

## 2023 ANNUAL GIVING CAMPAIGN KICK-OFF EVENTS



The Boca and Boynton Y's officially kicked off our **2023 Annual Giving Campaign** with some fun and educational events! This campaign raises funds to support programs for youth and families in our community. Join the effort and become an Ambassador! [www.ymcaspbc.org/AGC](http://www.ymcaspbc.org/AGC)

## 4<sup>TH</sup> ANNUAL SHOOT FOR A CHANGE



Our 4th Annual Shoot for a Change event was a **SLAM DUNK** raising **over \$15k** for our Annual Giving Campaign! **HUGE** thank you Shoot for a Change committee Chair, Michael Nathanson, our committee and all sponsors for making this event a success!

## UPCOMING EVENTS

### Mix, Mingle & Make a Difference

October 16, 2023 at Boca West Country Club.



### Halloween at the Y

October 20, 2023 at the Boynton Y and October 21, 2023 at the Boca Y, generously sponsored by Publix Super Markets Charities.  
[YMCASPBC.ORG/HALLOWEEN](http://YMCASPBC.ORG/HALLOWEEN)

### Corporate Cup Challenge

November 4, 2023 at the Peter Blum Family YMCA.  
[YMCASPBC.ORG/CORPORATECUPCHALLENGE](http://YMCASPBC.ORG/CORPORATECUPCHALLENGE)

### Raise Your Glass for the Y

November 13, 2023 at Hoppertunities from 6p-8p.

### Annual Giving Campaign Victory Event

November 30, 2023 at the Acura Club at Florida Atlantic University

### Visit with Santa

December 10, 2023 at the Boynton Y and December 9, 2023 at the Boca Y, generously sponsored by Publix Super Markets Charities.

### SAVE THE DATE! 22<sup>nd</sup> Annual Inspiration Breakfast

March 6, 2024 at the Peter Blum Family YMCA  
[YMCASPBC.ORG/InspirationBreakfast](http://YMCASPBC.ORG/InspirationBreakfast)

Visit our website for the latest updates on YMCA events and activities: [YMCASPBC.ORG/EVENTS](http://YMCASPBC.ORG/EVENTS)



## The Y TIMES

### Fall 2023



## BETTER TOGETHER.

Did you know YMCA membership fees only cover branch operating costs, equipment, utilities, program delivery, and other services?

That is why we invite our members, volunteers, staff and friends each year to help us raise funds through our **Annual Giving Campaign**, in order to support Y programs and resources for youth and families in our community.

The Y provides more than \$1.5 million in Financial Assistance and subsidized programming each year. When you donate to the Y, **100% of your contribution** supports a family or individual in need in our community, and enables the Y to turn no one away due to their inability to pay. This is a tax-deductible gift and makes a difference!

Join us as a **Volunteer Ambassador** for the Y's Annual Giving Campaign! As an Ambassador, you are helping introduce our Y to those who may not be familiar with our impact in the community!

### Ambassador Volunteer Expectations:

- Attend Ambassador Training
- Make a personal gift of ANY size
- Secure 3 contributions of ANY size
- Have fun at our Campaign events and activities!

### Interested? Contact:

DeVos-Blum Family YMCA – Barry Davis, [bdavis@ymcaspbc.org](mailto:bdavis@ymcaspbc.org)  
Peter Blum Family YMCA – Brianna Silva, [bsilva@ymcaspbc.org](mailto:bsilva@ymcaspbc.org)



Our YMCA of South Palm Beach County's 2023 Annual Giving Campaign goal is **\$995,022**.

# \$50

Pays for one child to stay active and healthy by participating in Fit Kids Youth Fitness program for one month.

# \$150

Allows one special needs child the ability to learn life-saving water safety swim skills by providing one-on-one lessons.

# \$250

Provides a month of after school care filled with learning opportunities and positive role models for a deserving child.

# \$500

Scholarships a teen with a one year membership to the YMCA, providing a place for belonging, friendship and achievement.

# \$1,200

Provides a Preschool classroom, who otherwise would not have access to a pool, life-saving swim lessons in community pools within their neighborhood.

# \$5,000

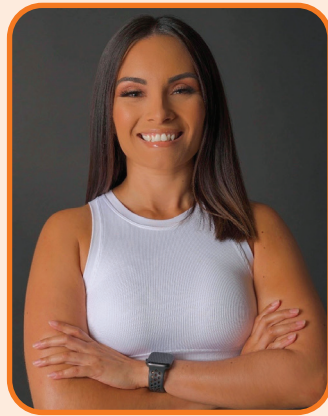
Sponsors 12 Cancer Survivors in 24 sessions of **LIVESTRONG** at the YMCA for participants to experience improved fitness and quality of life.

Support our YMCA today:  
[YMCASPBC.ORG/GIVE](http://YMCASPBC.ORG/GIVE)





## MEET OUR PETER BLUM FAMILY YMCA STAFF



### Stephanie Sanon

**Director of Healthy Living**

**Education:** Florida Atlantic University

**How long have you been working at the Y?**

I have been working with the Boca Y for 5 months and have been a proud member for 12 years.

**What was your career prior to working at the Y?**

Certified Personal Trainer

**What has been your favorite part about working for the Y and/or why are you passionate about working here?**

My favorite part about working with the Y is the relationships that I have built with the members and the support that I have received from my Y family.

My passion is to help members become the best version of themselves by empowering and elevating their health through movement and nutrition. The Y has been such a great support system for my daughter and I. That same support I want to give back to the Y community.

**Who and/or what inspires you?**

My daughter inspires me to be the best that I can be mentally and physically. As a mother, it's important to me to keep up with my health and stay active.

**Anything you would add?**

A special thank you to my mother and father, Nidia & Gary Flaks, for their support and being the best parents. A special thank you to my mentors, AnnTaylor Clawson & Bryan Hunt, for guiding me through my leadership journey.

## THE LAB OFFICIALLY RE-OPENS AT THE Y



On October 5, 2023, The LAB: YMCA Leadership Academy officially re-opened its doors in its new home at the Peter Blum Family Y with a VIP Reception and ribbon cutting ceremony performed by the Boca Raton Chamber.

The LAB, which originally opened in the Town Center Mall and later closed when the lease ended, had been running limited teen programs the past year in the Boca Y due to construction work. With the renovation finally complete, The LAB's new location reveals an entirely new layout featuring a Makerspace for Art club, 3D printing and homework time in After School, an E-Gaming center, and a Lounge for hosting various teen Leadership Clubs or simply a space to socialize.

A touching champagne toast was given by YMCA of South Palm Beach County President & CEO, Jason Hagensick, where he recognized the late Peter Blum for his strong determination in developing the Peter Blum Family Y, and Myrna Gordon Skurnick, creator of the Creative Arts Initiative in The LAB.

*"Our goal for The LAB continues to be providing a safe and interactive space for teens to discover new interests, collaborate with one another, and prepare for the future,"* states Jason.

The LAB offers year-round leadership development programming for youth ages 12 to 17, with a focus on preparing teens to succeed and serve through civic engagement, college and career readiness, and workforce development. Programs offered include after care for middle schoolers, Art Club, E-sport gaming, Leadership Clubs, Teen camp, Chess and more.

**For more information, contact Director of Teen Programs, James Rodriguez: 561-300-3204 or [jrodriguez@ymcaspb.org](mailto:jrodriguez@ymcaspb.org)**



**Our Health Heart Ambassadors offer BPSM drop in office hours at our Boca and Boynton Ys, as well as virtually. Contact our Director of Community Health, Robin Nierman: [rnierman@ymcaspb.org](mailto:rnierman@ymcaspb.org) or 561-300-3227**

## EMPOWERING ADULTS TO TAKE CONTROL OF BLOOD PRESSURE

The Blood Pressure Self-Monitoring (BPSM) Program is an evidence-based program for adults with high blood pressure to take control and better manage blood pressure through regular self-monitoring and heart-healthy activities. Certified Healthy Heart Ambassadors (HHAs) are an integral part of this Y-USA program, as their role is to support participants in their journey toward better health by providing personalized consultations and goal-setting, hosting informative Nutrition Education Seminars, and providing appropriate activities, coaching and encouragement.

**To qualify for the Y-USA BPSM program, participants must be at least 18 years old and:**

- Have been diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

Our Y is thrilled to move into our 3rd year of offering BPSM with the support of Baptist Health South Florida Foundation. This funding allows us to make an impact outside of the walls of our branches and into the community.

## ADAPTING FOR SWIM SUCCESS AT THE YMCA



**Special needs shouldn't prevent someone from learning to swim. The YMCA of South Palm Beach County's Adaptive Swim Instruction program customizes lessons for water safety for every ability.**

Being comfortable and capable around water is something every parent wants for their child, especially living in South Florida where water activities are a year-round part of life. Rebecca and Gavin Hurn of Boynton Beach were particularly invested in getting their 3-year-old son Gregor swimming.

Because of complications during his birth, Gregor has challenges that other preschoolers don't. "When you hold a child on their back in the water, they should be relaxed," Rebecca explains. "Gregor is missing some of those natural traits. We knew it was important to get him to swim, but we didn't know how to handle his special needs."

The Hurns searched for a program that could handle their son's unique

circumstances without luck. Then, they made an acquaintance with someone whose son with autism had used the adaptive swim instruction program at the DeVos-Blum YMCA in Boynton Beach and suggested they check it out.

Jeffrey Burgazzoli, the lead adaptive swim instructor at the YMCA of South Palm Beach County, says that the goals for children with special needs are the same as children without them. "We want them to know how to safely enter the water, to be aware of depths, to have water safety awareness, and become acclimated to the water," he explains, saying after these basics, focus can turn to kicks and strokes.

*"Every small gain is a big accomplishment, and we celebrate that"*

Gregor, who started swim instruction around 2 years old, wasn't comfortable in the pool in the beginning, Rebecca says, but Burgazzoli took his time and helped her son realize his potential. "Gregor had a big fear of the water," Burgazzoli says. "He has motor skill challenges and cognitive delays. My first goal was to make him comfortable."

Burgazzoli uses tools such as toys, flotation noodles, kick boards, and goggles to help engage his students. He breaks down swim instruction milestones into small bites suited

to each child's individual needs, progressing from getting a face in the water, to an ear in the water, to kicking to reaching for the wall.

"Every small gain is a big accomplishment, and we celebrate that," Burgazzoli says.

As fear subsided, Gregor's enthusiasm for his time in the pool grew. Rebecca attributes that to Burgazzoli's patience, persistence, and rotation of props to keep her son motivated. She says the adaptive swim instructors are continually researching new techniques and obtaining training to help as many kids as possible.

As Gregor has grown as a swimmer, Rebecca also says he's become aware of group swim lessons happening in the pool at the same time as his individual lesson. "It's a fun atmosphere," Rebecca says. "I think he likes that he's right next to kids who are in classes."

Rebecca says she and her husband believe that starting in the program when Gregor was young means his memories around water will be positive, focused on his accomplishments and not the struggles and fears he once had.

"Every day he wants to go in the pool, and he loves it so much," she says. "I think whether it be the adaptive or any swim program, it's important to get kids involved as soon as possible. It's vital for the safety of our children."

**To learn more about our Y's Aquatics programming, [www.ymcaspb.org/aquatics](http://www.ymcaspb.org/aquatics).**

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

**Moss Construction**

**Boca Raton Regional Hospital Foundation**

\*As of October 6, 2023