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The Y TIMES

Winter 2019

A MESSAGE FROM OUR CEO



Jason Hagensick

President & CEO of the YMCA of South Palm Beach County

As we embark on a new year, I would like to take a moment to reflect on a significant accomplishment our YMCA achieved in 2019. As a cause-driven organization, we believe in providing membership and services to all who desire them, and thanks to the generous support of our community partners, donors, members, and staff, our YMCA successfully raised \$717,319 for our Annual Giving Campaign. This was a record fundraiser for us and we would like to thank everyone who contributed to this campaign, which provides support year-round to youth, families and seniors through important programs and membership.

Moving forward into 2020, there is much to look forward to at the YMCA of South Palm Beach County, and it is not all about training and exercise! From our Inspiration Breakfast event to Healthy Kids Day – we will have something for just about everyone to enjoy!

Thank you for allowing the Y to be your place for peace and well-being in 2020.

With respect and gratitude,

Jason Hagensick
President and CEO
YMCA of South Palm Beach County

STAYING HEALTHY AND ACTIVE WHILE BATTLING AGE AND CHRONIC ILLNESSES

Staying active as we get older can be difficult, however the YMCA of South Palm Beach County offers a variety of programs, making it a little easier and fun! Robin Nierman, Director of Healthy Communities, is excited to have launched a new program at the Y specifically for seniors looking to switch things up from their normal routine.

EnhanceFitness, which includes cardiovascular, strength training, balance and flexibility exercises, is geared toward older adults, specifically those with a chronic condition such as arthritis.

Through EnhanceFitness, participants may be able to gain more strength and independence, while feeling energized physically, mentally and socially. Robin states, "Being able to offer this new program to our seniors has been so exciting because it is unlike anything we have done before, and they are seeing results!"

EnhanceFitness is offered 2-3 days a week (depending on location) and those who have participated are hooked.

Research has shown that older adults who participate in EnhanceFitness experience health costs lowered by nearly \$1,000, and 9 out of 10 people stay with the program. Ninety-nine percent of participants also say they'd recommend the program to a friend.

In addition to EnhanceFitness, Robin has launched a Diabetes Self-Management Program. This program consists of six, 2 ½ hour sessions teaching management skills to adults suffering from diabetes. Robin, a diabetes patient herself says, "participants will learn step-by-step action plans to help them live healthier, happier lifestyles, as well as gain the confidence and skills needed to deal with this chronic health condition. Diabetes is not a debilitation if you know how to properly manage it, and that's what we are trying to teach people through this course."

For questions on these wellness programs, please contact Robin Nierman, Director of Healthy Communities, 561-300-3227.

A NEW KIND OF LEARNING AT THE Y



In a world of technology it's sometimes easy to lose sight of the importance of hands-on learning. In response, the YMCA has implemented many new programs to help enhance our kids' education with STEAM activities. From science experiments, robotics, art, coding and many more, our kids are having a blast learning and exploring these new activities in our holiday camps and after school programs.

For more information or to sign up, please contact:

Boca YMCA: Jenna Lawrence, jlawrence@ymcaspbcc.org

Boynton YMCA: Sandra Dejesus, sdejesus@ymcaspbcc.org

BOCA RATON REGIONAL HOSPITAL FOUNDATION SUPPORTS WATER SAFETY INITIATIVES



"It's never too late to learn how to swim. Of course it's important for safety reasons, but it's also a great way to keep active and healthy," states Liz Schmidt, Director of Aquatics & Community Water Safety.

The YMCA of South Palm Beach County is excited to partner with Boca Raton Regional Hospital Foundation to ensure that more swim programs and water safety education geared specifically to adults are available to the community. "This is just the beginning," explains Liz, "we are working to ensure that not only can adults and seniors come to the YMCA, but the Y will also serve as a resource by providing swim instructors to their community pools for swim lessons."

For more information on life-saving swim lessons or to become a partner, please contact Liz Schmidt at 561-536-1420 or lschmidt@ymcaspbcc.org

As the seasons turn and more residents head south to enjoy the warmth of a Florida winter, the YMCA of South Palm Beach County encourages adults to explore the many benefits of swimming, while keeping safety top of mind.

Recent data from the Florida Department of Health shows that more adults die from drowning in Palm Beach County than children. In 2018, there were 24 drowning deaths in Palm Beach County, 20 of which were individuals over the age of 18, and a majority of these

fatalities (79%) occurred in the ocean or other open bodies of water.

In response to these disturbing statistics, the YMCA of South Palm Beach County partnered with Boca Raton Regional Hospital Foundation to host a "Safety Around the Water Week" this past fall, providing free swim lessons to the community. This "Safety Around the Water Week" was taught by adults for adults, and participants learned new swim techniques and basic water safety skills helping them build confidence in the water.

5 QUESTIONS WITH Y MOM, JULES KILKER



If you haven't already heard about our Y Moms group then listen up! Y Moms consist of incredible women and are known to be the heart of our Y branches.

Jules Kilker is certainly a Y Mom you have probably seen around the Boca YMCA. Jules and her family first joined the Y five years ago, and when asked what was the reason her family joined she said, "I was having a hard time finding a gym where I felt comfortable leaving my kids while I worked out." This busy mom of three considers the Boca Y her second home, and she is one of our top "Momtrepreneurs" selling Juice Plus in her spare time!

To get to know Jules even better we asked her a couple questions:

What is YOUR favorite thing to do at the Y?

"Asking that is like asking if I have a favorite child... can't do it! I am in love with all that our Y has to offer. I take 3-5 fitness classes a week. Everything from spin to Pilates. My kids learned how to swim at the Y. We also use the amazing pool for fun (it's

like going to an indoor water park). My boys have participated in basketball, soccer and flag football. We never miss the Halloween party, Fall Kick-Off or Breakfast with Santa. My kids love going to Child Watch while I work out and I never feel guilty leaving them there because they dance, do crafts, read stories and have a blast! So if you made it through all that and are still reading, now you know I am kind of obsessed with the Y."

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

"I love feeling a part of something bigger than my own personal health plan. There's encouragement, accountability and I always feel like we are there to help each other up if we get knocked down."

Advice for other moms out there thinking of joining Y Moms?

"DO IT! You have nothing to lose and so much to gain! I really believe 2020 can be your best year but we can't do it alone. My family has made lifelong friends and built a much deeper connection to the Y because I joined the Y Moms."

To learn more about our Y Moms group, visit: www.ymcaspb.org/ymoms or join us on Facebook @YMoms.

"SHOUT OUTS" TO OUR Y FAMILY



Thank you to Rosemary Krieger, long-time Y supporter and donor for donating an autographed basketball from the Phoenix Suns.

WEST BOCA Medical Center

A COMMUNITY BUILT ON CARE

Shout out to our Safety Around the Water Corporate Partner/Sponsor, West Boca Medical Center.



Congratulations to Boca Y Associate Membership Director, Michelle Branch on the birth of her son Daxton! The new family is happy and healthy.



Our President/ CEO, Jason Hagensick welcomed Nelson Lazo, CEO of Bethesda Hospital East and Bethesda Hospital West & Barbara James, Executive Director of Bethesda Hospital for a tour of our Boynton YMCA.

IMPORTANT DATES

2020

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 YMcaspb.org/youthsports or YMcaspb.org/aquatics

Mar 7, 2020

Chamber Cookout

Join us as the community comes together for a cookout hosted by the Boca Chamber at the Peter Blum Family Y. We will have delicious food, fun games, and activities for the whole family. This event is free and open to the public.

Mar 14, 2020

Family Dance Party

Get down and boogie with us at the Boynton Y! We will be having music brought to you by DJ JV, games, prizes, concessions, a photo booth and more! Children ages 3 and under are FREE!

Register at the Front Desk: 561-738-9622.

April 2020

Impact Day

Join us at the Boca Y on April 8th and the Boynton Y on April 1st for a community Impact Day. We will be showcasing programs the YMCA offers and the impact we are having on the lives within our community. Come learn more about your YMCA!

Apr 10, 2020

Easter Egg Hunt

Grab your baskets and head to the Y for an egg hunt! The Easter bunny has hid his eggs all over the DeVos-Blum Family Y in Boynton and we need your help finding them! Enjoy some family time, crafts, and snacks!

RSVP at 561-738-9622.

Apr 18, 2020

Healthy Kids Day

Kick off summer with our Healthy Kids Day event! Join us on April 18th, 2020 from 10am until 2pm at the Boca or Boynton Y for a fun-filled day of family activities. This event is FREE and open to the community!

Visit YMcaspb.org/healthykids for more information!

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

www.ymcaspb.org

PLANNING MAKES AN IMPACT



The Boca Y hosts Lunch-n-Learn events for local financial advisors in order to educate them on Planned Giving with their clients. We would like to send a huge thank you to our presenter, Seth Kaplan, a shareholder in Gunster's Private Wealth Services Group, and to Allegiance Home Health for sponsoring the lunch for this event. Seth concentrates his practice in the areas of planned giving, charitable trusts, personal income taxation and estate planning for high net worth individuals, and he did an incredible job breaking down the benefits of supporting the right foundations and planning ahead.

Speaking of planning ahead, 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. The Y recognizes, appreciates and honors those who have included the YMCA 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, Kimberly Trombly-Burmeister at 561-300-3238.

LEARN, LEAD, INSPIRE

Y Leaders Club provides teens the opportunity to focus on growing their social and leadership skills, character development and serving the community. The Leaders Club program aims to foster a sense of belonging and achievement for all of those who are involved. Peter Blum Y Leader, Aly Reeves, says, "The group is not just a bunch of teens hanging out, we are teens who truly want to help and make a difference within our community."

How to become a part of Leaders Club:

Requirements to join the DeVos-Blum Family YMCA of Boynton Leaders Club:

- Must be in seventh-12th grade or are 13-18 years of age
- Have a 2.5 GPA or higher
- Annual Fee is \$30

Requirements to join the Peter Blum Family YMCA of Boca Leaders Club:

- Open Enrollment (Month of September)
- Must be 12-18 years of age
- Maintain a 2.8 GPA or higher
- Attend 75% of meeting and events (meetings every Thursday 6:30pm-7:45pm)
- \$50 per academic year fee

If you have a teen interested in joining Leaders Club, please contact:

Andrea Hurtado, ahurtado@ymcaspb.org at the DeVos-Blum Family Y in Boynton.
Or James Rodriguez, jrodriguez@ymcaspb.org at the Peter Blum Family Y in Boca.



Boynton Leaders Club volunteering at the 5k in Jupiter.



Boca Leaders working on a team bonding activity during Teen Rally Day.

GIVING BACK WITH TOGETHERHOOD™ - A YEAR IN REVIEW

In 2019, the Y's Togetherhood™ group contributed over 1,000 hours of community service hours. Below are some of the projects completed from both the Boca and Boynton Y Togetherhood™ group.



Feed Palm Beach County - Inspected, sorted and packed donated food.



Habitat for Humanity - Painted a house in need of some TLC and made the day for home owner, Ellen!



Sea Angels - Helped make a difference with a beach clean-up at the Boynton Beach Inlet.



Spanish River Church - Participated in the annual beach clean-up at Spanish River Beach.



Spirit of Giving - Distributed hundreds of school supply donations for the "Back to School Bash".



Place of Hope - Placed labels on Chapsticks which contained information in various languages for victims of human trafficking to find help.



Boca Bowl - In preparation for the 2019 Cheribundi Boca Bowl, the Boca Y made signs welcoming the teams to Palm Beach County.



Wreaths across America - Donated wreaths for fallen service men and women.



The United Way of PBC donated funds and toys to the Boynton Y to be distributed to those on financial assistance.



NCCI was hard at work at both the Boca and Boynton Y branches for their annual day of volunteering, helping build new equipment for their preschool playgrounds.



Thank you to PNC Bank who generously donated books to our Y's preschool classrooms.



Thank you to Publix Super Markets Charities for sponsoring another successful Breakfast with Santa!



Family BINGO night was a blast at the Boynton Y!



The Boca Y hosts member potlucks as a part of bringing members together.



The kids at the Boynton Y completed the first Art STEAM class with beautiful paintings.



We had over 100 participants of all ages join us for a Spartan Workout Tour led by Trainer Angel!



The Boynton Y Shooting stars Dance Team participated in the City of Boynton Holiday Parade.



The Boynton Rays Swim Team are having an amazing season with over 65 new swim team members!



Congrats to NCCI Yellow team on winning the 2019 Corporate Cup Challenge.



The Boca Y incorporates new STEAM activities during Fun Days and Holiday Camp and the kids LOVE it!

YMCA EXCEEDS RECORD-SETTING FUNDRAISING GOAL

DONATIONS TO SUPPORT THE Y'S ABILITY TO PROVIDE ASSISTANCE TO THOSE IN NEED

With support from over 1,400 donors, the YMCA of South Palm Beach County raised \$717,319 for its Annual Giving Campaign, far surpassing its goal of \$600,000.

"This is a huge accomplishment and would not have been possible without the dedication and hard work of all our campaign volunteers and staff," stated Jackie Reeves, Chair of the 2019 Annual Giving Campaign. "In addition, 100% of donations are restricted for the Y's financial assistance programs, so donors can feel proud about making an immediate and lasting impact to those in need in our community."

"We have many amazing Annual Giving Campaign volunteers who are basically Y ambassadors; inspiring others to give by sharing stories about the numerous ways in which the Y works to make positive impact in



YMCA of South Palm Beach County's 2019 Annual Campaign leadership team.

our community," said Jason Hagensick, President and CEO of the YMCA of South Palm Beach County.

Donations allow the Y to provide programs such as youth sports, after school and preschool to those in need, giving children a safe place to learn and build confidence, families a place to reconnect, and individuals access to education and training in order to reach their full potential.

To learn more about how you can support the Y's mission, please contact Kimberley Trombly-Burmeister at ktburmeister@ymcaspbpc.org or visit www.ymcaspbpc.org/give.



World Championship Quarterback and Entrepreneur, Joe Theismann

A BIG thank you to all of our generous Sponsors of the Y's 18th Annual Inspiration Breakfast event with keynote speaker, Joe Theismann.

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Annual Giving Campaign

Chairman's Roundtable Donors

Chairman's Roundtable Donors are those individuals, businesses and community organizations that generously donate \$1,200 or more to our recent Annual Giving Campaign.

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Chairman's Round Table

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MEET OUR EMPLOYEES



Ian Peterson Sports Director at the DeVos-Blum Family Y

It's hard to believe that Ian has only been a part of the DeVos-Blum Family Y for less than a year. With his heart warming smile, outgoing personality, his ability to connect with each and every one of the kids, Ian has been able to enhance our youth sports program within just a few months.

Although Ian is still relatively new to our Boynton Y he has been a part of the YMCA for over seven years. As a

child Ian says the YMCA allowed him the ability to play sports all year long, build incredible memories and learn valuable life lessons.

As Sports Director, Ian is excited to be able to impact the lives of the young athletes who participate in Y Sports programs.

Before the Y... Ian was an Assistant Site Manager for the City of Plantation and Salesperson at Journey's shoe store!

What has been your favorite part about working at the YMCA?

The incredible lifelong relationships I was able to create along with the Y stories I

see/hear quite often.

What's your favorite sport?
Basketball

What's something most people don't know about you?
I am secretly Batman, not Spider-man

Who inspires you?
My mother

What was the best concert you ever attended?
R&B Artist, Che Ecrú

Where is your favorite place in the world?
Coco Cay, Bahamas



Kimberly Harrison Membership Services Representative at the Peter Blum Family Y

Brand new to the Y Family, Kimberly is a new face at the front desk at the Boca Y. She has started her own health journey and is loving being able to connect with members and become a part of this new community!

Before the Y... Kimberly was a stay at home mother to her 5-year-old son

What's something most people don't know about you?
I am a huge animal lover. I have 8; 4 dogs and 4 cats

Who inspires you?
My mother is my biggest inspiration even though she isn't with us anymore.

What was the best concert you ever attended?
This is tough! I have enjoyed all of the concerts I've been to. If I had to choose just one it would be George Strait.

Where is your favorite place in the world?
My favorite place is at home with my husband and my son

MEET OUR VOLUNTEERS



Michael Nathanson Peter Blum Family Y Youth Sports Volunteer

Michael has been a Youth Sports volunteer for the past 5 years. This father of two credits his children's growth to Y Sports Director, James Rodriguez. "My oldest child started here when he was about 5 and he was stubborn and emotional. Mr. James helped mold him into a better version of himself," states Michael. Once Michael saw the positive change in his son, it inspired him to become more involved in other children lives by becoming a youth sports coach.

If Michael could encourage another to coach he would say, "It's not like volunteering, it's fun. I wake up in the morning and I'm excited to do it. I

can't wait to get here. It's not a job at all, it's really a pleasure."

What do you enjoy about volunteering at the YMCA?

It's all about the kids. I love seeing them having fun, learning, getting exercise, smiling and joking.

You do a lot of wonderful things for our YMCA. Is there anything else you have in the works?

I recently joined the Boca Y Board. I'm really looking forward to attending meetings and creating more of an impact.

What would you tell someone who is interested in volunteering at the Y?

That it's absolutely worth it because doing something as simple as coaching a team can impact a kid's life forever. I enjoy making it fun for them.

Who inspires you?

My brother. He is such a better person than I am. He is so giving and always ready to help someone or teach someone. He's definitely number one.

What was the best concert you ever attended?

I've been to a lot. That's tough. It was back in the day; Bush, Goo Goo Dolls and No Doubt.

What's your favorite movie or book?

My favorite book is The Seven Levels of Communication. It's a networking book. It's a story and it teaches you how to effectively network and build a business.

What is one food or drink you could not live without?

Pizza

What languages can you speak?
English, Portuguese and Spanish



Dan Huck DeVos Blum Family Y Youth Sports Coach, member of Togetherhood™ and Board Member

Coaching 300+ kids over the course of eight years, Volunteer Sports Coach, Board member and Togetherhood™ volunteer, Dan Huck has certainly made his impact within our Y community. "The Y has brought a whole new meaning to my life and I value the sense of community I've been able to build here," states Dan. The Y has not only made an impact on Dan's life, but the entire Huck Family has benefited from being long-time members. "The Y has taught my boys how to be caring, how to make

friends and has taught them kindness. The core values have definitely rubbed off on the Huck Family," explains Dan.

What do you enjoy about volunteering at the YMCA?

Right now what is really exciting to me is that we are taking the 12-14 year old basketball team to Puerto Rico to see the YMCA in San Juan. I visited last June to see the YMCA of San Juan which is still recovering from Hurricane Maria.

What do you hope the children will gain from their trip to Puerto Rico?

I would hope they gain some personal character development; just grow as young adults, get some perspective for where they are, what they have and the opportunities they've been given.

You do a lot of wonderful things for our YMCA. Is there anything else you have in the works?

Another exciting thing is that I'm launching Financial Peace University at the Y. It's a class that offers assistance with budgeting, controlling spending and managing your finances. It's free to anyone!

What would you tell someone who is interested in volunteering at the Y?

For people who haven't dove into it yet, you would be surprised what you can learn and how you can grow through volunteering. A couple hours a month to start with goes a long way.

If you would like to become a volunteer for the YMCA of South Palm Beach County please visit: YMCASBPC.org/volunteer

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