



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y TIMES – 2019

A MESSAGE FROM OUR CEO



Jason Hagensick,
President & CEO of the YMCA
of South Palm Beach County

The holiday season has officially passed and although we welcome the New Year with open arms and hearts, I have some important information to share about our YMCA's incredible success in 2018. The Y belongs to the community – OUR community, and as a non-profit organization, we are volunteer-led with a Mission of putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

To achieve this, we strive to:

- Be community centered, by listening and responding to our local neighborhoods and communities.
- Bring people together, connecting people of all ages and backgrounds.

- Nurture potential, because everyone should have the ability to grow and thrive.
- Maintain a local presence and global reach, mobilizing local communities to effect lasting, meaningful change.

In line with our Mission, we believe in providing membership and services to all who desire to participate. Thanks to the generous support of our community partners, friends, members, and staff, our YMCA successfully raised over \$600,000 during our 2018 Annual Giving Campaign. We would like to thank everyone who contributed to our Y's campaign, which ensures that no one gets turned away due to financial challenges.

With a New Year undoubtedly comes new goals, and whether personal or professional, we do hope that you choose to include a few that embrace building a healthy spirit, mind and body. And whether you're looking to make new friends (have you heard of our Y Moms group yet?), lose a few pounds, or just need to find some inner peace and quiet, know that the Y will be there to help encourage and guide you every step of the way.

Thank you for allowing the Y to be your place for peace and healthfulness in 2019. With respect and gratitude,



Jason Hagensick
President & CEO

DONOR SPOTLIGHT PNC BANK



The Peter Blum Family Y is grateful for our partnership with PNC Bank. Their support and recent grant of the STEAM Outdoor Block Center, a child-directed playground learning center, provides open-ended activities that enhance curriculum goals such as cooperation, critical thinking, language building, large muscle development, mathematical and scientific principles. With previous PNC funds, the Y developed the STEAM center with the magnetic wall systems at each of our four YMCA of South Palm Beach preschools. The addition of this equipment helps expand the YMCA STEAM Curriculum.

Thank you PNC Bank!



BE INSPIRED

The YMCA of South Palm Beach County will host its 17th Annual Inspiration Breakfast on March 6, 2019 and we are excited to welcome five-time Olympian, author, mother and role model, Dara Torres, as our keynote speaker.

This signature event, chaired for the second year in a row by YMCA Board of Trustee member, Rosie Inguanzo-Martin, truly changes lives as proceeds benefit families and senior citizens, providing access to Y programs they could not otherwise afford. Specifically, this year's funds will be raised to support the drowning prevention initiatives and financial assistance programs in our community.

Sponsorship opportunities are available and tables are selling fast! For more information, please visit ymcaspb.org/inspirationbreakfast or contact our Director of Development, Kimberley Trombly-Burmeister at 561-300-3238.



17TH ANNUAL INSPIRATION BREAKFAST MARCH 6, 2019

DOORS OPEN AT 7:30AM
FOR BREAKFAST

5 QUESTIONS WITH Y MOM, LAUREN LEBAS



Imagine a place where a group of moms go to share their triumphs, struggles, enjoy 'girl time' and support one another. Sounds too good to be true? It's not! Last year, the YMCA of South Palm Beach County launched, "Y Moms" – a social group for Moms who are bonded by the Y's safe, enriching child care and youth programs which gives them the opportunity to pursue their own interests and activities inside and outside of the Y.

Lauren LeBas, Boca Y Board Member and fellow Y Mom, helped start this group with a small committee in order to help other moms like herself. Now with over 400 members, Lauren shares the who, what, where, when and why's regarding all things Y Mom.

1. Rewinding to before Y Moms was created, what brought you to the Boca Raton YMCA?

"I was returning to Boca Raton after living in New York City for a few years, but now I had two young children to consider when selecting a gym. My sister was a Y member, and she raved about the child care and the personal trainers. When I visited and saw the equipment, offerings, and child care I decided to join right away!"

2. What is your role on the Boca Raton YMCA Leadership Board?

"Within the Leadership Board I serve on the Marketing Committee and Chair the Y Mom group. Prior to having my children, I spent 12 years with a large corporation in sales, management, training, and marketing; I was eager to 'dust off' my skills and serve in this role."

3. What is your role with Y Moms and how was this group created?

"Rich Mascolo was the chair of the Marketing Committee when I joined the Board. He and the committee had previously completed some market research that revealed some amazing information about the role Moms play in choices relevant to our YMCA. Rich's leadership and expertise then translated this information into some key concepts, including that the Y's safe, enriching child care

and development uniquely gives Moms the worry-free opportunity to pursue their own interests. This became the foundation for several initiatives, one of which we now call "Y Moms". I teamed up with a few Y employees (many of whom are also Y Moms!) and began discovering how we can best engage this critical member group. We decided that social media would be key, and the Y Moms Facebook group was born."

4. What does this groups success mean to you?

"The success just reinforces what I love about the Y, and it proves that other moms feel the same way! It also reminds me that the Y is an amazing community of people with varying needs and interests, but is also a community where everyone belongs."

5. What impact has the Y made on your life?

"With the Y's help, I am able to maintain a healthy lifestyle, enjoy community with other members and Y Moms, provide enrichment and enjoyment to my children, and give back to our community through monetary donations and volunteerism."

If you would like to join our Y Moms group, please visit us online at ymcaspb.org/ymoms today!

"SHOUT OUTS" TO OUR Y FAMILY

Congratulations to Dan Huck, Boynton Y Board Member, for his nomination for the City of Boynton Beach Volunteer of the Year award!

Shout out to Y Mom Daniela for completing her first Iron Man!



Thank you to Publix for sponsoring Halloween at the Boynton and Boca Y as well as a Breakfast with Santa at the Boynton Y!



Shout out to the Y's Marketing team for launching the NEW YMCA of South Palm Beach County website! ymcaspb.org

Shout out to all of the Y's members, volunteers, Boards, staff, Community Partners and friends for helping us exceed this year's Annual Giving Campaign goal, raising over \$600,000!

Congratulations to the Preschool at the Peter Blum and DeVos-Blum Family Y for achieving accreditation in 2018!

Cheers to volunteers Peggy Lamson, Isabella Paustian, Barb Prelak, and Anna Torres who have helped the last two months with many back office projects involved with our Y events!

For more information, story ideas and suggested "shout outs" to our Y community, please contact our Marketing Communications Coordinator, Clairissa Myatt at cmyatt@ymcaspb.org.

IMPORTANT DATES

2/7

Party on the Patio

It's always a fun time at the YMCA! Join us on 2/7 for our Party on the Patio at the Boca Raton YMCA! Food, games and activities for the entire family! No RSVP required!

2/23

Family Camp Out

There's nothing like a good ol' family camp out! Join the Boynton Y for a night under the stars on 2/23 from 6pm until the next morning. Enjoy traditional camp out foods, games and more! Register at the Front Desk!

3/6

2019 Inspiration Breakfast

On March 6th the Y will host its 17th Annual Inspiration Breakfast featuring keynote speaker and former 5-Time Olympic swimmer, Dana Torres. For sponsorship information, visit ymcaspb.org/inspirationbreakfast.

4/13

Healthy Kids Day

Kick off Summer with our Healthy Kids Day event! Explore new activities that will keep your kids happy and healthy for a lifetime. Join us on April 13, 2019 from 10am-2pm at the Boca and Boynton Y's! Visit ymcaspb.org/healthykids for more information!

5/3

20th Annual Charity Golf Classic

Tee up for a great cause on May 3rd, 2019! The DeVos-Blum Y will host its 20th Annual Charity Golf Classic, raising funds for the Y's Financial Assistance Program. Visit ymcaspb.org/golfclassic for details.

5/18

Baila Conmigo

The Peter Blum Y will be hosting its 3rd Annual Baila Conmigo event on 5/18. Join us for an evening of authentic Hispanic cuisine, Zumba dancing and a live Mariachi Band! For more information, please visit ymcaspb.org/bailaconmigo

2019

Sports Season

Register your kids for our year-round Youth Sports programs! We offer flag football, dance, soccer, basketball and more! For more info, please visit our website: ymcaspb.org/youthsports or visit the Front Desk.

See our website for the latest updates on YMCA events and activities:

www.ymcaspb.org

WHAT'S IN MY GYM BAG

From hairspray to lifting gloves, Boynton Beach YMCA Wellness Professionals spill all about what's in their daily gym bag.

- 1. Deodorant:** No one wants to start off their work-out smelling like they just had one! "I always keep a travel size deodorant in my gym bag to freshen up before AND after I hit the gym," says Personal trainer, Josh Ryvin.
- 2. Extra hair ties and headbands:** Nothing is more annoying than getting to the gym and realizing you can't pull your hair up and out of your face. "I always keep extra hair ties and headbands in my gym bag at all times," says Wellness Director, Theresa Joyce. **PRO TIP:** Have short hair? Throw some bobby pins in there for good measure!
- 3. Protein Bar:** Personal trainer, Kevin Morgan, takes his post-workout nutrition seriously. "If you hit an unscheduled crunch for time, always have a protein bar in your bag. You must feed your body protein within 30 minutes post workout for optimal results. My favorite bar is Pure Protein; you don't need anything expensive or fancy!"
- 4. Headphones:** All trainers suggest making your gym bag the "home" for your headphones so you never forget them. Crank up the tunes to stay motivated and energized throughout your entire workout!



- 5. Reusable water bottle:** "Staying hydrated is key! I fill my reusable water bottle up with crushed ice and lemon wedges before every workout," says trainer, Jennifer Levinson. "Not to mention, water is good for your skin, so drink up!"
- 6. Lip balm:** Personal trainer, Tracy Fraizer, always packs lip balm in her gym bag. "If you get too dehydrated during a workout your lips dry out, so I always pack a spare lip balm, especially in exercise studios cranked with A/C!"

PARENTS CORNER: CRAFTING IT FORWARD

Even though the holidays are over, in pure YMCA fashion, we encourage the spirit of giving to last all year-long! Unfortunately, many charitable organizations put age restrictions on volunteer opportunities, which leave the little ones out – so check out these ideas to get your kids involved in giving back by "crafting it forward".



Lend a Helping Hand at the Y!

The Charity

The YMCA of South Palm Beach County provides opportunities to give back and serve the local community.

The Project

Did you know the Y is a Non-Profit Organization? The Y takes an active role in assisting the needs of our community with the help of volunteers throughout the year. From beach clean ups to food drives, you and your family can make a difference locally starting right now!

To Volunteer

For opportunities, please visit ymcaspbc.org/volunteer.



Snuggly Dolls

The Charity

Enchanted Makeovers. This organization works with women and children living in homeless shelters. Your child's homemade doll will go to a young child in need of a friend!

The Project

To start, stuff colorful socks with quilt batting and enclose with a rubber band or glue. Then, have your child cut out felt facial features: arms, wings, eyes...the more creative the better! Arrange the features on the doll and glue down with tacky glue. When finished, have a parent seal the feature with hot glue for extra security, or hand sew if you can!

Mail to

Enchanted Makeovers "Doll Adoption Project," 12663 Hipp Street, Taylor, MI 48180



Dog-gone Fashionable

The Charity

Anti-Cruelty Society. Providing unwanted and lost animals fur-ever homes.

The Project

Help attract a new owner for a shelter dog by giving it some eye-catching style. Cut a 22-inch square of jersey fabric in half to create a triangle. Then have your child draw a design with fine-tip permanent marker. Use a large embroidery needle and yarn to stitch over the drawn design; knot at the ends to finish.

Mail to

The Anti-Cruelty Society, 157 West Grand Avenue, Chicago, IL 60654

OR drop off at your local animal shelter!



Bracelets for St. Jude Patients

The Charity

St. Jude Children's Research Hospital treats and researches childhood cancer and other serious pediatric diseases.

The Project

Braid 1-inch wide fabric strips into colorful and soft bracelets for kids to wear in the hospital. Because many of the patients have a low immune system, in order to send these bracelets, they have to be made in a smoke and pet-free environment (you can make them in the Y's Café area!)

Mail to

Put bracelets in individual zip-lock baggies. Send them to St. Jude Children's Research Hospital, c/o Non-Monetary Gifts, 595 North Parkway, Memphis, TN 38105.



The Mason Pace Band helped kick start our 2018 Annual Giving Campaign at Old School Square in Delray Beach!



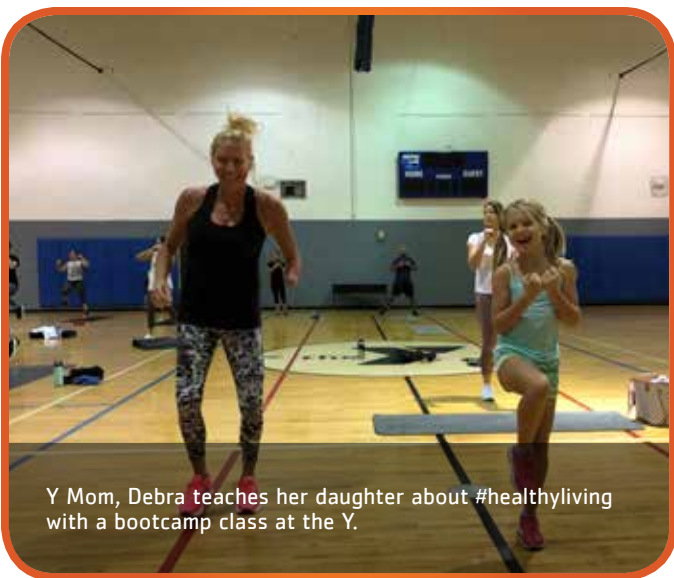
Togetherhood@ member, Karen Pelski shared about the program at the Boynton Y's Impact Tour.



5 year members were celebrated at the Y's Impact Tours with limited edition Y t-shirts.



Boca Y Moms break a sweat during a MyZone Small Group Training class!



Y Mom, Debra teaches her daughter about #healthyliving with a bootcamp class at the Y.



Togetherhood@ Volunteers had a great time supporting the 2018 Boca Bowl!



Members of the YMCA of South Palm Beach County Board of Trustees enjoy the Y's Annual Giving Campaign Kick-off event.



The students of the HARID Conservatory performed at the Boca Y's Halloween event!



The Y celebrated the end of its Annual Giving Campaign, raising more than \$600,000!



Wells Fargo Bank generously donated legendary Wells Fargo ponies for Peter Blum Family Y preschoolers.



The Y welcomed many visitors on Impact Day, taking them on personal tours of the facility.



Congrats to Marshall Grant, our 2018 Corporate Cup Challenge winners!



Everyone had an INCREDIBLE time at the Boynton Y's Halloween event!



Thank you Publix Super Markets Charities for sponsoring "Breakfast with Santa" at the Boynton Y!

2018 ANNUAL GIVING CAMPAIGN RECAP



On December 6th, 2018, the YMCA of South Palm Beach County wrapped up its Annual Giving Campaign at FAU Stadium. More than 100 Y campaigners and friends celebrated the evening dancing to music from local celebrity band, "WolfHawk," who played classics from the 70's to today's hits.

With a goal of \$561,000, the grand total raised was kept a secret up until the final moments of the night, which had the crowd in high anticipation. YMCA donor, Scott Hanlon, surprised everyone with an impromptu game of "Wheel of Fortune", selecting three volunteers from the crowd to give the wheel a spin. With various donation amounts on the wheel, Hanlon agreed to add whatever they landed on to the Y's total amount raised - which amounted up to \$38,000! After tallying up the numbers, the Y's 2018 Annual Giving Campaign collected over \$600,000!

From all of us at the Y, we would like to thank all of our staff, volunteers, members, trustees and community partners for donating to this year's Annual Giving Campaign. 100% of these

funds will go straight back into our community through the Y's Financial Assistance Program. You truly have helped Change a Life!

If you would like to get involved in volunteering or support the Y's Annual Giving Campaign throughout the year, visit online at ymcaspb.org/give



LIVESTRONG AT THE YMCA

The YMCA of South Palm Beach County launched LIVESTRONG at the YMCA, a research-based physical activity and well-being initiative for people affected by cancer, at its Peter Blum Family Y location in Boca last year. The program is designed to empower adult cancer survivors to improve functional capacity and to increase their quality of life through an organized program of fitness and strength offered in a supportive, small-group setting.

"Research shows exercise is the simplest way for cancer survivors to reduce fatigue, improve their mood and bounce back from the debilitating effects of cancer treatment more quickly," said Greg Lee, President and CEO of the LIVESTRONG® Foundation.

"But there weren't enough programs to help people affected by cancer reach their health and well-being goals, so LIVESTRONG and the Y joined forces to create LIVESTRONG at

the YMCA. The Y is the perfect collaborator because of its national reach, commitment to meeting the needs of all community members and history of program innovation in support of health and wellness."

Participants work with trained Y staff to build muscle mass and strength, increase flexibility and endurance, and improve functional ability. In addition to physical benefits, the program also focuses on the emotional well-being of survivors by providing a supportive community environment where people affected by cancer can connect during treatment and beyond.

"You lose control of so many things in your life during a cancer journey, the LIVESTRONG at the YMCA program gives you somewhere to apply some of the stress you have to something that is good for you," said Joey Fowkes, cancer survivor and past LIVESTRONG at the YMCA participant.

The DeVos-Blum Family YMCA in Boynton Beach recently launched its LIVESTRONG at the YMCA program in January. "After seeing the success the program had at our Boca Raton Y branch, we were very eager to get it launched in Boynton and help even more people affected by cancer," said Robin Nierman, Director of Healthy Communities.

If you or someone you know is a cancer survivor, and is interested in joining the program, please contact Robin Nierman at rnierman@ymcaspb.org or 561-300-3227.



YMCA BOARD MEMBERS

YMCA BOARD MEMBERS

Christopher Warren - CVO
 Robert Robes - Vice Chair
 Hank Jackson - Treasurer
 Jackie Reeves - Secretary
 Jason Busch - Boynton Chair
 Jonathan Barbar - Boca Chair
 Paul Adkins
 Jason Aube
 Timothy Devlin
 Deborah Faris
 Susan Harris
 Roselia Inguanzo-Martin
 Beth Johnston
 Scott Jordan
 Richard Mascolo
 Percy McCray
 John Mulhall
 Randy Nobles
 John Prokos

HONORARY TRUSTEES

Peter Blum

DEVOS-BLUM FAMILY YMCA OF BOYNTON BEACH

James Born
 Ryan Brawner
 Jason Busch- Boynton Chair
 Nancy Cavanagh
 Kirk Francis
 Barbara Garrido
 Michael Gillespie
 John Hiller
 Daniel Huck
 Jackie Kaleel
 Thomas Miko
 Johnny-Lee Reinoso
 Ian Robinson
 Michael Sorg
 Cassandra Wilbanks
 Jennifer Wilson



With great sadness, we lost Richard M. DeVos in late 2018. Richard and his late wife, Helen, were major financial supporters of the DeVos-Blum Family Y, which opened in December of 2000.

Our YMCA staff, board, volunteers, members and friends will always remember Richard and Helen for their generosity and legacy of philanthropy.

PETER BLUM FAMILY YMCA OF BOCA RATON

Mohamed Abdalla
 Tara Auclair
 Jonathan Barbar- Chair
 Jason Coker- Vice Chair
 Mary Sol Gonzalez
 Mark Harrison
 Freddie July-Johnson
 Jacqueline Leahy
 Lauren LeBas
 Matthew Lowenberg
 Billy Marino
 Adam Marshall
 Alex Oliveira
 Philip Piedt
 Alex Price
 Roxana Scaffidi
 Charlie Torano
 Gloria Wank

DONOR RECOGNITION

RECENT GRANTS OUR YMCA RECEIVED

GRANTS AND GENERAL DONATIONS

Boca Raton Regional Hospital Foundation - Drowning Prevention Program
Cancer Treatment Centers of America
Caridad Center, Inc. - Caridad Camp
Cendyn
Daphne Seybolt Culpeper Memorial Foundation - Caridad Summer Camp
Florida State Alliance of YMCAs - Drowning Prevention Program
Forrest C. & Frances H. Lattner Family Foundation - Caridad Camp
Junior League of Boca Raton - Preschool
Lawrence A. Sanders Foundation, Inc. - Caridad Camp
Mako Landscaping
PNC - Preschool
Publix Super Markets Charities, Inc. - Breakfast with Santa
Publix Super Markets Charities, Inc. - Halloween at the Y
Schmidt Family Foundation - Preschool
TD Charitable Foundation - Caridad Camp
Town of Palm Beach United Way - Caridad Camp
UF Safe Routes to School - YBike
West Boca Medical Center - Drowning Prevention Program
YMCA of the USA - Summer Camp Traditional

SPONSORSHIPS

Allegiance Home Health & Rehab, Inc. - Inspiration Breakfast
Barbar & Associates - Inspiration Breakfast
BB&T - Inspiration Breakfast
Benchmark Financial - Corporate Cup Challenge
Boca Raton Regional Hospital - Corporate Cup Challenge
Brown Parker & DeMarinis Advertising - Corporate Cup Challenge
Cancer Treatment Centers of America - Corporate Cup Challenge
Cancer Treatment Centers of America - Inspiration Breakfast
Cendyn - Corporate Cup Challenge
Cendyn - Inspiration Breakfast
Connection - Corporate Cup Challenge
Dazkal Bolton LLP - Corporate Cup Challenge
Destination Hope - Corporate Cup Challenge
ESPN Boca Raton Bowl - Hispanic Walk
ESPN, Inc. - Inspiration Breakfast
Florida Peninsula Inc. Company - Corporate Cup Challenge
Francesca Daniels - Inspiration Breakfast
JM Family Enterprises - Corporate Cup Challenge
Kaufman Lynn - Inspiration Breakfast
Marshall Socarras Grant - Corporate Cup Challenge
Morrison, Brown, Argiz & Garra, LLC - Corporate Cup Challenge
NCCI Holdings, Inc. - Corporate Cup Challenge
Office Depot - Corporate Cup Challenge
Office Depot - Inspiration Breakfast
Pinnacle Advertising - Corporate Cup Challenge
Rotary Club Downtown Boca Raton - Inspiration Breakfast
Sun Trust - Corporate Cup Challenge
Tambourine - Corporate Cup Challenge
Wells Fargo - Corporate Cup Challenge

DONATIONS: 2018 ANNUAL CAMPAIGN CHAIRMAN'S ROUND TABLE

24 Hour Cleaning
Adam D Marshall
Adams Benefits Corporation
Alexsandro Oliveira
Allegiance Home Health/ Rosie Inguanzo-Martin & Joe Martin
Amzak Capital Management, LLC
Annette Miko
AnnTaylor Clawson
Atlantis Air, Inc.
Barbara Garrido
Barry Andrew Davis
Beth Reyer
Bethesda Hospital Foundation
Bill & Mary Donnell
Billy Marino
Bob and Emily Robes
Boca Raton Airport Authority
Bradley Kitchens
Bryan Hunt
CenterState Bank
Charles & Robin Deyo
Charles F. Hill, Jr.
Charlie Torano
Christine Lynn
Constance Lawrence
Craig & Judi Donoff
Curtis M Jepsen
Daniel Huck
Daszkal Bolton, LLP
Dawn Edwards & Larry Edwards
Dick & Mary Jo Pollock
Doug & Michelle Reader
Dr. Gay Vela
Eleanor Baldwin
ESPN Boca Raton Bowl
FPL
Francesca Daniels
Freddie & Joshua Johnson
Gables Engineering, inc.
Gary Cantor
Gloria Wank
Hank & Michelle Jackson
Henry Willis
Herman Hammer
Ian Robinson

IBMSECU
Jacqueline A Riordan
James Batmasian
James Born
Jason & Erica Aube
Jason Busch
Jason Coker
Jennifer R. Rodriguez
Joan Joens
Joe DiMaggio Children's Hospital
John & Lisa Mulhall
John Hiller
John Prokos & LuAnn Warner-Prokos
John V Dempsey
Johnny-Lee Reinoso
Jonathan Barbar
Juan C. Ducos
Julie Hooper
Kaufman Lynn
Keanes Custom Cabinets, Inc.
Kimberly Trombly-Burmeister
Kimberly Robinson
Lauren LeBas
Lawrence Sanders Foundation
Linda & Doug Paton
Linda M Heneks
Liz & Jason Hagensick
Lucy Childs
MAK Landscaping
Mandi Stephenson
Maria Godoy
Mark Harrison
Martha Hoffmann & Neil Burns
Mary Sol Gonzalez
Matt Lowenberg
Michael Caulfield
Michael J. Sorg
Michael J. Weinberg
Michael R Gillespie
Mr. and Mrs. Kevin Leahy
Nathanson Brothers
Nicole Leno
Office Depot
Patricia Costopoulos
Paul & Kathy Adkins
Paul & Nancy Zarcadoolas

Paul M Bravo
Percy McCray
Peter & Mary Blum
Philip & Megan Piedt
Phillip DiPonio
Randy and Patricia Nobles
Red Banyan
Rich & Bebe Mascolo
Roberts Family Foundation
Rosemary & Ben Krieger
Russell Lisk
Ryan & Stephanie Lee
Ryan Brawner
Sam Zietz
Sandy King
Scott & Patricia Jordan
Scott Hanlon
Stuart & Shelby Development
Sun Trust/South Florida
Susan & Jonathan Harris
Symbiont Service Corp
Tara Auclair
The Briseno Family
The Cobb Foundation
The Flaks Family
The Price Family
The Reeves Family
The Robinson Family
The Sapp Family
The Scott Family Foundation, Inc.
The Warren Family
Third Federal Savings and Loan
Timothy R. and Amy F. Devlin
Tom, Beth, Abbey & Clare Johnston
Traci Catto
Tracy Sussman
Universal Risk Advisors, Inc
Wade Gilbert
Walmart Neighborhood Market
Walmart Store #3011
Walmart Supercenter Store#2789
Wesley Howell
West Boca Medical Center
William Earnhart
Zumbathon Event

MEET OUR EMPLOYEES!



STEVEN STANKOVIC
(DeVos- Blum Family Y)

Growing up at as a 'Y Kid', Steven understood the impact that the Y can have on youth first hand. When given the opportunity to work for the Y in the Aquatics Department, he jumped on the opportunity so he could give other kids the same great experience that he had growing up.

Occupation: Head Swim Coach
Work location: DeVos-Blum Family Y in Boynton
Birthday: 8/13/96
Birthday place: Manhasset, FL
Current city: Boynton Beach
Siblings: Four
Last great movie: Fast and Furious 7
Favorite Actor: Mark Wahlberg

Personal Hero: My Grandfather
Activities and hobbies: Working out and working on my race car
Things I enjoy most: Drifting
Favorite sports team: Yankees
Most prized possession: My race car
Before I worked at the YMCA: I raced cars

If I won the lottery, I would: Invest and continue doing what I do every day!



EMILY GATES
(Peter Blum Family Y)

Emily Gates began her journey at the Y as a member. Shuffling her kids from program to program, Emily fell in love with all that the Y offers. Having a passion for fitness and helping others, Emily began working at the Y as a Group Ex Instructor and Personal Trainer, eventually growing into the role as the Director of Member Engagement.

"My true passion is inspiring and motivating others. To so many, the Y is their second home – and to me, someday it feels like my first home!"

Occupation: Director of Member Engagement
Work location: Peter Blum Family YMCA
Birthday: 2/01/1987
Birthday place: Camden, NJ
Current city: Boca Raton
Siblings: One little sister, Kathleen
Last great movie: A Star is Born
Favorite Actor: Julia Roberts

Personal Hero: My Mom
Activities and hobbies: Fitness, food and friends
Things I enjoy most: Spending time with my two kids, exercising and shopping
Favorite sports team: Go Eagles!
Best time of my life: The day I became a mom, 1/4/13
Most prized possession: My children, Grace and James

Before I worked at the YMCA: I was a stay at home mom raising my two kids. Before I had kids, I was an elementary school teacher.

If I won the lottery, I would: Travel with my kids, buy a beach house for my family to come visit, and continue working at the Y!

MEET OUR VOLUNTEERS!



JOHN DREYER
(Peter Blum Family Y)

Being a Volunteer Coach for Youth Sports is no easy task. Many people even compare it to "herding sheep". Boca Y volunteer, John Dreyer, took the position head on and has been a consistent figure in the Boca Youth Sports program for nearly four years.

"There are two important factors when coaching youth sports: you have to not only love working with kids, but you have to understand them," noted Dreyer.

As much fun as coaching kids can be, important lessons such as teamwork, sportsmanship and respect are taught

every season, and different topics are discussed weekly. Our Y Coaches understand that sports require more than just skill, but a good attitude as well.

"Kids can be put under so much pressure. I always teach my team the importance of having respect, humility, an enthusiastic attitude and most importantly, to have fun!" said Dreyer.

The Y's volunteer program teaches others to put their needs aside. "The biggest thing that volunteering with the YMCA has taught me is to put others before myself, and that it is not an

exclusive relationship."

"Not only are youth sports participants benefiting, but I am too. I'm learning and growing with them and the best part is my kids get to experience all of this with me," said Dreyer.

If you would like to coach or volunteer with the Y's Youth Sports program, visit ymcaspb.org/volunteer.



JAMES BORN
(DeVos-Blum Family Y)

"Volunteering with the Y, you learn how hard people work to instill values in their children and what they're willing to sacrifice, it's really quite remarkable," stated James Born, Boynton Beach YMCA Board Member and volunteer.

Having spent a career public service, Born was in search of a hobby in 2016 that would easily combine his passion and expertise. "The Y felt like a natural transition for me given my history in public service. I believe that the Y has answers to many societal problems and I can appreciate their mission to instill hard work and respect within community members," explained Born. Born has since been part of the Boynton

Beach YMCA Board for two years, diving head first into not only chairing this year's Annual Giving Campaign, but any community service projects with the Togetherhood® Program that he can get his hands on.

"The Togetherhood® Program gets involved with any organization that you can think of. We've distributed food at a soup kitchen, cleaned up our local beaches and we were even involved with greeting teams from this year's Boca Raton Bowl. It gives people a chance to work together which I would assume is where the name was derived from," stated Born.

For many people, there is hesitation in

volunteering for the fear of it feeling like it's another "job" they have to add on to their schedule. Born recommends taking time to find your passion, "if you treat volunteering like a job, you'll resent doing it. Find your passion, whether it is mentoring children, coaching sports or getting your hands dirty with our community beyond the walls of the Y. Organizations are always looking for assistance," said Born.

If you're interested in volunteering with the Y's Togetherhood® program, please visit ymcaspb.org/volunteer.