

# BUILDING POSSIBILITIES SENIORS



The Y's broad array of programs help active older adults achieve their long-term wellness goals and lead healthier, more fulfilling lives. Today, the YMCA of South Palm Beach County serves **3,439** seniors in a variety of programs such as water aerobics, yoga, Tai Chi, and social activities.

## A GROWING NEED:

Fast-changing population demographics are significantly altering our community. Florida is the 2nd fastest growing state with its expansion rate almost doubling since 2021. Areas of South Palm Beach County are growing 50% faster. A large part of that growth is our senior population.

The 'silver tsunami' has hit with 40% of South Palm Beach County now age 50+. Sadly, among this population, chronic illness is spiking, and social isolation is producing devastating effects. As the population continues to age, there is a growing need for programs and initiatives that support aging in place and improve the quality of life for older adults.

## OUR APPROACH:

**To address the diverse and expanding needs of South Palm Beach County, our YMCA will significantly boost its service capacity by expanding facilities and reallocating space.**

The Building Possibilities Campaign will allow us to double the number of seniors served and increase participation in social and wellness programs.



## SUSTAINABLE IMPACT:

**We anticipate the following impact over the next five years:**



### COMBAT CHRONIC ILLNESS:

Add classes and seminars on arthritis, diabetes, Parkinson's, weight management.



### BOOST PREVENTATIVE WELLNESS:

Offer additional classes and education in yoga, Tai Chi, nutrition, senior-specific fitness.



### FIGHT LONELINESS AND SOCIAL ISOLATION:

Offer double the number of social activities to ensure seniors stay connected (mahjong, potluck meals, book clubs, bingo, new social cafés).

**Over the next 30 years, with your ongoing support, we can have a long-term, exponential positive impact on seniors in our community. The enduring impact, particularly for those from underserved families, will be felt the most.**



*Three years ago, Bill lost his wife to cancer. Married for 60 years, Bill and Mary built a life together - raising three kids and welcoming nine grandchildren. Without Mary, Bill became isolated and let his health go. He wasn't eating well and often stayed at home for weeks at a time. His daughter encouraged him to join the Y. Reluctantly, he let her drive him there to sign up for a membership. Y staff invited him to participate in an EnhanceFitness class. After a few weeks, he stayed for coffee after class and began to get to know the other participants. Now one year later, Bill is here 5 days a week, has lowered his blood pressure, and is one of the first to greet new members. "The Y gave me my life back."*

*Each day, 3,439 seniors look to the Y for support. The Building Possibilities Campaign will allow us to reach more seniors*