

HERE FOR OUR COMMUNITY

Many families across the community are turning to the Y as an important resource for family support, stress reduction, and health and wellness.

The Scott County YMCA has served area families for more than 18 years. We have always been here to help with memberships and program scholarships to those who are in need of some sort of assistance, and have never abandoned our mission: making memberships and programming accessible to all. The dollars raised through this campaign fund our Financial Assistance Program.

In this time of economic challenge, the Y has responded to unprecedented requests for additional assistance through our Financial Assistance Program.

With your support, the annual Giving Campaign ensures that the Y is there for those who need us most. By supporting this campaign, you help guarantee that everyone, regardless of their circumstances or ability to pay, can benefit from the Y.

Now, more than ever, children and families need the Y's innovative programs and services. Won't you join our efforts to continue strengthening our community through youth development, healthy living and social responsibility.

You can make a difference in someone's life today. Donations are welcome throughout the year.



THE YMCA MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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MAKING A DIFFERENCE

Annual Giving Campaign



WE'RE MAKING A DIFFERENCE

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For the last eight years, **Sylvia Lopez** has been an avid member of the Y. During those years, she has experienced both ups and downs, but through it all one thing remains: the friendships. "The Y is just wonderful," says Sylvia as she sat to talk after taking her water class. "It's part of my daily life and I don't know where I'd be without it. I have friendships here that will last a lifetime."

In 2003, Sylvia began coming to the Y as an addition to her daughter's family membership. She had heard great things about water aerobics from her sister, and then her doctor suggested exercising in the water. Sylvia battles a condition known as lymphedema and needs the water exercises to help control the swelling in her legs. She began attending classes, made friends, and noticed results in how she felt and her increased flexibility.

In 2008, Sylvia was in a car accident, leaving her without a car, and in the hospital, for several months. Celebrating a birthday alone in the hospital wasn't something she was looking forward to, however, her thoughts changed quickly when all 22 of her "swimmates" showed up at the hospital for a surprise party.

Over the next several months, an acquaintance from the Y was able to help her get a car, however, she still had a car payment from her totaled car. During the course of her recovery, her daughter and family let their Y membership go due to added responsibilities and less time for using. Sylvia was trying to figure out what to do now to keep her active and expedite her recovery without a Y membership.

Thanks to the support of the community, Sylvia received financial assistance for a three month membership to keep her on the right track. At first, showing up with a walker and cane, she was met at the door with assistance to get in and out of the pool. Within two weeks, she no longer needed the walker or cane.

Her joke to the staff was the pool must have "healing water" because of her speedy recovery and how well she was feeling.

Sylvia's not sure what she would have done without the Y. She lives alone and her daughter works 10-12 hour days so she feels like the Y staff and members are her family. "The Y is my life. It is me."



THEIR HEALTH

Improving the nation's health and well-being is a priority for the Y. At the Y, we help children and adults understand and value their health, and we nurture their well-being. We offer resources and guidance to maintain or improve physical activity, health and wellness. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.



A SNAPSHOT OF HOW YOUR GIFT WORKS

- \$50** Helps a child learn to swim.
- \$100** Enables two children to build character and confidence in a YMCA youth sport.
- \$250** Serves three children through a Y membership.
- \$500** Gives two seniors the opportunity to make new friends and socialize while staying healthy.
- \$800** Sends 10 kids to summer camp to grow in self-reliance.
- \$1,000** Helps two families spend time together for a year with a YMCA membership.