



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

For all of your kids, we've got good news: school is almost out! While summer can be the most exciting time of year for our youth, it can also be the most inactive time of year for children. Since the summer months do not require mandated physical activity like the school year, our kids may choose to spend their days sitting on the couch playing on their electronic devices if we let them.

Lucky for you, the YMCA of South Palm Beach County offers ten jam-packed weeks of activity-filled camp options, so your child's iPhone may be the only thing that is inactive

this summer. From ages 3 to 15, campers can choose from over 15 camps this summer! And the best part of all is our well-trained staff help provide a safe environment so you can feel secure leaving them in the Y's hands to have the BEST. SUMMER.EVER™!

Not only will our day camp programs be running full force, but the Y will also host many summer time events providing families the opportunity to spend quality time together. In June, we will host our 3rd Annual Baila Conmigo event, celebrating Hispanic Heritage. And let's not forget about our Dads this

June - we will be honoring them with a Father Daughter Dance. Check our website and follow us on social media to stay up to date with all the Y's events.

It's a great time to be a Y Member, so sit back, relax and get ready to have the BEST.SUMMER.EVER™!

With respect and gratitude,

Jason Hagensick
President & CEO

DONOR SPOTLIGHT JUNIOR LEAGUE OF BOCA RATON



The Junior League of Boca Raton is a valued partner in providing STEAM education equipment to our Peter Blum Family YMCA preschool students. We are so grateful for their support and recent grant of the STEAM Weaving Wall, Chalk Spinner and Wind Tunnel. The addition of this 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. Not to mention the children absolutely love playing in each activity area!

Thank you Junior League of Boca Raton!

2019 CHAIRMAN'S RECEPTION



On Thursday, April 18th the YMCA of South Palm Beach County extended a special thank you to our Chairman's Round Table Donors. These individuals, businesses, and community organizations generously donated \$1,200 or more to the Y's Annual Giving Campaign. These donations enable us to enrich and expand our mission of working with young people, and to remain on the cutting edge in meeting human service needs throughout our community.

This support also makes it possible for families and individuals, regardless of their financial means to participate in Y programs that instill the values of caring, honesty, respect, and responsibility.

This event was generously made possible by Chris Warren, Chief Volunteer Officer of the YMCA of South Palm Beach County Board of Trustees, and his partners at Lawless, Edwards & Warren.

5 QUESTIONS WITH Y MOM, CHRISTY PAREDES



Meet Christy Paredes, Boca Y member and "Super Mom". Between having three active kids with after school activities, a husband and making time for her personal fitness, we can't help but wonder just how she does it all. We sat down with Christy to pick her brain on what it's like to be a modern day "Super Mom". Find out how she finds her perfect balance.

1. You must be busy having three young kids! What activities are they involved in at the Y?

I have three children under the age of ten, the eldest being eight and the youngest is three and they all LOVE the Y! They are very involved in the Youth Sports programs, specifically soccer and basketball. We're looking forward to expanding their interest to other programs like swim team and gymnastics!

2. What can we find you doing on a typical visit to the Y?

A typical day at the Y for me involves one group exercise class followed by lifting weights and some cardio action in the fitness center. My favorite group classes are P90X and Spin as I find them to be the hardest and most fulfilling workouts I can get in a 45-minute session. My favorite instructors are ALL of them! Each bring a different style that I enjoy! (I also want to remain in their "good graces" before our next workout so of course they are all my favorite!)

3. What activities are you and the Y Moms up to?

We often plan get-togethers and fitness activities

for Y Moms. For example, we just had a Y Mom Spin class followed by a "social hour" at a local restaurant, which was a great way to spend time with my friends!

4. What do you think the best part of the Y Moms group is?

Making friendships has been the best part for me as well as having a community of moms available to ask questions and receive support from.

5. What impact has the Y made on you and your family's life?

The Y has helped each of us form new relationships and has promoted the benefits of good physical and mental health. If it weren't for the Y, my husband and I wouldn't have ran our first half-marathon this year. In addition, our children have made many new friends and have been provided the opportunity to belong to a community. We just love the Y and our Y family that it comes with!

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

"SHOUT OUTS" TO OUR Y FAMILY

"Thank you to Boynton Y Member, Jessica Sofield - she's our top fundraiser for the 'Rally for the Y' event!"

Congrats to the Boynton Y's Shooting Stars Dance Team on their stellar performance at Disney Springs!

Thank you to Charity Navigator for awarding the YMCA of South Palm Beach County a 4-star charity, the highest number on the rating scale!



Thank you Plastridge Insurance for celebrating your 100th anniversary with a donation of \$10,000 to the YMCA of South Palm Beach County!



Shout out to our Y Moms who went LIVE for South Florida blogger, Local Mom Scoop!



Shout out to the Boca Y's After School team for racing in Primetime's Amazing Out of School Race!

Thank you to West Boca Medical for putting together our first Y Mom Lunch & Learn in May!

Thank you Wells Fargo for your continued support of the Y's Teen Leader Club!



IMPORTANT DATES

6/3

Summer Camp

Is your child ready to have the BEST.SUMMER.EVER? Summer Camp starts on June 3rd, make sure you're registered! Traditional, Sports, Aquatics, Special Needs, Art and so much more! Visit ymcasppbc.org/summercamp for more info.

6/8

Baila Conmigo

The Peter Blum Y will be hosting its 3rd Annual Baila Conmigo event on 6/8. Join us at this FREE event which will host live music, Hispanic cuisine, kid's activities corner, and more! Register to attend at: ymcasppbc.org/bailaconmigo

2019

Sports/ Swim Season

Register your kids for our year-round Youth Sports and swim programs! We offer swim lessons for all ages in addition to flag football, dance, soccer, basketball and more! For more info, please visit our website: ymcasppbc.org or visit the Front Desk.

11/9

Corporate Cup Challenge

Prepare your coworkers for the ultimate team building event on November 9th. The Corporate Cup Challenge will have you jumping, balancing and competing your way through a day of obstacles and races. Find out more at ymcasppbc.org/corporatecupchallenge.

2019/20

After School Registration

Summer may just be getting started, but don't let the school year sneak up on you! Register for the Y's 2019/20 After School program today! Visit ymcasppbc.org/afterschool for more info.

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

www.ymcasppbc.org/events

QUICK TIPS – HOW NOT TO WORKOUT THIS SUMMER

It's all fun and games until "beating the heat" turns into the heat beating you. Follow this check-list from the YMCA on what not to do this summer so that you can stay healthy and safe.

1. DON'T WAIT UNTIL YOU'RE THIRSTY TO HYDRATE:

By the time you're thirsty, you're already dehydrated. During the summer when temperatures are at their peak, your body uses that water to help regulate its temperature. Always have a bottle of water with you, and make sure you drink a glass or two prior to working out. Remember coffee and other drinks may help wake you up in the morning, but they are not treated equal to water and actually cause more fluid loss which results in faster dehydration!

PRO TIP: Recover with more than just water and opt for a coconut water or an all-natural chocolate milk. Remember to avoid any added sugars in drinks like Gatorade.

2. DON'T SKIMP ON THE SUNSCREEN: According to skincancer.org, one in five Americans will be diagnosed with skin cancer by age 70 so remember to apply a sweat resistant sunscreen of 30+ before you start your next bootcamp class at the Y!

3. WATCH THE CLOCK: Workout bright and early in the morning, or wait until after work. Temperatures climb in the day, so avoid working out from 10am-3pm when its hottest.

If that schedule doesn't work for you, check out the Y's Group Ex schedule, we've got an abundance of indoor options for you! ymcaspb.org/groupexercise

4. WHAT YOU WEAR MATTERS: Light colored, sweat-wicking clothes are best for hot workouts. Heavy clothes like cotton or our beloved leggings are only going to make you more hot. Purchase a #YMoms tank at the Front Desk for a fashionable and "cool" workout top option!



TRAVELING WITH YOUNGSTERS THIS SUMMER?

Traveling with children can be challenging, but follow these tips and your travel time together may even be more enjoyable than your vacation!

1. SPREAD OUT

VACCINATIONS: Rashes, fever, fatigue, what do they all have in common? They're all side effects of vaccinations. Do yourselves a favor and give yourself a minimum of a week between

your travels and your child's vaccinations. It will make the trip a lot more comfortable for everyone.

2. DID SOMEONE SAY SNACKS? Pack your best Mary Poppins bag and stuff it with snacks. Toys can get boring but something that never does? Snacking. Fruit, vegetables, crackers – the limit to the amount of snacks you can pack is endless!

3. PACKING FOR PRESSURE: Taking off and landing are the two times to get your toddler's jaw moving. Try packing water, food, pacifiers or maybe a game of "20 Questions".



NOW YOU KNOW: YMCA PRIME TIME PROGRAM

We're living in an era where our youth are getting more screen time than time spent participating in physical activity. That's why the Y partnered up with Prime Time Palm Beach County over 13 years ago in order to help kids stay active after school! Prime Time Palm Beach provides resources and support for out-of-school time professionals to develop programs that inspire children to be their best and allow them to thrive socially and academically (primetimepb.org). Through the Y's partnership with Prime Time, we have been able to reach 86 sites and over 6,000 youth! From basketball to speed stacking, hockey to yoga, the possibilities are endless for keeping our youth active in palm beach county!



To view more about Prime Time, visit ymcaspb.org/afterschool or contact Ashley Morrell, Associate Director of Community Wellness at amorrell@ymcaspb.org



The Boca Y was host to 200+ teens at the 2019 Spring YMCA Teen Rally!



Junior League of Boca Raton supplied a grant to the Boca Preschool to purchase new STEAM equipment!



Swimmers from the Barracudas Swim Team in Boca dominated at their swim meet!



The Boynton Y hosted an Impact Day showing community members all that the Y does!



The crowd left inspired after keynote speaker, Dara Torres spoke at this year's Inspiration Breakfast.



Thank you Rosie Inguanzo-Martin for the past two years as our Chair for the Inspiration Breakfast!



Togetherhood™ Members from the Y helped keep our local beach clean by participating in a beach cleanup!



Congratulations to Craig and Judi Donoff for being awarded the Peter Blum award at the second Annual Heritage Club dinner.



Youth Sports participants kicked it into high gear on the fields!



Greater Boca Raton Chamber of Commerce hosted yet another successful Community Cookout at the Boca Y!



Congratulations to Theresa Joyce, Wellness Director at the DeVos-Blum Family Y for being awarded, "Employee of the Year" at the Y's Annual All Staff Rally!



Y Coaches mentor, lead and engage children in Youth Sports at the Y!



The Boynton Y's Shooting Stars Dance Team were proud to perform at Disney Springs!

INSPIRATION BREAKFAST RECAP



Mark your calendars for our 18th Annual Inspiration Breakfast on March 4, 2020 at the Office Depot Headquarters.

The YMCA of South Palm Beach County held its 17th Annual Inspiration Breakfast at the Office Depot Headquarters on March 6, 2019. Thanks to our generous sponsors, donors and guests the event was sold out and a major success!

This year's keynote speaker, **5-Time Olympian, 12-Time Medalist, Author and Mother, Dara Torres**, wowed the crowd with her comeback story which included details about her experience at the 2008 Olympic Games in Beijing, China. At the age of 41, Torres competed in the sport of swimming, snatching a silver medal in the 50 free event defying all of the odds stacked against her. The mantra of her final games, "Getting it done at 41." Exclusive Donation Match Sponsor, The Rotary Club Downtown Boca Raton, matched donations up to \$20K for the event which resulted in a grand total of \$229,725. All proceeds from this event benefit the Y's Financial Assistance and Drowning Prevention Programs.

The Y would like to extend a huge thank you to our sponsors:

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MEET OUR EMPLOYEES!



BETSY DRIEST

"My family and I first became Y Members 25 years ago! As I looked to go into the work force, the Y was the first place I thought of. Between the sense of community and lives I've seen transformed because of the Y, I can't imagine being anywhere else!"

OCCUPATION: Membership Director of the Boynton Y

BIRTHDAY: September 12th

BIRTHDAY PLACE: Anaheim, California

CURRENT CITY: Jensen Beach

SIBLINGS: Brother, Bill and Sister, Melanie

LAST GREAT MOVIE: A Star is Born

FAVORITE ACTOR: Hugh Jackman/Audra McDonald

PERSONAL HERO: My Dad

ACTIVITIES AND HOBBIES: Cooking, hiking and reading.

I ENJOY MOST: Cheering on my children in anything that they do.

FAVORITE SPORTS TEAM: Florida Gators

BEST TIME OF MY LIFE: The day I first held Katie, Connor, Abby and Haley

MOST PRIZED POSSESSION: My collection of original art by my kiddos

BEFORE I WORKED AT THE YMCA:

I worked in corporate finance, was a stay at home Mom and real estate agent before becoming a membership director six years ago in Charlotte NC.

IF I WON THE LOTTERY, I WOULD:

Buy a cottage where my family could gather for holidays and vacations for many generations to come.



MIKE GLENN

"I admire everything the Y stands for. I appreciate and enjoy working with all of my colleagues, who are like-minded in wanting to help others! The Y gives me an opportunity to make an impact on the quality of the lives of others."

OCCUPATION: LiveSTRONG at the YMCA and Diabetes Self-Management Instructor

BIRTHDAY: July 10th

BIRTHDAY PLACE: Madison, Wisconsin

CURRENT CITY: Boynton Beach

SIBLINGS: 3

LAST GREAT MOVIE: The Best Years of Our Lives

FAVORITE ACTOR: Anne Hathaway

PERSONAL HERO: My LiveSTRONG at the YMCA participants

ACTIVITIES AND HOBBIES: Tennis and Biking

THINGS I ENJOY MOST: I enjoy reading, catching up on sports and of course, working at the Y!

FAVORITE SPORTS TEAM: Notre Dame

BEST TIME OF MY LIFE:

Right now!

MOST PRIZED POSSESSION:

Pictures of my parents, both of them have passed away.

BEFORE I WORKED AT THE YMCA:

Managed regional enclosed shopping malls.

IF I WON THE LOTTERY, I WOULD:

Most likely faint!

MEET OUR VOLUNTEERS!



BRITTANY HENRY
(DeVos-Blum Family Y)
BOYNTON

Variety is the spice of life, and when you're a college student trying to find your niche, you try to take advantage of all the options you can get. Health and Wellness Intern, Brittany Henry interned with the DeVos-Blum Family Y in hopes of leaving with more knowledge than she started with.

"I chose to volunteer at the Y because I really liked the idea of having a lot of options. There is so much to do and to participate in at the YMCA, so I know I'm increasing my skills in many different areas and that's been very beneficial," said Brittany.

Through interning with the Boynton Y, Brittany has been able to get involved in programs outside of your typical fitness regime. "Aside from assisting the

Wellness Director I'm also helping out with both the Parkinson's classes and the newly launched LiveSTRONG at the YMCA program which caters to cancer survivors," explained Brittany.

"Before working with the Y's community health programs, I underestimated how much people rely on programs like these to improve their health and well-being. The Parkinson's and LiveSTRONG at the YMCA program has taught me how much people depend on the Y to help them improve their day-to-day health and living."

Brittany also shared something unexpected that she's been able to take from an internship at the Y, "it has taught me how to tap into my creative side and trust my ability to create new ideas and programs. I have also learned that I am

capable of more than what I limit myself to. I'm applying what I've learned in school to real situations and realizing I'm capable of doing things well, even when they make me nervous."

With Youth Development being one of the Y's three Areas of Focus, we love to see our interns grow within themselves.

"There are so many brilliant people at the Y that I can learn from, I'm so thankful that I've been able to be part of this family and learn from it," closed Brittany.

If you would like to intern with the Boynton Y's Health and Wellness Department, please reach out to Wellness Director, Theresa Joyce, at tjoyce@ymcaspb.org



BARBARA
(Peter Blum Family Y)
BOCA RATON

When Barbara Prelak's husband became ill with cancer six years ago, she searched for a place for them to go as a couple that she knew would make him feel better. Finding the Y, the Prelak's instantly felt at home. The facility had the machines they needed and the staff was more than accommodating under their circumstances.

"Simply put, being able to come to the Y and use the Wellness Center made my husband, Aaron feel better, and I'm thankful for that," stated Barbara.

Before Aaron lost his battle with cancer he advised Barbara to take charge of her life and try new things; and she did just that. Barbara began taking group exercise classes and forming new friendships with participants in her classes. Catching coffee "with the girls" became a regular activity

for her during a time she describes as difficult, where all she wanted to do was find her new normal.

In 2016, Barbara began volunteering with the YMCA and helped at all of the Y's major events like Healthy Kids Day, Halloween at the Y, etc. She states, "I even volunteered as a campaigner for the 2018 Annual Giving Campaign - which really pushed me outside of my comfort zone."

Barbara took on a bunch of different volunteer opportunities with the Y's Development Team, such as stuffing envelopes, sending out gifts and mailings, but she described her hardest task was being a campaigner.

"You can give me all the monotonous work you want, but for me to go out and ask for

donations really made me step outside my comfort zone. After spending so much time learning the mission of the Y, I did my best and ended up collecting many donations for the Y's Annual Giving Campaign!"

At the Y, we encourage growth in our members in every way, and at every age. "Thanks to the Y, I've become more social, I've learned to push myself a little harder and I've made countless friendships. To anyone looking to volunteer I have one piece of advice for you, just do it!"

If you're interested in volunteering with the YMCA, please visit: ymcaspb.org/volunteer