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FOR HEALTHY LIVING
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IMPACT UPDATE

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

A MESSAGE FROM OUR CEO

In the wake of the pandemic and national conversations around racism, diversity and inclusion, we are proud to offer a safe place for EVERYONE in our community to foster an environment of understanding and growth. When people think of the Y, we want them to know we are more than just a gym. We are a cause—a cause that will continue to strengthen the community in which we live.

Please share our stories with others and encourage them to join the Y family.

Rob Wilkinson



COLLABORATING FOR STUDENT LEARNING AND GROWTH

As summer came to an end and families grew more anxious about starting the school year virtually, the Y was determined to find a way to meet the needs of youth and families—especially those with no alternative for child care or virtual learning support. To address this community challenge, we collaborated with Glen Ellyn Districts 41 and 89 to develop Y programming that would complement elearning plans.

The Safe 'n Sound Learn and Play remote learning program provides a safe and nurturing environment for students to complete their elearning and connect with teachers remotely, while also supporting their physical and mental health. Youth are learning, playing games, being physically active, making new friends, and having fun.

Parents Dustin and Lisa Adams are very happy with the program, saying, "The B.R. Ryall YMCA has provided our family with an incredible amount of consistency and support during these uncertain times. Like many families with both parents working full-time from home, we were at an absolute loss when schools were closed. The Y's remote learning program has been a godsend. Knowing the important emphasis that the Y has placed on safety protocols and appropriate social distancing, we as parents have been able to continue to work and provide for our family with peace of mind."

As schools are now transitioning to a hybrid model with some in-person instruction, the Y is adapting our programming to align with these new school schedules in order to continue to meet child care needs for out-of-school hours.



THE CRITICAL NEED FOR A NEW PLAYGROUND

Albert Einstein is quoted as saying, "Play is the highest form of research."

Playgrounds are more than just areas where kids can be kept busy. They are critical to a child's development—providing crucial physical, social and intellectual benefits—and should be seen as vital to children's health and happiness.

Outdoor play has been shown to leave kids with more advanced fine and large motor skills, flexibility and balance. It also affords children the chance to strengthen their bodies and gain confidence in their movements. Children who spend more time playing outside are less likely to be obese. A study of preschool-age kids showed a direct correlation between a child's body mass index and the amount of time they are permitted to be active outside. And not only are there physical benefits, but also mental; exposure to sunlight improves moods and strengthens immune systems.

Our current Bright Beginnings Preschool playground, with outdated equipment, no longer meets the needs or accommodates the proper developmental ages of our current students. A new playground will not only address safety concerns related to the current structure, but also will allow for more age-appropriate equipment.

Please consider a donation to our playground fund. We have started fundraising and with a goal of \$105,000, half of which will be matched by a very generous Y supporter, we'll have the necessary funds to build the much-needed new playground for our youngest learners.



A HOLE-IN-ONE EVENT

Thank you to everyone who joined us for the 21st Annual Golf Classic, sponsored by Esser Hayes Insurance Group, on September 21 at Prairie Landing Golf Club. We are grateful to the sponsors, golfers, auction donors, Committee and Prairie Landing Golf Course who made the event possible!

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