



SUMMER/FALL 2012

Friends of the Y:

As summer comes to a close, the end of vacations and start of the school year make us work even harder to have a balanced life. It seems near impossible at times to think we can do it all: be successful in our career, work out at the Y, make healthy dinners, help the kids with homework, run errands, clean the house, and spend time with our friends and loved ones. My hope this fall is that you can discover ways to devote more time to the activities and people that matter most. The best way to stay true to your commitment is through a healthy lifestyle. Eat well, exercise and rest to boost your energy and focus. Fall is also the prelude to the season of giving, and the perfect time to practice generosity to yourself. Give yourself one gift a day: forgive someone, read a book, dance, take a bubble bath, actively listen to your child, plan a date night... there are many ways open your heart and rejuvenate your spirit. When the holiday season comes, you'll be healthy, balanced, grateful and ready to bestow the same gifts to others.

In Health and Happiness,

Angie L. Reese-Hawkins
President and CEO
YMCA of Metropolitan Washington

INCORPORATING HEALTHY PLAY INTO FAMILY TIME

Today's time-strapped families are more challenged than ever to foster healthy lifestyles. On April 28th, we celebrated our annual **Healthy Kids Day** by helping over 2,500 kids and adults find fun ways to incorporate healthy habits and learning into their day. A few highlights include Capital Area Food Bank distributing over 9,000 pounds of food to families served by Youth & Family Services, NBA star Etan Thomas teaching basketball at Y National Capital, cooking classes at Y Potomac Overlook, a parents vs. kids kickball game at Y Alexandria, family yoga at Y Reston, and much more.

IGNITING CREATIVITY & CURIOSITY IN NEARLY 4,000 DC-AREA YOUTH

On July 26th, 3,970 DC-area children spent the day developing creative expression, healthy habits and self-confidence at the Y's **18th Annual THINGAMAJIG® Invention Convention**. With over 50 hands-on workshops, local kids had fun learning about STEM, active play, nutrition, aeronautics, recycling and more. The magic of creativity and curiosity emanated from every workshop and child. Most inspiring were the inventions that filled the arena — robots, spaghetti structures, newspaper dresses, new fitness equipment, and flying machines that kids spent a month creating. Thank you to our corporate partners, volunteers, workshop hosts and Prince George's County Executive Rushern Baker for helping us reinforce positive hobbies and behaviors!

REINFORCING HEALTH AND EDUCATION DURING THE SUMMER MONTHS

The end of the school year signifies adventure and fun with friends. At the same time, we know that a few months of inactivity can lead to critical gaps in health and education. The Y stepped in front of these issues this summer with three impactful initiatives. This year,

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our association forged a significant partnership with the DC Dept. of Employment Services and the Bank of America to take part in the **Summer Youth Employment Program (SYEP)**. The Y's SYEP initiative was more than a job — it provided 50 young adults with hands-on work experience, interview tips, mentors, skills-based training and a sense of pride. We were also honored to participate in the US Dept. of Education's four-part summer enrichment series, **Let's Read! Let's Move!**. Secretary Arne Duncan and other special guests encouraged summer reading, and our PHD team provided healthy snacks and fun, active activities for over 500 children. Additionally, as part of our **summer camp program**, academic skills and physical fitness were the underlying themes all summer. Every Y camper participated in one hour of learning (reading, science and math) and one hour of active games during each day of camp.



SHAPING OUR IMPACT THROUGH PASSIONATE LEADERS

We are thrilled to share the recent election of **Roderic L. Woodson as Chair** of the YMCA of Metropolitan Washington's Board of Directors. Roderic is a Partner at Holland & Knight LLP, and is highly respected for his philanthropic efforts and his accomplishments in the field of law. He will provide leadership to our 14-member Board, which sets the strategic direction and policies for 17 YMCA branches throughout the DC area. Roderic has been a member of the Board since 2006, and succeeds Mike Repass of the Internal Revenue Service as Chair. "It's an honor to be a part of the Y's long legacy of creating positive change in our region," expresses Woodson.



CELEBRATING 160 YEARS WITH A WEEK OF LOOKING BACK

In the early 1800s, Washington, DC was not the healthy and inclusive city it is today. On June 23, 1852, sixty men founded the YMCA of the City of Washington, bringing wholesome activities to a city once riddled with gambling, crime, alcoholism and vice. On June 28, 1864, President Lincoln signed the official charter in the midst of the Civil War. Branches region-wide celebrated by uniting their communities for **Y160 History Week** (June 23–28). From history museums and throwback classes to competitions and celebrating members of 25+ years, everyone was invited to take part in the fun and play a role in the Y's future. DC Mayor Vincent Gray and Alexandria Mayor William Euille even presented proclamations for our enduring efforts to strengthen the region.



SHINING A LIGHT ON CHILD SEXUAL ABUSE

On June 27th, Prince George's County State's Attorney Angela Alsobrooks and other county leaders joined us at YMCA Potomac Overlook as we publicly announced a partnership that will help build a safer, more interconnected community. We have joined forces with **Darkness to Light (D2L)** to emphasize that child sexual abuse is an adult responsibility. With the help of leaders in law enforcement, child services, religious groups, and schools, we plan to educate and empower 43,000 Prince George's County residents by 2017, the tipping point for igniting social change. We have already certified 13 trainers and prepared 113 adults to prevent, recognize and respond to child sexual abuse. This partnership will serve as the model for abuse-proofing the YMCA of Metropolitan Washington's entire service area.



BUILDING BRIDGES TO CARE FOR OUR COMMUNITY

A headline-making launch of our newly rebranded community support fund, **Caring for Community**, was held at The Washington Post on April 12th. Our retiring campaign, Building Bridges, emphasized the Y's ability to connect the community and rise above boundaries. This continues to be the foundation of our relevance. However, in order to increase our impact, we needed to bring greater clarity to our funding needs through a name that embodies our mission. Caring for Community asks our neighbors to care by affording local children and adults access to the Y's programs. **Why? Because we need each other.**



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.

Check out www.ymcadc.org for our 2011 Annual Report and updates on YMCA Anthony Bowen, opening late 2012!