



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y TIMES

Fall 2019

A MESSAGE FROM OUR CEO



Jason Hagensick
President & CEO of the YMCA of South Palm Beach County

The YMCA is dedicated to Youth Development, so even when Summer Camp comes to a close, the fun and learning continue in programs such as After School, Youth Sports, Preschool, Teen Leaders Club and more.

The Y knows kids. For 47 years locally, and almost 170 years nationally, the Y has been helping children reach their full potential. Today young people face many of the same challenges most of us had to deal with — peer pressure, bullying, the need to have friends and be liked — but now they're compounded by cell phones, social media and the internet. And this is often on top of other issues kids are facing: health, economic, or educational.

The YMCA of South Palm Beach County is proud of our efforts to develop and nurture the potential of youth through our numerous programs and partnerships. And as a reminder, the Y is a non-profit organization that relies on the generosity of donors and fundraising events to support these important programs.

With that said, I hope you will join me in making a contribution to our Annual Giving Campaign this coming October. Together we can help our youth achieve so much more.

With respect and gratitude,



Jason Hagensick
President & CEO

DONOR SPOTLIGHT GL HOMES SWIM

For more than 40 years, GL HOMES has specialized in building new luxury homes, bringing beautiful neighborhoods to our South Florida community. Now they are giving back to our local community in another way.

This year, GL Homes contributed more than \$10,000 to the YMCA of South Palm Beach County's Water Safety & Drowning Prevention program, which encourages exploration of water-related activities so our community can safely enjoy the water-rich environment in which we live. The program serves populations in the county who may not otherwise attend water safety courses or take a swim lesson due to cultural or financial factors.



Through this donation, the Community Water Safety Outreach Program has been able to provide eight half-hour swim lessons to adults with special needs from the Guardian Advocacy Project, directly impacting the lives of these individuals who probably never knew they could learn how to swim. Liz Schmidt, Director of Aquatics and Community Water Safety, states, "Many individuals with special needs grow up without access to quality swim lesson programs, so the

YMCA is shedding a light on these programs that we can provide to the community."

Thank you GL Homes for your generous contributions to our Water Safety & Drowning Prevention program. If you or your company would like to make a difference in the Y's Drowning Prevention efforts, please contact our Financial Development department: 561-300-3238.

TEACHING BIKE SAFETY WITH YBIKE



Prior to becoming the YBIKE Coordinator for the YMCA of South Palm Beach County in July 2019, Megan Archer worked for Cannondale Bicycles in Wilton, Connecticut and holds a deep passion for cycling as she has been an avid cyclist for many years. "I have encountered so many near misses on the road and know people who have been severely injured or killed while riding a bicycle. Florida has ranked in the top three in bicycle and pedestrian fatalities every year since 2001, which is why bicycle safety education is so important, particularly for children."

Developed in 2012 due to the financial generosity and support of Charles Deyo, previous CVO of the Y's Board of Trustees, the YBIKE program engages thousands of young participants each year from local schools and educational events and teaches them bicycle safety in a hands-on setting. "I'm happy to join the YMCA in this role and my hope is that through this program I will be able to help children develop an understanding and respect for bicycle safety while sharing the joy of riding a bike," explains Megan.

The YBIKE program is partnered with 'Florida Safe Routes to School' and is grant funded by the Florida Department of Transportation. However, due to the devastating hurricane season in 2018 in northwest Florida, 50% of YBIKE funding was re-routed to aid in relief efforts. In order to continue delivering this beneficial program to our youth, the Y looks to our generous members, donors and community leaders to assist in keeping the program properly funded.

"I look forward to being part of the physical education programming in our Palm Beach County schools. Education is crucial and getting involved in the YBIKE program and Safe Routes to School will allow me to effectively help make the state of Florida safer for all," states Megan.

If you would like to support our YBIKE program, please contact our YBIKE Coordinator, Megan Archer, marcher@ymcaspb.org.

MAKING A DIFFERENCE WITHIN OUR COMMUNITY

The YMCA of South Palm Beach County continues to stay active within the local community through our volunteer group, Togetherhood™. This group plans volunteering opportunities that are beneficial to individuals, companies and corporations looking for ways to give back.

This past summer our Togetherhood™ group partnered with organizations such as Habitat for Humanity and The Spirit of Giving and participated in tasks such as a neighborhood revitalization project which involved painting a woman's house in need of some TLC, as well as helping fill backpacks for children in need so they are ready to go back to school.

If you or your company would like to get involved in our volunteer activities, please contact:

Sophie Stansbury, 561-536-1396 for the DeVos-Blum Family Y in Boynton.

Brianna Silva, 561-237-0958 for the Peter Blum Family Y in Boca.

Robin Nierman, 561-300-3227 for Corporate opportunities.

5 QUESTIONS WITH Y MOM, TABITHA MASQUELIER



Meet Tabitha Masquelier, Y MOM and member of the DeVos-Blum Family Y. Tabitha first joined the Y in January 2018 after struggling to lose her baby weight (something ALL moms can probably agree is a difficult task!) Tabitha's determination and success are not only motivating, but hopeful for any new mom who feels she is fighting to get back to her old self. See how Tabitha utilized the Y in regaining her self-confidence.

1. How many children do you have?

I have one daughter, Mckenzie, who is 2 ½ years old.

2. What activities is your daughter involved in at the Y?

I am a stay-at-home mom so I wanted to start with the 'Mommy and Me' classes at the Y to get my daughter comfortable in a new environment. We participated in the 'Creative Movement' class together and loved it! We made a lot of friends and learned so much. After that, I started leaving Mckenzie in the Child Watch area while I exercised in the gym. The Child Watch staff perform planned activities with the kids which is great because my daughter is learning how to share and play with others. It is comforting to know she is in good hands. Now if we happen to miss a day she always asks when we will be back, saying, "but my friends will miss me". It makes me happy that she enjoys her time at the Y as much as I do, and it also makes me more accountable for getting to the gym!

3. What are your favorite things to do at the Y?

I love using the fitness center and I have lost 50 pounds since joining the Y! I run almost every

day on the treadmills and I have recently started incorporating weights. This past year my sister and I trained together on the treadmills to run our first 5k.

4. What do you enjoy most about the Y Moms group?

Being a stay-at-home mom you can start to feel isolated, however since joining the Y it has made me feel like I am part of a community. I enjoy the social interaction that my daughter and I get by being Y members. Our entire family has been able to meet so many friendly people and I have made some pretty amazing "mom friends".

5. Any advice for other individuals that are interested in joining the Y Moms group?

I would suggest to any mom to join the Y today! Being a member has been so impactful on my life as well as my daughter's. Being a stay-at-home mom can be tough, but the Y provides so many opportunities to better myself and help make our (sometimes very long) days together truly enjoyable!

To learn more about our Y Moms group, visit: www.ymcaspbc.org/ymoms

"SHOUT OUTS" TO OUR Y FAMILY



We're excited to cheer on our very own Boca 'Y Kid for Mayor' and mini-Chef extraordinaire, Zepplyn Berry, who appears on Chopped Junior Season 8!



Shout out to Jason "Twinkle Toes" Hagensick who is dancing in this year's Boca Ballroom Battle!

Thank you Honda Classic who donated \$5k to the YMCA of South Palm Beach County's Drowning Prevention Program.



For more information, story ideas and suggested "shout outs" to our Y community, please contact our Marketing Coordinator, Madeline Hernandez at mhernandez@ymcaspb.org

Welcome Ian Peterson, Youth Sports Director at the DeVos-Blum Family YMCA.



The Boynton Y is excited to announce their new Swim Team name, the RAYS, as well as welcome Swim Coach Turner.



Thank you to Allegiance Home Health and West Boca Medical for supporting our BIG Fall Kick-off in August.



Congratulations to Chris Sapp who has accepted a position as President & CEO of the Summerville Family YMCA in South Carolina. The Y would like to thank him for his leadership and dedication to the Peter Blum Family YMCA for the past 10+ years, and we wish him tremendous success!

IMPORTANT DATES

2019

Youth Sports and Swim Season

Register your kids for our year-round Youth Sports and Swim programs! We offer flag football, soccer, basketball and more! For more info or to register, please visit our website YMCASPBC.org/youthsports or YMCASPBC.org/aquatics

10/25 (Boynton Y)

Halloween at the Y

Little ghosts and goblins are invited to come and join us for our annual Halloween at the Y event! This safe and fun family event features games, hayrides, haunted houses, Trick or Treating and more spooky fun! Visit: YMCASPBC.org/halloween

10/26 (Boca Y)

11/9

Corporate Cup Challenge

Prepare your coworkers for the ultimate team-building event on November 11th. The Peter Blum Family Y's Corporate Cup Challenge will have you jumping, balancing and competing your way through a day of obstacles and races. Register for a team at: YMCASPBC.org/corporatecupchallenge

12/7 (Boca Y)

Breakfast with Santa

The Y will be serving a continental breakfast for all! Kids enjoy participating in crafts and sharing their holiday wish list with Santa. Parents - make sure to bring your cameras for that photo opp!

12/8 (Boynton Y)

12/11

Planned Giving Lunch & Learn

Hosted by Bob Robes, Y Board of Trustee Member and Jason Hagensick, President and CEO of the YMCA of SPBC, Members are invited to a FREE lunch and learn how you can help the Y now and in the future from 12-1p. For more info or to RSVP, contact Karly Parsons at 561.237.0944.

3/4/2020

Inspiration Breakfast

On March 4th, 2020 the Y will host its 18th Annual Inspiration Breakfast at the Office Depot Headquarters in Boca. Our keynote speaker will be unveiled soon - stay up to date: YMCASPBC.org/inspirationbreakfast

Visit our website for the latest updates on YMCA events and activities:

www.ymcaspbc.org/events

HAPPIER WORKERS, HEALTHIER BOTTOM LINE

WORKPLACE WELLNESS AND CORPORATE BENEFIT PROGRAMS

Here at the Y, we believe good health is good business, and that's why we have created Workplace Wellness and Corporate Benefit programs to help local businesses invest in the well-being of their employees.

Our Workplace Wellness programs range in benefits from health education, to onsite group exercise classes, to designing and implementing company team-building events. In addition, the Y can structure a Corporate Benefit program tailored to a company's size and means to offer discounted YMCA membership programs to their employees and families. Participants enrolled in the program receive:

- Discounted membership rates with full access to both the Boynton and Boca Y branches
- Onsite group exercise classes
- Access to Diabetes Self-Management Program and Weight Loss Program

- Opportunity to participate in team-building events such as the Y's Corporate Cup Challenge
- Access to volunteer opportunities via the Y's Togetherhood™ group
- Lunch and Learn series on health and wellness and more!

Investing in a healthy lifestyle not only improves employees' productivity, but creates a more conducive and desirable company for all of its employees. For more information or to get your business signed up, please contact Robin Nierman, Director of Community Health, Rnierman@ymcaspb.org or 561-300-3227.



SUMMER CAMP HIGHLIGHT WITH KAYLA WILLIAMS

YMCA Summer Camp truly offers the BEST.SUMMER.EVER! Our campers build lasting memories and experiences throughout the summer, and for Kayla Williams this summer was no exception. Now a L.I.T (Leaders in Training) at the DeVos-Blum Family Y, Kayla says she has cherished the memories summer camp at the Y has provided her throughout the years. She has grown up within the Y and learned many valuable personal and professional skills that she will be able to utilize through her entire life.

"The YMCA L.I.T's have become my family. We all help each other and know that we can

count on each other," states Kayla. She also credits their leader, Ms. Sandra, for her positive experience at the Y. "Without the training and guidance that Ms. Sandra gives us I would not be the same person. This program has made me become more open to new friendships with people I may not have normally been comfortable talking to."

In a few years, Kayla says she cannot wait to become a Summer Camp Counselor, but for now looks forward to many more amazing summers at the Y!

To learn more about our summer camp please go to ymcaspb.org/summercamp



HERITAGE CLUB DID YOU KNOW...

The YMCA has been a cornerstone in our community since 1972 when our association was officially created. Ever since, the Y has provided much-needed programs and services to people of all ages, demographics and backgrounds of our community, impacting the lives of so many.

In order to preserve the YMCA's powerful legacy and continue making a difference in the community, the Y's Heritage Club was established so that individuals may pledge a legacy gift or planned donation to the YMCA of South Palm Beach County. Gifts can be left unrestricted or may be designated to a specific program or cause the Y serves.

The Y recognizes, appreciates and honors those who have included the YMCA of South Palm Beach County in their planned giving and estate plans, helping support our mission and cause. If you are interested in planned giving or have questions regarding the Y's Heritage Club, please contact Director of Development, Kimberley Trombly-Burmeister at 561-300-3238.



Boynton Y Fitness Camp kids worked extra hard over the summer by participating in daily workouts and discussing clean eating habits.



Boca Y's Preschool hosted a Father's Day breakfast to enjoy a morning breakfast with Dad.



Our 1st Food Truck Festival at the Boca Y was a success with over 800 attendees!



Our first ever Daddy Daughter Dance at the Boca Y melted all of our hearts – we can't wait for next year!



Boynton Summer Campers planted a butterfly garden as part of their STEAM projects.



Boynton YMCA campers showcased their hard work from the summer, which was made possible by the Y's Summer Education Enrichment Program.



Thank you to all who came out and enjoyed our 3rd annual Baila Conmigo event celebrating Hispanic Heritage!



Summer Campers from the Boca and Boynton Y collectively raised more than \$1,500 for the 2019 Annual Giving Campaign.



Special thanks to all who participated in our 20th Annual Charity Golf Classic at Indian Spring Country Club in Boynton Beach.



Our Togetherhood group at the Spirit of Giving helped send thousands of kids to school with proper school supplies.



Boynton Summer camp kids learned how to make slime during one of their STEAM projects.



An old prank was brought back on Camp Counselors at the end of Color Wars week.



Boca Y Preschool kids enjoyed a visit from the local fire department



Both the Boynton and Boca Branches received NEW spin bikes over the summer. Our staff tested them out for members... and they approved!



Josh the Otter visited the Peter Blum Y and taught the kids the importance of water safety.

YOUR CHANCE TO STRENGTHEN OUR COMMUNITY

The Y's Annual Giving Campaign is YOUR chance to help create meaningful and lasting impact on children, families and individuals in our community who may be struggling to reach their full potential. The financial support received from our Annual Giving Campaign donors allows the Y to provide important programming to those in need which help:

- Keep individuals safe in and around the water
- Boost school readiness and success
- Build character and confidence through youth sports
- Support parents and strengthen families
- Develop youth leadership

Unlike some non-profit organizations, your Annual Giving Campaign donation always stays local and 100% of your contribution goes toward strengthening our community!

Become a Campaigner today and help create change for a better us! Please visit www.ymcaspbc.org/give to donate, or contact Director of Development, Kimberley Trombly-Burmeister at 561-300-3238.



We are excited to announce YMCA of South Palm Beach County Board of Trustee member, Jackie Reeves, as our 2019 Annual Giving Campaign Chair. Jackie states her goal as Chair this year is to “spread the Y movement and make a difference in our community.”

2019 Annual Giving Campaign Leadership team:

Trustee Board Division

Chris Warren - Trustee Campaign Chair
Bob Robes - Trustee Board Chair
Jason Coker - Major Gifts Chair
Jackie Riordan - Employee Chair
Linda Gunn Paton - Community Chair

Peter Blum Board Division

Adam Marshall - Campaign & Major Gifts Chair
Jonathan Barbar - Board Chair
James Rodriguez & Robin Nierman - Employee Chairs
Lauren LeBas - Community Chair

DeVos-Blum Board Division

Michael Gillespie - Campaign Chair
Jason Busch - Board Chair
James Born - Major Gifts Chair
Betsy Driest - Employee Chair
Tom Miko - Community Chair

YMCA BOARD MEMBERS

YMCA BOARD OF TRUSTEE MEMBERS

Christopher Warren - *CVO*
 Robert Robes - *Vice Chair*
 Hank Jackson - *Treasurer*
 Jackie Reeves - *Secretary*
 Jason Busch - *Boynton Chair*
 Jonathan Barbar - *Boca Chair*
 Paul Adkins
 Jason Aube
 Jason Coker
 Timothy Devlin
 Nancy Dockerty
 David Dunston
 Linda Gunn-Paton
 Susan Harris
 Roselia Inguanzo-Martin
 Beth Johnston
 Scott Jordan
 Connor Lynch
 Richard Mascolo
 Percy McCray
 John Mulhall
 Randy Nobles
 Daniel O'Bryon
 Bernardo Wolfson

HONORARY TRUSTEE

Peter Blum

DEVOS-BLUM FAMILY YMCA OF BOYNTON BEACH

Jason Busch - *Chair*
 Pam Arrieta
 James Born
 Ryan Brawner
 Nancy Cavanagh
 Kirk Francis
 Barbara Garrido
 Michael Gillespie
 John Hiller
 Daniel Huck
 Jackie Kaleel
 Thomas Miko
 Johnny-Lee Reinoso
 Ian Robinson
 Michael Sorg
 Cassandra Wilbanks
 Jennifer Wilson

PETER BLUM FAMILY YMCA OF BOCA RATON

Jonathan Barbar - *Chair*
 Adam Marshall - *Vice Chair*
 Mohamed Abdalla
 Elke Bojes
 Philip DiPonio
 Mary Sol Gonzalez
 Mark Harrison
 Freddie July-Johnson
 Jacqueline Leahy
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 Matthew Lowenberg
 William Marino
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 Philip Piedt
 Alex Price
 Erick Solms
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GRANTS, SPONSORS AND DONATIONS*

GRANTS

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 Town of Palm Beach United Way, Inc.
 The Honda Classic
 John D. and Catherine T. MacArthur Fund Community Foundation for Palm Beach and Martin Counties
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Caridad Center, Inc.
 GL Homes
 The Sidney, Milton and Leoma Simon Foundation- FL
 Lawrence Sanders Foundation
 George & Christine Ternenyi
 Lawless, Edwards & Warren - Financial Advisors
 Mary & Peter Blum

* Recognized May - July 31, 2019

MEET OUR EMPLOYEES!



Kayla Spinelli
Aquatics Coordinator-
DeVos Blum Family YMCA

"Growing up in Maplewood, New Jersey we were members of our local YMCA branch. My parents worked in NYC, so I spent a lot of time in the South Mountain YMCA aftercare program. I learned gymnastics and how to truly care for other people. My favorite part of being able to work at the YMCA now as an adult is that it feels like family."

HOW LONG HAVE YOU WORKED FOR THE Y?

Less than 6 months

WHAT'S SOMETHING MOST PEOPLE DON'T KNOW ABOUT YOU?

I am a certified dolphin trainer and was named the BIG EAST Diving Coach of the Year in 2015

WHO INSPIRES YOU?

David Boudia

WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?

Luke Bryan, Madison Square Garden NYC

WHERE'S YOUR FAVORITE PLACE IN THE WORLD?

The beach

IF YOU COULD BE ANY ANIMAL, WHICH WOULD YOU BE?

Dolphin

WHAT'S YOUR FAVORITE MOVIE OR BOOK?

The Little Mermaid

WHAT'S ONE FOOD OR DRINK YOU COULD NOT LIVE WITHOUT?

Iced Tea

WHAT LANGUAGES CAN YOU SPEAK?

English & Italian



Michelle Branche
Front Desk Coordinator-
Peter Blum Family YMCA

"I have worked for the Peter Blum YMCA since April 2019 but prior to that I have been with the YMCA for just under 10 years. I worked at the Northwestern CT Y in Winsted Connecticut as a Program Director, the Capital District YMCA in Albany, New York as a Regional Aquatics Director and the Hockomock Area YMCA in Franklin, Massachusetts as a Senior Program Director."

WHAT HAS BEEN YOUR FAVORITE PART ABOUT WORKING AT THE YMCA?

I have been able to move to four different states and have felt at home in each of these communities because of the YMCA. Moving to a different community and new state can be scary but having the YMCA has made it a smooth transition where I have met life-long friends.

WHAT'S SOMETHING MOST PEOPLE DON'T KNOW ABOUT YOU?

I saw Titanic in the theatre NINE times!

WHO INSPIRES YOU?

John Wooden, Head Coach of the UCLA Men's Basketball team (48-75)

WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?

Tom Petty and the Heartbreakers

WHERE'S YOUR FAVORITE PLACE IN THE WORLD?

The beach

IF YOU COULD BE ANY ANIMAL, WHICH WOULD YOU BE?

A panda bear

WHAT'S YOUR FAVORITE MOVIE OR BOOK?

Good to Great by Jim Collins

WHAT'S ONE FOOD OR DRINK YOU COULD NOT LIVE WITHOUT?

Hot Sauce

MEET OUR INTERNS!



Matthew Glading
Health and Wellness Intern- Peter Blum Family YMCA

The YMCA continues to receive amazing interns through our partnership with FAU, and Matthew Glading was no exception. Originally from Kansas, Matt used to play racquetball at his local YMCA, so when it was time to find an internship focusing on his major studying Exercise Science and Health Promotion, he knew the YMCA would be a great opportunity.

During his internship at the Y, Matt was able to work the floor in the Health and Wellness area as well as help with any group fitness needs, contribute to enhancing fitness projects and conduct P.E. enrichment activities for youth summer camp three days a week.

"I really enjoyed P.E. enrichment with the summer campers. I had never had the opportunity to teach P.E. classes before, so it was a new and challenging experience for me."

Overall Matt says that his experience at the YMCA has made him feel more comfortable teaching clients the proper way to exercise and has helped him gain a better knowledge of teaching various group fitness classes.

"I would definitely recommend this internship to anyone who wants to go into the group fitness or personal training field and I'd especially recommend a summer camp internship at the Y for those interested in childhood education."

After graduation, Matt plans to continue working as a personal trainer and group fitness instructor, and in his spare time hopes to follow his other passion which is complete flight school and fly for a commercial airline.

FUN FACT: Matt served in the military right out of high school and completed two tours to Afghanistan and Korea. Thank you Matt for your service to our country and for all the lives you touched during your time at the Peter Blum Family YMCA!

If you would like to intern with the Boca Y's Health and Wellness Department, please call 561-395-9622.



Dominic Grella
Health and Wellness Intern- DeVos-Blum Family YMCA

Originally from Long Island, New York, Dominic Grella enrolled in FAU to study Exercise Science and first heard about the YMCA from the FAU internship guide. "My favorite part about being an intern at the Y would have to be the people here. Everyone is so helpful, kind and easy to get along with. It is always good to work in a place where you get along with your co-workers."

During Dominic's Y internship, you could find him assisting in the Health and Wellness area and then once summer

started, he was able to work with the Fitness Camp and train kids ages 9-15. Coraliz Delgado the internship supervisor says, "Dominic showed great enthusiasm, motivation, and contributed greatly to the Fitness Camp during his Internship."

"I appreciated this internship because it provided me the ability to learn what it would be like to teach kids in middle school", states Dominic.

Dominic's advice to the next round of interns?

"Take advantage of the wide variety of opportunities the Y offers. Even though I worked primarily with Fitness Camp I was able to also shadow personal trainers and group fitness instructors."

After graduation, Dominic plans to become a physical education teacher, preferably in middle school.

If you would like to intern with the Boynton Y's Health and Wellness Department, please call 561-738-9622.