



The Y TIMES

Spring 2024

RECORD-BREAKING RAISE FOR OUR Y'S 22ND ANNUAL INSPIRATION BREAKFAST



The YMCA of South Palm Beach County hosted its largest fundraiser of the year, the 22nd Annual Inspiration Breakfast, with Emmy-winning Sports broadcaster, Erin Andrews as keynote speaker. Chaired by Brad Winstead, over 650 guests enjoyed the morning under a grand tent outdoors at the Peter Blum Family YMCA in Boca.

"This year's event was special. We wanted to continue to have a powerful name, and also celebrate strong women. Who better than Erin; an Emmy nominated sportscaster, entrepreneur and UF grad," states Winstead.

The event included a Q&A session with award-winning journalist and local media personality, Paige Kornblue. Andrews shared her personal story, favorite interviews and working with Tom Brady on FOX this upcoming season amongst other topics.

The event raised over \$512,000, which will support YMCA camp programs for youth and teens.



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MEET OUR ADMIN Y STAFF



Alicia Farmer

Marketing & Social Media Coordinator

Education: Bachelor's Degree in Public Relations from Rowan University

How long have you been working at the Y?
Roughly 10 months here, though my first ever job was at a Y in New Jersey where I'm from, I was there for about 3 years working with the Preschoolers! (the same Y I attended Preschool funnily enough)

What was your career prior to working at the Y?
This is the beginning of a career I always dreamt of. Prior to this I did everything from childcare to retail to waitressing, you name it!

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

I love the Y and everything we stand for! My experience with every person I've worked with here has been filled with kindness and a genuine care for others and this community. I always feel uplifted when I come to work. I'm also lucky to absolutely love what I do, having the opportunity to get creative and work with all types of people from members to staff is a blessing.

LEAVE A LEGACY

In a world where so much comes and goes so quickly, for more than 50 years our YMCA has advocated for programs addressing youth development, healthy living and social responsibility in our community. By making a legacy gift to the Y, you will help ensure that the Y can continue achieving its mission of a healthy spirit, mind and body for all for generations to come.

By providing a charitable contribution to our Y's Endowment Fund, donors are automatically included as a member of our Y's Heritage Club, demonstrating a commitment to advancing the Y's mission.

Will you consider joining us today in creating an everlasting legacy for future generations?

Simply visit: www.ymcaspbc.org/plannedgiving

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



Scan here for more details

WHAT IS YOUR Y STORY?

Your Y Story has the potential to inspire others to lead healthier, happier lives, and share the positive impact the Y has had in our very own community. If a story about the Y has meaning for you and you're willing to tell it, then we believe it's worth hearing!

To share your Y Story, please contact Senior Director of Marketing, Tracy Sussman, for more information: tsussman@ymcaspb.org or 561-237-0974.

IMPORTANT DATES

April 6, 2024

Healthy Kids Day, sponsored by ADT, at the Boca and Boynton Ys, 10a-1p

April 17, 2024

Heritage Club at the Delray Dunes & Country Club

TBD 2024

Triangle Society at Royal Palm Beach Country Club - stay tuned

May 3, 2024

25th Annual Golf Classic at Indian Spring Country Club

Presented by Plastridge Insurance



May 4, 2024

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

Presented by Go Solar Power



May 28-31, 2024

Safety Around the Water week at Boca & Boynton Ys

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

TOGETHER WE CAN CREATE A HEALTHIER COMMUNITY

According to the CDC, nearly half of adults in the U.S. have high blood pressure. The Y has taken action to improve heart health by developing an evidence-based program called Blood Pressure Self Monitoring or 'BPSM' to empower adults with high blood pressure to take control. This four-month program includes bi-monthly office visits with a Healthy Heart Ambassador and monthly nutrition seminars with a low sodium focus. The program is open to anyone with high blood pressure and is available both in-person and virtually.

Local BPSM participant, Sheila, shared she has been battling high blood pressure for most of her adult life, and that this program helped her better manage her blood pressure by encouraging self-checks.

"Thanks to the BPSM program, I now take my blood pressure tracking log to my physician and he has been able to adjust my medication. I've learned about small changes I can make in my diet by attending the monthly nutrition seminars. I'm very grateful for this program and its' funders. They provided me with a special blood pressure machine to use at home that I otherwise would not be able to afford".

The YMCA of South Palm Beach County is partnering with the School District of Palm Beach County and the American Heart

Association to offer the Blood Pressure Self-Monitoring Program to their police force. This program will be piloted to 48 police officers and they will attend virtual BPSM "Office Hours" with a Health Heart Ambassador as well as 4 virtual nutrition seminars offered over a 4 month period. The American Heart Association generously provided each police officer a blood pressure monitor, and the YMCA Healthy Heart Ambassadors will work to ensure they know how to take a proper reading at home.

The BPSM program is offered at no cost thanks to generous funding from Baptist Health South Florida Foundation.



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RECOGNIZING AN INSPIRATIONAL LEADER

Since the late 1960s, our YMCA has proudly served thousands of members and program participants of all ages and backgrounds. Each day, more than 3,000 people visit our Peter Blum and DeVos-Blum Family Ys, and more than half of them are children.

However, community needs continue to change, and our Y is committed to meeting new challenges by increasing our reach, relevance and impact, not just for today's children, but for future generations as well.

At this year's Inspiration Breakfast, our Y started a new tradition by honoring an inspirational leader. Having chaired this event a record eight

times, there wasn't anyone more deserving to recognize as the inaugural recipient than Yvonne Boice.

Yvonne passed away in January 2023, but in many ways, her unwavering support and collaborative spirit continue to serve as the cornerstone of this event's success. She cared deeply about our Y, about teaching kids to swim, and about developing future leaders. Simply put, her legacy will strengthen our YMCA forever.

We are proud to celebrate Yvonne as the very first recipient of our YMCA Inspirational Leader award.

THANK YOU FOR THE GENEROUS SUPPORT FROM OUR GRANTS*

Albert E. and Birdie W. Einstein Fund, Inc.

American Heart Association

Boca Rio Golf Club

Community Foundation of Palm Beach & Martin Counties

Florida State Alliance of YMCAs

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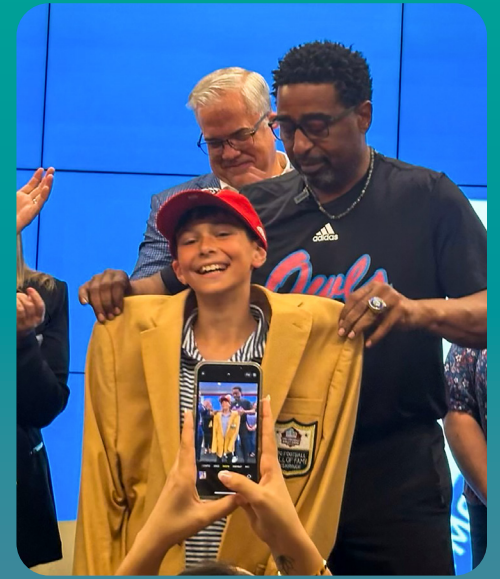
Town of Palm Beach United Way

YMCA of the USA

*As of April 1, 2024

VIP Reception – An Evening with Hall of Famer, Cris Carter

VIPs were invited to an intimate reception at the Avron B. Fogelman Sports Museum at the Schmidt Family Complex to enjoy a conversation with Chair of our Inspiration Breakfast, Brad Winstead and Executive Director of Player Engagement for FAU, Cris Carter.



22nd Annual Inspiration Breakfast with Emmy-winning Sports Broadcaster, Erin Andrews

Erin Andrews was keynote speaker for our YMCA's 22nd Annual Inspiration Breakfast, presented by LVL UP Fitness. Chaired by Brad Winstead, this event raised a record-breaking \$512,000 and hosted over 650 guests under a grand tent outdoors at the Peter Blum Family YMCA.

