



BUILDING POSSIBILITIES

YMCA OF SOUTH PALM BEACH COUNTY

The Y TIMES Newsletter | Spring 2025

YMCA BUILDING POSSIBILITIES

Investing in our Community through the YMCA

There are countless reasons to love our community—but perhaps the most powerful is how we come together to support those in need. As our civic challenges continue to grow—from the rising demand for affordable childcare to increasing teen health concerns, chronic illness, and a widening socioeconomic divide—our shared commitment to solutions becomes more vital than ever.

The YMCA is at the heart of that commitment.

Each year, our Y serves more than 40,000 individuals of all ages and backgrounds. Its reach is broad, and its impact is profound. Now, through the launch of Building Possibilities, a bold, multi-year campaign, the YMCA is expanding its mission to ensure a stronger, healthier future for generations to come.

BUILDING POSSIBILITIES is my "why".

That vision—the promise of deeper impact—is why I proudly support the YMCA. I'm not alone. Many of our community's most dedicated leaders are also stepping forward to invest in this effort, and in the weeks ahead, you'll meet some of them and hear what motivates their support.

We invite you to discover your own "why." Call us or visit our website below to learn more about Building Possibilities and how your support can help shape a better future – for everyone.

YMCA SPBC.ORG/
Building-Possibilities

Terry Fedele

YMCA 'Building
Possibilities'
Campaign Chair

*A Boca Raton Walk of
Recognition award recipient
and 2024 Woman Volunteer of
the Year Award winner, Terry
is a community-minded Boca
resident for nearly 20 years.*



Photo credit: Warner-Prokos Photography

SUGAR RAY PACKS A PUNCH

at the Y's 23rd Annual Inspiration Breakfast presented
by JM Family Enterprises



The YMCA of South Palm Beach County held its biggest fundraiser of the year on March 5th, the 23rd Annual Inspiration Breakfast, featuring Five-Division World Boxing Champion and Olympic Gold Medalist, Sugar Ray Leonard as the keynote speaker. Presented by JM Family Enterprises and co-chaired by Linda Gunn Paton and Brad Winstead, the event welcomed 600 guests under a grand outdoor tent at the Peter Blum Family YMCA in Boca.

"We were honored to have a legend in the ring with us at this year's YMCA Inspiration Breakfast. He's a true champion in life and for children," stated Brad Winstead.

The morning gathering raised over \$405,000 to support YMCA Financial Assistance Scholarships for Youth Development programs.

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Karly White
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Coordinator

MEET OUR PETER BLUM FAMILY Y STAFF

How long have you been working at the Y?

I have been working at the Y for 3 years, but I started volunteering 8 years ago!

What was your career prior to working at the Y?

Volunteering, counselor, lead counselor.

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

My favorite part of working at the YMCA is being able to create a safe, welcoming space where people can truly be themselves without feeling the need to conform to any standard. It's incredibly fulfilling to help build a community where everyone feels valued for who they are, just as they are, and have fun!

Who and/or what inspires you?

My children and the adults that I work with inspire me every single day to lead with love and embrace my

authentic self. Their joy and unique personalities remind me of what truly matters – kindness, connection, and staying true to who I am. Watching them navigate the world with courage and honesty encourages me to do the same, and their unconditional love constantly makes me commit to showing up with compassion and purpose.

Anything else you would add?

The YMCA has always been a safe space for me. It is a place where I've felt supported, accepted, and inspired to grow. Through the Y, I discovered my passions, and now I hope to help others find theirs, whether it's through Teen Leaders or the kids and adults in my programs. The opportunities at the Y are truly infinite, and it's an honor to be part of something that empowers people to be their best.

LIVESTRONG AT THE YMCA: A Path Toward Healing, Strength, and Community

At the YMCA of South Palm Beach County, we believe in supporting our members through every step of life's journey – including the road to recovery after a cancer diagnosis. That's why we are proud to offer LiveSTRONG at the YMCA, a specialized small-group program designed to help cancer survivors reclaim their health and well-being in a supportive and empowering environment.

This 12-week evidence-based program is tailored for adults who are living with, through, or beyond cancer. It includes two 75 to 90-minute sessions each week, focusing on cardiovascular conditioning, strength training, balance, and flexibility.

Led by specially trained YMCA-certified instructors, LiveSTRONG at the YMCA ensures that every participant is met with compassion, understanding, and professional guidance throughout their journey. At the Y, we don't just support survivors – we empower them to rebuild and recharge. Through LiveSTRONG at the YMCA, cancer survivors take back their strength with expert-led training, proven results, and a community that never quits," explains

Robin Nierman, Director of Community Health.

Thanks to the generosity of the Robes Family LiveSTRONG Fund, we are excited to announce that additional staff will be trained this summer, allowing us to expand our program to both the Boca and Boynton YMCA locations this Fall.

To join this life-changing program, participants must be at least 18 years old and have a referral and medical clearance from a physician.

If you know someone who could benefit from LiveSTRONG at the YMCA, we encourage you to join our interest list today.

For more information, please contact Robin Nierman, Director of Community Health, at 561-300-3227 or email rnierman@ymcaspbcc.org.



A GIFT WITH IMPACT

Honor someone special by giving them a gift to the YMCA of South Palm Beach County. Whether it's a birthday, anniversary, milestone, or other celebration, your donation is a heartfelt way to commemorate the moment. You can choose to support the Y's overall mission or direct your gift to a specific program or cause that matters most to you and your loved one.

Simply visit: [YMCASPBCC.ORG/PLANNEDGIVING](https://ymcaspbcc.org/plannedgiving)



Thank you for the generous support from our Grants*

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**As of April 17, 2025*

INSPIRING NEW LEADERS

Written by DeVos-Blum Family YMCA Board Member, Kelley Marcellus

Three decades ago, Ken Kaleel exercised at a gym operated by Bethesda Hospital at the corner of Boynton Beach Boulevard and Military Trail. It was convenient, located just down the street from his law office, but something was missing.

Kaleel grew up in Ohio, where the YMCA was a cornerstone, a safe place for families and individuals of all backgrounds to focus on healthy living and building community through programs and opportunities. Rapidly growing Boynton Beach had nothing of that kind—yet.

On March 5, 2025 the YMCA of South Palm Beach County recognized Kaleel with its Inspirational Leader award at the 23rd Annual Inspiration Breakfast in Boca Raton. Kaleel is a long-time community leader and the Association's former Chairman of the Board of Trustees as well as a key player in the opening of the DeVos-Blum Family YMCA, which celebrates its 25th anniversary this year.

"I was approached in 1994 or '95 by Neal Allen who was then the executive director of Boca Raton's YMCA," Kaleel recalls. "He said he'd been given my name when discussions of putting a Y in the area came up as someone who might be able to make it happen."

Though he jokes that he didn't immediately take Allen's call, getting involved didn't take much convincing. "The tenants of the Y were very familiar to me," he says. "I said to Neal, 'This is something we really need.'"

Kaleel lists the players who came together in the late 1990s and early days of the Boynton Y—Robert Hill and Bob Taylor who were CEO and CFO of Bethesda Hospital, Charlotte Weaver and the entire Weaver family who owned the land where DeVos-Blum Family YMCA sits, Randy Justice who served as the association's chief volunteer officer, Peter Blum who was a major benefactor and believer in the YMCA mission, Rich DeVos who was the founder of Amway and generous philanthropist, Todd Stuart who was the branch's first executive director, and others. What happened in those years around the 2000



opening of the DeVos-Blum YMCA was transformational, Kaleel says.

"We had no idea if our idea was going to work," he explains. "But with Neal's demeanor and Blum's belief, it was an unstoppable combination."

Some of the early Boynton Y supporters had lunch regularly as they worked out the details of the operation, which involved land deals, concerns from neighborhood associations, developing partnerships with area residents, and securing financial support. The efforts, however, were overshadowed by the payoffs.

"It was so fun," Kaleel says. "At first there was a lot of hesitation, but when it all started coming together, it gelled and flourished. Everyone was just so excited even before the building went up."

The grand opening saw hundreds from the community crowd into the gymnasium for introductions and speeches before literal curtains were dropped and the new facility was opened with fanfare and celebration.

Kaleel served on the young branch's community board before joining the association's board of trustees. "Being on a board, in my view, is all about developing relationships," he says.

Kaleel and his peers were witness to what's become long-standing events like the Annual Golf Classic, Halloween events, the breakfast event where he received

this award, and programs of all sizes and varieties. His three children grew up in Y sports and camp activities—the youngest, Alexandra, enrolled in the branch's inaugural preschool class. His wife Rema taught Pilates classes, and son Nicholas worked as a lifeguard. Daughter Jacqueline became a longtime volunteer and served on the branch's community board.

"We also had the best staff," he adds. "When you have nothing, you develop the staff and create a culture that you can mold into what you want it to be."

As for the future, Kaleel believes even greater things are possible. He stepped back in leadership after his term with trustee board ended, but his enthusiasm remains.

"I'm one of those guys that believes you need to make room for others and bring in new ideas, fresh ideas," he says. "We built what I believe is the foundation of the Boynton Beach community, and, obviously, I will always support it."

Celebrate our Boynton Y's 25th anniversary on December 6th at our Evening of Enchantment event, presented by Baptist Health and hosted at the DeVos-Blum Family YMCA.

Visit: ymcaspbc.org/25YEARS for more information.

SAVE THE DATE

A dark blue event poster with gold stars and streamers. At the top is the YMCA logo with the text "the Y". Below it, in white, is "YMCA of South Palm Beach County 25TH ANNIVERSARY CELEBRATION of the DeVos-Blum Family YMCA". In the center, in a white script font, is "An Evening of Enchantment". Below that, in white, is "DECEMBER 6, 2025" and "YMCA SPBC.org/25years". At the bottom, it says "PRESENTED BY" and shows the Baptist Health logo, and "LEARN MORE" with a QR code.

23rd Annual Inspiration Breakfast presented by JM Family Enterprises and hosted at the Peter Blum Family YMCA

In March, the YMCA of South Palm Beach County hosted its largest fundraiser of the year – the 23rd Annual Inspiration Breakfast – highlighted by keynote speaker Sugar Ray Leonard, who spoke about winning, losing and never giving up.



VIP Reception with Coach Jakus

Our Y held an exclusive reception for VIPs and sponsors of our 23rd Annual Inspiration Breakfast at the Eleanor R. Baldwin Arena Mezzanine. Guests enjoyed an engaging conversation with Event Co-Chair, Brad Winstead and Florida Atlantic University Men's Basketball Head Coach, John Jakus.



Healthy Kids Day

Healthy Kids Day at the Peter Blum Family YMCA and DeVos-Blum Family YMCA was a blast! From face painting and a petting zoo to bounce houses, push-up contests, fitness demos, and more – there was something for everyone! A huge thank you to Bluebird Kids Health for sponsoring our Kids Color run in Boynton and to all of our amazing vendors for helping make this day fantastic.



IMPORTANT DATES

SAFETY AROUND WATER WEEK

April 22-25, 2025 at the DeVos-Blum Family YMCA, powered by Justin Freedman and family, and at the Peter Blum Family YMCA

BAILA CONMIGO

May 3, 2025 at the Peter Blum Family YMCA, 4p-8p
[YMCASPBC.ORG/BAILACONMIGO](https://ymcaspbc.org/bailaconnmigo)



26TH ANNUAL GOLF TOURNAMENT

Presented by Plastridge Insurance Agency on May 9, 2025 at Indian Spring Country Club
[YMCASPBC.ORG/GOLFLCLASSIC](https://ymcaspbc.org/golfclassic)



SAFETY AROUND WATER WEEK

MAY 27-30, 2025 at the DeVos-Blum Family YMCA, powered by Justin Freedman and family, and at the Peter Blum Family YMCA, powered by the Piedt Family Swim Scholarship