



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IMPACT UPDATE

B.R. RYALL YMCA of Northwestern DuPage County | April 2020

## A MESSAGE FROM OUR CEO

We hope that you and your family are safe and well.

The B.R. Ryall YMCA has a 100+ year history of adapting to meet our community's needs. During this challenging and uncertain time, we are working to help our youth, families and seniors to stay healthy in spirit, mind and body.

Our mission as a non-profit organization is to support and strengthen our community. Despite our facility closure, our full-time staff members continue to work diligently to provide virtual resources and opportunities for members to stay connected, to make calls to our most vulnerable members to ensure their safety and to maintain our facilities.

Included in this update are a few examples of steps we're taking to support our community—and the impact thus far.

Rob Wilkinson  
B.R. Ryall YMCA CEO

## SUPPORTING OUR SENIORS

From the time we closed our doors, one of our very first—and now ongoing—efforts focused on reaching out to our more than 500 senior members. Our staff members have been making calls to check in and have made more than 1,000 wellness checks to date—ensuring members are okay and determining if they need any type of assistance.

Monica Flores, Director of Individual and Family Engagement, spoke with member Megan Lopez who had to quarantine with her son. During their call, Monica learned that Megan was distressed about how to help her 70-year-old mother, who was in desperate need of essentials. Monica then stepped in; she went shopping and delivered toilet paper, soap, sanitizer and other essential items to Megan's mother.

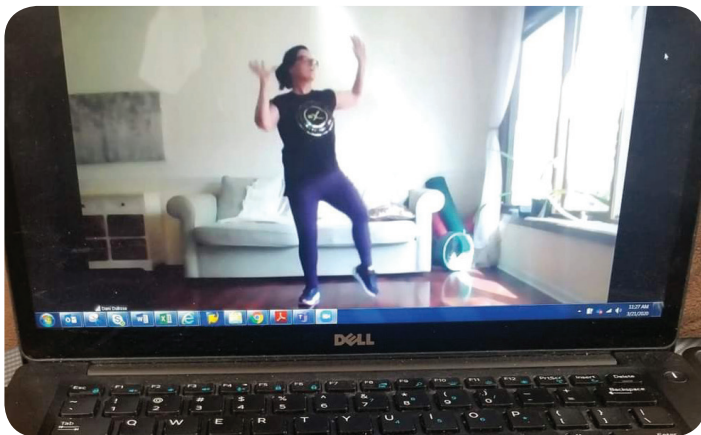
Megan was grateful knowing her Mom was able to get what she needed, saying, "Monica is a blessing. She has been amazing."

## SUPPORTING OUR PRESCHOOLERS

During this crisis, it is important to engage young learners to help them maintain some routine and sense of normalcy for emotional stability. Our Bright Beginnings Preschool teachers have supported students and families by providing lesson plans, video storytimes, and activities and resources uploaded to our website. They also virtually "visited" with children via Facetime and hosted class time with songs and stories on Zoom.

Lindsey Sloan shared that it was such a "bright spot in his day" for her three-year-old son Connor to get to see his teacher, Ms. Mamie. "The teachers and staff have become like family to us. We love them," said Lindsey.





## SUPPORTING OUR MEMBERS

Our members are the heart of our organization. To offer support, we've been providing daily updates and online resources for all ages—children to seniors, and have made more than 1,700 calls to check on our members and Safe'n Sound program families.

To help members stay active and healthy during this stressful time, we've posted group exercise class videos with our instructors on our YouTube channel that have been viewed more than 3,500 times, hosted live fitness classes and our Diabetes Prevention Program via Zoom, and shared meditation resources on our website.

Y instructor Danielle DuBose, who teaches STRONG by Zumba and BollyX, started hosting virtual classes immediately—wanting to give her class participants a sense of normalcy and connectedness. She stated, "I want them to be able to keep up with their exercise journeys and not to lose the momentum."

Mission accomplished according to Rita Gitchell. Rita said, "Dani gave us a sense of normalcy, offering her class at the same time she's always done it, and gave us a chance to see each other. She is so dedicated and an example of what the Y is all about. As the Y does, she is providing a sense of community."

Visit [www.brriallymca.org](http://www.brriallymca.org) for new classes and resources!

## SUPPORT THE Y - GIVING DUPAGE

Giving DuPage Days is an online fundraiser to support and raise awareness for nonprofits serving DuPage County, including the B.R. Ryall YMCA. Donations can be made online through midnight on May 14. If you would like to make a contribution to support the Y, visit [www.givingdupageday.org](http://www.givingdupageday.org) and in the Search bar in the upper right corner, type "B.R. Ryall YMCA."

## SUPPORTING OUR STAFF

During this challenging time, one of our highest priorities has been providing support for our staff. Initially, we were able to offer opportunities for our 125+ part-time staff to continue to work. Once we were forced to close our doors, we committed to continuing to pay our employees through our April 15 pay period—providing an additional month of pay. In addition, we remain connected through daily updates with information and resources that may be helpful.

## MAKING THE HOLIDAY HAPPY

B.R. Ryall YMCA staff spent the day before Easter helping bring joy to many families.

In the morning, members of our Youth Development Team created an Easter Bunny-spotting and Egg Hunt, during which families could drive through the Y parking lot and "hunt" for eggs from safely inside their vehicle. Waiting along their route was the Easter Bunny, who waved and posed for photos from a safe distance.



Later in the day, we distributed donated meals to 400 of our most vulnerable members—senior and families in need—thanks to the tremendous generosity of Meal Village! Meal Village is our preschool meal provider, but in this case they partnered with us to ensure unprivileged families could enjoy a delicious holiday dinner. To learn more about Meal Village and their at-home meal delivery options, visit [www.mealvillage.com](http://www.mealvillage.com).

