



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPACT

An update for
the supporters of the
YMCA of Greater Seattle



Vivian K. Shannon
Senior Vice President and
Chief Development Officer
YMCA of Greater Seattle

Hello! The first quarter of the year gives us the perfect opportunity to thank you once again for everything your contributions make possible.

The months of January, February and March are special ones to the Y, because it means the Annual Fund Drive (AFD) is taking place.

The AFD is crucial to the Y because the funds raised go directly to support programmatic initiatives in your neighborhood. The importance of philanthropy to our community cannot be underestimated, and we are most appreciative of your commitment to helping all people reach their full potential.

We are dedicating this issue to illustrating some of the wonderful ways that your financial support has made a difference in our region. Your gift to the Annual Fund Drive this year is vital to the Y's ability to continue to offer these very programs on which so many depend.

We hope you enjoy this issue and will continue to give as generously as you can. We can't thank you enough for the gifts you have already made, and hope that you will continue to partner with us throughout the year.

With gratitude,
Vivian

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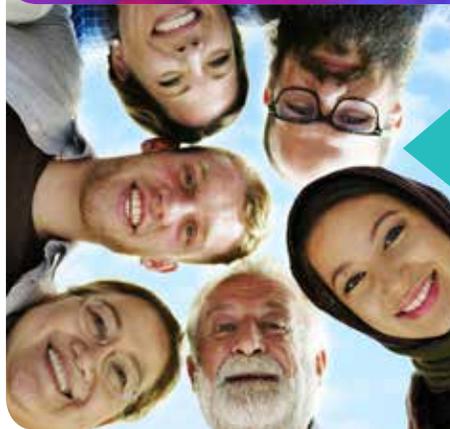


35,000 campers, from a diversity of backgrounds, will strengthen creativity, communication, and collaboration skills outdoors.



In 2018, more than 1,000 people participated in Welcoming Week and Heritage Month at all 13 of our branches.

ANNUAL FUND DRIVE



Your financial support keeps Y programs available for kids and families who need us the most.

While membership dues keep the lights on, gifts from our donors through the Annual Fund Drive support our mission. When you give to the Y, your gift has a meaningful, lasting impact right in your own neighborhood.

What many of our members and donors don't know is that the Y is a nonprofit organization. The contributions we receive during the Annual Fund Drive are the very foundation through which we tackle our

communities' most urgent needs—giving people hope for a better future and the means to achieve it.

THANKS TO THE ANNUAL FUND DRIVE:



Approximately **300 young people** obtain safe and stable housing each year from the Y



3,700 youth and their families were helped with behavioral health support

EQUITY IN ACTION



This year, our Board of Directors focused on the Y's commitment to building inclusive and equitable communities. As an organization that serves some of the nation's most diverse neighborhoods, the Y must be a place where all people feel welcome. In an effort to acknowledge and combat systemic injustice, here is the Y's new equity statement:

"The Y actively promotes a culture free from bias and injustice. We are dedicated to removing institutional and systemic barriers that result in oppression and racism. We will be accountable to marginalized communities for creating equitable and sustainable environments where social justice is woven into every facet of our programs, and by caring for our communities in a culturally versatile and respectful manner."

GROWING LEADERS



Leadership begins when young people can picture themselves where decisions are being made.

Youth and Government

The future of our communities rests in the hands of young people. At the Y, we're nurturing innovation, fostering community responsibility and building leadership skills in teens from across King County. Through learning about

and engaging with the legislative process, teens in grades 8-12 develop confidence, hone skills in writing, research, public speaking, and better understand their power as citizens in a democratic society.



In 2018, **1,300 middle and high school students around Washington participated in Mock Trial and Youth Legislature programs.**



434 of those kids are from King County and in 2018, teens drafted 90 pieces of legislation.

CHRONIC DISEASE PREVENTION



“My mom died so young. I have two kids and I want to be around for them. I don't want them to have to go through what my family did when my mom passed. That was always my goal. To get healthy.”

Michelle, program participant

Diabetes Prevention Program

Chronic diseases affect millions of people each year. People living in areas with limited or no access to health services, healthy foods and exercise are more likely to develop diseases like diabetes. We're working to close this health gap so all can live healthy lives.

The YMCA's Diabetes Prevention Program helps those at risk of developing type 2 diabetes adopt and maintain healthy lifestyles by learning about nutrition, increasing physical activity and losing a modest amount of weight.



The YMCA's Diabetes Prevention Program is evidence-based and has been shown to **reduce risk for diabetes in adults 60 years and older by 71%.**



155 people decreased their risk of developing diabetes, thanks to this program in 2018.

SOCIAL RESPONSIBILITY



“Raising awareness for hunger is still necessary and the more we share the need, the more that need is met.”

Michael Simonelli
Association Director of Hunger Initiatives

Feeding Hungry Kids

When school's out of session, one in three kids in greater Seattle goes hungry without access to school lunches. The Y takes steps to ensure that kids across King County have access to meals near where they live.

Association Director of Hunger Initiatives Michael Simonelli said, "Food plays such a vital role in a child's development, nourishing their body and fueling their mind. When we don't have access to food, just being present is hard. Think about how you feel when you're hungry; that is what our children who are battling hunger face every day."



In 2018, Y Hunger Initiatives served 196,205 total meals and snacks across our region.



In 2018, many organizations cut summer meal services, so we expanded programs offering more meals and increased our meals served by 113%.



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