



BUILDING POSSIBILITIES

YMCA OF SOUTH PALM BEACH COUNTY

The Y TIMES Newsletter | Fall 2024

BUILDING POSSIBILITIES

Become an Ambassador for our 2024 Annual Giving Campaign

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

To further support our community programs and resources for youth and families, we invite all of our members, staff, and friends to support us with our Annual Giving Campaign. Your support helps us go above the basics and make a greater impact in our community.

A huge thank you to our 2024 Annual Giving Campaign Co-Chairs, Linda Gunn Paton and Nicole Grimes.

Interested in being an Ambassador? Contact:

- DeVos-Blum Family YMCA
Shelley Freytag - sfreytag@ymcaspb.org
- Peter-Blum Family YMCA
Brianna Silva - bsilva@ymcaspb.org

Our YMCA of South Palm Beach County's 2024 Annual Giving Campaign goal is \$1,200,000! All funds raised in the Annual Giving Campaign go back to financial assistance.

These funds broken down can help our community by:

- \$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 lessons in community pools within their neighborhood.
- \$5,000- Sponsors 12 cancer survivors in 24 sessions of Live Strong at the YMCA for participants to experience improved fitness and quality of life.



BUILDING SAFE SPACES

Support your local Y and make an impact

BUILDING POSSIBILITIES

For more information about our Annual Giving Campaign, please visit: YMCASPBC.ORG/AGC.

SUPPORTING VITAL PROGRAMS FOR PARKINSON'S DISEASE

For many older adults living with Parkinson's disease, maintaining an active lifestyle is crucial to managing symptoms, improving quality of life, and fostering a sense of community. The disease, which primarily affects adults over the age of 60, presents unique challenges, including mobility limitations, balance issues, and decreased muscle strength. In response, our YMCA of South Palm Beach County offers a variety of specialized programs designed to help participants manage, maintain, and even prevent symptoms associated with

Parkinson's such as *Parkinson's Surf & Turf*, *Parkinson's Cycle*, and *Parkinson's Dance*. These programs provide participants the opportunity for exercise that enhance their physical health, emotional well-being, and social connection.

Our YMCA is proud to announce that we have received a generous **\$10,000 grant from Boca Regional Hospital Foundation** to support Parkinson's programming. Without external funding, these programs are extremely difficult to offer to the

community at no cost to participants. This grant will help ensure that participants can continue to benefit from these programs, empowering them to manage their symptoms and maintain their independence.

If you are interested in learning more about our Y's Parkinson's programs, visit: YMCASPBC.ORG/COMMUNITYHEALTH or contact our Director of Community Health, Robin Nierman, rnierman@ymcaspb.org



MEET OUR ADMIN Y STAFF

Tara Currier

Director of Development for the YMCA of South Palm Beach County

Education: Bachelors of Art in Political Science from UCF, and currently in the process of obtaining a degree in Masters of Non-Profit Management and Masters of Public Administration from UCF with graduation in December.

How long have you been working at the Y?
A little over a year.

What was your career prior to working at the Y? I have been working for non-profit organizations my whole career. My previous roles included positions with Boca Helping Hands, Make-A-Wish of Southern Florida, and Boys and Girls Clubs of Broward County.

Why are you passionate about working here at the Y? I am passionate about the Y because I grew up going to the Y. I grew up playing basketball, soccer, taking dance lessons, and swim lessons, so I understand the importance it has to the community.

TRANSPORTING FUTURE LEADERS

Due to the generosity of Margaret Blume and Michele and Michael Hagerty at our Y's 50th Anniversary Gala in 2022, the YMCA of South Palm Beach County was able to purchase two brand new 70 passenger buses for the DeVos-Blum Family YMCA and Peter Blum Family YMCA. Over the past year and a half, we awaited the build of the buses until they were finally wrapped and delivered to our YMCAs.

On Saturday, September 7th it was time for the big reveal of the "Marvelous Margaret" bus at the DeVos-Blum Family YMCA.

Margaret, along with her husband Robert, Board of Trustee Members, Branch Board members, and friends all came together for a blessing of the bus. Food trucks were available for all to enjoy, followed by a special trip in the new bus to get ice cream.



During the blessing provided by Margaret, those in attendance left impactful notes on magnetic flowers and were added to the outside of the bus. Some notes included, "You are loved.", "Life is a ride, enjoy it." and "Lead for a better tomorrow". These flowers have been moved to the inside for the children riding the bus to read.

Thank you Margaret and the Hagerty Family for these remarkable donations and for the impact they will have on children's lives for many years to come.

"At the Y and as with me, we make it fun," said Margaret. "I'm so happy that I was able to provide the much-needed bus. It certainly affirms the Y's presence in our community."

These buses will serve as transportation from local elementary and middle schools to the Y for afterschool care, and will also be used throughout the summer for camp field trips.



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

Baptist Health South Florida
Boca Regional Hospital Foundation
The Cobb Foundation
Florida State Alliance of YMCAs

Sun Capital Partners Foundation Inc.
Truist
YMCA of the USA

**As of October 14, 2024*



EMPOWERING FUTURES

Our YMCA would like to recognize **Sun Capital Partners** for their generous **\$60,000 grant** for teen programs and initiative. This grant will provide an opportunity for local teens to participate in numerous leadership programs at THE LAB: YMCA Leadership Academy in Boca Raton.

Thank you to Sun Capital Partners for investing in the next generation of

leaders by providing funds to enable the Y to operate programs so that all teens, are able to participate in THE LAB's leadership development, college/career readiness, and workforce development programs. These programs are crucial in our community to serve teens from all backgrounds to build a foundation of success.

For more information about our Y's Teen programs, visit: YMCASPBC.ORG/TEENS

SUPPORT FOR CHRONIC HEALTH CONDITIONS

Due to generous funding from Y-USA, our YMCA of South Palm Beach County is proud to offer our first Chronic Disease Self-Management Program (CDSMP) class this winter.

This 6-week evidenced based program helps people with chronic health conditions such as arthritis or diabetes learn how to manage their health. The CDSMP teaches participants strategies to help them achieve their health

goals, manage pain and fatigue symptoms, eat healthy, exercise to improve strength and endurance, manage medication, communicate with health care providers, and more.

Each class is interactive and participants are given the opportunity to set specific action-oriented goals. The program will be offered at no cost through funding from Y-USA.



Visit our website to sign up for our interest list and to be notified of the dates: YMCASPBC.ORG/CDSMP

GRANT SUPPORTS YMCA'S MISSION TO TEACH WATER SAFETY TO LOCAL CHILDREN



The YMCA of South Palm Beach County has received a generous **\$28,500 grant** from the **Florida State Alliance of YMCAs** and the **CDC** to provide swim lessons to 285 at-risk children in our community, ages 6-15.

For many years, the YMCA has been a leader in drowning prevention and water safety education. Our Y is committed

to bridging the gap in access to swim lessons and water safety programs in our community.

We are deeply grateful to our partners, the Florida State Alliance of YMCAs and the CDC, for supporting this essential initiative.

If you are interested in supporting our Y's Water Safety programs or initiatives, please contact Associate Director of Water Safety, Libby Moon: lmooon@ymcaspb.org

Shoot For A Change

Our 5th Annual Shoot for a Change event was a SLAM DUNK! Thanks to all of our 3-point shooters, free throwers and participants for joining us this year! And a HUGE thank you to our Point guard, Michael Nathanson, our Shoot for a Change committee, volunteers, and staff for making this event a success! Thanks to all of our Shoot for a Change Sponsors and supporters – proceeds from this event go toward our Y's Financial Assistance program.



Casino Night

Our Y's Casino Night hit the JACKPOT! Dice were flying as guests roamed the Marleen & Harold Forkas Alumni Center to play a variety of Casino games such as Blackjack, Roulette, slots and Poker! Congratulations to our Event Chair, Mario Bai for making this Boca Chamber Festival Days event a BIG WIN! We appreciate your hard work and support! We'd like to thank all of our sponsors for supporting this SOLD OUT event!



IMPORTANT DATES

October 18-19, 2024

Generously sponsored by Publix Super Markets Charities, the DeVos-Blum Family Y and Peter Blum Family Y will host **Halloween at the Y** on October 18 and 19, respectively.

[YMCASPBC.ORG/HALLOWEEN](https://ymcaspbc.org/halloween)

November 2, 2024

Presented by JM Family Enterprises, the **Corporate Cup Challenge** is our Y's premier adult field day held at the Peter Blum Family YMCA.

[YMCASPBC.ORG/CORPORATECUPCHALLENGE](https://ymcaspbc.org/corporatecupchallenge)

November 13, 2024

Raise your Glass for the Y! Hosted at NOBO Brewing Company from 6p-8p, proceeds support the Y's Annual Giving Campaign.

[YMCASPBC.ORG/EVENTS/RAISE-YOUR-GLASS](https://ymcaspbc.org/events/raise-your-glass)

December 7-8, 2024

Breakfast with Santa, generously sponsored by Publix Super Markets Charities will be hosted at the Peter Blum Family Y and DeVos-Blum Family Y on December 7 and 8, respectively.

[YMCASPBC.ORG/SANTA](https://ymcaspbc.org/santa)

March 5, 2024

Our **23rd Annual Inspiration Breakfast** will be hosted under a grand tent at the Peter Blum Family YMCA.

[YMCASPBC.ORG/INSPIRATIONBREAKFAST](https://ymcaspbc.org/inspirationbreakfast)

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