



VIPs & Sponsors were invited to an intimate reception at the Avron B. Fogelman Sports Museum at the Schmidt Family Complex to enjoy a one-on-one conversation with Vice Chair of our Inspiration Breakfast, Brad Winstead and Hagerty Family Head Football Coach for FAU, Tom Herman!



Palm Beach County Sheriff deputies stopped by our Boca Y's Teen Achiever's Summit Career Fair to answer questions and provide motivation. Thank you for your support of our teen programs!



Our Boca & Boynton Ys were excited to welcome EGYM smart circuit to their Wellness Centers in 2023! This equipment automatically adjusts to you, guides you through a custom workout and tracks your progress.



Thank you to Fifth Third Bank for selecting the Y as their "Charity of Choice" and for sponsoring our Y's Baila Conmigo event



The Y was proud to participate in an important panel discussion regarding youth which was held at the BRIC in Boca moderated by Frank Barbieri, Jr. Esq, Board Chair of Palm Beach County Schools.



The Y TIMES

Spring 2023

THE Y HOSTS ANOTHER SOLD OUT INSPIRATION BREAKFAST



Save the Date!
22nd Annual Inspiration Breakfast
March 6, 2024



The YMCA of South Palm Beach County hosted its 21st Annual Inspiration Breakfast with keynote speaker, Pro Football Hall of Fame player, three-time Super Bowl winner, and "Dancing with the Stars" champion, Emmitt Smith. Chaired by Alex Price and Vice Chair, Brad Winstead, this sold-out event was held outdoors for over 700 people under a grand tent at the Peter Blum Family YMCA in Boca.

The event raised **more than \$455,000** which support the Y's financial assistance program providing scholarships for individuals and families to participate in impactful Y programs such as drowning prevention programs, preschool, after school care, summer camp and teen programming to name a few.

THANK YOU TO OUR 2023 INSPIRATION BREAKFAST SPONSORS:

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YMCA RECEIVES FUNDING TO TEACH KIDS TO BE SAFER IN & AROUND WATER

The YMCA of South Palm Beach County was awarded \$57,500 in grant funding from the Florida Alliance of YMCAs to deliver Drowning Prevention and Safety Around Water education to children from underserved communities in South Palm Beach County.

According to the Centers for Disease Control and Prevention, fatal drowning is the second-leading cause of death for children ages one to 14 years old. In ethnically diverse communities, the youth drowning rate is two to three times higher than the national average, according to a USA Swimming study. Additionally, 64 percent of African-American children, 45 percent of Latino children, and 40 percent of Caucasian children have no or low swimming ability.

"Educating children how to be safer around the water is just as important as

teaching them to look both ways before they cross the street," said Libby Moon, Drowning Prevention Coordinator for the YMCA of South Palm Beach County. "The Y teaches children of all ages and backgrounds that water should be fun, not feared, and this practice not only saves lives it builds confidence."

The Boca and Boynton YMCAs will host a Healthy Kids Day event at their branches on April 15, 2023 and will be taking registrations for swim lessons from 10am-1pm at the event.



MEET OUR BOYNTON Y STAFF



Alyssa Bickel
Associate Director of Membership and Business Operations

DeVos-Blum Family YMCA

Alyssa has been part of the Boynton Y staff team for a few months, however she is no stranger to the YMCA. This University of South Florida graduate worked at the Wyckoff Family YMCA in New Jersey for two years as an

Associate Senior Program Director and an Aftercare Supervisor.

"I am passionate about helping and supporting members," states Alyssa.

Her biggest inspiration? Alyssa describes how her parents have been her biggest motivation throughout her life. "They inspired me the

most, they taught me to be passionate and live life to the fullest!" As a young girl, Alyssa listened to stories her mom and dad shared about their experiences traveling around the world in 1965. "My father was a teacher, but managed every summer to pack up the car and take us to a new place in the United States or jump on a flight and explore different countries."

Alyssa explains their 'zest for life' is what encouraged her to take a job at Delta Airlines where she worked for over 15 years as an International Flight Attendant in order to continue those adventures. "That experience and my need to motivate others enabled me to take a new role as an HR Supervisor for the NYC Flight Attendant Base."

"Behind all those wonderful travels was something that I came to realize – the Y has always been a part of my life. I grew up going to the YMCA in Long Island, NY and then introduced my two girls to the Wyckoff Family YMCA, then eventually came down to the DeVos-Blum Family YMCA family. I enjoy working with positive staff, feeling valued and being a part of a challenging, fun, healthy environment and amazing community that is the Y."

A GIFT WITH IMPACT

Looking to give a meaningful gift for a special occasion? The YMCA of South Palm Beach County provides a thoughtful way to celebrate a loved one! You can give a gift to the Y to commemorate any occasion including birthdays, anniversaries, milestones or special events. Gifts can either be left unrestricted or may be designated to a specific program or cause the Y serves.



Simply visit: www.ymcaspbc.org/plannedgiving

If you have questions about planned giving, please contact Heather Dupree at 561-237-0965.

Support for Cancer Survivors

An incredibly important wellness program our Y offers is LiveSTRONG at the YMCA. This program provides cancer survivors the opportunity to meet for 12 weeks with specialized coaches who are trained in offering support and assistance in meeting individualized goals. The program is open to the community.

This past December, Y Board of Trustee member and cancer survivor, Bob Robes, generously established the Robes Family LiveSTRONG fund in order to ensure LiveSTRONG at the YMCA is available to those who need it for years to come.

For more information about this program, please contact Director of Community Health, Robin Nierman 561-300-3227.



IMPORTANT DATES

April 15, 2023
Healthy Kids Day at the Boca and Boynton Ys, 10a-1p
Sponsored By

May 5, 2023
24th Annual Golf Classic at Indian Spring Country Club
Thank you to Presenting Sponsor

May 6, 2023
Baila Conmigo at the Peter Blum Family YMCA, 2p-6p

May 15 – 19, 2023
Safety Around the Water week
Sponsored By

May 30 – June 2, 2023
Drowning Doesn't have a Season swim lesson week, sponsored by the Piedt Family Swim Scholarship.

June 5, 2023
Summer Camp at the Y starts!

Visit our website for the latest updates on YMCA events and activities: YMCASPBC.ORG/EVENTS

2022 TRIANGLE SOCIETY CUMULATIVE GIVING

Cornerstone Gift – \$50,000+

Paul & Kathy Adkins/Florida Peninsula Insurance Company
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Gold Triangle – \$9,999-\$5,000

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