

CONNECTING our COMMUNITIES

YMCA OF SOUTHWEST FLORIDA

JUNE 2022



NATIONAL MEN'S HEALTH MONTH

June is National Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy.

Join the Y as we support people on their wellness journeys and offer resources for individuals to live healthy lifestyles.

A MESSAGE FROM THE PRESIDENT AND CEO

Dear Friends,

Summer is my favorite time of year at the Y! If you have visited any of our branches over the past week, you may have noticed Summer Camp has begun. I love watching our campers participate in games, activities, sports, specialty classes, sing songs and form lifelong bonds. There is nothing like a YMCA Summer Camp experience.

We are dedicated to building strong kids to be a part of a strong community. We are looking forward to a safe and exciting summer that instills confidence in children and creates memories that will last a lifetime.

Thank you to our Summer Camp supporters and partners for making Summer Camp available to all.

Together, we can create healthy families and communities.

Sincerely,

Gene T. Jones

Gene T. Jones
President and CEO
YMCA of Southwest Florida



SOCIAL RESPONSIBILITY

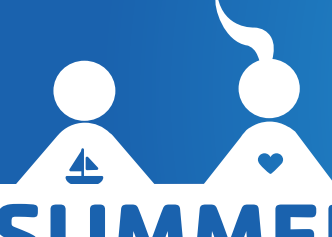
Foster a greater sense of engagement to provide support to our neighbors.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen for a path to success.

HEALTHY LIVING

Improving the health and well-being through partnerships with health care.



YOUTH DEVELOPMENT

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SUMMER CAMP IS HERE



This month, YMCA of Southwest Florida welcomed thousands of campers across our association. Campers will experience the Best Summer Ever™ through programs that nurture the strengths and abilities of every child and find unique and creative ways to help them explore and develop their potential. We will introduce children to as many new experiences as possible and help each child feel confident and secure in a fun camp environment. This year, we have added many specialty and sports camps to expand beyond our traditional day camp activities.

DID YOU KNOW
YMCA of Southwest Florida is offering Summer Camp at **27** sites and will provide over **16,000** camp experiences in 2022.



Kids of all backgrounds will discover who they are and imagine who they can be, with programs that foster lifelong skills, build self-confidence and create lasting friendships.

We are looking forward to the Best Summer in YMCA history.

SUMMER CAMP TRAINING



Close to 200 youth development professionals came together for a full-day of Summer Camp training. During training, Summer Camp Counselors and leaders participated in classes, activities and group games to prepare for Summer Camp. The skills learned will be taken back to all of our Summer Camp sites and implemented so that children have a safe and incredible summer.

A special thank you to our Association Day Camp Training Planning Committee for all their preparation and hard work on this great event.

GRADUATION AND PROMOTIONS



Congratulations to our graduates and those promoting on to the next step in their academic journey. We recently celebrated our early learners as they prepare to enter kindergarten this fall and SKY Academy students completing middle school and beginning their high school careers. Also, some of our very own Youth Development Leaders graduated high school and college. **We are proud of the Class of 2022!**



HEALTHY LIVING

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YMCA'S COMMITMENT TO FIGHT AGAINST HUNGER

SOLVING CHILDHOOD HUNGER TOGETHER

Recently, YMCA of Southwest Florida was awarded two grants from YMCA of the USA to increase the capacity of our food programs. This support will allow the Y to address the critical issue of childhood hunger. By increasing access to nutritious meals, the number of food-insecure children can be reduced. These grants will allow us to serve more children and provide enrichment opportunities focused on nutrition to the families we serve.



16.2 million kids in America struggle with hunger

1 in 6 kids is hungry

21 million children rely on free and reduced-price school lunches during the school year

6 out of 7 eligible kids do not get summer meals

DID YOU KNOW
YMCA of Southwest Florida served **369,129** meals in 2021.

YMCAS ACROSS THE NATION ARE PART OF THE SOLUTION

Children who participate in Youth Development programs at YMCA of Southwest Florida receive healthy meals daily at no cost. These healthy meals ensure children have access to food and help fight childhood hunger!

THANK YOU TO ALL WHO SUPPORT OUR YOUTH DEVELOPMENT PROGRAMS AND ALLOWING CHILDREN TO PARTICIPATE IN PROGRAMS THAT NURTURE THEIR MIND, BODY AND SPIRIT.



PARKINSON'S WELLNESS PROGRAMS



YMCA of Southwest Florida offers a variety of Parkinson's Wellness Programs including Pedaling for Parkinson's, Parkinson's Exercise Program and Rock Steady Boxing. These programs help individuals fight back against Parkinson's through specialized movements that have been proven to reverse, reduce and even delay the symptoms of Parkinson's.

For more information on our Health Innovations programs, [CLICK HERE](#)



SOCIAL RESPONSIBILITY

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WATER SAFETY



SWIMMING IS AN ESSENTIAL SKILL, NOT A PRIVILEGE

Here at the Y, we believe that every person deserves access to water safety classes, no matter their circumstances. Last year, YMCA of Southwest Florida provided 3,801 Children Safety Around Water and swim lessons to ensure that all families have the skills they need to keep them safe, opening up a world of possibilities for all.

As "America's swim instructor," the YMCA is committed to teaching children life-saving skills to be safe in and around water. We could not do this without the support of our donors.

Recently, through the support of Keith D. Monda Family Foundation, our YMCA was able to provide swim lessons to 1,412 second graders in Sarasota and Charlotte Counties. Our YMCA branches were also recipients of swim lesson scholarship grants to provide 700 children with swim lessons.

If you would like more information on YMCA Water Safety programs, [CLICK HERE](#).

[CLICK HERE](#) to watch Punta Gorda YMCA Executive Director Allison Buzick's, Interview on My Suncoast on how you can help reduce the risk of drowning.

SEND A KID TO CAMP



At YMCA Summer Camp, children will experience the BEST SUMMER EVER™, where they will have the opportunity to grow and thrive in a safe environment. Each day, children will participate in fun and educational activities that nurture their potential and reduce summer learning loss.

YMCA of Southwest Florida is committed to ensuring all children have access to YMCA Summer Camp, but we cannot do it alone.

By making a gift, today, you will impact a child's life by eliminating barriers, so all children have the opportunity to participate in YMCA Summer Camp.

\$100 will send two children to camp for one week.
\$500 will send a child to camp for the entire summer.

Your gift will provide the opportunity for a child to learn new skills, develop meaningful friendships and discover their potential.

[CLICK HERE TO DONATE TODAY!](#)

VOLUNTEERISM



Each day, YMCA of Southwest Florida's mission is carried out by its dedicated volunteers. These volunteers share their time and talent at the Y and change lives and communities, including their own. From volunteering to help with special events to coaching or mentoring, volunteer's skills and interests will make a difference in the lives of those we serve.

If you are interested in joining the Y movement through volunteerism, please [CLICK HERE](#).



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