Governor John Carney are Brenda Overton, Program Director for Back On Track at the Central YMCA, and Jesus De Las Salas, Senior Executive Director for Central and Walnut Street YMCAs.*

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# TRANSFORMING LIVES TOGETHER

## We're More Than A Gym. We're A Cause.

This year, the YMCA of Delaware will raise over \$2.1 million to transform lives through the Annual Campaign.

The Annual Campaign allows the Y to provide financial assistance to children and families who cannot afford the full cost of services. This helps the Y ensure that no one is turned away because of inability to pay.

Every day, the YMCA gives people in our community the support they need to live a healthier lifestyle, learn, grow, and thrive. From advocacy to food security, disease prevention to drowning prevention, athletics to dance classes, everything we do helps strengthen our neighborhoods and the people who live here.

Keeping Delaware great is a full-time job. Our community constantly faces new challenges that create a greater need for the work that we do. And the Y needs your help to do it. Your gift can help Delaware and everyone in it shine.

### HOW DONATIONS TO THE ANNUAL CAMPAIGN CAN MAKE A DIFFERENCE:

- \$100 will provide a cancer survivor with a **two month membership to the Y.**
- \$250 will **teach five children life saving water safety skills.**
- \$500 helps **prevent the onset of Type 2 Diabetes** for two adults at risk.
- \$1,000 **sends a child to summer camp** at the Y for four weeks.

To make a donation, visit  
[www.ymcade.org](http://www.ymcade.org)

# COLLABORATING FOR CHANGE

## Dover YMCA Partners with the Capital School District

Over the last year, the Dover YMCA began a partnership with the Capital School District for their Century 21 Community Learning grant. Specifically, the Dover Y has provided staffing for the After School Program at the William Henry Middle School and has worked collectively with the School District and other partners in implementing leadership and recreational programs for youth.

The Century 21 Community Learning grant also provided summer YMCA memberships to 100 teens from William Henry Middle School, and gave 120 youth the chance to experience the Y's summer day camp program.



*Students have the opportunity to meet new friends and acquire new life skills.*



*Students working on literacy based projects in the After School Program.*

# WHAT'S COOKING IN SUSSEX?

A big thank you to the *Soup Ladies* at the Sussex YMCA who have been serving soup to help raise money for the Annual Campaign since 2013. This year they served over 22 varieties of soup and raised **\$1,922**. That's a lot of soup!





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“When you donate  
to the Y, you  
**give youth like  
me a voice.**”

- Nicole Kennedy,  
YMCA Youth In Government  
Participant

To hear Nicole's Y story, visit [www.ymcade.org/NicoleK](http://www.ymcade.org/NicoleK).

