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IMPACT UPDATE

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

A MESSAGE FROM OUR CEO

Welcome back, B.R. Ryall YMCA family!

For the safety of members, program participants and staff, the Y is being very intentional in our phased reopening. Based on CDC and health department guidelines, we have resumed operations with limited offerings and hours. This approach allows our staff to maintain facility cleanliness, ensure adherence to safety protocols, and control facility traffic in accordance with recommendations.

That said, we could not be happier to welcome our members back! We appreciate the positive feedback of how much our members have missed the Y, as well as how thankful they are for our ongoing communications and the extra safety precautions we've implemented including spacing of equipment, health and temperature screenings, and cleaning of the areas being used.

Our board and staff are grateful for your support as we continue to navigate these ever-changing circumstances—while doing our best to meet the needs of our community.

Rob Wilkinson



ESTABLISHING NEW NORMALCY

It is important to establish a sense of normalcy and routine for children when so much in their lives has been disrupted. For many, returning to the Y provides that needed structure and familiarity.

FOR OUR SUMMER CAMPERS

Summer camp provides youth with enriching activities and opportunities to connect with their peers in a safe—albeit modified—environment this year.

Since field trips were canceled, staff had to get creative to create fun. For Camp Wilderness (grades 2-3), campers go on a daily walking adventure, which may include geocaching, scavenger hunts or finding a neighborhood little library to borrow a book. Kids love to take part in discovery, exploration and adventure. Madelyn King, says, "I love finding all the cool stuff!"

Another new addition is the pen pal program, which provides a fun way for campers to develop writing skills and new friendships with YMCA campers in Florida. At the end of the summer, pen pals will get to meet virtually via Zoom.

FOR OUR PRESCHOOLERS

For members Mike and Leanne King, the reopening of Bright Beginnings Preschool was a relief. Their sons Michael and Lucas attend the program, and their daughter Madelyn attends camp at the Y.

Mike shared that having full-time jobs and caring for three children was difficult, saying, "We were out of creativity when it came to helping with math skills, teaching patience, or even how to once again deliver the message to stop jumping on the couch. When Bright Beginnings reopened, the strongest feeling was RELIEF! We knew they'd be getting the education, stimulation and physical activity they needed. Bright Beginnings is a trusted resource we missed very much."



JUMPING BACK IN THE WATER

During phase three of Illinois' reopening plan, swimming facilities were permitted to reopen for lap swimming, swim lessons and swim team practices. The news was a welcome relief for B.R. Ryall YMCA Swim Team members who had been out of the water for three months.

A team member since 2011, 17-year-old Kate Morris was devastated when she learned that both championship meets, Y State and Y Nationals, were cancelled. She felt that the time and effort put in all season was wasted. It was also hard knowing that it would be quite some time before they'd be swimming again as a team. Kate explained "not only was I missing the sport I love, I was missing the people I love. It was heartbreaking! I felt like a different version of myself; I was antsy and not as happy."

Kate missed the first week of practice back in the water due to a family vacation, and upon returning said, "I was never more excited in my life for practice. My teammates are family. Our tight-knit bonds and the experiences we've shared will last a lifetime."

Kate isn't your average swimmer. She has represented Illinois Swimming at many elite select camps at the Olympic Training Center in Colorado, Canada and North Carolina. She is a YMCA National Champion in the 200 freestyle and was top 10 in three other events. Kate is a senior at Glenbard West and has committed to swim for the University of Virginia in 2021.

INVESTING IN OUR Y'S WORK

Thank you to the DuPage Foundation, Parkinson's Foundation and YMCA of the USA for awarding grant funding to the B.R. Ryall YMCA in support our impactful work in the community!



The DuPage Foundation awarded our Y \$20,000 for technology to support virtual health programs and education during the pandemic. This funding allowed us to provide virtual resources and ongoing communications to keep our members healthy, informed and engaged. Knowing that regular exercise is one component of a healthy lifestyle that can help reduce stress and prevent illness, we provided a variety of at-home fitness options via YouTube, Zoom and Facebook Live. We also provided online tools for families facing the new realities of juggling work, school and play at home to engage our Bright Beginnings Preschool students and other young learners—making the adjustment smoother.

Our Y received \$16,000 from the Parkinson's Foundation to support our partnership with Northwestern Medicine in expanding community-based Parkinson's programming. Northwestern Medicine has the expertise to treat and educate, and the Y has the certified instructors and space to offer critical programming for individuals with the disease. With the common goal to better serve the growing Parkinson's population, Northwestern Medicine and the Y are coming together to strengthen Parkinson's programming and support.

YMCA of the USA awarded \$5,000 in support of our meal program established while our Y was closed. From mid-April through June, we distributed over 2,890 meals to some of our most vulnerable Y families and seniors in need.

BY THE NUMBERS

39,594 Minutes viewed of our YouTube fitness classes

30,678 Minutes viewed of our Facebook Live classes

1,333 Participants in our fitness classes on Zoom

910 Reservations for indoor and outdoor group exercises classes at the Y

1,251 Reservations for lap swimming