

At the Y, we are **changing lives one at a time**. We believe when we work as one, we **build a stronger community**. We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. **Financial assistance keeps the Y available for kids and families who need us most**. Every day, we work to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. **Everyone belongs** at the Y.

FOR YOUTH DEVELOPMENT

We believe in the potential of children. All kids deserve the opportunity to discover who they are and what they can achieve. At the Y, we are helping kids build the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Help us give our children a place to belong and the opportunity to become confident today and healthier, happier adults tomorrow.

“This summer, I watched my daughter grow and blossom at YMCA day camp. When I was stretched way too thin because I was caring for my husband during cancer treatment, the Y was there for our family.”
– Mother of a YMCA Camper

Kids in YMCA programs are more likely to succeed in school, value diversity, and build positive peer and adult relationships.
 – According to data from the Search Institute



Obesity is a critical issue in our communities. 65% of adults and over 45% of children in North Carolina are overweight or obese.
 – According to data from Trust for America’s Health 2011 Study and North Carolina Nutrition and Physical Activity Surveillance System

FOR HEALTHY LIVING

Sometimes you need a place to belong to make a change or choose to prioritize your health. The Y provides the tools, support and belief from someone else that you can do it. We give hope through knowledge of healthier habits and lifestyle choices. The Y brings people closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

FOR SOCIAL RESPONSIBILITY

At the Y, strengthening community is our cause. The YMCA listens and responds to our communities’ most critical needs. We help create change. We partner with other local nonprofits, hospitals, schools and local government groups to develop a community where everyone belongs.

Whether developing skills or emotional well-being, welcoming and connecting diverse populations, or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

“My YMCA membership is like a lifeline for me. It has helped me improve my health. When I lost my job, I thought I would have to give up my membership, but I was provided with a scholarship to continue coming every day.” –Member



HOW CAN I HELP?

Your gift makes a meaningful, enduring impact right in your own neighborhood.

- \$60 Will give a child the opportunity to learn water safety and swimming or gain confidence during a season of youth sports.
- \$130 Sends a child to a week of summer day camp filled with swimming, crafts, games and other values-based activities.
- \$270 A grandmother raising her daughter’s child can receive a month of afterschool care.
- \$370 Give a senior a year’s membership to the Y so they can connect with new friends and improve their health.
- \$679 Sends a child to resident camp for one week of outdoor exploration and character-building activities.
- \$1200 A group of teens can develop as future leaders and learn from mentors through afterschool programs, community outreach, and Youth and Government programs.

Visit YMCANC.org to find your local Y, give online or explore planned giving options.

**Alamance County Community YMCA
Annual Giving Campaign**

YES, I WANT TO HELP

Name: _____

Address: _____

Phone: _____

Email: _____

HERE IS MY PLEDGE FOR:

My pledge: \$ _____

Employer match: \$ _____

(Name of employer if matching)

Matching form needed by time of payment

Total pledge: \$ _____

Donor signature: _____

I have, or plan to include, the Alamance County Community YMCA in my estate plans.

Payment Options (please choose 1 of the 5 options)

___ **Payment of \$ _____ attached, or**

___ I plan to make a single payment. Send a reminder the month of _____

___ I plan to make 4 payments by Dec. 31. Send reminders beginning _____

___ I plan to make monthly payments, send monthly reminders beginning _____

___ I would like to pay my gift by the following credit
_ Visa _ MasterCard _ Discover _ American Express

Credit Card # _____

Expiration Date _____

CHANGING LIVES AT THE Y

YOUTH DEVELOPMENT

A Y family recently received custody of a family member who had just been through a tragic event in which she lost both her parents due to medical illnesses. She is an 8-year-old second grader. Using our Financial Assistance funds, we enrolled her in our After School program while her family adjusts to their new situation. She has made new friends, shown an interest in arts and crafts, and most importantly, has started the process of healing from her loss. We are committed to supporting this child and her relatives through this difficult time by providing a safe, comforting and fun environment for her to simply “be a kid.”

SOCIAL RESPONSIBILITY

Every October, the YMCA partners with the A-O Civitans to provide a terrific event called “Fun on the Farm” for adults and children with autism and their families. YMCA employees and volunteers make treat bags filled with goodies, provide baked goods and help promote the event. “Fun on the Farm” offers hayrides, horseback riding, moonwalks, live bands, inflatables, trampolines and lots of great food. This year, more than 450 parents and families of persons with autism attended, the weather was perfect and all had a great time. One mother, with tears in her eyes, said thank you after attending for the first time. As YMCA employee Therrel and his wife Marie put it, “Together, we are making a difference and it is an awesome feeling.”

HEALTHY LIVING

Mrs. Rachel Burnett, a Graham resident since 1980 and 28-year veteran teacher with Guilford County Schools, joined the Y family in late 2001. Rachel noticed that just walking in the neighborhood with a friend was not getting the results she wanted to see. She turned to the YMCA and began using the Cardio Theater in an effort to lower her weight, blood pressure and cholesterol. Rachel states that meeting people who have now become dear friends has made her daily workouts more enjoyable and contributed to her success in reaching her goals.

Since joining the Y, Rachel has used her time with us to release grief over the loss of her dad in 2004, study for and pass the National Boards to become a National Board Certified Teacher in 2006, and celebrate the 2007 graduation of her only child from UNC Chapel Hill with the Y family.

Rachel has set a goal to continue striving for good health, good friends and happiness. She says, “I laugh, live and love life...one day at a time!” Rachel always comes in with a smile. A member once stated, “To find Rachel when I come to the Y, I just follow the laughter!”



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVERYONE BELONGS



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