



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPRING/SUMMER 2011

Dear Friend of the YMCA:

As we enter a time of year known for long, hot days, I find myself anticipating all of the outdoor fun waiting to be had! Vacationing, reaping the benefits of spring gardening, swimming, lazing on the beach, and, of course, summer camp... what's not to look forward to? We often forget such simple pleasures in life. Another pleasure we so often undervalue is feeling a sense of connection to our community. On one hand, I truly appreciate the new "online" community we are continually building. We have much to look forward to as we embrace greater diversity, become more inclusive, and connect with people all over the world! However, there is something to be said about the enduring power of eye contact and connecting on a very special, interpersonal level; about taking the time to smell the roses, listening to the giggles of a child, taking a long and scenic run, appreciating the majesty of the ocean. I love this time of year because longer days mean more opportunities to connect with nature, friends, and family. It is a time for our children to create memorable experiences that will help them shine.

Camp allows children to come together from diverse communities and cultures, teaching them that there is a bigger world than their own family, their own classroom, their own community. At camp, kids have the opportunity to discover new passions and interests, becoming more independent and confident in who they are. They experience all that childhood is and should be... discovery, adventure, and growth. After all, isn't that all we want for our kids?

We all come to cross roads in our journey through life, but the Y will ever remain a passage to growth! We want to hear your story about how summer camp shaped your journey... did you develop confidence through friendships, find a role model, begin looking at life as a canvas waiting to be painted? Email your story to Jackie Dilworth at [jackie.dilworth@ymcadc.org](mailto:jackie.dilworth@ymcadc.org). Authors of the top five stories will receive a free t-shirt!

Have a great season!

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OFFICE OF THE PRESIDENT  
Angie L. Reese-Hawkins



## BE GOOD

The YMCA of Metropolitan Washington has **joined forces with Giant Food** to drive an often overlooked aspect of healthy living: nutrition. As part of the newly formed partnership, Giant Food will support the Y's renowned PHD (Physical, Healthy & Driven) program by providing more comprehensive nutrition education to youth and their families. As corroborated by Jamie Miller, Public and Community Relations Manager for Giant Food of Landover, MD, "We're all aware of the health risks children in our region face today and Giant Food is so very pleased that earlier this year, we committed to work alongside the YMCA of Metropolitan Washington to support healthy eating and combat childhood obesity."

Also new this year, we are thrilled to travel new roads in support of youth development and healthy living in the metropolitan Washington region! During the month of February, we introduced College Goal Sunday, a program that empowers our region's youth to believe in their aspirations. Funded by the Lumina Foundation, **College Goal Sunday** provides college-bound students with free, on-site professional assistance in completing the FAFSA (Free Application for Federal Student Aid).

In June 2011, we are honored to be launching an initiative that will take on America's largest healthcare epidemic: the **YMCA Diabetes Prevention Program (YDPP)**. This evidence-based lifestyle intervention program is based on research funded by the NIH and CDC, and will target adults at high-risk of developing type 2 diabetes. Participants will work with a trained lifestyle coach over a 12-month period, followed by ongoing maintenance, to prevent or delay development of this serious disease.

## DO GOOD

I am honored to announce the newest players to the **YMCA of Metropolitan Washington team**: Kevin Correll, Vice President of Member Services, Norris Woods, Executive Director of YMCA National Capital, and Tycely Williams, Director of Major Gifts. These inspired individuals bring a wealth of knowledge and perspective to our association that will enable us to grow in capacity and impact.

On March 15–17, the YMCA of the USA hosted **National Advocacy Days** right in our association's backyard. Y leaders throughout the nation came to Washington, DC to learn about the Y's legislative priorities and advocate on behalf of the important work we do. These dedicated individuals met with their state representatives to support funding for our Healthier Communities Initiatives along with education and childcare funding and policies.

On April 16th, we welcomed over 3,700 local children, adults, and families in nine of our facilities around the region for the **YMCA's Healthy Kids Day™**. This free event featured nutrition education, healthy activities, and experts on healthy living to help everyone in our community address barriers to living healthier and being more physically active every day. From exercise class demos to tricycle races to activities from our renowned PHD (Physical, Healthy & Driven) program, spirits were soaring despite the stormy weather.

## FEEL GOOD

March was the official kick-off of our **annual fundraising campaign**, Building Bridges, which allows us to build community and gives any and all the opportunity to get involved. This internal and external-focused campaign allows us to keep our doors open to all, providing endless opportunities for spiritual, mental, and physical growth. In addition, as the development of the Anthony Bowen YMCA progresses, we are introducing sponsorship and naming opportunities. If you are interested in following in the footsteps of Anthony Bowen and leaving your very own lasting legacy in northwest Washington's new social and cultural center, please visit [www.ymcadc.org](http://www.ymcadc.org) or contact Tycely Williams at [tycely.williams@ymcadc.org](mailto:tycely.williams@ymcadc.org).



**As the NEW YEAR gets farther out of sight, we want to make sure that your RESOLUTIONS aren't out of mind! Whenever you are lacking the time or energy to add physical activity to your day, consider these tips:**

- Turn on your favorite tunes and get moving
- Take the stairs instead of the elevator
- Park farther away
- Go for a walk during your lunch break
- Chase your kids around the yard
- Carry your groceries to the car
- Do deep breathing exercises on your commute to work

**There are many ways to squeeze activity into your day. The mental, physical, and spiritual benefits will keep you focused and invigorated.**

## MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

To foster the spiritual, mental, and physical development of individuals, families, and communities according to the ideals of inclusiveness, equality, and mutual respect for all.