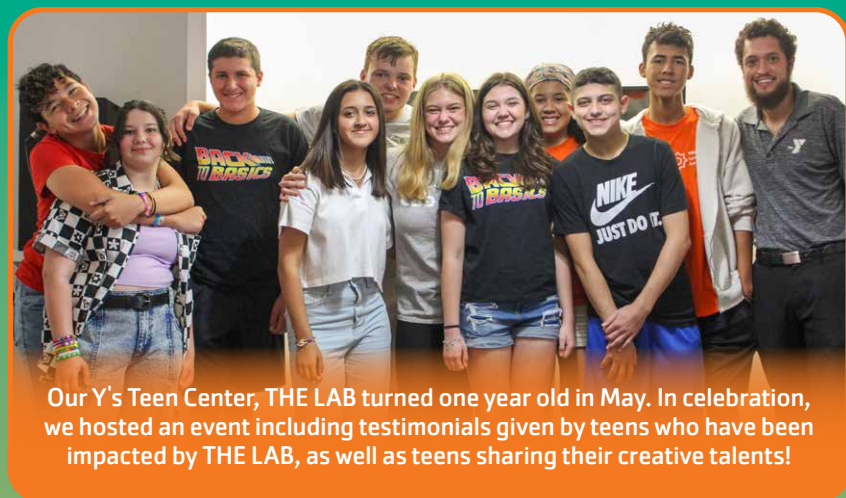




Four generations of long-time Boynton Y members were interviewed this Spring by the Sun Sentinel to discuss how maintaining a healthy lifestyle is a "way of life" for them - and how the YMCA fits right in.



Splash and Dash is a multi-sport race event hosted at the Boca Y and includes a 6-week training program that focuses on running and swimming skills. Great job to the more than 25 youth participants who crossed the finish line!



Our Y's Teen Center, THE LAB turned one year old in May. In celebration, we hosted an event including testimonials given by teens who have been impacted by THE LAB, as well as teens sharing their creative talents!



Due to the generous sponsorship from the Rotary Club of Downtown Boca Raton, "Josh the Otter" visited our Boca Y's Preschool to share his book on the importance of learning how to swim.

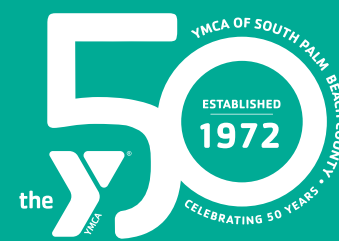


Baila Conmigo fue muy divertido! Our Boca Y had a blast celebrating Latin heritage with the community in May! Muchas gracias to all of our sponsors and partners, including our 2022 Presenting Sponsor LaBovick Abogados!



It was a beautiful day for our Y's 23rd Annual Golf Classic at the Indian Spring Country Club. We had 29 golf teams participate and all proceeds from this event supports the Y's Financial Assistance program. A big thank you to our presenting sponsor, Plastridge Insurance and to all of our sponsors who helped make this event a big success!

Make sure to check our website for all of the latest updates on upcoming YMCA events and activities: YMCASPBC.ORG



The Y TIMES

Summer 2022

2022 SAFETY AROUND WATER WEEK



Drowning Prevention programs are crucial in a state like Florida where we are surrounded by water. To promote water safety in our community, our Boca and Boynton Ys hosted a couple of weeks of free swim lessons for non-swimming youth during National Water Safety month. 146 youth were provided the opportunity to learn this life-saving skill through our annual "Safety Around Water week", sponsored by West Boca Medical Center and the "Drowning Doesn't Have a Season" program, funded by the Piedt Family Swim Scholarship. Participants also received goodie bags with water safety materials and a Water Watcher tag.



Our YMCA would like to thank ALL of our partners in Water Safety who are helping our community be safer, in and around the water!

- Paul & Kathy Adkins
- Boca West Children's Foundation
- Chick-fil-A Boca Raton & Delray Beach
- Drowning Prevention Coalition of Palm Beach County
- Edward T. Bedford Foundation
- The Honda Classic
- Leilani Miller
- Piedt Family Swim Scholarship
- Stanley Smith
- USA Swimming Foundation
- WaterSmart Palm Beach County
- West Boca Medical Center
- YMCA of the USA



BIKES FOR LITTLE GRADS



The Boca West Children's Foundation generously donated new bicycles to our YMCA, which were distributed to each of our Boca and Boynton Y Preschool graduates. "This was an amazing surprise! My child can't wait to get riding!" states a Boca YMCA Preschool parent.

The Boca West Children's Foundation was initiated in 2010 as a not for profit 501(c)3 charitable organization, whose mission is to identify and fund projects in the Boca Raton and Palm Beach County areas to aid at-risk children and their families in need. This foundation started as a desire by the thousands of members of the Boca West Country Club to give back in some way to the community. Since its inception, the Foundation has raised more than \$10 million dollars to fund specific programs of 30 local charitable organizations.



FIND YOUR REASON. FIND YOUR Y.



The YMCA of South Palm Beach County is a non-profit organization that has been supporting the community for 50 years. However, we can't do this without the generosity of donors, sponsors and partners within the community.

Y Membership fees only cover our operating costs, program delivery and membership services - donations support our Financial Assistance Program, which enable the Y to turn no one away due to their inability to pay.

From promoting school readiness through Preschool, teaching values and character through Youth Sports,

supporting health and well-being through Community Health initiatives, and keeping kids safe in and around water through swim safety programs our YMCA has been here ...50 years and counting.

Learn more here: YMCASPBC.ORG/FINDYOURREASON

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

YMCASPBC.ORG/EVENTS

MEET OUR ADMIN STAFF



Kadi Tarlecky

Senior Director of Mission Advancement

How long have you been with the Y?

I've always been with the Y, since I was a small child. I participated in swim team, day camp, resident camp, sports and eventually took my lifeguard certification at the Y and started as a lifeguard and swim instructor when I was 15. I am celebrating 30 years with the YMCA Movement this year.

What did you do before working at the Y?

The YMCA has been my only job and my Y career has brought me all over the United States. I have been an Executive Director with the YMCA of Central Maryland, the YMCA of Honolulu, the YMCA of Greater Long Beach, the YMCA of Greater Boston, the YMCA of South Florida and now as the Senior Director of Mission Advancement with the YMCA of South Palm Beach County.

What has been your favorite part about working for the Y?

I love that our day is never the

same. Every day brings a new adventure. I love that the work we do at the YMCA has lasting impact on our community for generations to come.

Who inspires you?

My mom and my children. They both in their own way have taught me to never give up and to always keep pushing forward.

Where is your favorite place in the world?

Although most vacations you will find my family on a Disney property (either in FL, HI or CA), I love a beach vacation the best.

PROVIDING EDUCATION FOR MANAGING DIABETES

Chronic issues like diabetes require a great deal of self-management in addition to working with a health care provider. The evidence based Diabetes Self-Management Program (DSMP) is offered by the Y to address the self-management tasks that often do not get enough time or attention from health care providers. This 6-week course dives into the self-management "tool box" which offers participants a choice of ways to better manage their diabetes. A team of trained facilitators lead a small group of participants through interactive discussions about physical activity, healthy eating, problem-solving, glucose monitoring, medication, avoiding complications and weekly action planning. Many participants go on to successfully modify behaviors to improve their self-management of diabetes.

"As a type 1 diabetic for over 30 years I appreciate the opportunity to relearn some of the basics of diabetes management. This old dog was also able to learn some new tricks! The group setting allowed me to

share some of my frustrations with other people with diabetes, something I am not usually able to do," shared a recent participant.

The DSMP is offered at no cost thank you to a partnership with the Diabetes Coalition of Palm Beach County and funding from the Health Care District of Palm Beach County. Glucometers and attendance incentives are provided to participants. The program is open to all community members and YMCA membership is not required.

Contact Director of Community Health Robin Nierman: rnierman@ymcaspbc.org to add your name to the interest list for the next class.



MAKING A DIFFERENCE

The triangle is the enduring symbol of the YMCA representing the unity of spirit, mind, and body. Our YMCA Triangle Society acknowledges donors who have generously contributed \$1,200 or more to the Y primarily during the Annual Giving Campaign. These donations make it possible for families and individuals, regardless of their financial means to participate in Y programs for youth development, healthy living and social responsibility.

Our YMCA held a reception at the beautiful Royal Palm Yacht & Country Club in Boca Raton to celebrate and thank our Triangle Society donors. This event was graciously hosted by Chris Warren, past Chief Volunteer Officer of the YMCA of South Palm Beach County Board of Trustees, and his partners at Lawless, Edwards & Warren Wealth Management.



THANK YOU TO THE GENEROUS SUPPORT FROM OUR GRANTS AND SPONSORS*

Boca West Children's Foundation

FL State Alliance of YMCA's

Publix Super Market Charities

American Recovery Protection Act through Early Learning Coalition of Palm Beach

Lattner Family Foundation

Town of Palm Beach United Way

Paycom Corporate Giving

YMCA of the USA

*March 26 to June 16, 2022.

CELEBRATING 50 YEARS OF HEALTHY KIDS



It was a perfect sunny day to celebrate Healthy Kids Day®, the Y's national initiative to improve the health and well-being of kids!

More than 4,000 community members joined us this Spring to participate in a variety of family fun activities hosted at the Boca and Boynton Ys.

Big thank you to our Presenting Sponsor, Florida Blue for sponsoring this event at the Y year after year!



LEAVE A LEGACY



Interested in making a gift to invest in the future of our YMCA? Did you know you may give through your estate plans or by making an immediate contribution that can generate a life income or special tax benefits?

Learn more here about planned giving at the Y:

[YMCASPBC.ORG/PLANNEDGIVING](https://ymcaspbc.org/plannedgiving)

A MILESTONE BIRTHDAY



Our YMCA celebrates its 50th Birthday on July 6, 2022!

In 1969 a group of community leaders led by David and Betty Jo Ashe shared a dream of building a YMCA in Boca Raton.

They raised \$30k to start the program and in 1970 Texaco Oil Company donated 15 acres of land in Boca Del Mar.

In 1971 a capital campaign led by Peter Blum raised over \$500k for construction and in 1972 the YMCA of Boca Raton was incorporated and our Y began.

Make sure to visit our Boca and Boynton Ys on July 6th to celebrate this milestone birthday with us!

Our YMCA is also hosting a 50th Anniversary Gala at The Boca Raton on December 3, 2022. Learn more about how to get involved here:

[YMCASPBC.ORG/50YEARS](https://ymcaspbc.org/50years)